

## Appendix 17b - High intensity psychology interventions Forest plots

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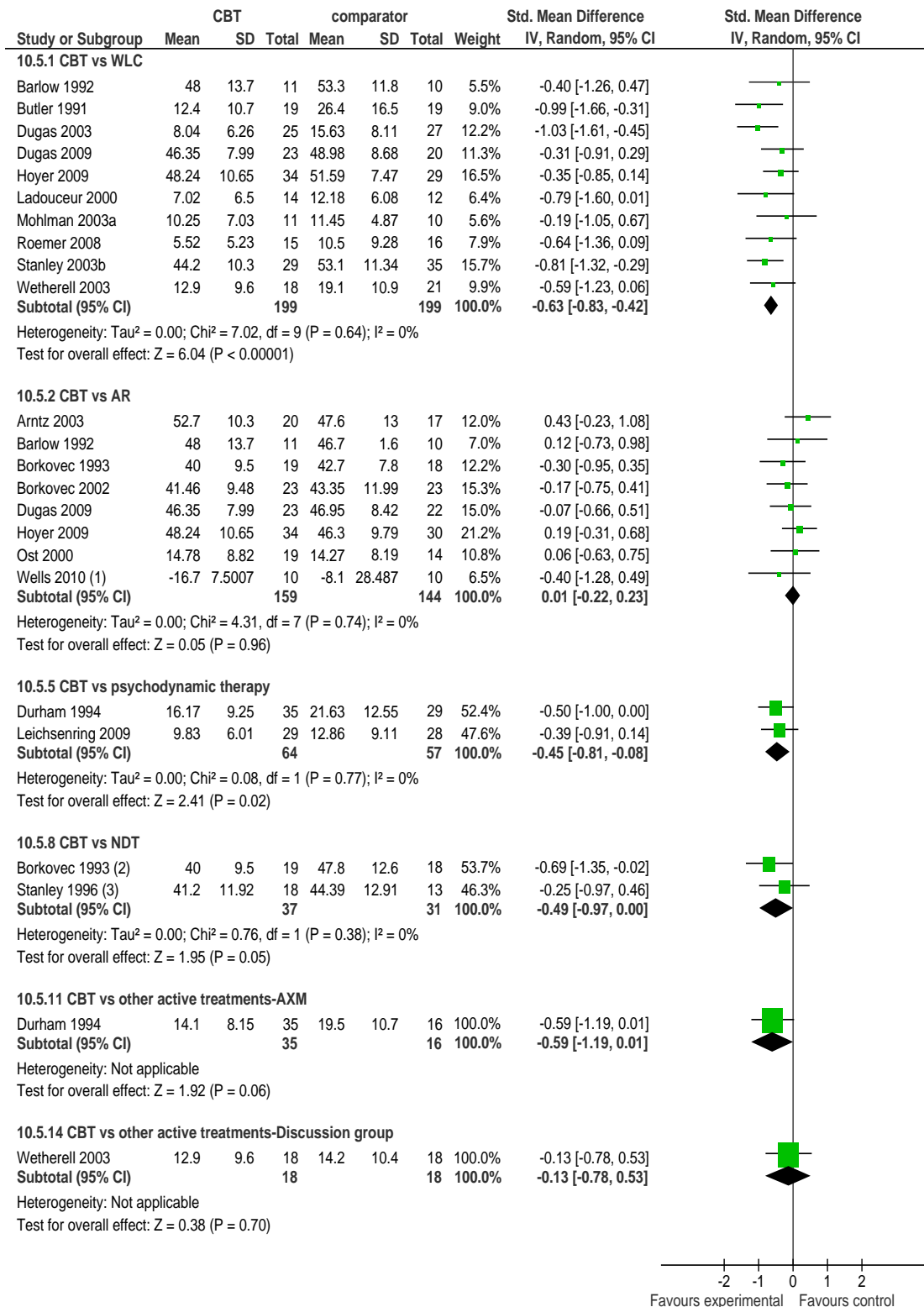
## Appendix 27b - High intensity psychology interventions Forest plots

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 1– Anxiety (self rated) outcome



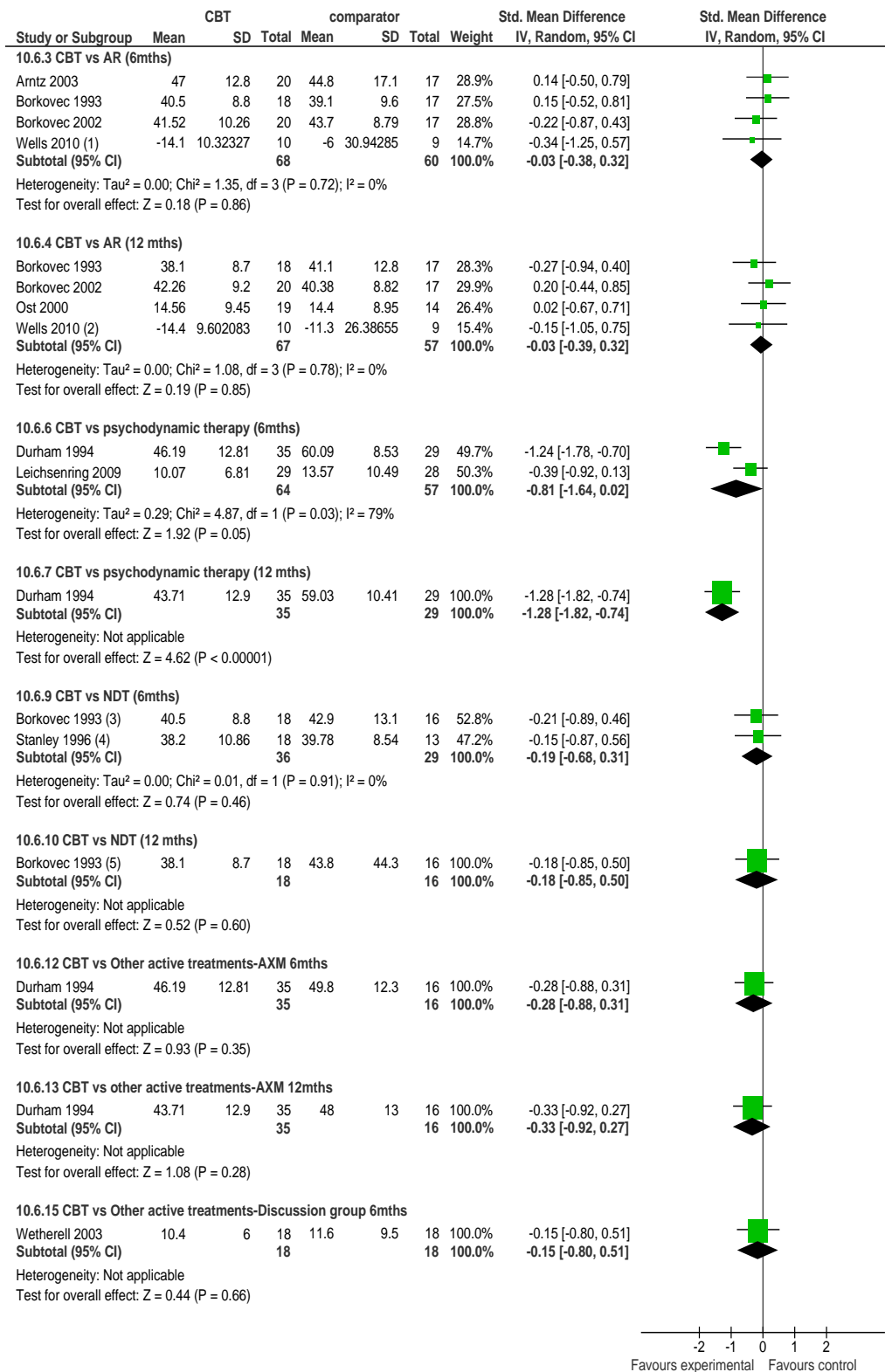
- (1) change score  
(2) adults  
(3) older adults

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 2– Anxiety (self rated) outcome at follow up



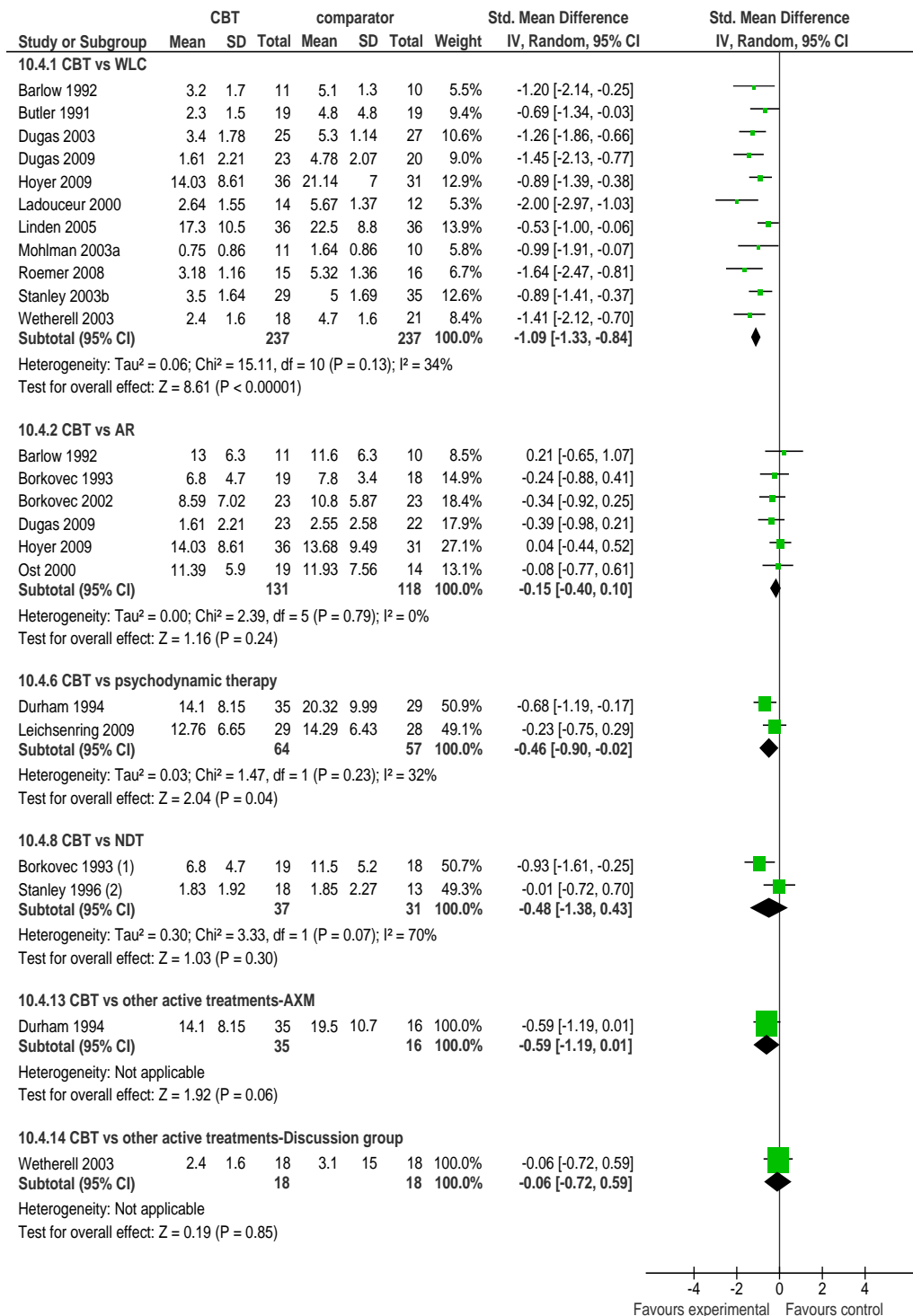
- (1) change score  
(2) change score  
(3) adults  
(4) older adults  
(5) adults

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 3- Anxiety (clinician rated) outcome



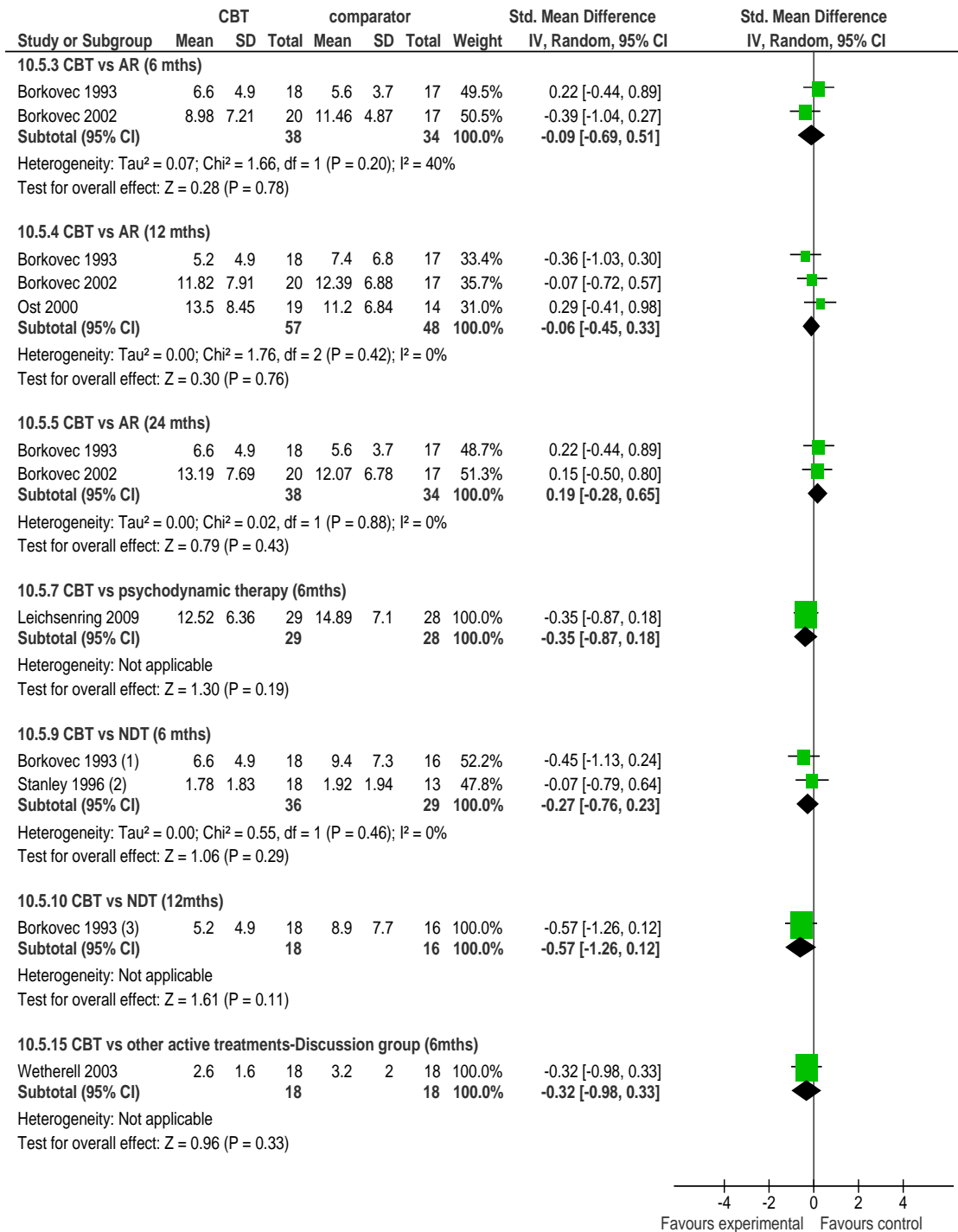
(1) adults  
(2) older adults

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 4- Anxiety (clinician rated) outcome at follow up



(1) adults

(2) older adults

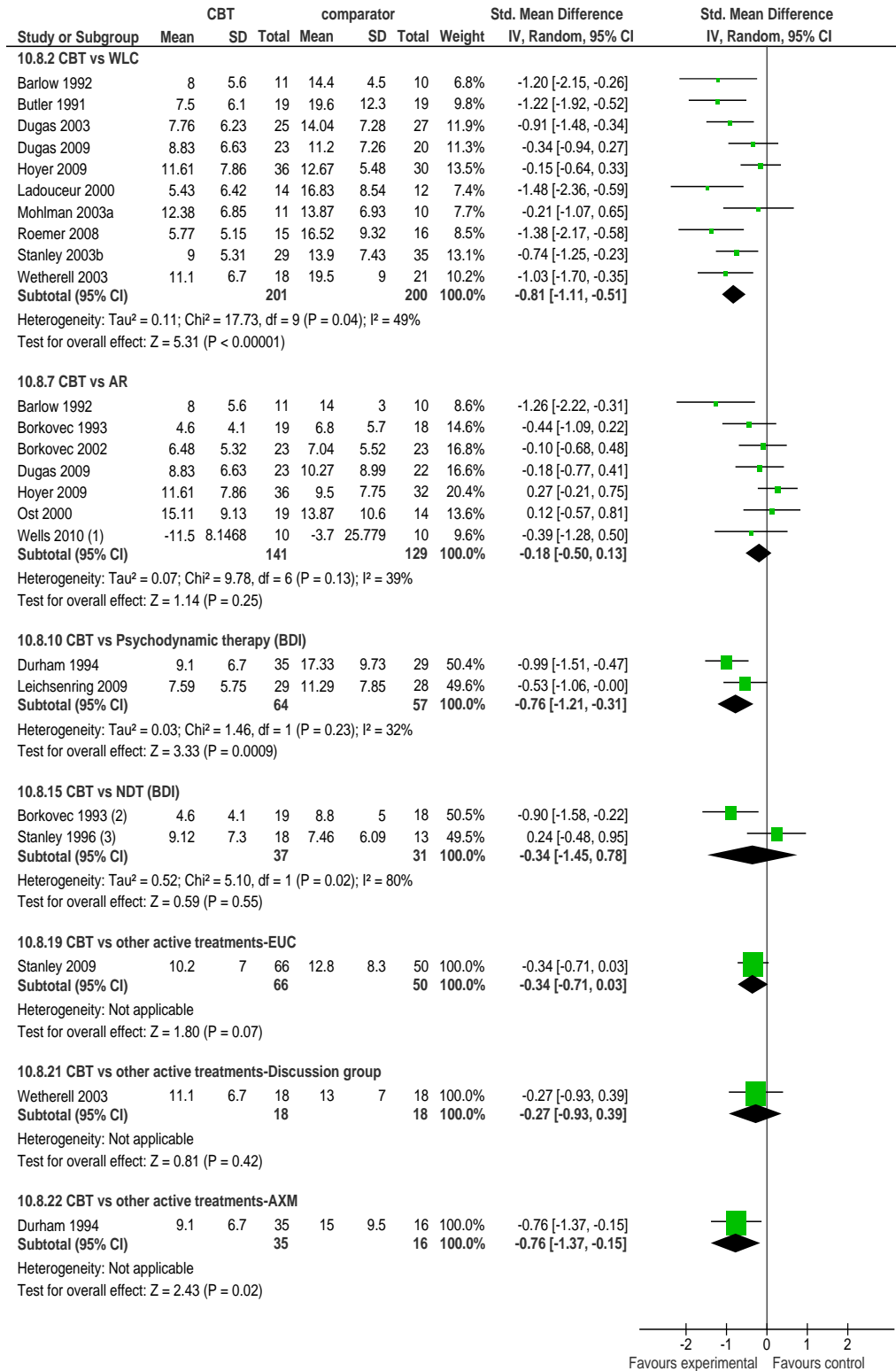
(3) adults

## Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

## Outcome 5 – Depression (self rated) outcome



(1) (change score)

(2) adults

(3) older adults

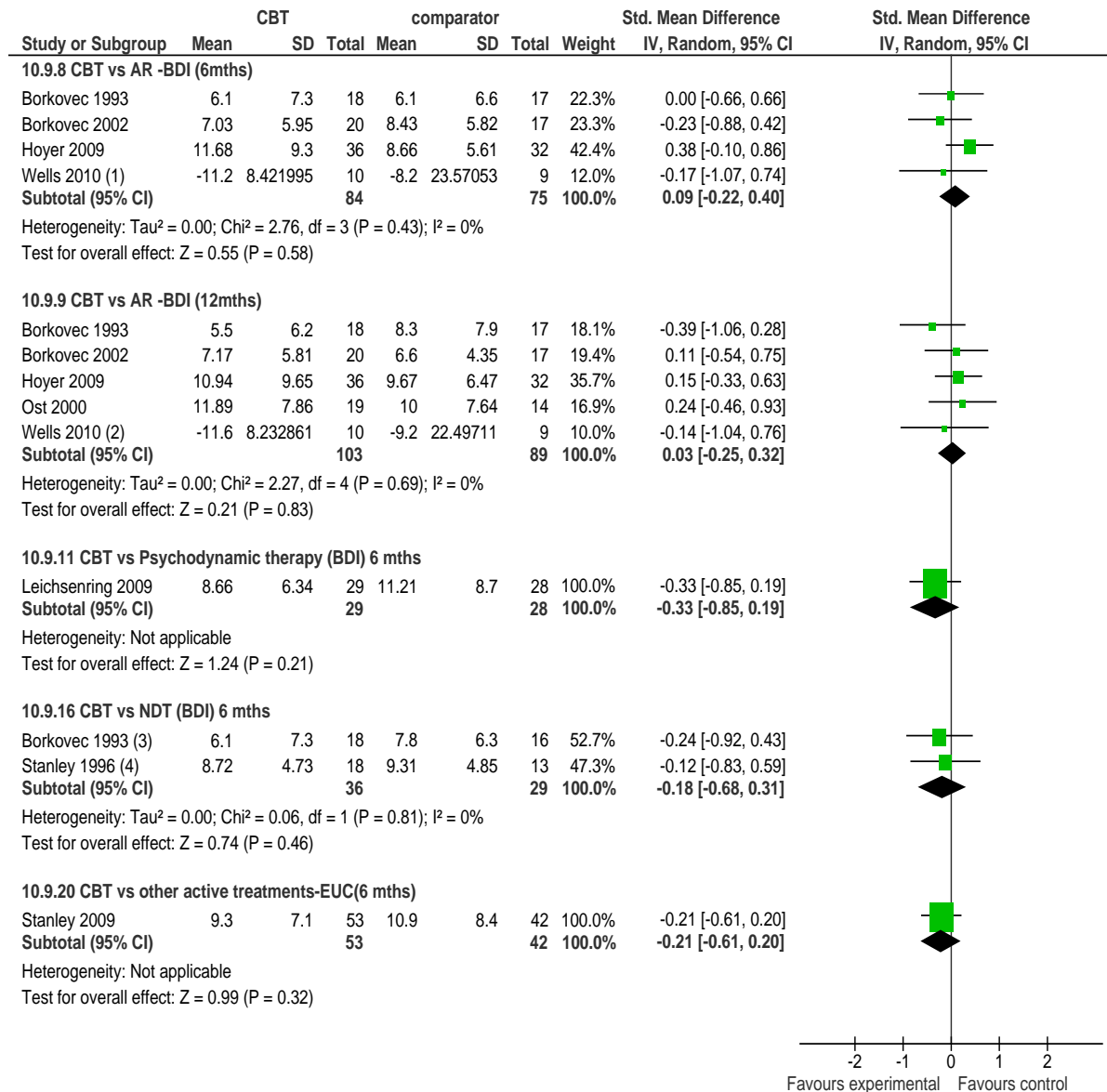


Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 6– Depression (self rated) outcome at follow up



(1) (change score)

(2) (change score)

(3) adults

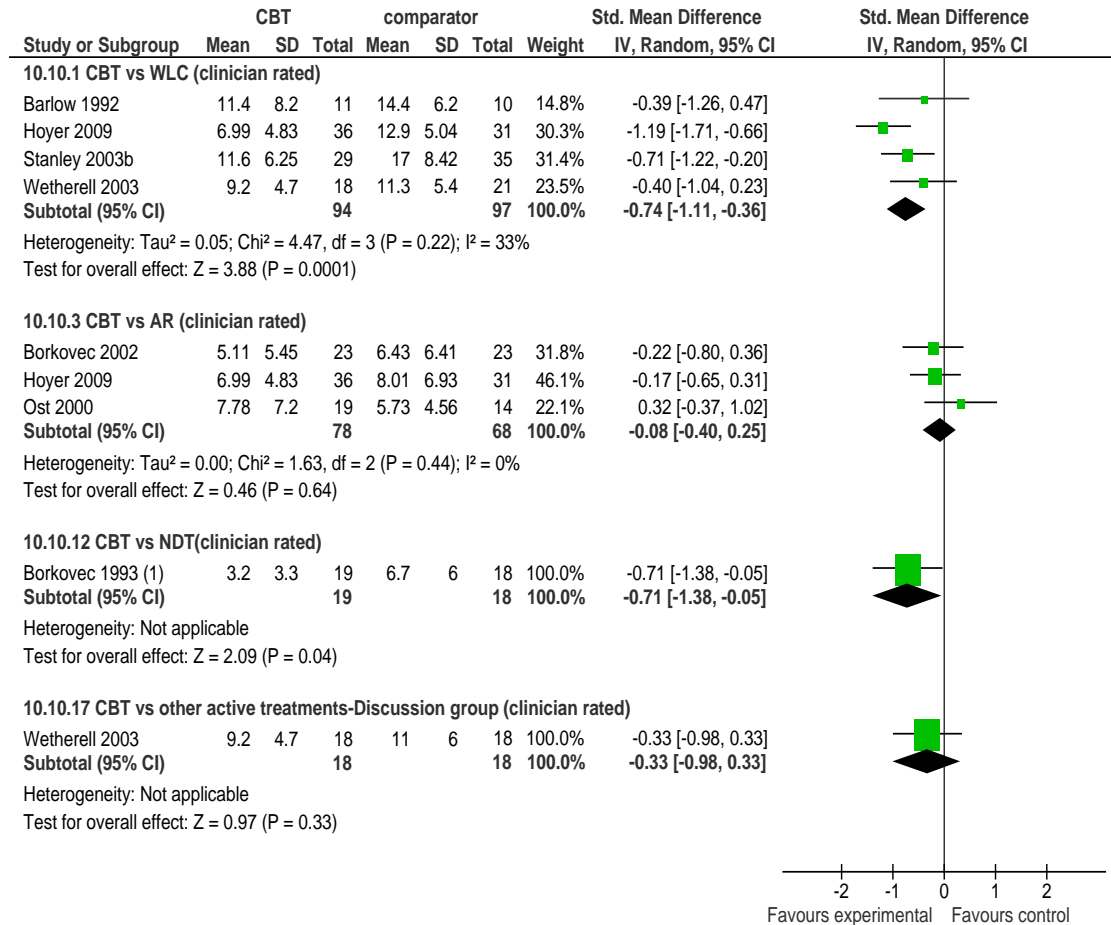
(4) older adults

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 7 - Depression (clinician rated) outcome



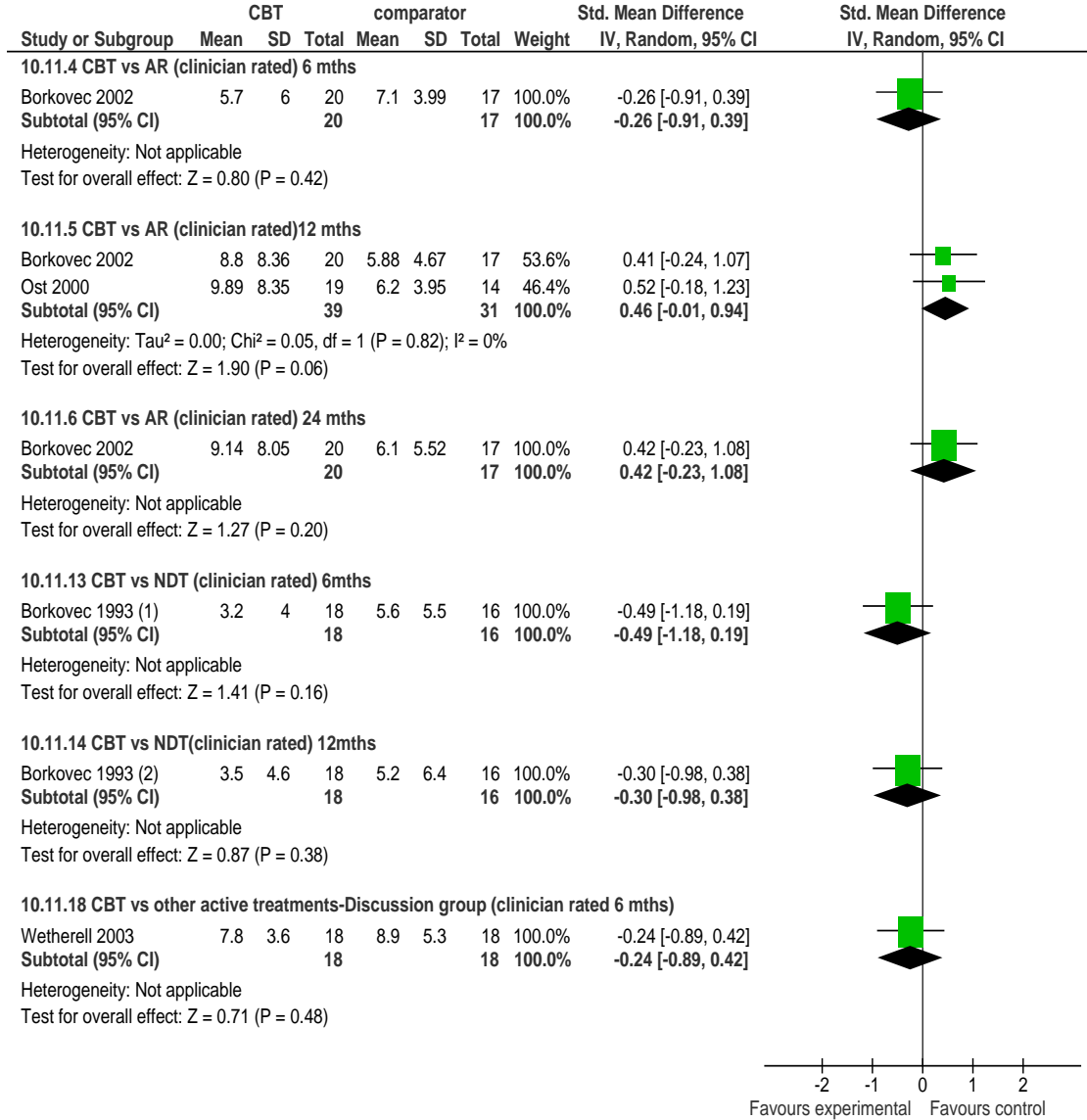
(1) adults

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 8 - Depression (clinician rated) outcome at follow up



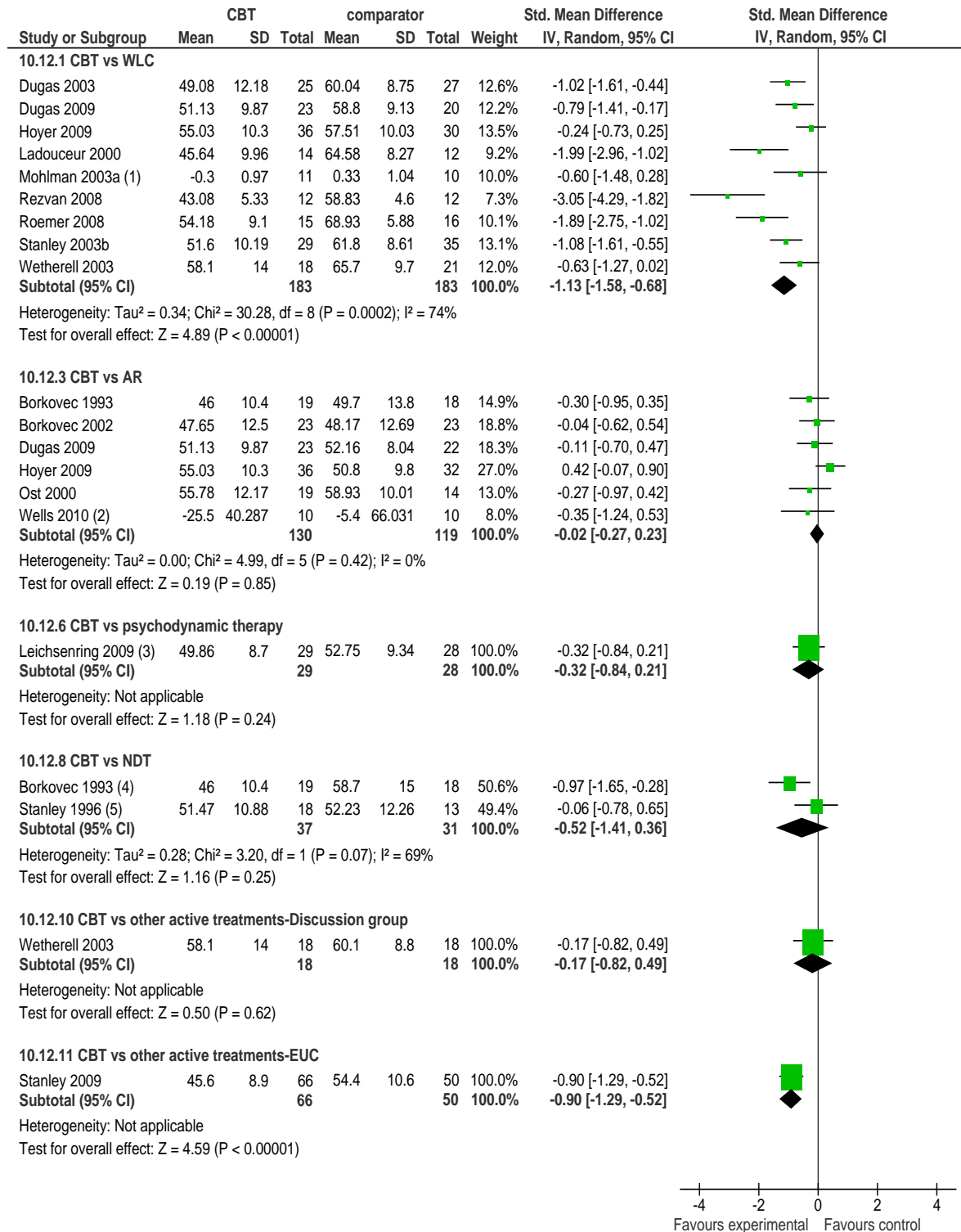
(1) adults  
(2) adults

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 9– Worry outcome



(1) (change score)

(2) (change score)

(3) change scores

(4) adults

(5) older adults

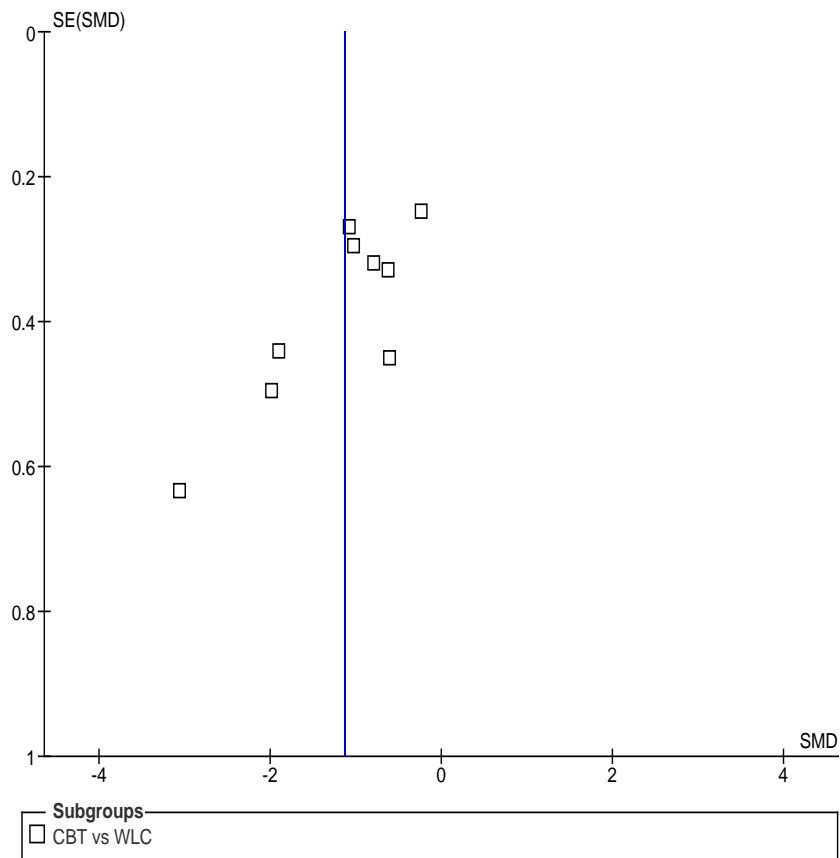


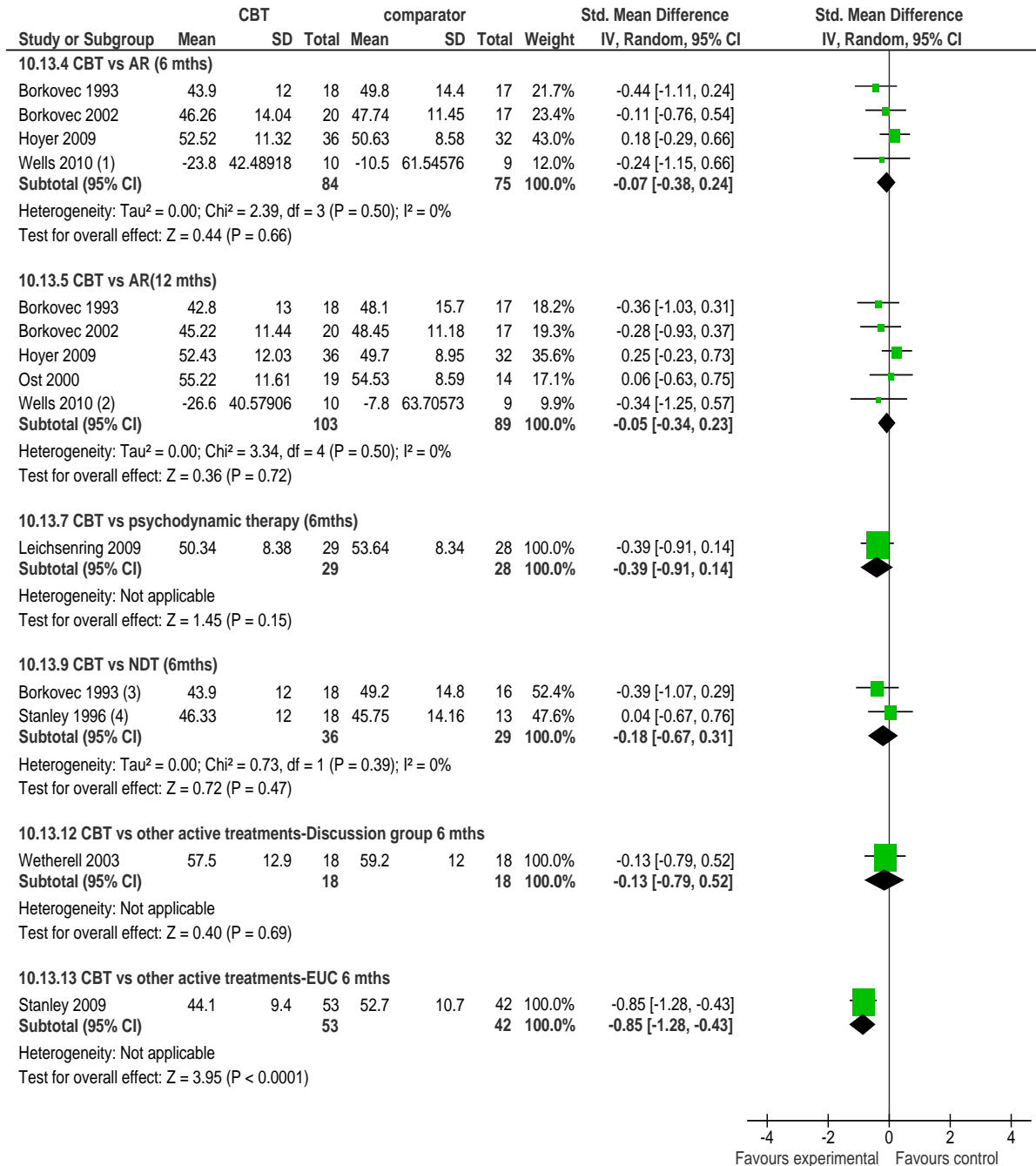
Figure 1 – Funnel plot for worry outcome (CBT vs WLC)

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 10 – Worry outcome at follow up



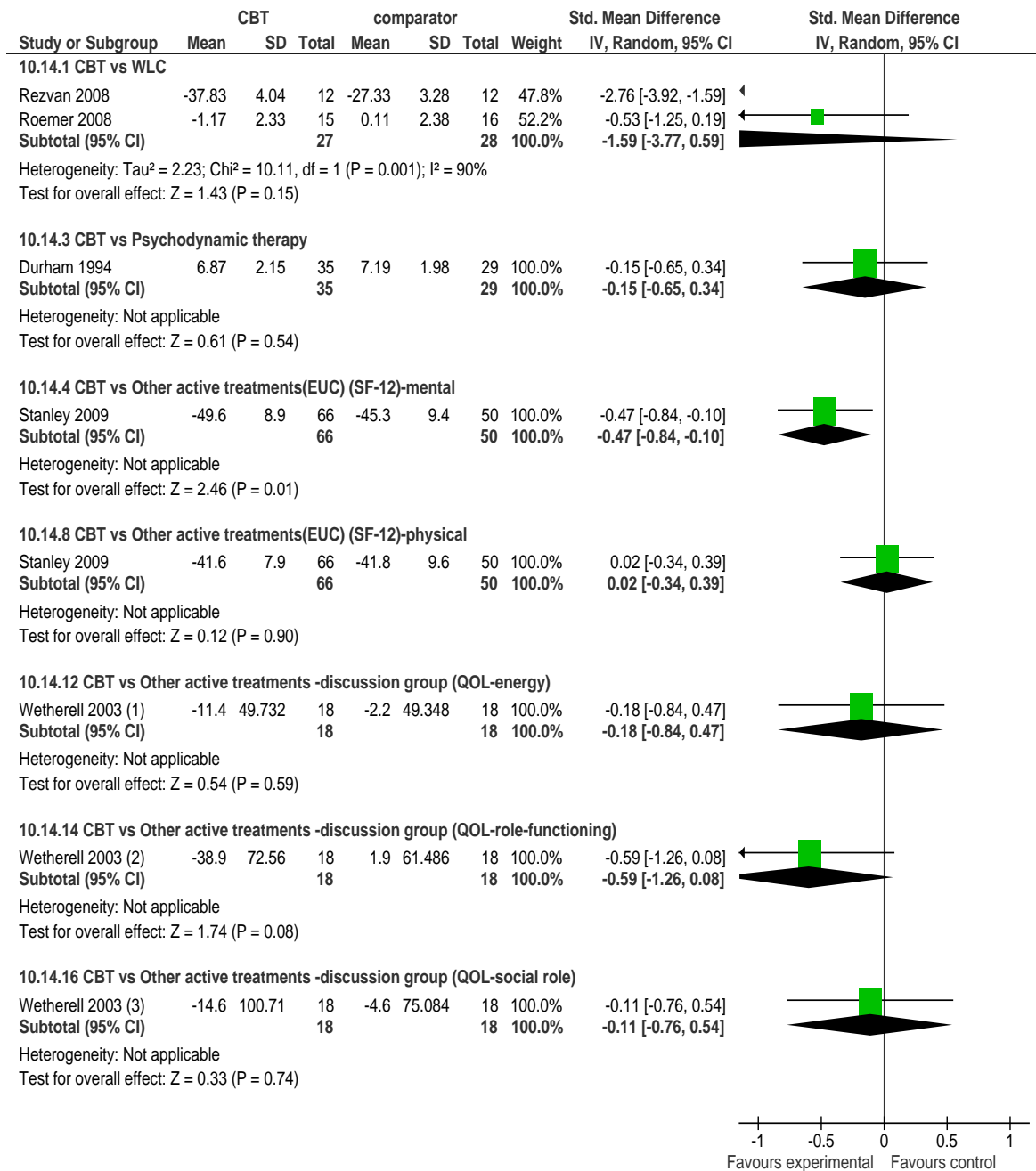
- (1) (change score)
- (2) (change score)
- (3) adults
- (4) older adults

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 11 – Quality of Life outcome



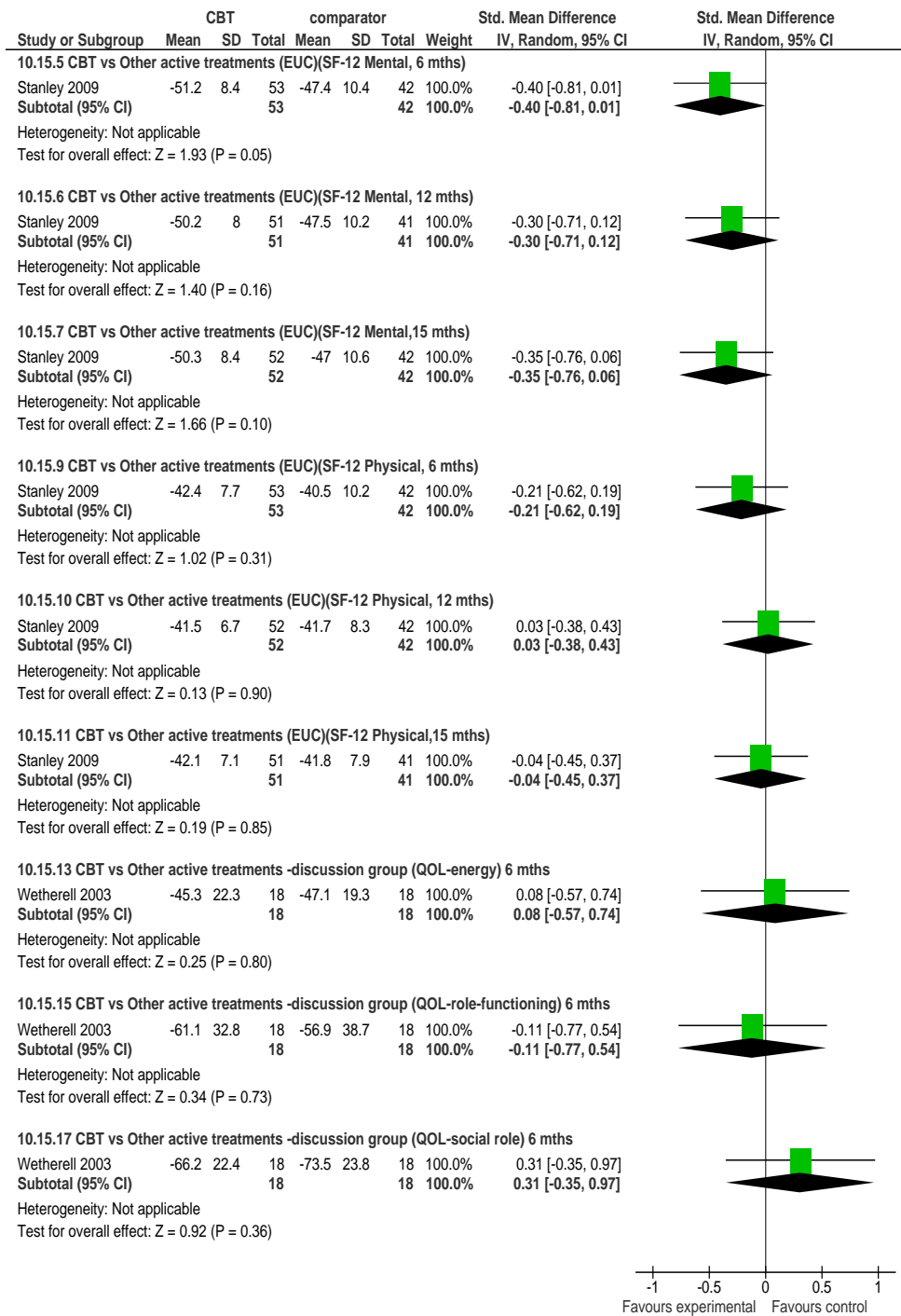
- (1) change score
- (2) (change score)
- (3) (change score)

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 12– Quality of Life outcome at follow up



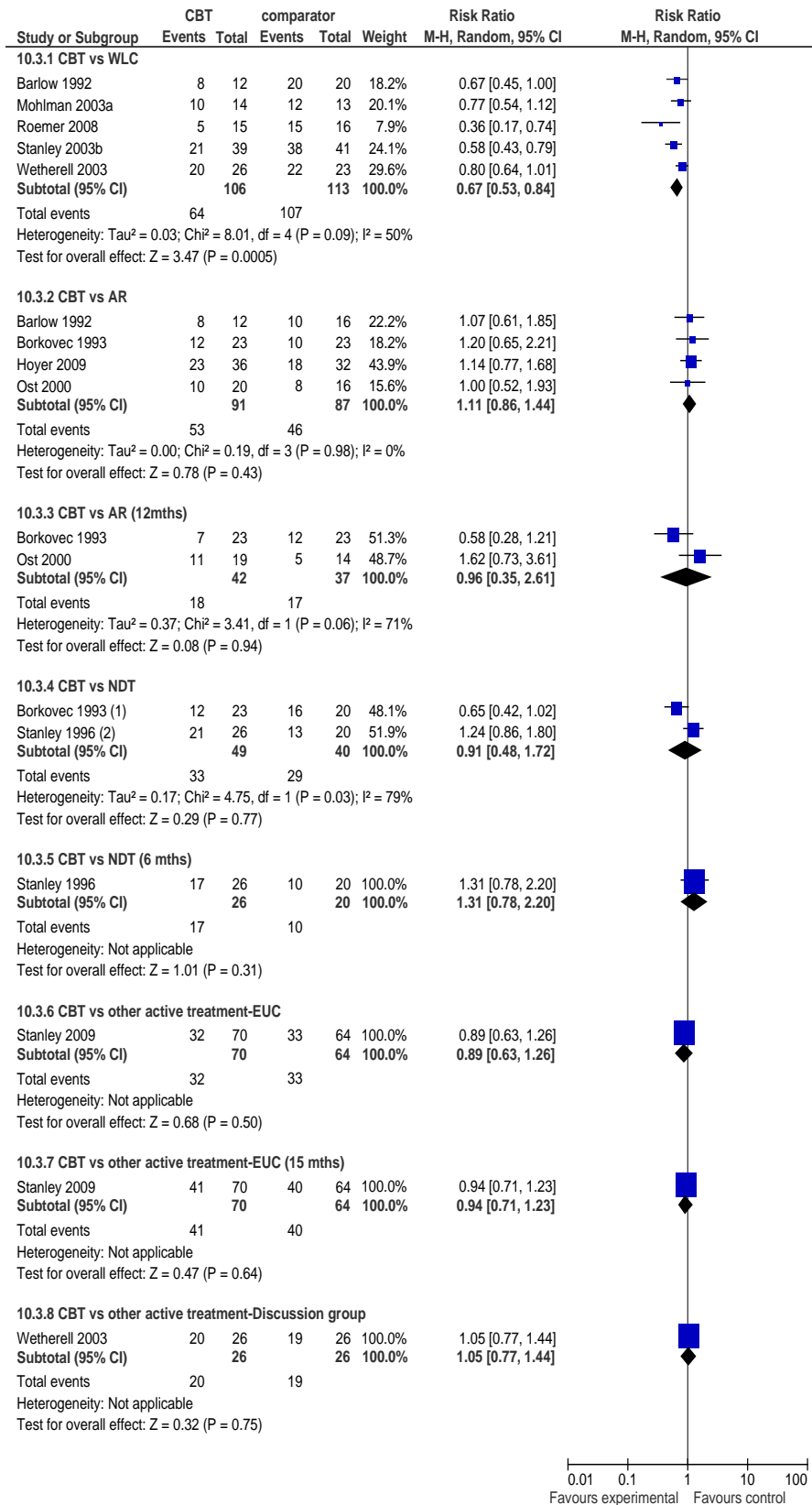


Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 13 – Non response outcome



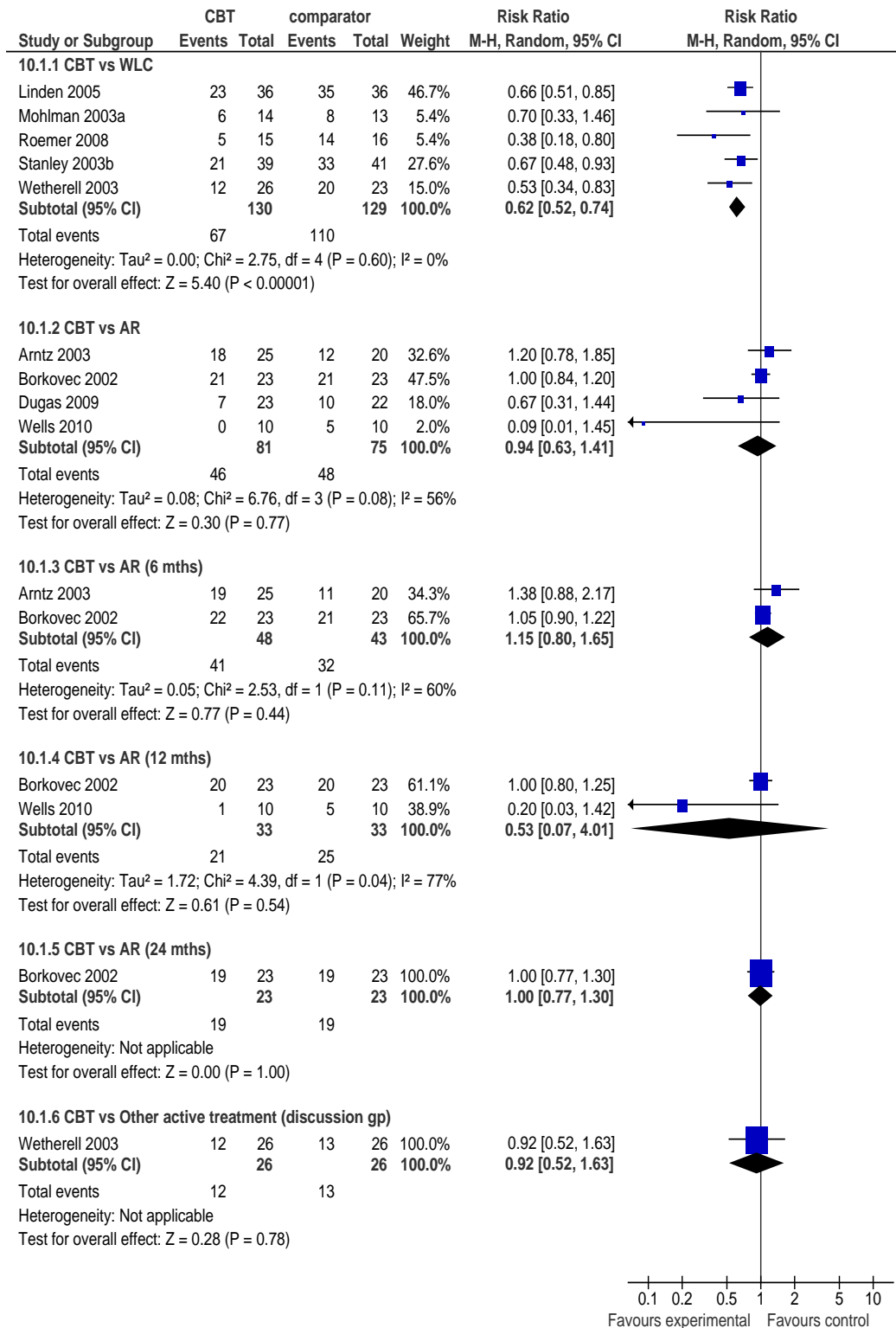
(1) adults  
(2) older adults

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 14 – Non remission outcome

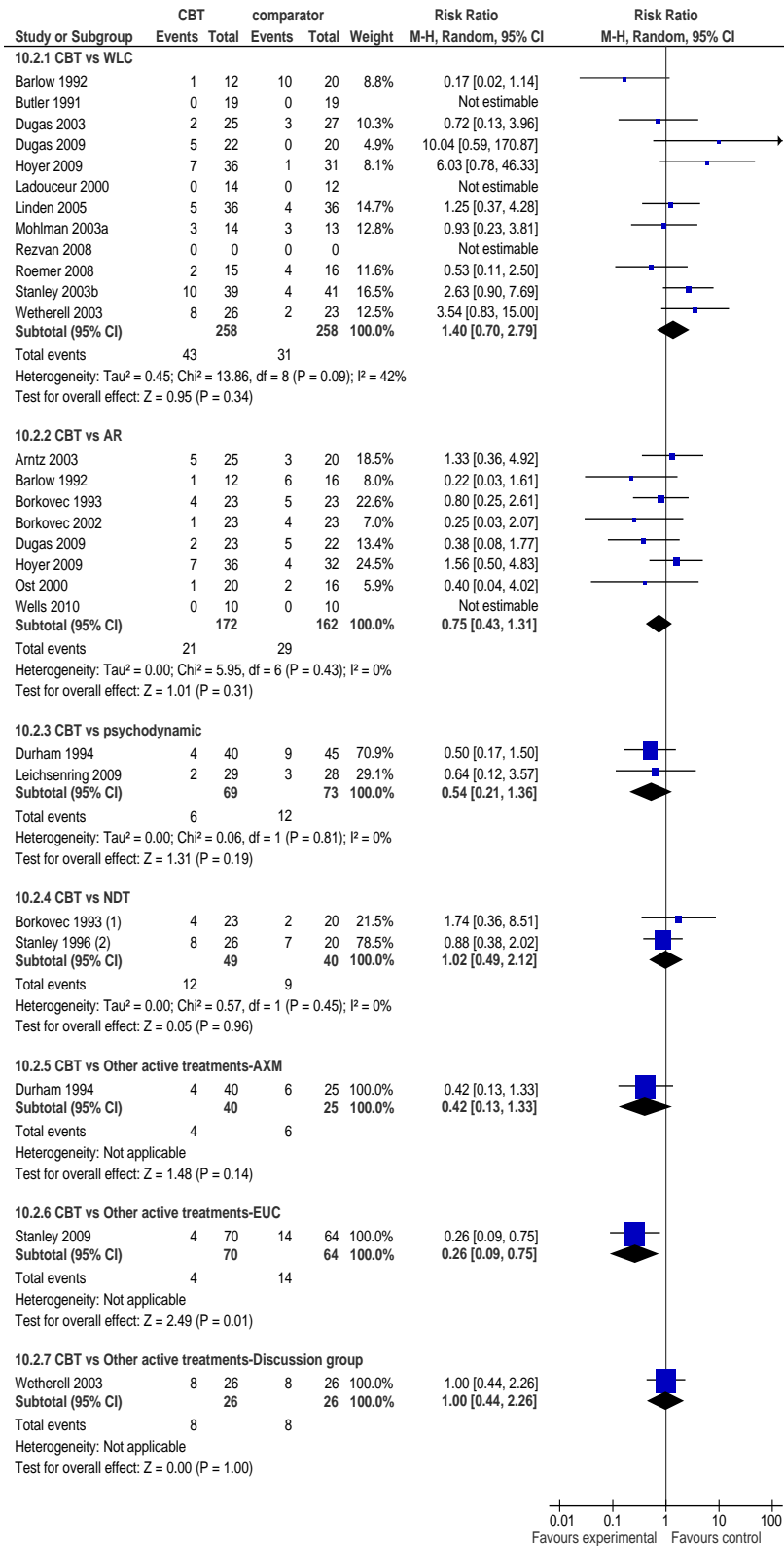


Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT);

Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome 15 – Discontinuation due to any reason

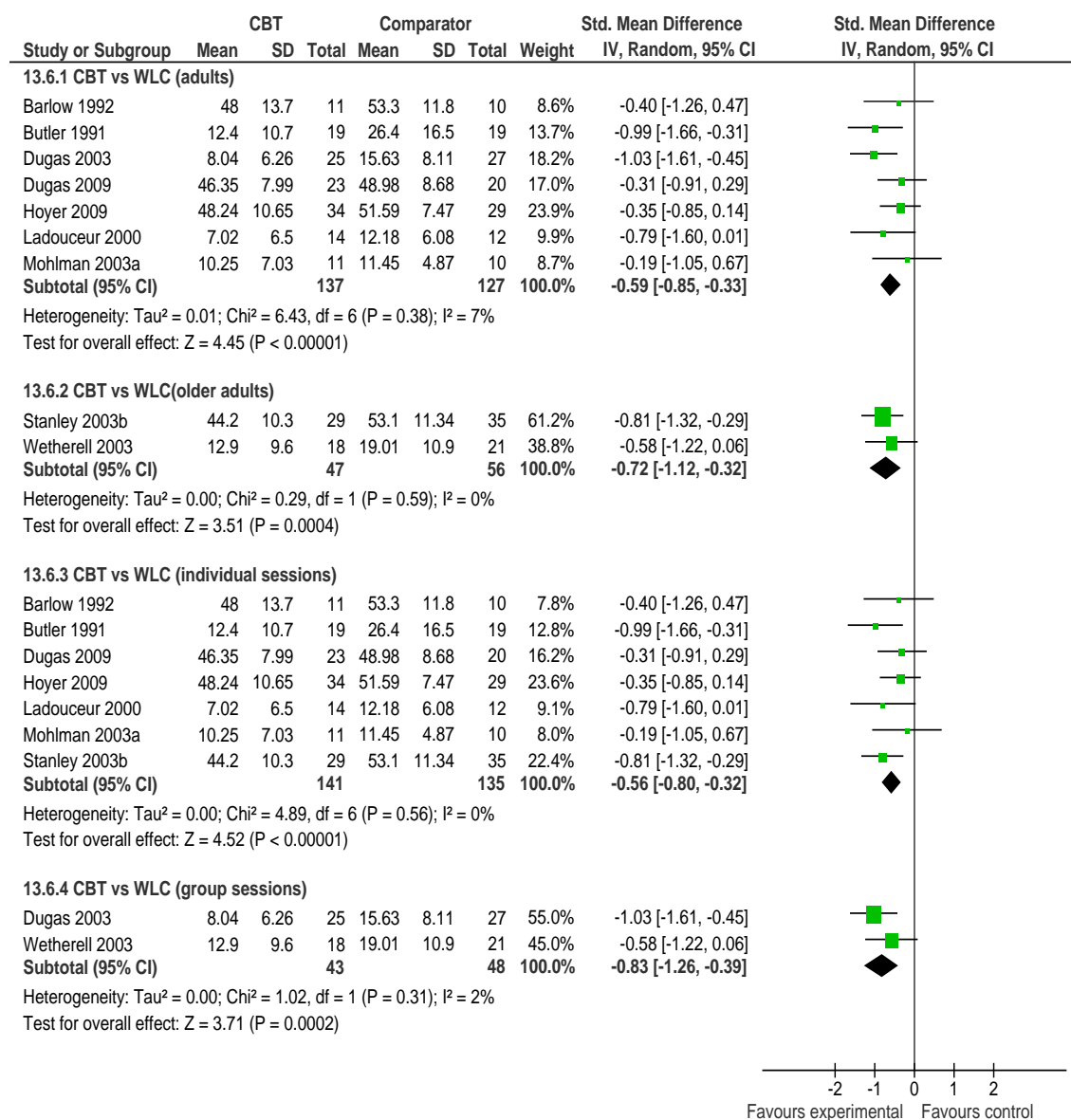


(1) adults  
(2) older adults

## Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC)

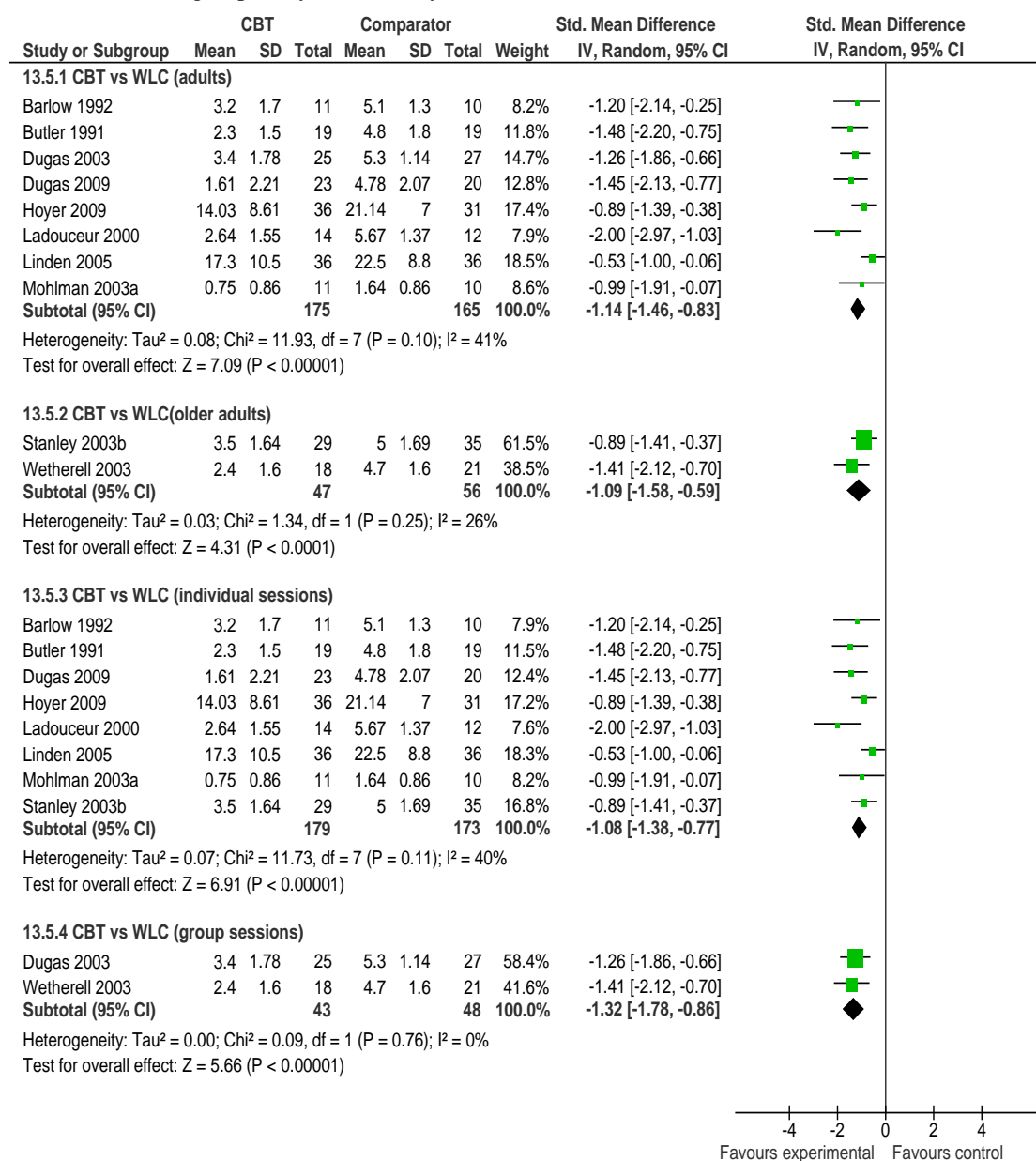
Outcome 16– Subgroup analysis – Anxiety (self rated) outcome



## Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC)

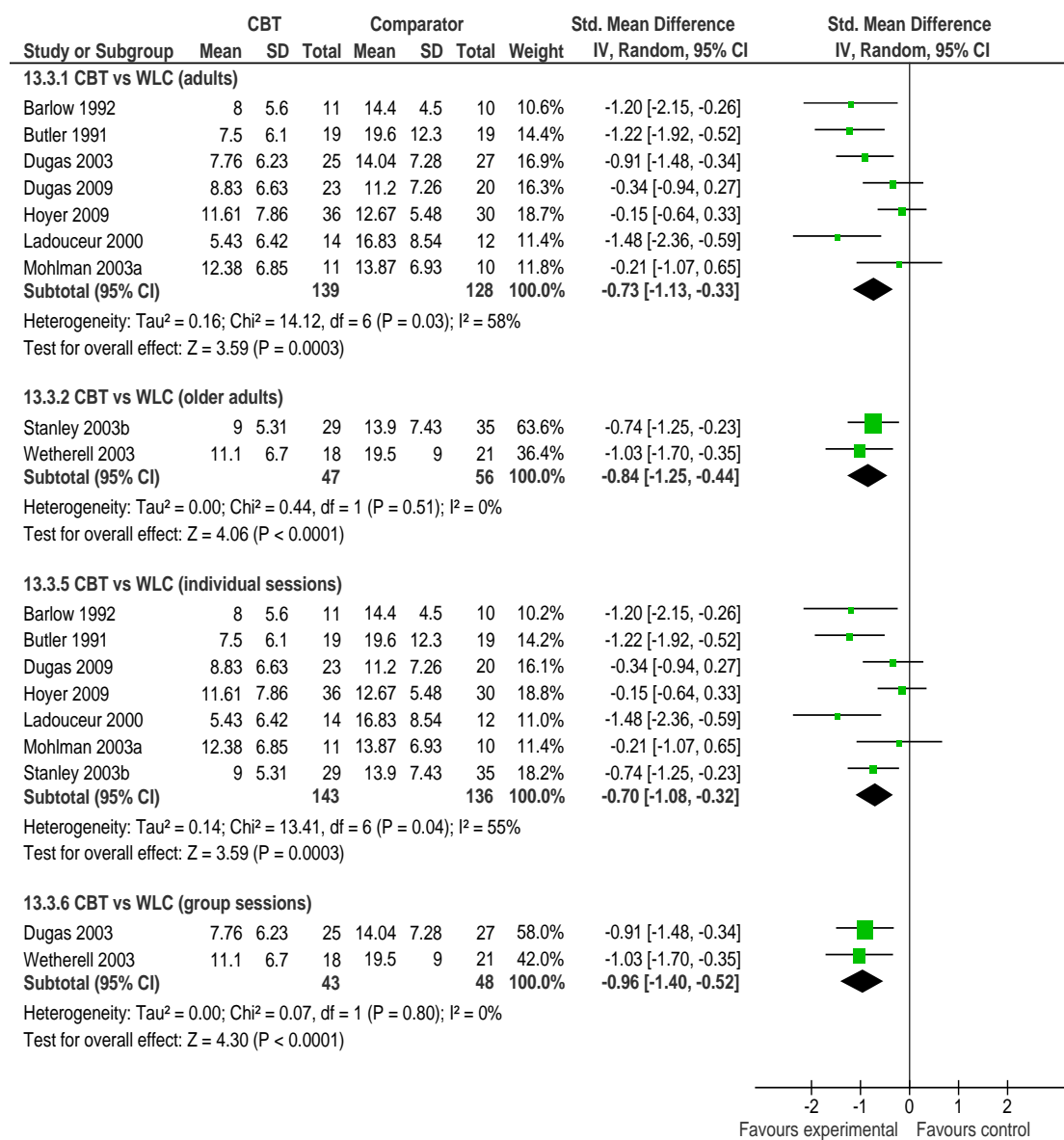
## Outcome 17 - Subgroup analysis – Anxiety (clinician rated) outcome



## Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC)

Outcome 18 – Subgroup analysis – Depression (self rated) outcome

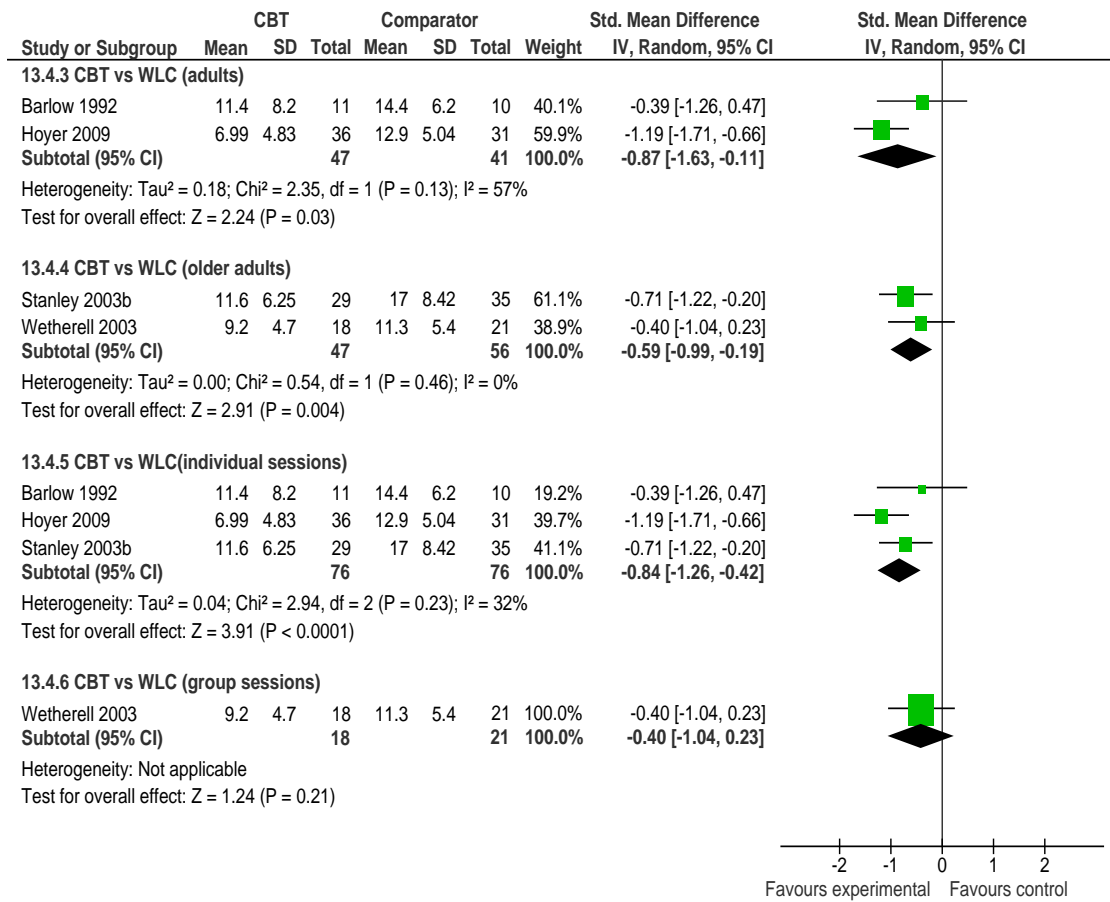




Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC)

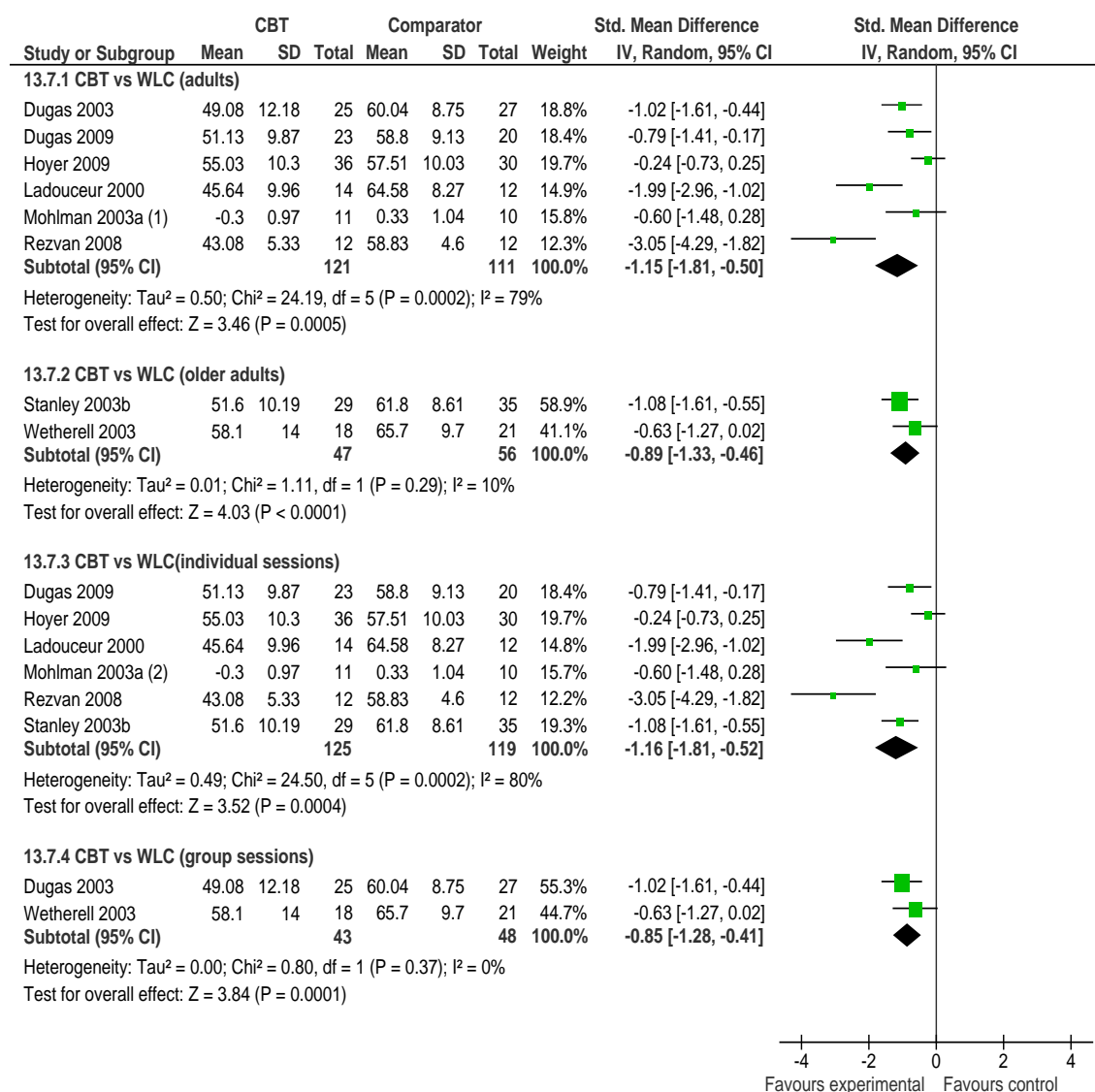
Outcome 19 – Subgroup analysis – Depression (clinician rated) outcome



## Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC)

Outcome 20 – Subgroup analysis – Worry outcome



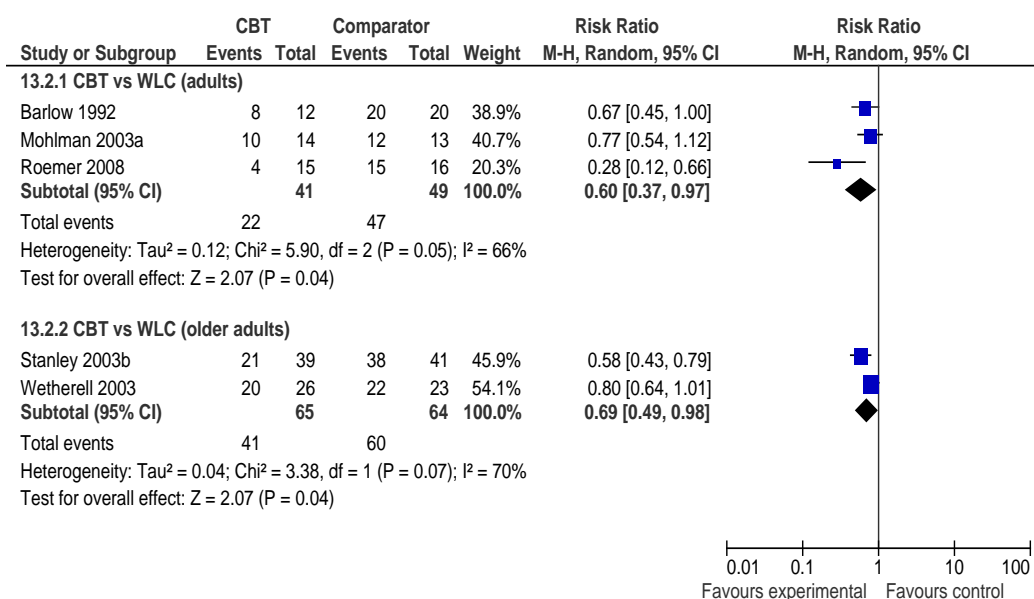
(1) (change score)

(2) change score

Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC)

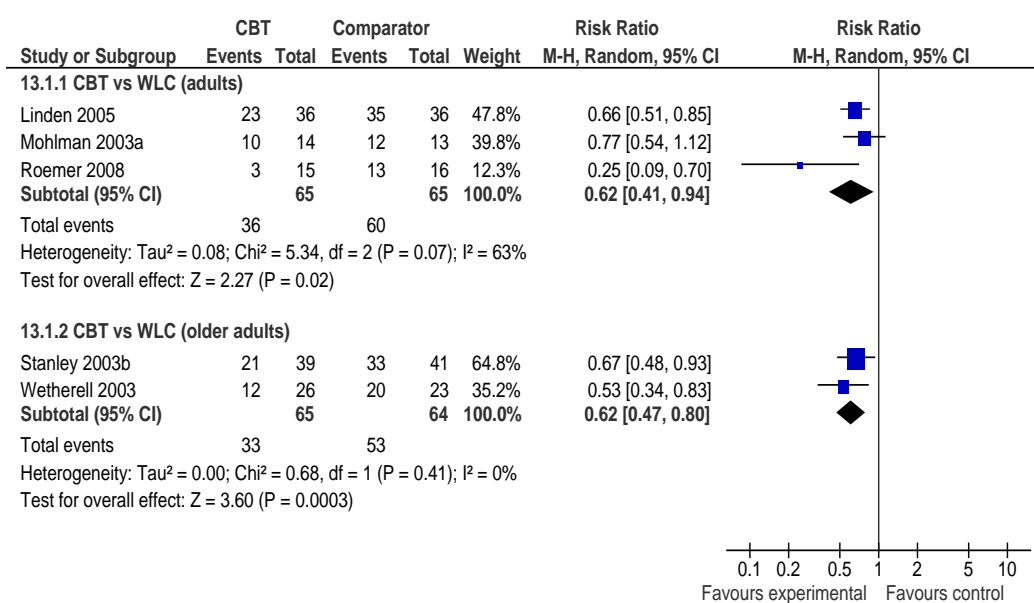
Outcome 21 – Subgroup analysis – Non response outcome



Review: High intensity psychology interventions 01 Cognitive Behavioural therapy (CBT)

Comparator: Waitlist control (WLC)

Outcome 22 – Subgroup analysis – Non remission outcome

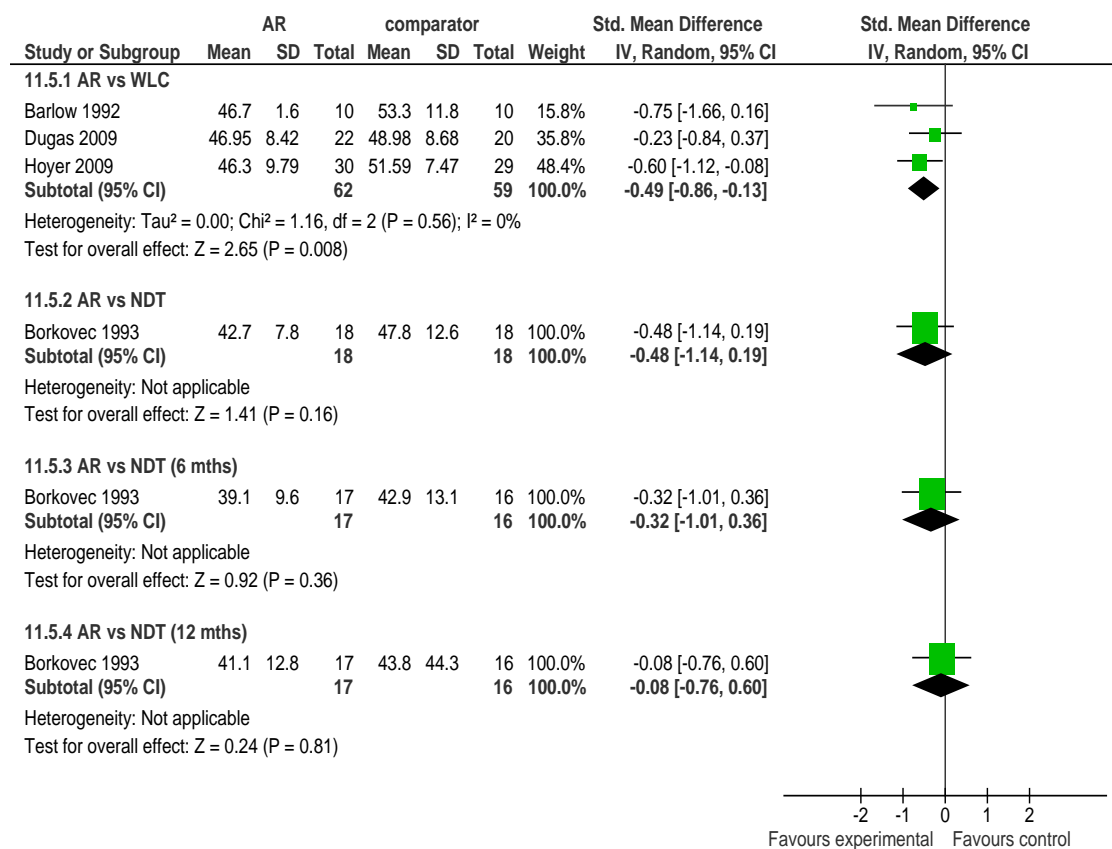


## Appendix 17b - AR Forest plots

Review: High intensity psychology interventions 02 Applied Relaxation (AR)

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

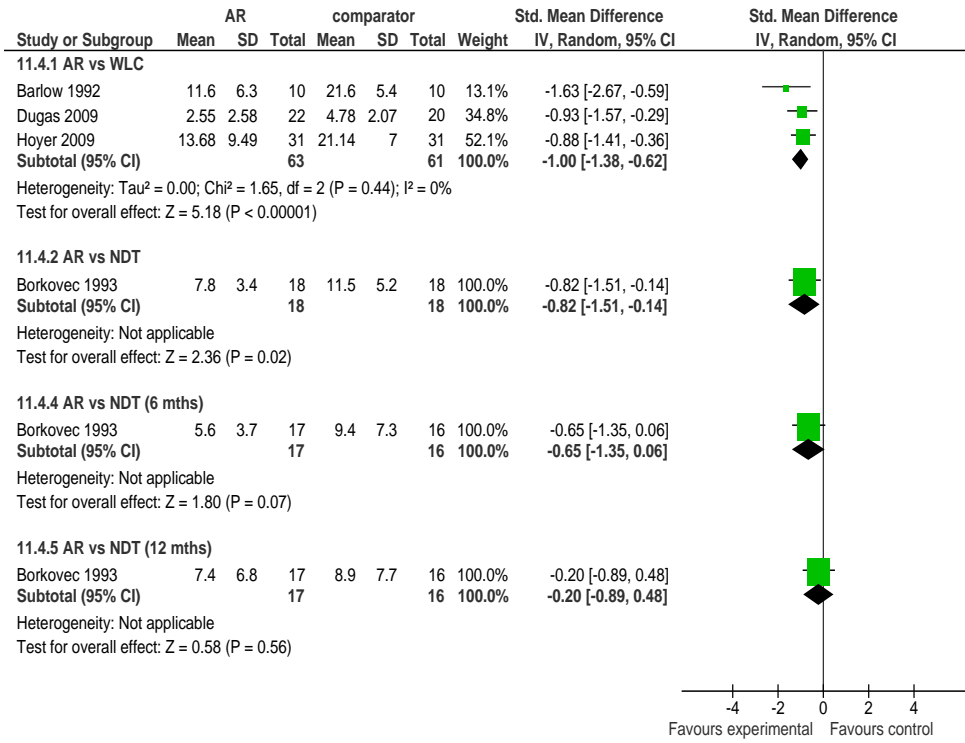
Outcome 23: Anxiety (self rated) outcome



Review: High intensity psychology interventions 02 Applied Relaxation (AR)

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

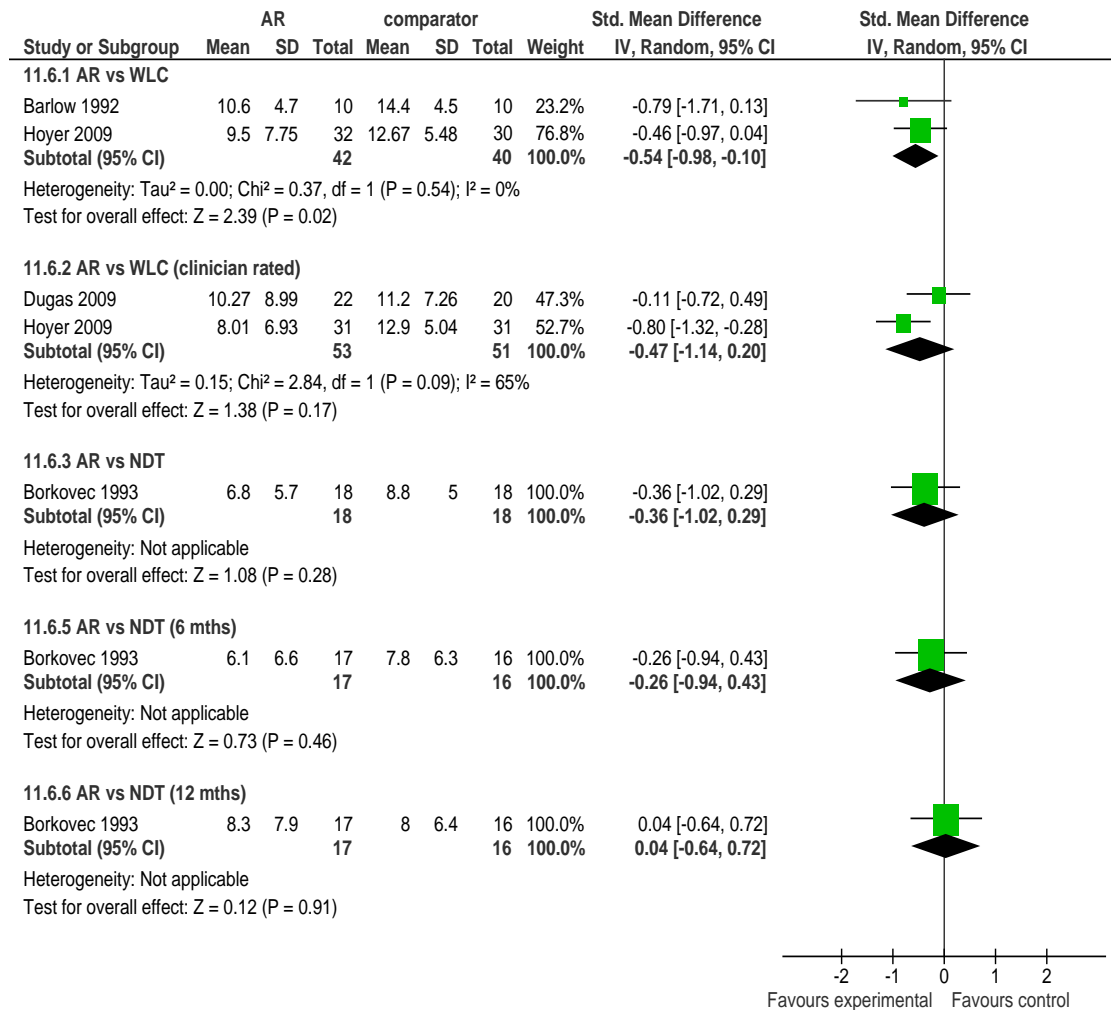
Outcome 24– Anxiety (clinician rated) outcome



## Review: High intensity psychology interventions 02 Applied Relaxation (AR)

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

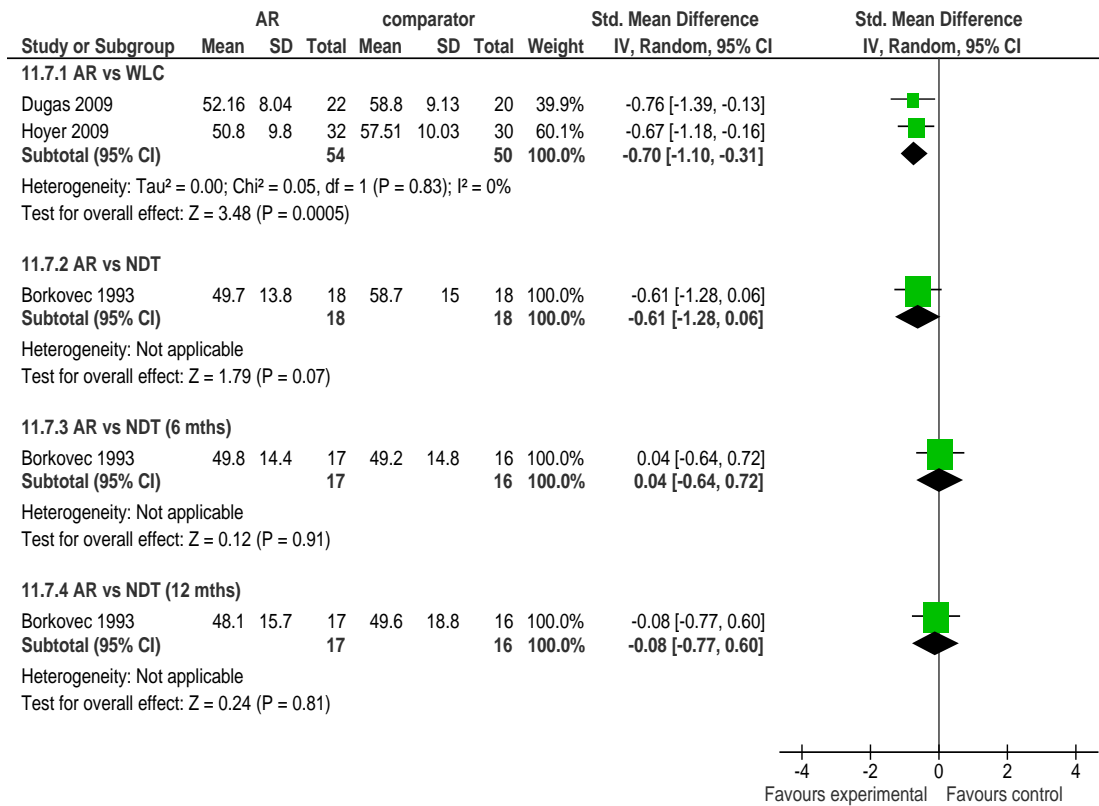
Outcome 25– Depression (self and clinician rated) outcome



Review: High intensity psychology interventions 02 Applied Relaxation (AR)

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

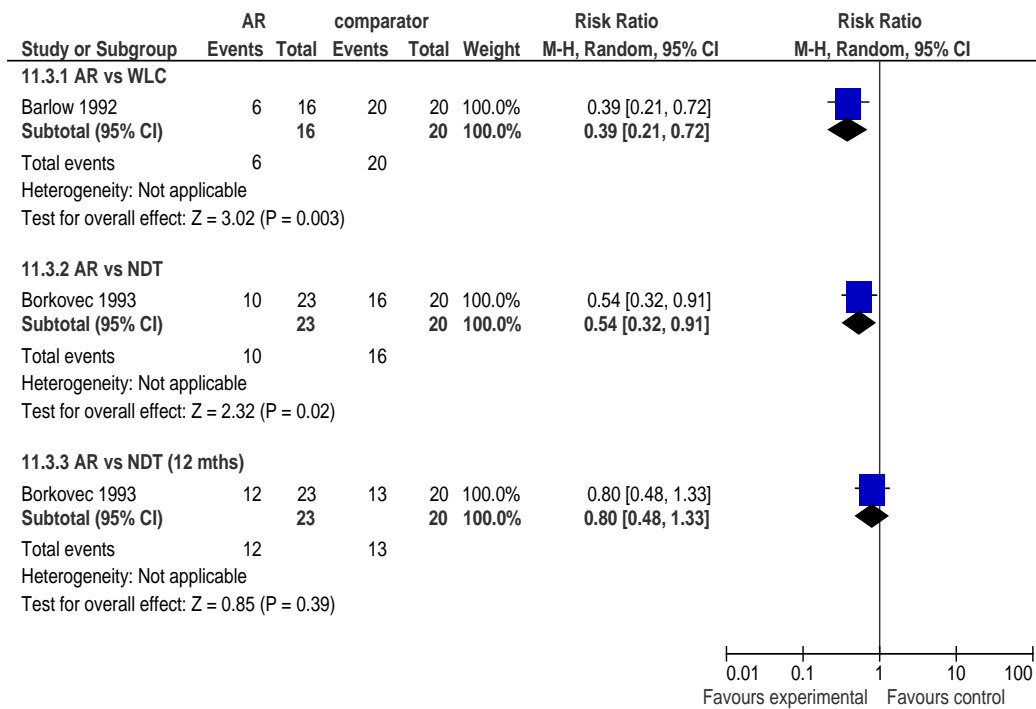
Outcome 26– Worry outcome



Review: High intensity psychology interventions 02 Applied Relaxation (AR)

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

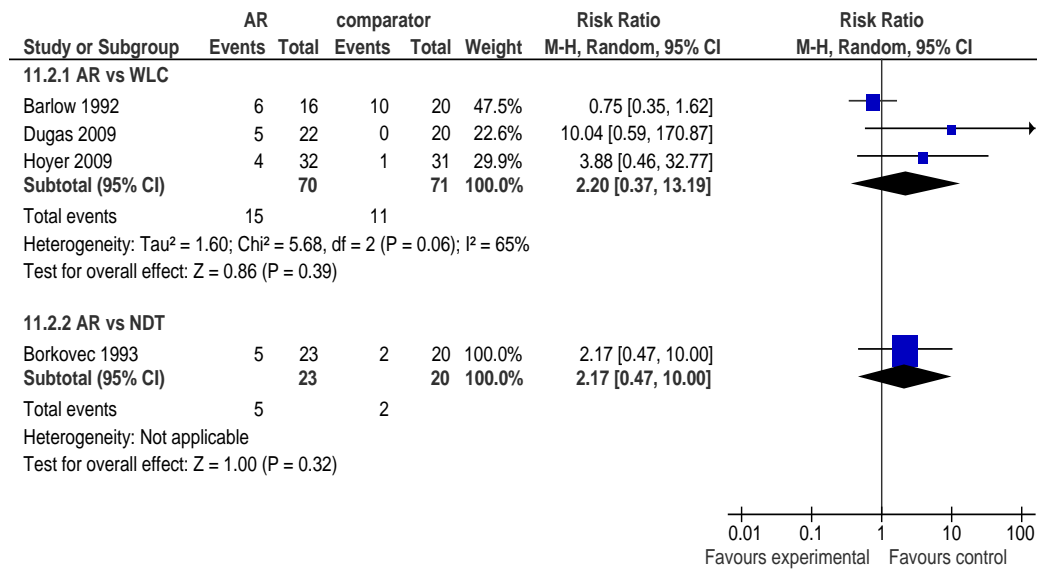
Outcome 27 – Non response outcome



Review: High intensity psychology interventions 02 Applied Relaxation (AR)

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

Outcome 28 – Discontinuation due to any reason



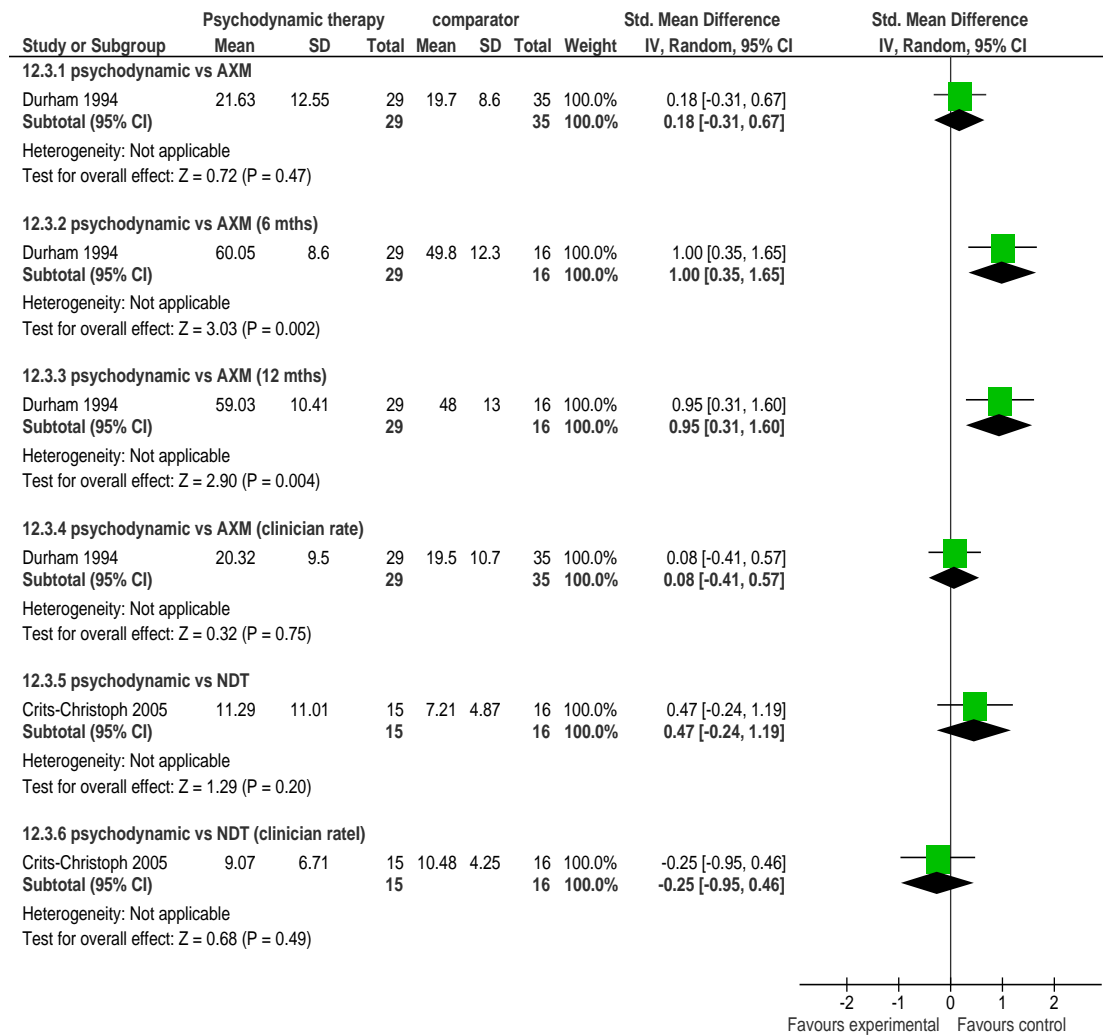


## Appendix 17b – Psychodynamic therapy Forest plots

Review: High intensity psychology interventions 03 Psychodynamic therapy

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

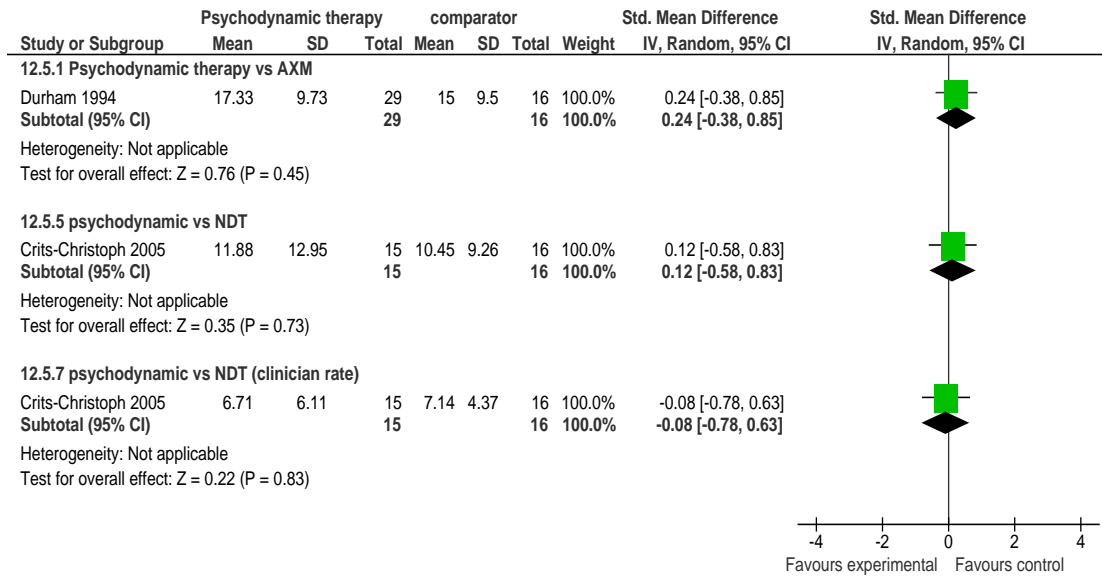
Outcome 29– Anxiety (self and clinician rated) outcome



Review: High intensity psychology interventions 03 Psychodynamic therapy

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

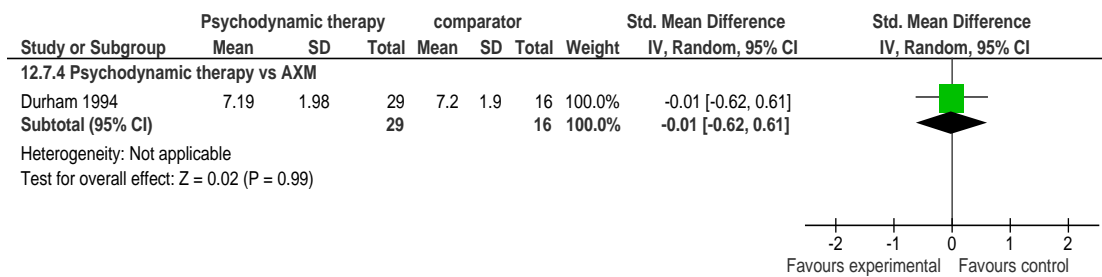
Outcome 30 – Depression (self and clinician rated) outcome



Review: High intensity psychology interventions 03 Psychodynamic therapy

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

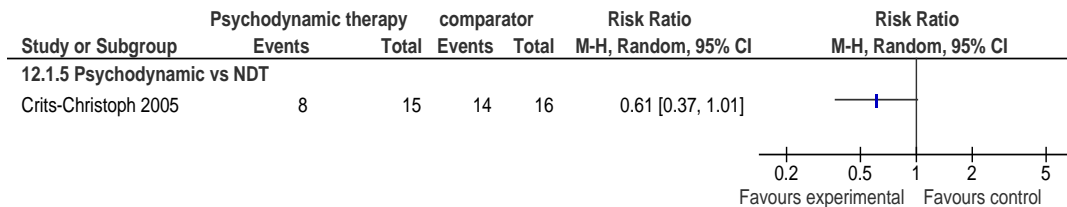
Outcome 31– Quality of Life outcome



Review: High intensity psychology interventions 03 Psychodynamic therapy

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

Outcome 32 – Non remission outcome



Review: High intensity psychology interventions 03 Psychodynamic therapy

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

Outcome 33 – Discontinuation due to any reason

