APPENDIX 17: INTERVENTIONS FOR CHILDREN AND YOUNG PEOPLE – FOREST PLOTS

Selective serotonin reuptake inhibitors (SSRIs) and serotonin and noradrenaline reuptake inhibitors (SNRIs) 4

SSRIs and SNRIS compared with pill placebo 4

Clinician-rated recovery at post-treatment 4

Self-rated social anxiety disorder at post-treatment 5

Number of participants withdrawing because of side effects (paroxetine compared with pill placebo) 5

Side effects (drowsiness) (paroxetine compared with pill placebo) 6

Side effects (insomnia) (paroxetine compared with pill placebo) 6

Fluoxetine compared with CBT 6

Clinician-rated recovery at post-treatment (fluoxetine compared with CBT) 6

Self-rated symptoms of social anxiety at post treatment (fluoxetine compared with CBT) 7

Pharmacotherapy for selective mutism: fluoxetine compared with pill placebo 7

Psychological interventions 8

Cognitive behavioural therapy (CBT) 8

CBT (individual and group) compared with waitlist 8

Clinician-rated recovery at post treatment 8

Self-rated symptoms of social anxiety disorder at post-treatment 9

Self-rated symptoms of social anxiety at follow-up 9

Parent-rated symptoms of social anxiety disorder at post-treatment 10

CBT (individual and group) compared with psychological placebo 10

Clinician-rated recovery at post-treatment 10

Clinician-rated recovery at follow-up 11

Self-rated symptoms of social anxiety disorder at post-treatment 11

Self-rated symptoms of social anxiety disorder at follow-up 12

Parent-rated symptoms of social anxiety disorder at post-treatment 12

Parent-rated symptoms of social anxiety disorder at follow-up 12

CBT compared with pill placebo 13

Recovery at post-treatment 13

Self-rated symptoms of social anxiety 13

CBT compared with CBT plus parent anxiety management 13

Recovery at post-treatment 13

Recovery at follow-up 14
Self-rated symptoms of social anxiety disorder at post-treatment 14
Self-rated symptoms of social anxiety disorder at follow-up 14
Parent-rated symptoms of social anxiety disorder at post-treatment 14
Parent-rated symptoms of social anxiety disorder at follow-up 15
Group CBT compared with group CBT plus individual CBT 15
Recovery at post-treatment (group CBT compared with 12 individual CBT sessions) 15
Recovery at post-treatment (group CBT compared with six individual CBT sessions) 15
Self-rated symptoms of social anxiety disorder at post-treatment (group CBT compared with 12 individual CBT sessions) 15
Self-rated symptoms of social anxiety disorder at post-treatment (group CBT compared with six individual CBT sessions) 16
Self-rated symptoms of social anxiety disorder at follow-up (group CBT compared with 12 individual CBT sessions) 16
Self-rated symptoms of social anxiety disorder at follow-up (group CBT compared with six individual CBT sessions) 16
Other comparisons 17
CBT delivered via parents compared with waitlist 17
Clinician-rated recovery at post-treatment 17
Clinician-rated recovery at follow-up 18
Self-rated symptoms of social anxiety disorder at post-treatment 18
Parent-rated symptoms of social anxiety disorder at post-treatment 19
Parent-rated symptoms of social anxiety disorder at follow-up 19
CBT delivered via parents compared with self-help 19
Self-rated symptoms of social anxiety disorder at post-treatment 19
Parent-rated symptoms of social anxiety disorder at post-treatment 20
Self-rated symptoms of social anxiety disorder at follow-up 20
Parent-rated symptoms of social anxiety disorder at follow-up 20
Self-help compared with waitlist 21
Clinician-rated recovery at post-treatment 21
Self-rated symptoms of social anxiety disorder at post-treatment 21
Parent-rated symptoms of social anxiety disorder at post-treatment 21
Sensitivity analysis: recovery (loss of primary diagnosis) for children and young people with primary or secondary social anxiety disorder 22
CBT compared with waitlist 22

CBT compared with psychological placebo 22
CBT delivered via parents compared with waitlist 23
Self-help and supported self-help compared with waitlist 23

Abbreviations

CBT	cognitive behavioural therapy
CI	confidence interval
df	degrees of freedom
IV	intravariate
M-H	Mantel–Haenszel
SD	standard deviation
SE	standard error
SNRI	serotonin and noradrenaline reuptake inhibitor
SSRI	selective serotonin reuptake inhibitor

PHARMACOLOGICAL INTERVENTIONS

See Chapter 7, Section 7.4 of the guideline.

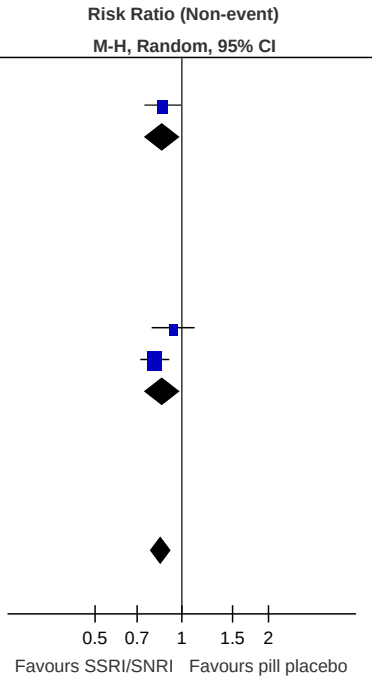
SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIS) AND SEROTONIN AND NORADRENALINE REUPTAKE INHIBITORS (SNRIS)

See Section 7.4.1 of the guideline.

SSRIs and SNRIS compared with pill placebo

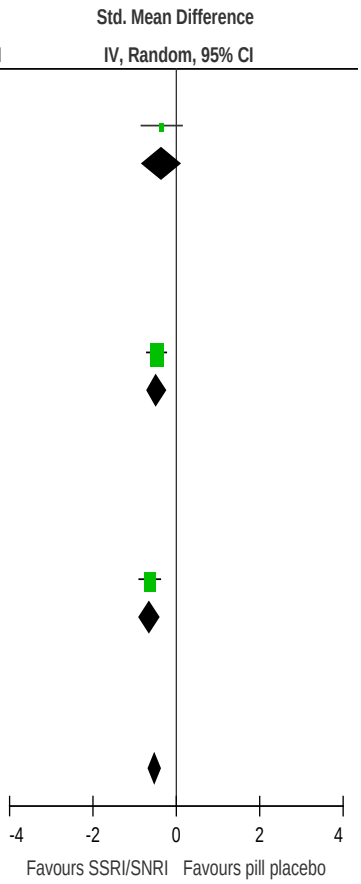
Clinician-rated recovery at post-treatment

	SSRI/SNRI		Pill placebo			Risk Ratio (Non-event)
Study or Subgroup	**Events**	**Total**	**Events**	**Total**	**Weight**	**M-H, Random, 95% CI**
1.1.1 Fluoxetine						
Beidel 2007	7	43	1	37	29.8%	0.86 [0.75, 0.99]
Subtotal (95% CI)		**43**		**37**	**29.8%**	**0.86 [0.75, 0.99]**
Total events	7		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.07 (P = 0.04)						
1.1.2 Paroxetine						
Dineen-Wagner 2004a	8	47	5	45	22.5%	0.93 [0.79, 1.10]
Dineen-Wagner 2004b	28	118	6	112	47.7%	0.81 [0.72, 0.90]
Subtotal (95% CI)		**165**		**157**	**70.2%**	**0.86 [0.74, 0.99]**
Total events	36		11			
Heterogeneity: Tau² = 0.01; Chi² = 2.10, df = 1 (P = 0.15); I² = 52%						
Test for overall effect: Z = 2.16 (P = 0.03)						
Total (95% CI)		**208**		**194**	**100.0%**	**0.85 [0.78, 0.92]**
Total events	43		12			
Heterogeneity: Tau² = 0.00; Chi² = 2.17, df = 2 (P = 0.34); I² = 8%						
Test for overall effect: Z = 3.96 (P < 0.0001)						
Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.96), I² = 0%						



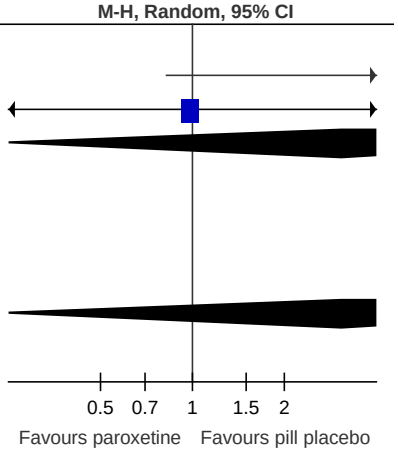
Self-rated social anxiety disorder at post-treatment

Study or Subgroup	SSRI/SNRI Mean	SD	Total	Pill placebo Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.1.1 Fluoxetine								
Beidel 2007	15.6	11	33	19.5	11	32	11.1%	-0.35 [-0.84, 0.14]
Subtotal (95% CI)			**33**			**32**	**11.1%**	**-0.35 [-0.84, 0.14]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.40 (P = 0.16)								
1.1.2 Venlafaxine								
March 2007	40.6	14.63087489	137	47.7	15.20690633	148	48.2%	-0.47 [-0.71, -0.24]
Subtotal (95% CI)			**137**			**148**	**48.2%**	**-0.47 [-0.71, -0.24]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 3.94 (P < 0.0001)								
1.1.3 Paroxetine								
Dineen-Wagner 2004b	40.2	31.42	125	59.9	30.13	120	40.6%	-0.64 [-0.89, -0.38]
Subtotal (95% CI)			**125**			**120**	**40.6%**	**-0.64 [-0.89, -0.38]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 4.87 (P < 0.00001)								
Total (95% CI)			**295**			**300**	**100.0%**	**-0.53 [-0.69, -0.36]**
Heterogeneity: Tau² = 0.00; Chi² = 1.41, df = 2 (P = 0.50); I² = 0%								
Test for overall effect: Z = 6.31 (P < 0.00001)								
Test for subgroup differences: Chi² = 1.41, df = 2 (P = 0.50), I² = 0%								



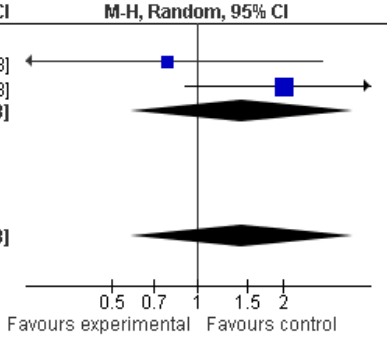
Number of participants withdrawing because of side effects (paroxetine compared with pill placebo)

Study or Subgroup	Paroxetine Events	Total	Pill placebo Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
1.4.3 Paroxetine						
Dineen-Wagner 2004b	7	117	0	111	43.0%	14.24 [0.82, 246.38]
Dineen-Wagner 2004a	2	46	2	45	57.0%	0.98 [0.14, 6.65]
Subtotal (95% CI)		**163**		**156**	**100.0%**	**3.09 [0.19, 50.43]**
Total events	9		2			
Heterogeneity: Tau² = 2.60; Chi² = 2.69, df = 1 (P = 0.10); I² = 63%						
Test for overall effect: Z = 0.79 (P = 0.43)						
Total (95% CI)		**163**		**156**	**100.0%**	**3.09 [0.19, 50.43]**
Total events	9		2			
Heterogeneity: Tau² = 2.60; Chi² = 2.69, df = 1 (P = 0.10); I² = 63%						
Test for overall effect: Z = 0.79 (P = 0.43)						
Test for subgroup differences: Not applicable						



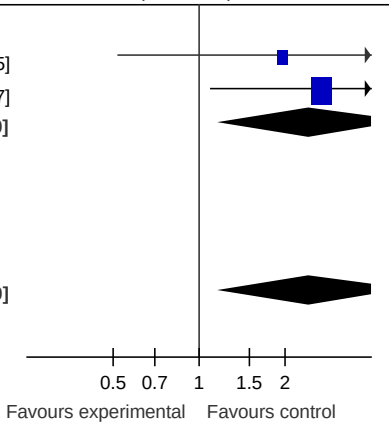
Side effects (drowsiness) (paroxetine compared with pill placebo)

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.5.2 Paroxetine						
Dineen-Wagner 2004a	4	46	5	45	36.6%	0.78 [0.22, 2.73]
Dineen-Wagner 2004b	17	117	8	111	63.4%	2.02 [0.91, 4.48]
Subtotal (95% CI)		**163**		**156**	**100.0%**	**1.43 [0.58, 3.48]**
Total events	21		13			
Heterogeneity: Tau² = 0.16; Chi² = 1.57, df = 1 (P = 0.21); I² = 36%						
Test for overall effect: Z = 0.78 (P = 0.44)						
Total (95% CI)		**163**		**156**	**100.0%**	**1.43 [0.58, 3.48]**
Total events	21		13			
Heterogeneity: Tau² = 0.16; Chi² = 1.57, df = 1 (P = 0.21); I² = 36%						
Test for overall effect: Z = 0.78 (P = 0.44)						
Test for subgroup differences: Not applicable						



Side effects (insomnia) (paroxetine compared with pill placebo)

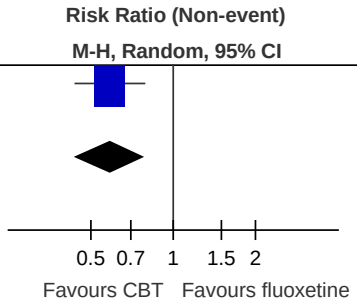
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.7.2 Paroxetine						
Dineen-Wagner 2004a	6	46	3	45	31.3%	1.96 [0.52, 7.35]
Dineen-Wagner 2004b	17	117	6	111	68.7%	2.69 [1.10, 6.57]
Subtotal (95% CI)		**163**		**156**	**100.0%**	**2.43 [1.16, 5.10]**
Total events	23		9			
Heterogeneity: Tau² = 0.00; Chi² = 0.15, df = 1 (P = 0.70); I² = 0%						
Test for overall effect: Z = 2.35 (P = 0.02)						
Total (95% CI)		**163**		**156**	**100.0%**	**2.43 [1.16, 5.10]**
Total events	23		9			
Heterogeneity: Tau² = 0.00; Chi² = 0.15, df = 1 (P = 0.70); I² = 0%						
Test for overall effect: Z = 2.35 (P = 0.02)						
Test for subgroup differences: Not applicable						



Fluoxetine compared with CBT

Clinician-rated recovery at post-treatment (fluoxetine compared with CBT)

Study or Subgroup	CBT Events	CBT Total	Fluoxetine Events	Fluoxetine Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
Beidel 2007	30	59	7	43	100.0%	0.59 [0.44, 0.79]
Total (95% CI)		**59**		**43**	**100.0%**	**0.59 [0.44, 0.79]**
Total events	30		7			
Heterogeneity: Not applicable						
Test for overall effect: Z = 3.59 (P = 0.0003)						

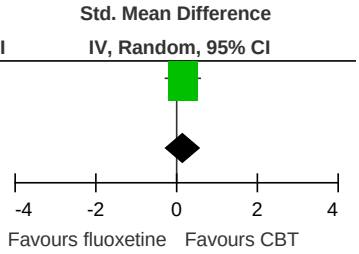


Self-rated symptoms of social anxiety at post treatment (fluoxetine compared with CBT)

	Fluoxetine			CBT				Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI
Beidel 2007	17.2	9.8	57	15.6	11	33	100.0%	0.15 [-0.27, 0.58]
Total (95% CI)			**57**			**33**	**100.0%**	**0.15 [-0.27, 0.58]**

Heterogeneity: Not applicable

Test for overall effect: Z = 0.71 (P = 0.48)



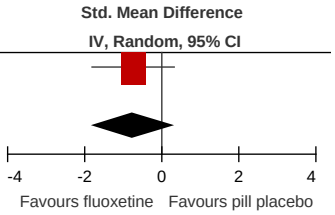
Pharmacotherapy for selective mutism: fluoxetine compared with pill placebo

Parent-rated symptoms of social anxiety disorder at post-treatment

			Fluoxetine	Pill placebo		Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% CI
Black 1994	-0.74349027	0.544246	6	9	100.0%	-0.74 [-1.81, 0.32]
Total (95% CI)			**6**	**9**	**100.0%**	**-0.74 [-1.81, 0.32]**

Heterogeneity: Not applicable

Test for overall effect: Z = 1.37 (P = 0.17)



PSYCHOLOGICAL INTERVENTIONS

See Chapter 7, Section 7.5 of the guideline.

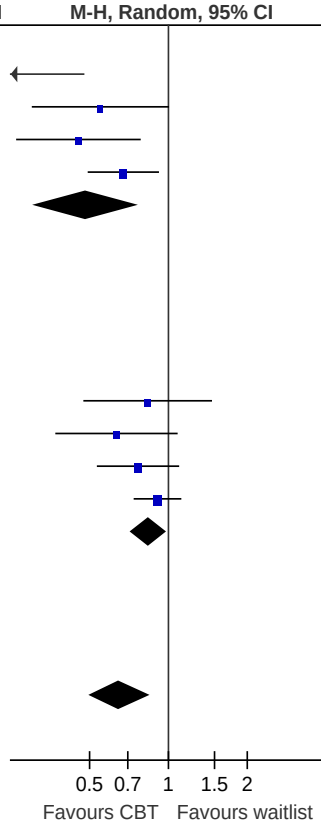
COGNITIVE BEHAVIOURAL THERAPY (CBT)

See Section 7.5.1 of the guideline.

CBT (individual and group) compared with waitlist

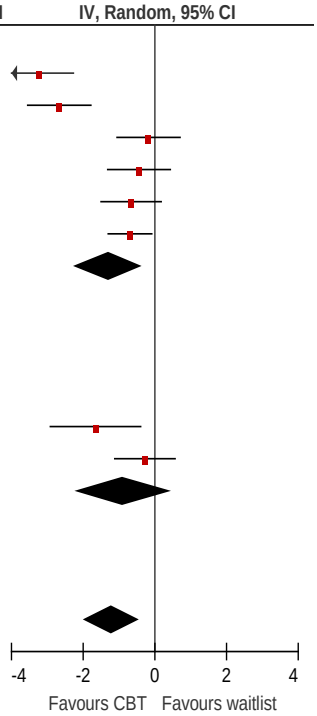
Clinician-rated recovery at post treatment

	CBT		Waitlist			Risk Ratio (Non-event)
Study or Subgroup	**Events**	**Total**	**Events**	**Total**	**Weight**	**M-H, Random, 95% CI**
3.1.1 CBT, specific						
Spence 2000	15	17	0	7	4.2%	0.15 [0.05, 0.47]
Gallagher 2004	6	12	1	11	10.4%	0.55 [0.30, 1.00]
Spence 2000	11	19	0	7	11.4%	0.45 [0.26, 0.78]
Melfsen 2011	7	21	0	23	16.7%	0.67 [0.50, 0.91]
Subtotal (95% CI)		**69**		**48**	**42.7%**	**0.48 [0.31, 0.77]**
Total events	39		1			
Heterogeneity: Tau² = 0.13; Chi² = 7.89, df = 3 (P = 0.05); I² = 62%						
Test for overall effect: Z = 3.10 (P = 0.002)						
3.1.2 CBT, general						
Lyneham 2012	2	7	1	7	11.1%	0.83 [0.48, 1.46]
Lau 2010	3	8	0	13	11.6%	0.63 [0.37, 1.08]
Spence 2011	3	12	0	10	15.6%	0.77 [0.54, 1.09]
Rapee 2006	4	27	1	16	19.1%	0.91 [0.74, 1.11]
Subtotal (95% CI)		**54**		**46**	**57.3%**	**0.84 [0.72, 0.99]**
Total events	12		2			
Heterogeneity: Tau² = 0.00; Chi² = 2.31, df = 3 (P = 0.51); I² = 0%						
Test for overall effect: Z = 2.09 (P = 0.04)						
Total (95% CI)		**123**		**94**	**100.0%**	**0.65 [0.50, 0.85]**
Total events	51		3			
Heterogeneity: Tau² = 0.09; Chi² = 21.13, df = 7 (P = 0.004); I² = 67%						
Test for overall effect: Z = 3.17 (P = 0.002)						
Test for subgroup differences: Chi² = 5.04, df = 1 (P = 0.02), I² = 80.2%						



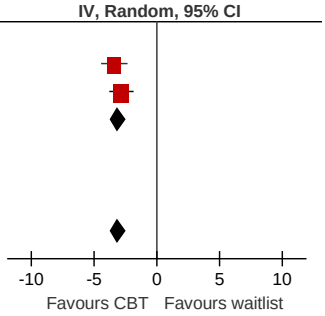
Self-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	Std. Mean Difference	SE	CBT Total	Waitlist Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.3.1 CBT, specific						
Sanchez-Garcia 2009	-3.23902454	0.49400731	29	13	12.2%	-3.24 [-4.21, -2.27]
Sanchez-Garcia 2009	-2.66605618	0.45036903	28	13	12.6%	-2.67 [-3.55, -1.78]
Spence 2000	-0.17543995	0.44980207	17	7	12.6%	-0.18 [-1.06, 0.71]
Spence 2000	-0.4416277	0.4463624	19	7	12.6%	-0.44 [-1.32, 0.43]
Gallagher 2004	-0.66167551	0.4286984	12	11	12.8%	-0.66 [-1.50, 0.18]
Melfsen 2011	-0.69268048	0.3107244	21	23	13.8%	-0.69 [-1.30, -0.08]
Subtotal (95% CI)			**126**	**74**	**76.5%**	**-1.29 [-2.25, -0.34]**
Heterogeneity: Tau² = 1.24; Chi² = 39.89, df = 5 (P < 0.00001); I² = 87%						
Test for overall effect: Z = 2.66 (P = 0.008)						
3.3.2 CBT, general						
Lyneham 2012	-1.65456775	0.64406203	7	6	10.7%	-1.65 [-2.92, -0.39]
Spence 2011	-0.27666932	0.43020113	12	10	12.8%	-0.28 [-1.12, 0.57]
Subtotal (95% CI)			**19**	**16**	**23.5%**	**-0.88 [-2.22, 0.46]**
Heterogeneity: Tau² = 0.65; Chi² = 3.16, df = 1 (P = 0.08); I² = 68%						
Test for overall effect: Z = 1.29 (P = 0.20)						
Total (95% CI)			**145**	**90**	**100.0%**	**-1.20 [-1.97, -0.43]**
Heterogeneity: Tau² = 1.03; Chi² = 44.38, df = 7 (P < 0.00001); I² = 84%						
Test for overall effect: Z = 3.05 (P = 0.002)						
Test for subgroup differences: Chi² = 0.24, df = 1 (P = 0.62), I² = 0%						



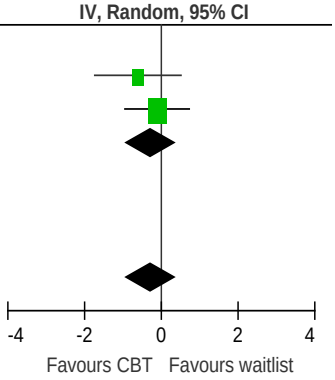
Self-rated symptoms of social anxiety at follow-up

Study or Subgroup	Std. Mean Difference	SE	CBT Total	Waitlist Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.4.2 CBT, specific						
Sanchez-Garcia 2009	-3.38927682	0.50602636	28	13	45.7%	-3.39 [-4.38, -2.40]
Sanchez-Garcia 2009	-2.81975258	0.4642412	29	13	54.3%	-2.82 [-3.73, -1.91]
Subtotal (95% CI)			**57**	**26**	**100.0%**	**-3.08 [-3.75, -2.41]**
Heterogeneity: Tau² = 0.00; Chi² = 0.69, df = 1 (P = 0.41); I² = 0%						
Test for overall effect: Z = 9.00 (P < 0.00001)						
Total (95% CI)			**57**	**26**	**100.0%**	**-3.08 [-3.75, -2.41]**
Heterogeneity: Tau² = 0.00; Chi² = 0.69, df = 1 (P = 0.41); I² = 0%						
Test for overall effect: Z = 9.00 (P < 0.00001)						
Test for subgroup differences: Not applicable						



Parent-rated symptoms of social anxiety disorder at post-treatment

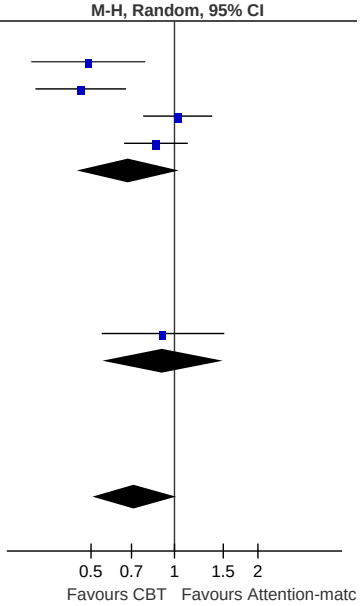
Study or Subgroup	CBT Mean	CBT SD	CBT Total	Waitlist Mean	Waitlist SD	Waitlist Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.5.1 CBT, general								
Lyneham 2012	6.71	5.529	7	10.17	4.956	6	35.8%	-0.61 [-1.74, 0.52]
Spence 2011	8.9167	3.44986	12	9.3	3.26769	10	64.2%	-0.11 [-0.95, 0.73]
Subtotal (95% CI)			**19**			**16**	**100.0%**	**-0.29 [-0.96, 0.38]**
Heterogeneity: Tau² = 0.00; Chi² = 0.49, df = 1 (P = 0.48); I² = 0%								
Test for overall effect: Z = 0.84 (P = 0.40)								
Total (95% CI)			**19**			**16**	**100.0%**	**-0.29 [-0.96, 0.38]**
Heterogeneity: Tau² = 0.00; Chi² = 0.49, df = 1 (P = 0.48); I² = 0%								
Test for overall effect: Z = 0.84 (P = 0.40)								
Test for subgroup differences: Not applicable								



CBT (individual and group) compared with psychological placebo

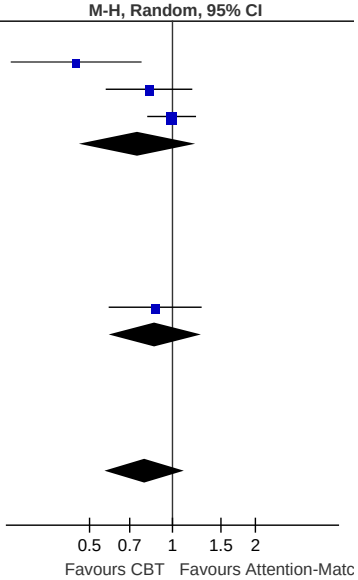
Clinician-rated recovery at post-treatment

Study or Subgroup	CBT Events	CBT Total	Attention-matched control Events	Attention-matched control Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
4.1.1 CBT, specific						
Masia-Warner 2007	10	19	0	17	17.8%	0.49 [0.31, 0.78]
Beidel 2000	20	36	1	31	20.2%	0.46 [0.32, 0.67]
Herbert 2009 (group)	3	23	2	13	22.3%	1.03 [0.78, 1.36]
Herbert 2009 (individual)	5	24	1	13	22.8%	0.86 [0.66, 1.11]
Subtotal (95% CI)		**102**		**74**	**83.0%**	**0.68 [0.45, 1.05]**
Total events	38		4			
Heterogeneity: Tau² = 0.16; Chi² = 20.01, df = 3 (P = 0.0002); I² = 85%						
Test for overall effect: Z = 1.75 (P = 0.08)						
4.1.2 CBT, general						
Hudson 2009	4	12	4	15	17.0%	0.91 [0.55, 1.50]
Subtotal (95% CI)		**12**		**15**	**17.0%**	**0.91 [0.55, 1.50]**
Total events	4		4			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.37 (P = 0.71)						
Total (95% CI)		**114**		**89**	**100.0%**	**0.72 [0.51, 1.02]**
Total events	42		8			
Heterogeneity: Tau² = 0.12; Chi² = 19.47, df = 4 (P = 0.0006); I² = 79%						
Test for overall effect: Z = 1.84 (P = 0.07)						
Test for subgroup differences: Chi² = 0.73, df = 1 (P = 0.39), I² = 0%						



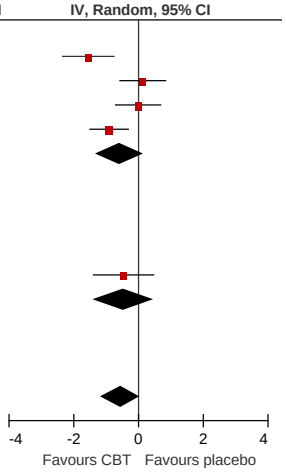
Clinician-rated recovery at follow-up

Study or Subgroup	CBT Events	CBT Total	Attention-matched control Events	Attention-matched control Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
4.3.1 CBT, specific						
Masia-Warner 2007	11	19	1	17	18.3%	0.45 [0.26, 0.77]
Herbert 2009 (group)	7	23	2	13	25.4%	0.82 [0.58, 1.17]
Herbert 2009 (individual)	2	24	1	13	31.9%	0.99 [0.81, 1.21]
Subtotal (95% CI)		**66**		**43**	**75.7%**	**0.75 [0.46, 1.22]**
Total events	20		4			
Heterogeneity: Tau² = 0.15; Chi² = 11.93, df = 2 (P = 0.003); I² = 83%						
Test for overall effect: Z = 1.16 (P = 0.25)						
4.3.2 CBT, general						
Hudson 2009	3	12	2	15	24.3%	0.87 [0.59, 1.27]
Subtotal (95% CI)		**12**		**15**	**24.3%**	**0.87 [0.59, 1.27]**
Total events	3		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.74 (P = 0.46)						
Total (95% CI)		**78**		**58**	**100.0%**	**0.79 [0.57, 1.10]**
Total events	23		6			
Heterogeneity: Tau² = 0.08; Chi² = 10.86, df = 3 (P = 0.01); I² = 72%						
Test for overall effect: Z = 1.39 (P = 0.16)						
Test for subgroup differences: Chi² = 0.21, df = 1 (P = 0.65), I² = 0%						



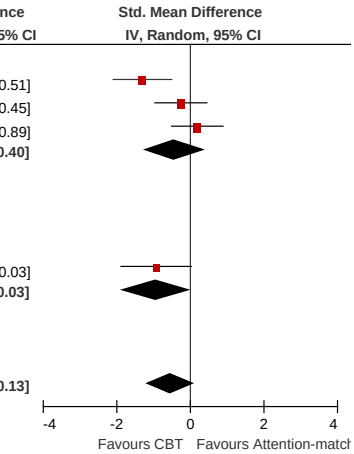
Self-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	Std. Mean Difference	SE	CBT Total	Attention-matched control Total	Weight	Std. Mean Difference IV, Random, 95% CI
4.4.1 CBT, specific						
Masia-Warner 2007	-1.55286663	0.4041996	17	15	19.2%	-1.55 [-2.35, -0.76]
Herbert 2009 (group)	0.13221809	0.35999615	22	12	20.6%	0.13 [-0.57, 0.84]
Herbert 2009 (individual)	-0.01152173	0.35627594	23	12	20.7%	-0.01 [-0.71, 0.69]
Beidel 2000	-0.9089535	0.30264715	30	20	22.5%	-0.91 [-1.50, -0.32]
Subtotal (95% CI)			**92**	**59**	**83.0%**	**-0.58 [-1.31, 0.16]**
Heterogeneity: Tau² = 0.43; Chi² = 13.43, df = 3 (P = 0.004); I² = 78%						
Test for overall effect: Z = 1.54 (P = 0.12)						
4.4.2 CBT, general						
Hudson 2009	-0.46078815	0.47443478	7	13	17.0%	-0.46 [-1.39, 0.47]
Subtotal (95% CI)			**7**	**13**	**17.0%**	**-0.46 [-1.39, 0.47]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.97 (P = 0.33)						
Total (95% CI)			**99**	**72**	**100.0%**	**-0.56 [-1.16, 0.04]**
Heterogeneity: Tau² = 0.33; Chi² = 13.47, df = 4 (P = 0.009); I² = 70%						
Test for overall effect: Z = 1.81 (P = 0.07)						
Test for subgroup differences: Chi² = 0.04, df = 1 (P = 0.85), I² = 0%						



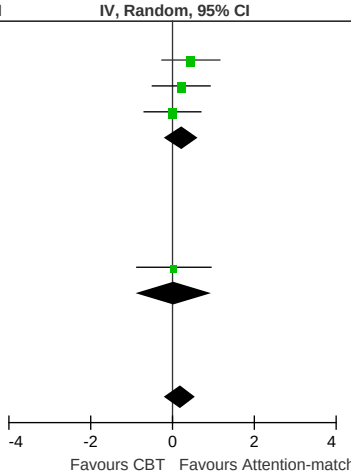
Self-rated symptoms of social anxiety disorder at follow-up

Study or Subgroup	Std. Mean Difference	SE	CBT Total	Attention-matched control Total	Weight	Std. Mean Difference IV, Random, 95% CI
4.5.1 CBT, specific						
Herbert 2009 (group)	-1.3030128	0.4059141	15	15	24.8%	-1.30 [-2.10, -0.51]
Masia-Warner 2007	-0.25866566	0.36037324	22	12	26.8%	-0.26 [-0.96, 0.45]
Herbert 2009 (individual)	0.18906067	0.35689331	23	12	26.9%	0.19 [-0.51, 0.89]
Subtotal (95% CI)			**60**	**39**	**78.5%**	**-0.44 [-1.28, 0.40]**
Heterogeneity: Tau² = 0.41; Chi² = 7.82, df = 2 (P = 0.02); I² = 74%						
Test for overall effect: Z = 1.03 (P = 0.30)						
4.5.2 CBT, general						
Hudson 2009	-0.92793347	0.48843482	8	11	21.5%	-0.93 [-1.89, 0.03]
Subtotal (95% CI)			**8**	**11**	**21.5%**	**-0.93 [-1.89, 0.03]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.90 (P = 0.06)						
Total (95% CI)			**68**	**50**	**100.0%**	**-0.54 [-1.21, 0.13]**
Heterogeneity: Tau² = 0.31; Chi² = 8.84, df = 3 (P = 0.03); I² = 66%						
Test for overall effect: Z = 1.58 (P = 0.11)						
Test for subgroup differences: Chi² = 0.57, df = 1 (P = 0.45), I² = 0%						



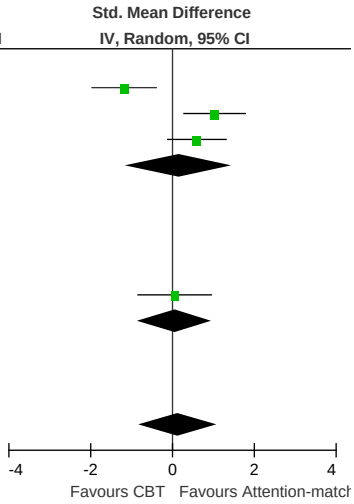
Parent-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	CBT Mean	CBT SD	CBT Total	Attention-matched control Mean	Attention-matched control SD	Attention-matched control Total	Weight	Std. Mean Difference IV, Random, 95% CI
4.6.1 CBT, specific								
Herbert 2009 (individual)	62.87	16.15	23	55.53	15.55	12	27.4%	0.45 [-0.26, 1.16]
Herbert 2009 (group)	58.73	14.25	22	55.53	15.55	12	27.5%	0.21 [-0.49, 0.92]
Masia-Warner 2007	55.6	5.9178	17	55.6	6.2089	15	28.4%	0.00 [-0.69, 0.69]
Subtotal (95% CI)			**62**			**39**	**83.4%**	**0.22 [-0.19, 0.62]**
Heterogeneity: Tau² = 0.00; Chi² = 0.79, df = 2 (P = 0.67); I² = 0%								
Test for overall effect: Z = 1.05 (P = 0.29)								
4.6.2 CBT, general								
Hudson 2009	6.71	3.2	7	6.57	4.345	14	16.6%	0.03 [-0.87, 0.94]
Subtotal (95% CI)			**7**			**14**	**16.6%**	**0.03 [-0.87, 0.94]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.07 (P = 0.94)								
Total (95% CI)			**69**			**53**	**100.0%**	**0.19 [-0.18, 0.56]**
Heterogeneity: Tau² = 0.00; Chi² = 0.92, df = 3 (P = 0.82); I² = 0%								
Test for overall effect: Z = 0.99 (P = 0.32)								
Test for subgroup differences: Chi² = 0.13, df = 1 (P = 0.72), I² = 0%								



Parent-rated symptoms of social anxiety disorder at follow-up

Study or Subgroup	CBT Mean	CBT SD	CBT Total	Attention-matched control Mean	Attention-matched control SD	Attention-matched control Total	Weight	Std. Mean Difference IV, Random, 95% CI
4.7.1 CBT, specific								
Masia-Warner 2007	46.3	4.6152	15	52.2	5.0794	15	25.0%	-1.18 [-1.97, -0.40]
Herbert 2009 (group)	61.08	12.88	22	47	14.21	12	25.4%	1.03 [0.28, 1.78]
Herbert 2009 (individual)	57.4	18.32	23	47	14.21	12	25.8%	0.60 [-0.12, 1.31]
Subtotal (95% CI)			**60**			**39**	**76.2%**	**0.15 [-1.14, 1.44]**
Heterogeneity: Tau² = 1.15; Chi² = 17.82, df = 2 (P = 0.0001); I² = 89%								
Test for overall effect: Z = 0.23 (P = 0.82)								
4.7.2 CBT, general								
Hudson 2009	6.38	2.615	8	6.17	4.509	12	23.8%	0.05 [-0.84, 0.95]
Subtotal (95% CI)			**8**			**12**	**23.8%**	**0.05 [-0.84, 0.95]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.11 (P = 0.91)								
Total (95% CI)			**68**			**51**	**100.0%**	**0.13 [-0.82, 1.09]**
Heterogeneity: Tau² = 0.79; Chi² = 17.91, df = 3 (P = 0.0005); I² = 83%								
Test for overall effect: Z = 0.27 (P = 0.79)								
Test for subgroup differences: Chi² = 0.02, df = 1 (P = 0.90), I² = 0%								



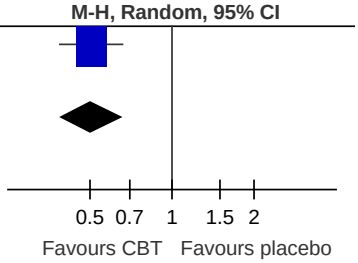
CBT compared with pill placebo

Recovery at post-treatment

Study or Subgroup	CBT Events	CBT Total	Pill placebo Events	Pill placebo Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
Beidel 2007	30	59	1	37	100.0%	0.51 [0.39, 0.66]
Total (95% CI)		**59**		**37**	**100.0%**	**0.51 [0.39, 0.66]**
Total events	30		1			

Heterogeneity: Not applicable

Test for overall effect: Z = 5.05 (P < 0.00001)

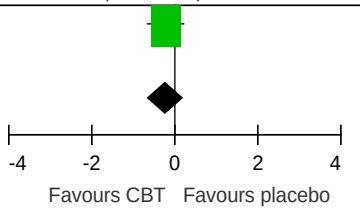


Self-rated symptoms of social anxiety

Study or Subgroup	CBT Mean	CBT SD	CBT Total	Pill placebo Mean	Pill placebo SD	Pill placebo Total	Weight	Std. Mean Difference IV, Random, 95% CI
Beidel 2007	17.2	9.8	57	19.5	11	32	100.0%	-0.22 [-0.66, 0.21]
Total (95% CI)			**57**			**32**	**100.0%**	**-0.22 [-0.66, 0.21]**

Heterogeneity: Not applicable

Test for overall effect: Z = 1.00 (P = 0.32)



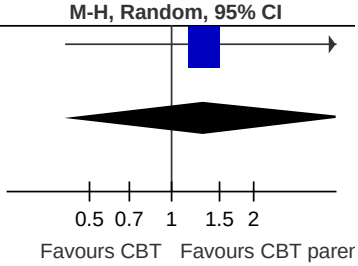
CBT compared with CBT plus parent anxiety management

Recovery at post-treatment

Study or Subgroup	CBT Events	CBT Total	CBT parent Events	CBT parent Total	Weight	Risk Ratio M-H, Random, 95% CI
Hudson 2012	5	20	4	21	100.0%	1.31 [0.41, 4.20]
Total (95% CI)		**20**		**21**	**100.0%**	**1.31 [0.41, 4.20]**
Total events	5		4			

Heterogeneity: Not applicable

Test for overall effect: Z = 0.46 (P = 0.65)

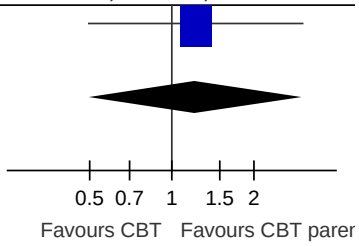


Recovery at follow-up

Study or Subgroup	CBT Events	CBT Total	CBT parent Events	CBT parent Total	Weight	Risk Ratio M-H, Random, 95% CI
Hudson 2012	7	20	6	21	100.0%	1.23 [0.50, 3.02]
Total (95% CI)		**20**		**21**	**100.0%**	**1.23 [0.50, 3.02]**
Total events	7		6			

Heterogeneity: Not applicable

Test for overall effect: Z = 0.44 (P = 0.66)

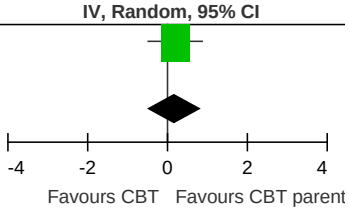


Self-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	CBT Mean	CBT SD	CBT Total	CBT parent Mean	CBT parent SD	CBT parent Total	Weight	Std. Mean Difference IV, Random, 95% CI
Hudson 2012	6.13	4.288	16	5.44	2.617	18	100.0%	0.19 [-0.48, 0.87]
Total (95% CI)			**16**			**18**	**100.0%**	**0.19 [-0.48, 0.87]**

Heterogeneity: Not applicable

Test for overall effect: Z = 0.56 (P = 0.58)

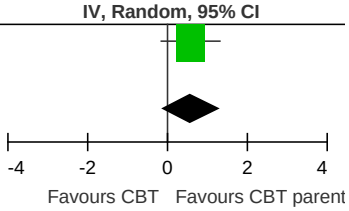


Self-rated symptoms of social anxiety disorder at follow-up

Study or Subgroup	CBT Mean	CBT SD	CBT Total	CBT parent Mean	CBT parent SD	CBT parent Total	Weight	Std. Mean Difference IV, Random, 95% CI
Hudson 2012	6.69	4.332	16	4.43	3.081	14	100.0%	0.58 [-0.16, 1.31]
Total (95% CI)			**16**			**14**	**100.0%**	**0.58 [-0.16, 1.31]**

Heterogeneity: Not applicable

Test for overall effect: Z = 1.54 (P = 0.12)

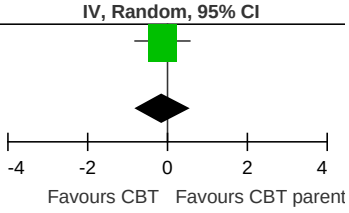


Parent-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	CBT Mean	CBT SD	CBT Total	CBT parent Mean	CBT parent SD	CBT parent Total	Weight	Std. Mean Difference IV, Random, 95% CI
Hudson 2012	7.47	2.232	15	7.83	3.185	18	100.0%	-0.13 [-0.81, 0.56]
Total (95% CI)			**15**			**18**	**100.0%**	**-0.13 [-0.81, 0.56]**

Heterogeneity: Not applicable

Test for overall effect: Z = 0.36 (P = 0.72)

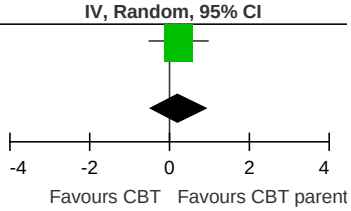


Parent-rated symptoms of social anxiety disorder at follow-up

Study or Subgroup	CBT Mean	CBT SD	CBT Total	CBT parent Mean	CBT parent SD	CBT parent Total	Weight	Std. Mean Difference IV, Random, 95% CI
Hudson 2012	7.44	3.759	16	6.62	3.124	13	100.0%	0.23 [-0.51, 0.96]
Total (95% CI)			**16**			**13**	**100.0%**	**0.23 [-0.51, 0.96]**

Heterogeneity: Not applicable

Test for overall effect: Z = 0.61 (P = 0.54)



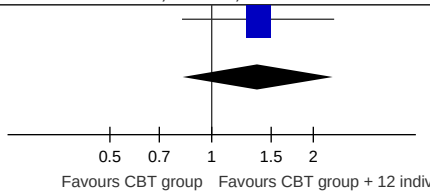
Group CBT compared with group CBT plus individual CBT

Recovery at post-treatment (group CBT compared with 12 individual CBT sessions)

Study or Subgroup	CBT group Events	CBT group Total	CBT group + 12 individual Events	CBT group + 12 individual Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
Olivares 2008	5	18	9	19	100.0%	1.37 [0.82, 2.29]
Total (95% CI)		**18**		**19**	**100.0%**	**1.37 [0.82, 2.29]**
Total events	5		9			

Heterogeneity: Not applicable

Test for overall effect: Z = 1.21 (P = 0.23)

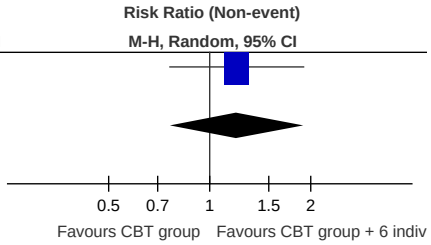


Recovery at post-treatment (group CBT compared with six individual CBT sessions)

Study or Subgroup	CBT group Events	CBT group Total	CBT group + 6 individual Events	CBT group + 6 individual Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
Olivares 2008	5	18	8	20	100.0%	1.20 [0.76, 1.90]
Total (95% CI)		**18**		**20**	**100.0%**	**1.20 [0.76, 1.90]**
Total events	5		8			

Heterogeneity: Not applicable

Test for overall effect: Z = 0.79 (P = 0.43)

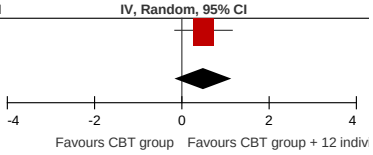


Self-rated symptoms of social anxiety disorder at post-treatment (group CBT compared with 12 individual CBT sessions)

Study or Subgroup	Std. Mean Difference	SE	CBT group Total	CBT group + 12 individual Total	Weight	Std. Mean Difference IV, Random, 95% CI
Olivares 2008	0.49749868	0.33553324	18	19	100.0%	0.50 [-0.16, 1.16]
Total (95% CI)			**18**	**19**	**100.0%**	**0.50 [-0.16, 1.16]**

Heterogeneity: Not applicable

Test for overall effect: Z = 1.48 (P = 0.14)

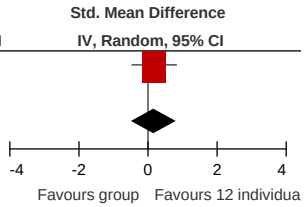


Self-rated symptoms of social anxiety disorder at post-treatment (group CBT compared with six individual CBT sessions)

Study or Subgroup	Std. Mean Difference	SE	CBT group Total	CBT 12 individual Total	Weight	Std. Mean Difference IV, Random, 95% CI
Olivares 2008	0.18100653	0.32582602	18	20	100.0%	0.18 [-0.46, 0.82]
Total (95% CI)			**18**	**20**	**100.0%**	**0.18 [-0.46, 0.82]**

Heterogeneity: Not applicable

Test for overall effect: Z = 0.56 (P = 0.58)

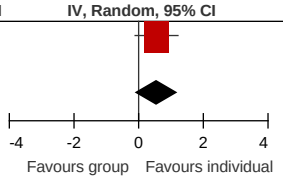


Self-rated symptoms of social anxiety disorder at follow-up (group CBT compared with 12 individual CBT sessions)

Study or Subgroup	Std. Mean Difference	SE	CBT group Total	CBT 12 inidividual Total	Weight	Std. Mean Difference IV, Random, 95% CI
Olivares 2008	0.55296024	0.33766139	18	19	100.0%	0.55 [-0.11, 1.21]
Total (95% CI)			**18**	**19**	**100.0%**	**0.55 [-0.11, 1.21]**

Heterogeneity: Not applicable

Test for overall effect: Z = 1.64 (P = 0.10)

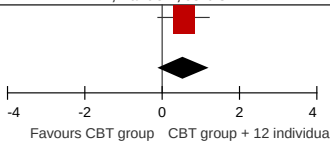


Self-rated symptoms of social anxiety disorder at follow-up (group CBT compared with six individual CBT sessions)

Study or Subgroup	Std. Mean Difference	SE	CBT group Total	CBT group + 12 individual Total	Weight	Std. Mean Difference IV, Random, 95% CI
Olivares 2008	0.55296024	0.33766139	18	19	100.0%	0.55 [-0.11, 1.21]
Total (95% CI)			**18**	**19**	**100.0%**	**0.55 [-0.11, 1.21]**

Heterogeneity: Not applicable

Test for overall effect: Z = 1.64 (P = 0.10)



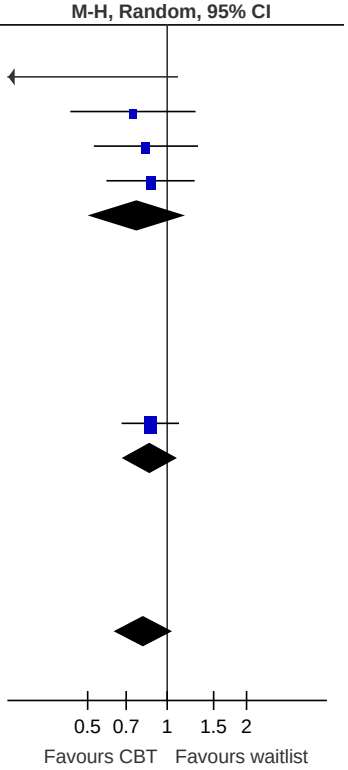
OTHER COMPARISONS

See Section 7.5.2 and 7.5.3 of the guideline.

CBT delivered via parents compared with waitlist

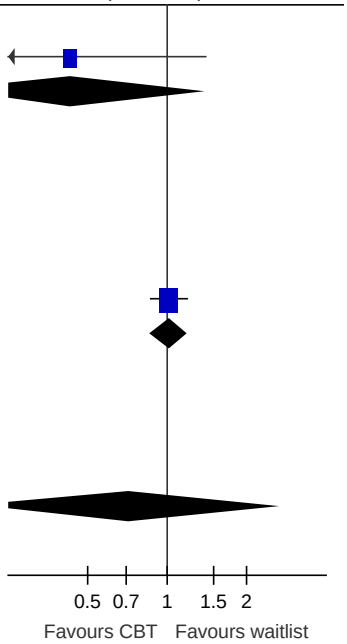
Clinician-rated recovery at post-treatment

Study or Subgroup	CBT via parents Events	CBT via parents Total	Waitlist Events	Waitlist Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
6.1.1 CBT via parent, general						
Cartwright-Hatton 2012	6	6	0	9	0.9%	0.08 [0.01, 1.09]
Lyneham 2012	4	11	1	7	15.9%	0.74 [0.43, 1.27]
Thirlwall 2012	3	11	1	8	20.6%	0.83 [0.53, 1.30]
Thirlwall 2012	3	13	1	9	25.2%	0.87 [0.59, 1.26]
Subtotal (95% CI)		**41**		**33**	**62.6%**	**0.77 [0.50, 1.18]**
Total events	16		3			
Heterogeneity: Tau² = 0.09; Chi² = 6.51, df = 3 (P = 0.09); I² = 54%						
Test for overall effect: Z = 1.20 (P = 0.23)						
6.1.2 CBT via parent, no support						
Rapee 2006	4	21	1	16	37.4%	0.86 [0.68, 1.10]
Subtotal (95% CI)		**21**		**16**	**37.4%**	**0.86 [0.68, 1.10]**
Total events	4		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.18 (P = 0.24)						
Total (95% CI)		**62**		**49**	**100.0%**	**0.82 [0.64, 1.06]**
Total events	20		4			
Heterogeneity: Tau² = 0.03; Chi² = 6.39, df = 4 (P = 0.17); I² = 37%						
Test for overall effect: Z = 1.54 (P = 0.12)						
Test for subgroup differences: Chi² = 0.20, df = 1 (P = 0.65), I² = 0%						



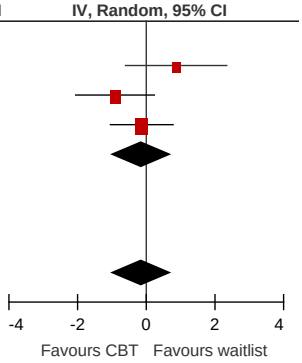
Clinician-rated recovery at follow-up

Study or Subgroup	CBT via parents Events	CBT via parents Total	Waitlist Events	Waitlist Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
6.2.1 CBT via parent, general						
Cartwright-Hatton 2012	4	6	2	9	40.4%	0.43 [0.13, 1.40]
Subtotal (95% CI)		**6**		**9**	**40.4%**	**0.43 [0.13, 1.40]**
Total events	4		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.40 (P = 0.16)						
6.2.2 CBT via parent, no support						
Rapee 2006	1	21	1	16	59.6%	1.02 [0.87, 1.19]
Subtotal (95% CI)		**21**		**16**	**59.6%**	**1.02 [0.87, 1.19]**
Total events	1		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.19 (P = 0.85)						
Total (95% CI)		**27**		**25**	**100.0%**	**0.72 [0.19, 2.67]**
Total events	5		3			
Heterogeneity: Tau² = 0.75; Chi² = 5.02, df = 1 (P = 0.03); I² = 80%						
Test for overall effect: Z = 0.50 (P = 0.62)						
Test for subgroup differences: Chi² = 2.00, df = 1 (P = 0.16), I² = 50.1%						



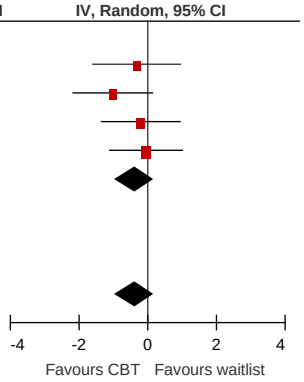
Self-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	Std. Mean Difference	SE	CBT via parent Total	Waitlist Total	Weight	Std. Mean Difference IV, Random, 95% CI
6.3.1 CBT via parent, general						
Thirlwall 2012	0.87	0.75252525	4	5	24.4%	0.87 [-0.60, 2.34]
Lyneham 2012	-0.90964668	0.58425087	7	6	33.4%	-0.91 [-2.05, 0.24]
Thirlwall 2012	-0.13	0.46464646	8	6	42.2%	-0.13 [-1.04, 0.78]
Subtotal (95% CI)			**19**	**17**	**100.0%**	**-0.15 [-1.03, 0.73]**
Heterogeneity: Tau² = 0.26; Chi² = 3.52, df = 2 (P = 0.17); I² = 43%						
Test for overall effect: Z = 0.33 (P = 0.74)						
Total (95% CI)			**19**	**17**	**100.0%**	**-0.15 [-1.03, 0.73]**
Heterogeneity: Tau² = 0.26; Chi² = 3.52, df = 2 (P = 0.17); I² = 43%						
Test for overall effect: Z = 0.33 (P = 0.74)						
Test for subgroup differences: Not applicable						



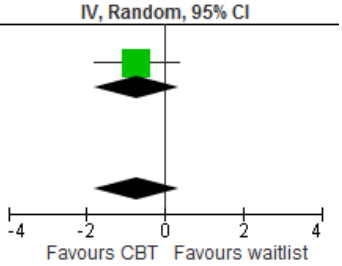
Parent-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	Std. Mean Difference	SE	CBT via parent Total	Waitlist Total	Weight	Std. Mean Difference IV, Random, 95% CI
6.4.1 CBT via parent, general						
Thirlwall 2012	-0.32165879	0.64949202	4	5	20.5%	-0.32 [-1.59, 0.95]
Lyneham 2012	-1.01532169	0.5909086	7	6	24.7%	-1.02 [-2.17, 0.14]
Cartwright-Hatton 2012	-0.20059531	0.58425087	6	9	25.3%	-0.20 [-1.35, 0.94]
Thirlwall 2012	-0.04814766	0.54013837	8	6	29.6%	-0.05 [-1.11, 1.01]
Subtotal (95% CI)			**25**	**26**	**100.0%**	**-0.38 [-0.96, 0.19]**
Heterogeneity: Tau² = 0.00; Chi² = 1.64, df = 3 (P = 0.65); I² = 0%						
Test for overall effect: Z = 1.30 (P = 0.19)						
Total (95% CI)			**25**	**26**	**100.0%**	**-0.38 [-0.96, 0.19]**
Heterogeneity: Tau² = 0.00; Chi² = 1.64, df = 3 (P = 0.65); I² = 0%						
Test for overall effect: Z = 1.30 (P = 0.19)						
Test for subgroup differences: Not applicable						



Parent-rated symptoms of social anxiety disorder at follow-up

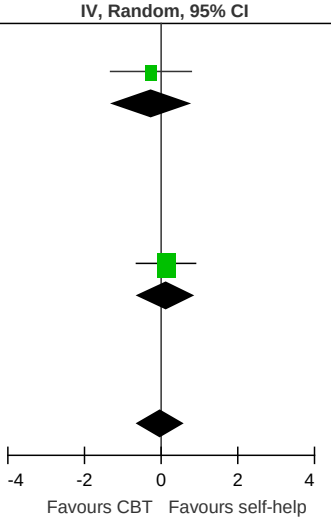
Study or Subgroup	CBT via parent Mean	SD	Total	Waitlist Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
6.5.1 CBT via parent, general								
Cartwright-Hatton 2012	4.83	3.76	6	7.78	3.9	9	100.0%	-0.72 [-1.80, 0.35]
Subtotal (95% CI)			**6**			**9**	**100.0%**	**-0.72 [-1.80, 0.35]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.31 (P = 0.19)								
Total (95% CI)			**6**			**9**	**100.0%**	**-0.72 [-1.80, 0.35]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.31 (P = 0.19)								
Test for subgroup differences: Not applicable								



CBT delivered via parents compared with self-help

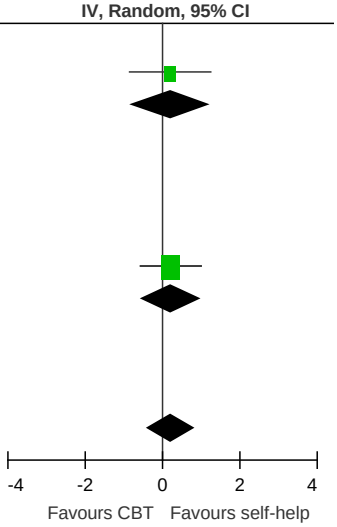
Self-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	CBT Mean	SD	Total	Self-help Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
8.1.1 CBT (group), general vs book for parents with support								
Lyneham 2012	3.43	3.155	7	4.29	2.928	7	34.9%	-0.26 [-1.32, 0.79]
Subtotal (95% CI)			**7**			**7**	**34.9%**	**-0.26 [-1.32, 0.79]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.49 (P = 0.62)								
8.1.2 CBT (individual), general vs internet with support								
Spence 2011	6.3333	3.08466	12	5.9286	3.04995	14	65.1%	0.13 [-0.64, 0.90]
Subtotal (95% CI)			**12**			**14**	**65.1%**	**0.13 [-0.64, 0.90]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.32 (P = 0.75)								
Total (95% CI)			**19**			**21**	**100.0%**	**-0.01 [-0.63, 0.61]**
Heterogeneity: Tau² = 0.00; Chi² = 0.35, df = 1 (P = 0.56); I² = 0%								
Test for overall effect: Z = 0.03 (P = 0.98)								
Test for subgroup differences: Chi² = 0.35, df = 1 (P = 0.56), I² = 0%								



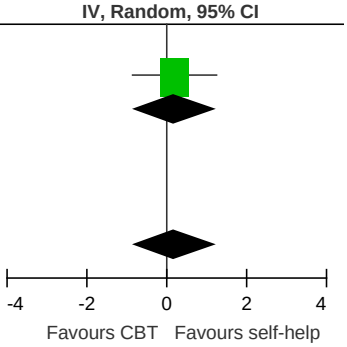
Parent-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	CBT Mean	CBT SD	CBT Total	Self-help Mean	Self-help SD	Self-help Total	Weight	Std. Mean Difference IV, Random, 95% CI
8.3.1 CBT (group), general vs book for parents with support								
Lyneham 2012	6.71	5.529	7	5.71	3.861	7	35.9%	0.20 [-0.85, 1.25]
Subtotal (95% CI)			**7**			**7**	**35.9%**	**0.20 [-0.85, 1.25]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.37 (P = 0.71)								
8.3.2 CBT (individual), general vs internet with support								
Spence 2011	8.9167	3.44986	12	8.2308	2.7735	13	64.1%	0.21 [-0.57, 1.00]
Subtotal (95% CI)			**12**			**13**	**64.1%**	**0.21 [-0.57, 1.00]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.53 (P = 0.60)								
Total (95% CI)			**19**			**20**	**100.0%**	**0.21 [-0.42, 0.84]**
Heterogeneity: Tau² = 0.00; Chi² = 0.00, df = 1 (P = 0.98); I² = 0%								
Test for overall effect: Z = 0.64 (P = 0.52)								
Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.98), I² = 0%								



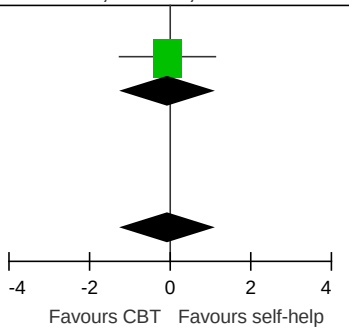
Self-rated symptoms of social anxiety disorder at follow-up

Study or Subgroup	CBT Mean	CBT SD	CBT Total	Self-help Mean	Self-help SD	Self-help Total	Weight	Std. Mean Difference IV, Random, 95% CI
8.2.1 CBT (group), general vs book for parents with support								
Lyneham 2012	6.71	5.529	7	5.71	3.861	7	100.0%	0.20 [-0.85, 1.25]
Subtotal (95% CI)			**7**			**7**	**100.0%**	**0.20 [-0.85, 1.25]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.37 (P = 0.71)								
Total (95% CI)			**7**			**7**	**100.0%**	**0.20 [-0.85, 1.25]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.37 (P = 0.71)								
Test for subgroup differences: Not applicable								



Parent-rated symptoms of social anxiety disorder at follow-up

Study or Subgroup	CBT Mean	CBT SD	CBT Total	Self-help Mean	Self-help SD	Self-help Total	Weight	Std. Mean Difference IV, Random, 95% CI
8.4.1 CBT (group), general vs book for parents with support								
Lyneham 2012	5.4	3.13	5	5.67	4.131	6	100.0%	-0.07 [-1.25, 1.12]
Subtotal (95% CI)			**5**			**6**	**100.0%**	**-0.07 [-1.25, 1.12]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.11 (P = 0.91)								
Total (95% CI)			**5**			**6**	**100.0%**	**-0.07 [-1.25, 1.12]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.11 (P = 0.91)								
Test for subgroup differences: Not applicable								



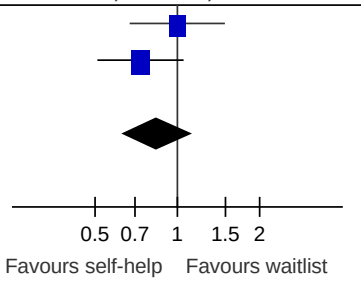
Self-help compared with waitlist

Clinician-rated recovery at post-treatment

Study or Subgroup	Self-help Events	Self-help Total	Waitlist Events	Waitlist Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
March 2009	2	11	2	11	46.1%	1.00 [0.67, 1.48]
Spence 2011	4	14	0	10	53.9%	0.73 [0.51, 1.05]
Total (95% CI)		**25**		**21**	**100.0%**	**0.85 [0.62, 1.15]**
Total events	6		2			

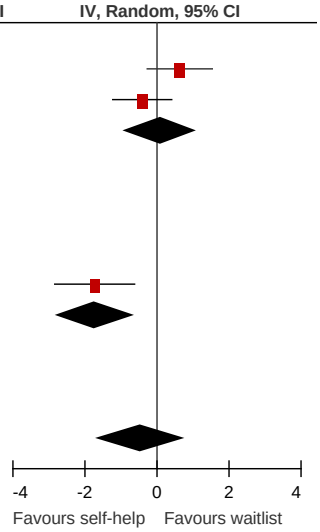
Heterogeneity: Tau² = 0.01; Chi² = 1.31, df = 1 (P = 0.25); I² = 24%

Test for overall effect: Z = 1.08 (P = 0.28)



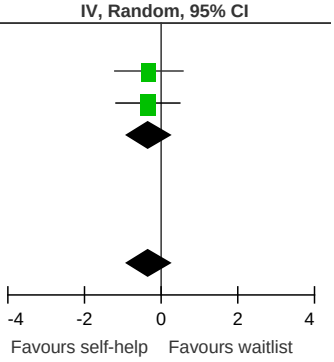
Self-rated symptoms of social anxiety disorder at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Self-help Total	Waitlist Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.2.2 Internet supported for CYP/CYP+ parents, general						
March 2009	0.63441414	0.46052387	9	11	33.9%	0.63 [-0.27, 1.54]
Spence 2011	-0.40905819	0.41822791	14	10	35.0%	-0.41 [-1.23, 0.41]
Subtotal (95% CI)			**23**	**21**	**68.9%**	**0.09 [-0.93, 1.12]**
Heterogeneity: Tau² = 0.35; Chi² = 2.81, df = 1 (P = 0.09); I² = 64%						
Test for overall effect: Z = 0.18 (P = 0.86)						
7.2.4 Internet supported for CYP, specific						
Tillfors 2011	-1.73	0.56565657	9	9	31.1%	-1.73 [-2.84, -0.62]
Subtotal (95% CI)			**9**	**9**	**31.1%**	**-1.73 [-2.84, -0.62]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 3.06 (P = 0.002)						
Total (95% CI)			**32**	**30**	**100.0%**	**-0.47 [-1.71, 0.78]**
Heterogeneity: Tau² = 0.97; Chi² = 10.54, df = 2 (P = 0.005); I² = 81%						
Test for overall effect: Z = 0.73 (P = 0.46)						
Test for subgroup differences: Chi² = 5.63, df = 1 (P = 0.02), I² = 82.2%						



Parent-rated symptoms of social anxiety disorder at post-treatment

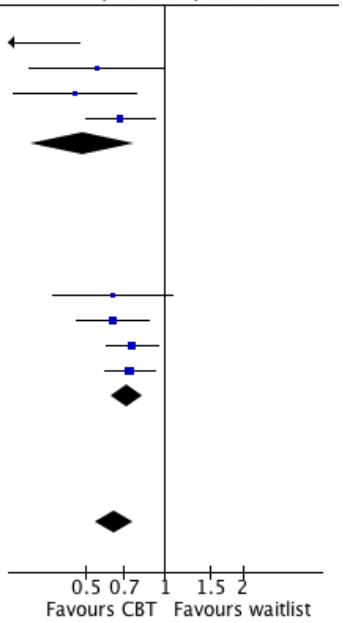
Study or Subgroup	Self-help Mean	Self-help SD	Self-help Total	Waitlist Mean	Waitlist SD	Waitlist Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.3.2 Internet supported for CYP/CYP+parents								
March 2009	8	5.17204	9	9.2727	2.24013	11	46.7%	-0.32 [-1.21, 0.57]
Spence 2011	8.2308	2.7735	13	9.3	3.26769	10	53.3%	-0.34 [-1.18, 0.49]
Subtotal (95% CI)			**22**			**21**	**100.0%**	**-0.33 [-0.94, 0.27]**
Heterogeneity: Tau² = 0.00; Chi² = 0.00, df = 1 (P = 0.97); I² = 0%								
Test for overall effect: Z = 1.07 (P = 0.28)								
Total (95% CI)			**22**			**21**	**100.0%**	**-0.33 [-0.94, 0.27]**
Heterogeneity: Tau² = 0.00; Chi² = 0.00, df = 1 (P = 0.97); I² = 0%								
Test for overall effect: Z = 1.07 (P = 0.28)								
Test for subgroup differences: Not applicable								



SENSITIVITY ANALYSIS: RECOVERY (LOSS OF PRIMARY DIAGNOSIS) FOR CHILDREN AND YOUNG PEOPLE WITH PRIMARY OR SECONDARY SOCIAL ANXIETY DISORDER

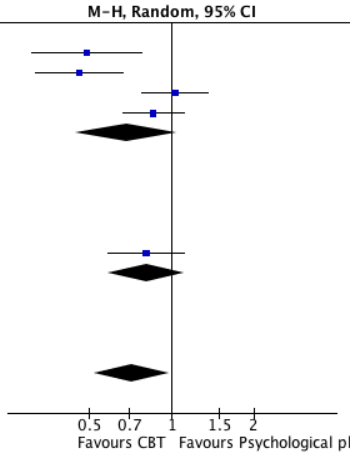
CBT compared with waitlist

Study or Subgroup	CBT Events	CBT Total	Waitlist Events	Waitlist Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
3.2.1 CBT, specific						
Spence 2000	15	17	0	7	2.0%	0.15 [0.05, 0.47]
Gallagher 2004	6	12	1	11	6.7%	0.55 [0.30, 1.00]
Spence 2000	11	19	0	7	7.8%	0.45 [0.26, 0.78]
Melfsen 2011	7	21	0	23	16.5%	0.67 [0.50, 0.91]
Subtotal (95% CI)		**69**		**48**	**33.1%**	**0.48 [0.31, 0.77]**
Total events	39		1			
Heterogeneity: Tau² = 0.13; Chi² = 7.89, df = 3 (P = 0.05); I² = 62%						
Test for overall effect: Z = 3.10 (P = 0.002)						
3.2.2 CBT, general						
Lau 2010	3	8	0	13	8.0%	0.63 [0.37, 1.08]
Lyneham 2012	17	38	4	32	16.0%	0.63 [0.46, 0.87]
Spence 2011	8	30	0	14	21.0%	0.75 [0.59, 0.95]
Rapee 2006	14	43	4	48	21.8%	0.74 [0.59, 0.92]
Subtotal (95% CI)		**119**		**107**	**66.9%**	**0.71 [0.62, 0.82]**
Total events	42		8			
Heterogeneity: Tau² = 0.00; Chi² = 1.10, df = 3 (P = 0.78); I² = 0%						
Test for overall effect: Z = 4.78 (P < 0.00001)						
Total (95% CI)		**188**		**155**	**100.0%**	**0.64 [0.54, 0.76]**
Total events	81		9			
Heterogeneity: Tau² = 0.02; Chi² = 11.68, df = 7 (P = 0.11); I² = 40%						
Test for overall effect: Z = 5.07 (P < 0.00001)						
Test for subgroup differences: Chi² = 2.50, df = 1 (P = 0.11), I² = 60.0%						



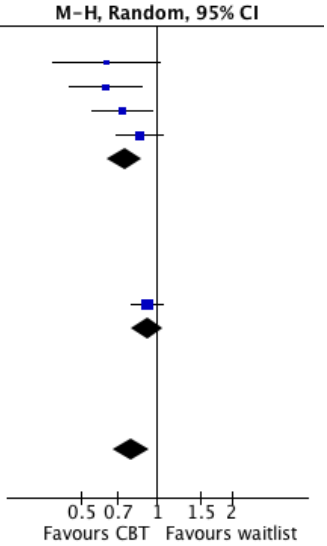
CBT compared with psychological placebo

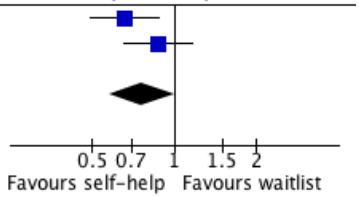
Study or Subgroup	CBT Events	CBT Total	Attention-matched control Events	Attention-matched control Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
4.2.1 CBT, specific						
Masia-Warner 2007	10	19	0	17	16.6%	0.49 [0.31, 0.78]
Beidel 2000	20	36	1	31	19.2%	0.46 [0.32, 0.67]
Herbert 2009 (group)	3	23	2	13	21.6%	1.03 [0.78, 1.36]
Herbert 2009 (individual)	5	24	1	13	22.2%	0.86 [0.66, 1.11]
Subtotal (95% CI)		**102**		**74**	**79.6%**	**0.68 [0.45, 1.05]**
Total events	38		4			
Heterogeneity: Tau² = 0.16; Chi² = 20.01, df = 3 (P = 0.0002); I² = 85%						
Test for overall effect: Z = 1.75 (P = 0.08)						
4.2.2 CBT, general						
Hudson 2009	14	36	8	33	20.4%	0.81 [0.58, 1.12]
Subtotal (95% CI)		**36**		**33**	**20.4%**	**0.81 [0.58, 1.12]**
Total events	14		8			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.30 (P = 0.19)						
Total (95% CI)		**138**		**107**	**100.0%**	**0.71 [0.52, 0.98]**
Total events	52		12			
Heterogeneity: Tau² = 0.10; Chi² = 18.51, df = 4 (P = 0.0010); I² = 78%						
Test for overall effect: Z = 2.11 (P = 0.03)						
Test for subgroup differences: Chi² = 0.37, df = 1 (P = 0.54), I² = 0%						



CBT delivered via parents compared with waitlist

Study or Subgroup	CBT via parents Events	CBT via parents Total	Waitlist Events	Waitlist Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
6.2.1 CBT via parent, general						
Cartwright-Hatton 2012	12	23	5	21	9.0%	0.63 [0.38, 1.02]
Lyneham 2012	15	33	4	32	15.3%	0.62 [0.44, 0.87]
Thirlwall 2012	12	35	2	21	19.4%	0.73 [0.55, 0.96]
Thirlwall 2012	9	40	2	21	24.5%	0.86 [0.69, 1.06]
Subtotal (95% CI)		**131**		**95**	**68.3%**	**0.74 [0.63, 0.87]**
Total events	48		13			
Heterogeneity: Tau² = 0.01; Chi² = 3.65, df = 3 (P = 0.30); I² = 18%						
Test for overall effect: Z = 3.54 (P = 0.0004)						
6.2.2 CBT via parent, no support						
Rapee 2006	8	50	4	48	31.7%	0.92 [0.79, 1.06]
Subtotal (95% CI)		**50**		**48**	**31.7%**	**0.92 [0.79, 1.06]**
Total events	8		4			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.16 (P = 0.25)						
Total (95% CI)		**181**		**143**	**100.0%**	**0.78 [0.66, 0.93]**
Total events	56		17			
Heterogeneity: Tau² = 0.02; Chi² = 8.07, df = 4 (P = 0.09); I² = 50%						
Test for overall effect: Z = 2.87 (P = 0.004)						
Test for subgroup differences: Chi² = 3.50, df = 1 (P = 0.06), I² = 71.4%						



Self-help and supported self-help compared with waitlist

Study or Subgroup	Self-help Events	Self-help Total	Waitlist Events	Waitlist Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
Spence 2011	10	28	0	14	49.7%	0.66 [0.49, 0.88]
March 2009	5	21	3	23	50.3%	0.88 [0.66, 1.17]
Total (95% CI)		**49**		**37**	**100.0%**	**0.76 [0.58, 1.01]**
Total events	15		3			
Heterogeneity: Tau² = 0.02; Chi² = 1.86, df = 1 (P = 0.17); I² = 46%						
Test for overall effect: Z = 1.92 (P = 0.05)