APPENDIX 23: DETAILED RESULTS OF GUIDELINE ECONOMIC ANALYSIS

Base-case analysis, 5 years after treatment: NHS and PSS perspective 2
Results of economic modelling 1 year after treatment – base-case analysis: 3
NHS and PSS perspective 3
Base-case analysis, 1 year after treatment: NHS and PSS perspective 4
Cost-effectiveness plane of all interventions for adults with social anxiety disorder assessed in the economic analysis plotted against waitlist: incremental costs and QALYs per 1000 adults with social anxiety disorder, 1 year after treatment 5
Results of secondary analysis 6
Wider perspective including NHS and PSS costs as well as social security benefits, 1 year after treatment 6
Wider perspective including NHS and PSS costs as well as social security benefits, 5 years after treatment 7
Results of sensitivity analysis 8
Use of alternative unit costs for self-help and group-delivered psychological interventions, 1 year after treatment 8
Use of alternative unit costs for self-help and group-delivered psychological interventions, 5 years after treatment 9
Use of alternative utility values, 1 year after treatment 10
Use of alternative utility values, 5 years after treatment 11

Abbreviations

CBT	cognitive behavioural therapy
CI	confidence interval
CT	cognitive therapy
ext dom	dominated by extended dominance
ICER	incremental cost-effectiveness ratio
IPT	interpersonal psychotherapy
NA	not applicable
NHS	National Health Service
NMB	net monetary benefit
PSS	personal social services
QALY	quality adjusted life year

BASE-CASE ANALYSIS, 5 YEARS AFTER TREATMENT: NHS AND PSS PERSPECTIVE

Mean total QALYs and costs per person with social anxiety disorder presented along with 95% CIs; disaggregated costs provided.

Intervention	Mean QALYs (95% CIs)		Mean total cost (£) (95% CIs)		Mean inter-vention cost (£)	Mean other NHS/ PSS cost (£)
Waitlist	3.366	(2.789-3.866)	4,289	(2,907-6,012)	0	4,289
Placebo	3.401	(2.829-3.884)	4,397	(3,049-6,072)	164	4,232
Citalopram	3.473	(2.905-3.930)	4,290	(3,044-5,922)	180	4,111
Escitalopram	3.481	(2.917-3.933)	4,382	(3,130-5,955)	284	4,097
Fluoxetine	3.478	(2.920-3.928)	4,284	(3,046-5,894)	182	4,102
Fluvoxamine	3.494	(2.933-3.941)	4,347	(3,130-5,908)	271	4,075
Mirtazapine	3.467	(2.899-3.931)	4,301	(3,040-5,922)	181	4,120
Moclobemide	3.451	(2.888-3.917)	4,418	(3,146-6,036)	270	4,148
Paroxetine	3.507	(2.942-3.948)	4,249	(3,046-5,822)	196	4,054
Phenelzine	3.571	(3.029-3.977)	4,260	(3,127-5,723)	315	3,945
Pregabalin	3.449	(2.882-3.917)	4,587	(3,284-6,190)	436	4,151
Sertraline	3.490	(2.929-3.939)	4,270	(3,046-5,862)	187	4,083
Venlafaxine	3.499	(2.938-3.946)	4,412	(3,175-5,961)	344	4,068
Self-help (book) without support	3.530	(2.947-4.000)	4,203	(3,002-5,818)	193	4,010
Self-help (internet) without support	3.484	(2.907-3.966)	4,738	(3,468-6,406)	650	4,088
Self-help (book) with support	3.533	(2.947-4.005)	4,425	(3,205-6,055)	421	4,004
Self-help (internet) with support	3.540	(2.958-4.004)	4,870	(3,652-6,480)	878	3,992
Exposure	3.528	(2.945-3.997)	5,070	(3,872-6,674)	1,057	4,014
Psychodynamic psychotherapy	3.474	(2.891-3.959)	6,045	(4,214-7,804)	1,938	4,107
Interpersonal psychotherapy	3.432	(2.848-3.927)	5,567	(4,020-7,336)	1,390	4,178
Supportive therapy	3.400	(2.810-3.903)	5,517	(3,930-7,296)	1,284	4,233
Mindfulness training	3.424	(2.838-3.918)	4,699	(3,383-6,382)	508	4,191
CBT group	3.534	(2.953-4.000)	5,059	(3,871-6,656)	1,057	4,003
CBT individual	3.635	(3.060-4.058)	5,306	(3,778-6,927)	1,475	3,831
CBT (Heimberg) group	3.520	(2.935-3.991)	5,083	(3,876-6,690)	1,057	4,026
CBT (Heimberg) individual	3.585	(2.996-4.037)	5,448	(3,911-7,119)	1,531	3,917
CT (Clark and Wells) standard	3.747	(3.189-4.102)	5,737	(4,681-7,139)	2,097	3,640
CT (Clark and Wells) shortened sessions	3.568	(2.987-4.023)	5,541	(3,819-7,216)	1,596	3,945

RESULTS OF ECONOMIC MODELLING 1 YEAR AFTER TREATMENT – BASE-CASE ANALYSIS: NHS AND PSS PERSPECTIVE

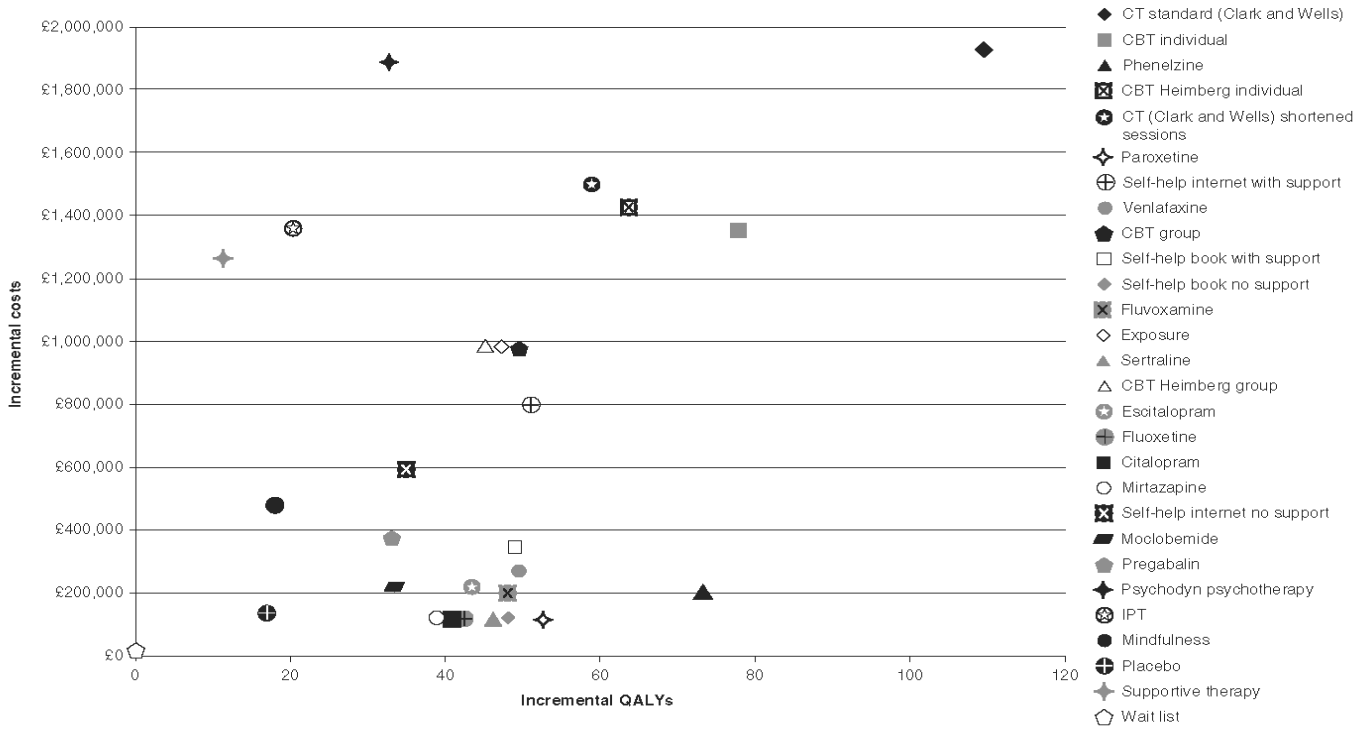
Intervention	Mean QALYs	Mean total costs (£)	Incremental analysis and ICERs (£/QALY)		Mean NMB per person (£)	Ranking in terms of highest NMB
	Per 1000 people					
CT (Clark and Wells) standard	942.65	2,859,152	47,471		15,994	14
CBT individual	910.92	2,286,815	ext dom		15,932	16
Phenelzine	906.35	1,135,882	4,063		16,991	1
CBT (Heimberg) individual	896.67	2,364,779	dominated		15,569	24
CT (Clark and Wells) shortened sessions	891.94	2,436,884	dominated		15,402	25
Paroxetine	885.13	1,049,654	2,235		16,653	2
Self-help (internet) with support	883.98	1,731,129	dominated		15,948	15
Venlafaxine	882.48	1,202,419	dominated		16,447	7
CBT group	882.30	1,912,762	dominated		15,733	19
Self-help (book) with support	882.08	1,277,860	dominated		16,364	11
Self-help (book) without support	881.13	1,050,703	dominated		16,572	3
Fluvoxamine	880.90	1,131,703	dominated		16,486	5
Exposure	880.40	1,915,697	dominated		15,692	21
Sertraline	879.38	1,050,112	dominated		16,537	4
CBT (Heimberg) group	878.30	1,918,926	dominated		15,647	22
Escitalopram	876.56	1,151,283	dominated		16,380	10
Fluoxetine	875.63	1,049,933	dominated		16,463	6
Citalopram	873.93	1,050,581	dominated		16,428	8
Mirtazapine	871.98	1,054,820	dominated		16,385	9
Self-help (internet) without support	867.99	1,528,576	dominated		15,831	18
Moclobemide	866.56	1,151,850	dominated		16,179	12
Pregabalin	866.04	1,319,170	dominated		16,002	13
Psychodynamic psychotherapy	865.14	2,821,651	dominated		14,481	28
Interpersonal psychotherapy	853.27	2,291,345	dominated		14,774	26
Mindfulness training	850.91	1,412,905	dominated		15,605	23
Placebo	850.14	1,071,915	dominated		15,931	17
Supportive therapy	844.09	2,200,018	dominated		14,682	27
Waitlist	833.00	933,124			15,727	20

BASE-CASE ANALYSIS, 1 YEAR AFTER TREATMENT: NHS AND PSS PERSPECTIVE

Mean total QALYs and costs per person with social anxiety disorder presented along with 95% CIs; disaggregated costs provided.

Intervention	Mean QALYs (95% CIs)		Mean total cost (£) (95% CIs)		Mean intervention cost (£)	Mean other NHS/ PSS cost (£)
Waitlist	0.833	(0.680-0.966)	933	(622-1,321)	0	933
Placebo	0.850	(0.697-0.978)	1,072	(745-1,455)	164	908
Citalopram	0.874	(0.720-0.995)	1,051	(782-1,509)	180	871
Escitalopram	0.877	(0.724-0.996)	1,151	(782-1,509)	284	867
Fluoxetine	0.876	(0.724-0.994)	1,050	(737-1,415)	182	868
Fluvoxamine	0.881	(0.728-0.998)	1,131	(785-1,484)	271	860
Mirtazapine	0.872	(0.718-0.995)	1,055	(745-1,424)	181	874
Moclobemide	0.867	(0.715-0.990)	1,152	(794-1,521)	270	882
Paroxetine	0.885	(0.733-1.000)	1,050	(734-1,404)	196	854
Phenelzine	0.906	(0.757-1.010)	1,136	(772-1,470)	315	821
Pregabalin	0.866	(0.713-0.989)	1,319	(877-1,701)	436	883
Sertraline	0.879	(0.727-0.998)	1,050	(740-1,403)	187	863
Venlafaxine	0.882	(0.730-0.999)	1,202	(810-1,556)	344	858
Self-help (book) without support	0.881	(0.725-1.004)	1,051	(777-1,420)	193	858
Self-help (internet) without support	0.868	(0.714-0.996)	1,529	(1,177-1,944)	650	879
Self-help (book) with support	0.882	(0.726-1.006)	1,278	(934-1,685)	421	857
Self-help (internet) with support	0.884	(0.730-1.006)	1,732	(1,333-2,171)	878	854
Exposure	0.880	(0.725-1.004)	1,916	(1,655-2,278)	1,057	859
Psychodynamic psychotherapy	0.865	(0.711-0.993)	2,821	(1,252-3,369)	1,938	883
Interpersonal psychotherapy	0.853	(0.699-0.985)	2,292	(1,137-2,811)	1,390	902
Supportive therapy	0.844	(0.688-0.977)	2,200	(1,137-2,731)	1,284	916
Mindfulness training	0.851	(0.696-0.982)	1,413	(1,122-1,792)	508	905
CBT group	0.882	(0.727-1.005)	1,913	(1,654-2,273)	1,057	856
CBT individual	0.911	(0.758-1.020)	2,286	(1,096-2,783)	1,475	811
CBT (Heimberg) group	0.878	(0.722-1.002)	1,919	(1,656-2,282)	1,057	862
CBT (Heimberg) individual	0.897	(0.739-1.014)	2,365	(1,163-2,866)	1,531	834
CT (Clark and Wells) standard	0.943	(0.797-1.031)	2,859	(2,301-3,217)	2,097	762
CT (Clark and Wells) shortened sessions	0.892	(0.738-1.011)	2,437	(1,105-2,971)	1,596	841

COST-EFFECTIVENESS PLANE OF ALL INTERVENTIONS FOR ADULTS WITH SOCIAL ANXIETY DISORDER ASSESSED IN THE ECONOMIC ANALYSIS PLOTTED AGAINST WAITLIST: INCREMENTAL COSTS AND QALYS PER 1000 ADULTS WITH SOCIAL ANXIETY DISORDER, 1 YEAR AFTER TREATMENT



RESULTS OF SECONDARY ANALYSIS

Wider perspective including NHS and PSS costs as well as social security benefits, 1 year after treatment

Intervention	Mean QALYs	Mean total costs (£)	Incremental analysis and ICERs (£/QALY)		Mean NMB per person (£)	Ranking in terms of highest NMB
	Per 1000 people					
CT (Clark and Wells) standard	942.65	4,595,838	42,607		14,257	12
CBT individual	910.92	4,170,977	ext dom		14,047	14
Phenelzine	906.35	3,049,137			15,078	1
CBT (Heimberg) individual	896.67	4,315,067	dominated		13,618	21
CT (Clark and Wells) shortened sessions	891.94	4,409,547	dominated		13,429	25
Paroxetine	885.13	3,060,098	dominated		14,642	2
Self-help (internet) with support	883.98	3,740,676	dominated		13,939	15
Venlafaxine	882.48	3,225,091	dominated		14,425	6
CBT group	882.30	3,930,357	dominated		13,716	19
Self-help (book) with support	882.08	3,296,431	dominated		14,345	9
Self-help (book) without support	881.13	3,073,610	dominated		14,549	3
Fluvoxamine	880.90	3,161,707	dominated		14,456	5
Exposure	880.40	3,941,819	dominated		13,666	20
Sertraline	879.38	3,086,903	dominated		14,501	4
CBT (Heimberg) group	878.30	3,954,948	dominated		13,611	22
Escitalopram	876.56	3,200,854	dominated		14,330	10
Fluoxetine	875.63	3,104,070	dominated		14,408	7
Citalopram	873.93	3,111,960	dominated		14,367	8
Mirtazapine	871.98	3,126,242	dominated		14,313	11
Self-help (internet) without support	867.99	3,612,565	dominated		13,747	18
Moclobemide	866.56	3,247,421	dominated		14,084	13
Pregabalin	866.04	3,417,320	dominated		13,904	16
Psychodynamic psychotherapy	865.14	4,919,461	dominated		12,383	28
Interpersonal psychotherapy	853.27	4,444,134	dominated		12,621	26
Mindfulness training	850.91	3,577,243	dominated		13,441	24
Placebo	850.14	3,242,686	dominated		13,760	17
Supportive therapy	844.09	4,395,942	dominated		12,486	27
Waitlist	833.00	3,180,034	dominated		13,480	23

Wider perspective including NHS and PSS costs as well as social security benefits, 5 years after treatment

Intervention	Mean QALYs	Mean total costs (£)	Incremental analysis and ICERs (£/QALY)		Mean NMB per person (£)	Ranking in terms of highest NMB
	Per 1000 people					
CT (Clark and Wells) standard	3,747	14,093,159	3,245		60,838	1
CBT individual	3,635	14,228,767	dominated		58,469	2
CBT (Heimberg) individual	3,585	14,624,324	dominated		57,070	4
Phenelzine	3,571	13,524,241			57,901	3
CT (Clark and Wells) shortened sessions	3,568	14,803,011	dominated		56,559	7
Self-help (internet) with support	3,540	14,273,833	dominated		56,529	8
CBT group	3,534	14,493,939	dominated		56,190	10
Self-help (book) with support	3,533	13,863,725	dominated		56,805	6
Self-help (book) without support	3,530	13,657,526	dominated		56,945	5
Exposure	3,528	14,537,771	dominated		56,013	11
CBT (Heimberg) group	3,520	14,588,427	dominated		55,814	15
Paroxetine	3,507	13,836,070	dominated		56,306	9
Venlafaxine	3,499	14,039,103	dominated		55,944	12
Fluvoxamine	3,494	13,998,338	dominated		55,888	13
Sertraline	3,490	13,944,463	dominated		55,850	14
Self-help (internet) without support	3,484	14,427,917	dominated		55,249	20
Escitalopram	3,481	14,097,971	dominated		55,527	17
Fluoxetine	3,478	14,015,202	dominated		55,553	16
Psychodynamic psychotherapy	3,474	15,787,837	dominated		53,689	24
Citalopram	3,473	14,045,934	dominated		55,420	18
Mirtazapine	3,467	14,090,299	dominated		55,257	19
Moclobemide	3,451	14,286,807	dominated		54,734	21
Pregabalin	3,449	14,464,607	dominated		54,524	22
Interpersonal psychotherapy	3,432	15,521,140	dominated		53,120	26
Mindfulness training	3,424	14,697,364	dominated		53,778	23
Placebo	3,401	14,514,942	dominated		53,513	25
Supportive therapy	3,400	15,635,670	dominated		52,361	28
Waitlist	3,366	14,577,521	dominated		52,750	27

RESULTS OF SENSITIVITY ANALYSIS

Use of alternative unit costs for self-help and group-delivered psychological interventions, 1 year after treatment

Intervention	Mean QALYs	Mean total costs (£)	Incremental analysis and ICERs (£/QALY)		Mean NMB per person (£)	Ranking in terms of highest NMB
	Per 1000 people					
CT (Clark and Wells) standard	943.11	2,859,124	47,760		16,003	16
CBT individual	911.62	2,289,555	ext dom		15,943	18
Phenelzine	907.05	1,137,103	4,622		17,004	1
CBT (Heimberg) individual	897.45	2,364,659	dominated		15,584	25
CT (Clark and Wells) shortened sessions	892.63	2,443,621	dominated		15,409	26
Paroxetine	885.85	1,051,826	ext dom		16,665	3
Self-help (internet) with support	884.72	1,642,516	dominated		16,052	14
Venlafaxine	883.22	1,202,359	dominated		16,462	9
CBT group	883.05	1,851,065	dominated		15,810	20
Self-help (book) with support	882.81	1,190,734	dominated		16,465	8
Self-help (book) without support	881.89	1,020,824	1,781		16,617	4
Fluvoxamine	881.61	1,130,580	dominated		16,502	6
Exposure	881.20	1,854,023	dominated		15,770	21
Sertraline	880.12	1,052,006	dominated		16,550	5
CBT (Heimberg) group	879.07	1,857,269	dominated		15,724	23
Escitalopram	877.35	1,153,232	dominated		16,394	12
Fluoxetine	876.31	1,053,556	dominated		16,473	7
Citalopram	874.67	1,049,777	dominated		16,444	10
Mirtazapine	872.66	1,055,872	dominated		16,397	11
Self-help (internet) without support	868.79	1,498,225	dominated		15,878	19
Moclobemide	867.37	1,152,648	dominated		16,195	13
Pregabalin	866.82	1,319,899	dominated		16,017	15
Psychodynamic psychotherapy	865.92	2,811,249	dominated		14,507	29
Interpersonal psychotherapy	854.08	2,291,829	dominated		14,790	27
Mindfulness training	851.68	1,385,765	dominated		15,648	24
Placebo	850.96	1,074,946	dominated		15,944	17
Supportive therapy	844.92	2,204,489	dominated		14,694	28
Waitlist	833.84	935,221			15,742	22

Use of alternative unit costs for self-help and group-delivered psychological interventions, 5 years after treatment

Intervention	Mean QALYs	Mean total costs (£)	Incremental analysis and ICERs (£/QALY)		Mean NMB per person (£)	Ranking in terms of highest NMB
	Per 1000 people					
CT (Clark and Wells) standard	3,748	5,743,266	8,473		69,218	1
CBT individual	3,637	5,315,569	ext dom		67,433	2
CBT (Heimberg) individual	3,588	5,454,647	dominated		66,299	6
Phenelzine	3,574	4,267,531	2,148		67,210	3
CT (Clark and Wells) shortened sessions	3,571	5,554,673	dominated		65,859	9
Self-help (internet) with support	3,543	4,788,290	dominated		66,069	7
CBT group	3,537	5,004,406	dominated		65,736	10
Self-help (book) with support	3,536	4,345,566	dominated		66,376	5
Self-help (book) without support	3,533	4,179,568	dominated		66,479	4
Exposure	3,531	5,015,760			65,595	12
CBT (Heimberg) group	3,523	5,028,228	dominated		65,432	15
Paroxetine	3,510	4,258,190	dominated		65,939	8
Venlafaxine	3,502	4,418,365	dominated		65,620	11
Fluvoxamine	3,497	4,352,771	dominated		65,589	13
Sertraline	3,493	4,278,762	dominated		65,573	14
Self-help (internet) without support	3,487	4,715,622	dominated		65,023	20
Escitalopram	3,484	4,390,388	dominated		65,293	17
Fluoxetine	3,481	4,294,212	dominated		65,327	16
Psychodynamic psychotherapy	3,477	6,041,367	dominated		63,496	25
Citalopram	3,476	4,296,070	dominated		65,226	18
Mirtazapine	3,470	4,310,542	dominated		65,090	19
Moclobemide	3,454	4,425,673	dominated		64,655	21
Pregabalin	3,452	4,594,850	dominated		64,453	22
Interpersonal psychotherapy	3,435	5,574,585	dominated		63,129	26
Mindfulness training	3,427	4,679,137	dominated		63,855	23
Placebo	3,405	4,406,754	dominated		63,683	24
Supportive therapy	3,403	5,528,678	dominated		62,531	28
Waitlist	3,370	4,298,845	dominated		63,091	27

Use of alternative utility values, 1 year after treatment

Intervention	Mean QALYs	Mean total costs (£)	Incremental analysis and ICERs (£/QALY)		Mean NMB per person (£)	Ranking in terms of highest NMB
	Per 1000 people					
CT (Clark and Wells) standard	1048.77	2,858,673	82,165		18,117	23
CBT individual	1030.45	2,282,100	ext dom		18,327	21
Phenelzine	1027.83	1,138,450	7,261		19,418	1
CBT (Heimberg) individual	1022.23	2,361,694	dominated		18,083	24
CT (Clark and Wells) shortened sessions	1019.47	2,436,800	dominated		17,953	25
Paroxetine	1015.55	1,049,231	3,828		19,262	2
Self-help (internet) with support	1014.88	1,730,520	dominated		18,567	17
Venlafaxine	1013.99	1,201,695	dominated		19,078	9
CBT group	1013.90	1,913,434	dominated		18,365	19
Self-help (book) with support	1013.79	1,277,120	dominated		18,999	11
Self-help (book) without support	1013.23	1,051,599	dominated		19,213	3
Fluvoxamine	1013.05	1,131,459	dominated		19,130	7
Exposure	1012.80	1,916,542	dominated		18,340	20
Sertraline	1012.21	1,050,220	dominated		19,194	4
CBT (Heimberg) group	1011.60	1,919,719	dominated		18,312	22
Escitalopram	1010.59	1,154,514	dominated		19,057	10
Fluoxetine	1010.01	1,051,158	dominated		19,149	5
Citalopram	1009.05	1,051,322	dominated		19,130	6
Mirtazapine	1007.91	1,056,302	dominated		19,102	8
Self-help (internet) without support	1005.61	1,527,528	dominated		18,585	16
Moclobemide	1004.78	1,154,096	dominated		18,942	12
Pregabalin	1004.46	1,321,681	dominated		18,767	15
Psychodynamic psychotherapy	1003.97	2,822,289	dominated		17,257	28
Interpersonal psychotherapy	997.10	2,292,066	dominated		17,650	26
Mindfulness training	995.71	1,413,597	dominated		18,501	18
Placebo	995.26	1,071,657	dominated		18,834	13
Supportive therapy	991.76	2,201,837	dominated		17,633	27
Waitlist	985.34	933,624			18,773	14

Use of alternative utility values, 5 years after treatment

Intervention	Mean QALYs	Mean total costs (£)	Incremental analysis and ICERs (£/QALY)		Mean NMB per person (£)	Ranking in terms of highest NMB
	Per 1000 people					
CT (Clark and Wells) standard	4,173	5,742,126	14,619		77,718	1
CBT individual	4,109	5,305,835	ext dom		76,868	3
CBT (Heimberg) individual	4,080	5,447,650	dominated		76,149	11
Phenelzine	4,072	4,264,660	2,448		77,175	2
CT (Clark and Wells) shortened sessions	4,070	5,543,924	dominated		75,858	18
Self-help (internet) with support	4,054	4,872,725	dominated		76,207	8
CBT group	4,051	5,062,993	dominated		75,948	15
Self-help (book) with support	4,050	4,427,841	dominated		76,575	5
Self-help (book) without support	4,048	4,206,449			76,757	4
Exposure	4,047	5,074,949	dominated		75,859	17
CBT (Heimberg) group	4,042	5,087,083	dominated		75,763	19
Paroxetine	4,035	4,251,029	dominated		76,446	6
Venlafaxine	4,030	4,413,079	dominated		76,190	10
Fluvoxamine	4,027	4,348,231	dominated		76,198	9
Sertraline	4,025	4,272,285	dominated		76,223	7
Self-help (internet) without support	4,021	4,740,554	dominated		75,689	20
Escitalopram	4,020	4,386,679	dominated		76,011	14
Fluoxetine	4,018	4,286,640	dominated		76,076	12
Psychodynamic psychotherapy	4,016	6,047,575	dominated		74,267	26
Citalopram	4,015	4,293,226	dominated		76,012	13
Mirtazapine	4,012	4,305,326	dominated		75,930	16
Moclobemide	4,002	4,421,819	dominated		75,625	21
Pregabalin	4,001	4,591,347	dominated		75,436	22
Interpersonal psychotherapy	3,992	5,569,814	dominated		74,261	27
Mindfulness training	3,987	4,702,336	dominated		75,030	24
Placebo	3,974	4,398,088	dominated		75,074	23
Supportive therapy	3,973	5,520,256	dominated		73,936	28
Waitlist	3,953	4,291,461	dominated		74,776	25