APPENDIX 16: INTERVENTIONS FOR CHILDREN AND YOUNG PEOPLE – STUDY CHARACTERISTICS

Key to table headings 2
Abbreviations 2
PHARMACOLOGICAL INTERVENTIONS 3
Selective serotonin reuptake inhibitors (SSRIs) and serotonin and noradrenaline reuptake inhibitors (SNRIs) 3
SSRIs and SNRIs compared with pill placebo 3
Fluoxetine compared with CBT 3
Pharmacotherapy for selective mutism: fluoxetine compared with pill placebo 3
PSYCHOLOGICAL INTERVENTIONS 4
Cognitive behavioural therapy (CBT) 4
CBT (individual and group) compared with waitlist 4
CBT (individual and group) compared with psychological placebo 6
CBT compared with pill placebo 7
CBT compared with CBT plus parent anxiety management 7
Group CBT compared with group CBT plus individual CBT (six sessions) 7
Group CBT versus group CBT + individual CBT (12 sessions) 8
Other comparisons 8
CBT delivered via parents compared with waitlist 8
Individual CBT compared with supported internet self-help 9
Group CBT compared with CBT delivered via parents 10
Self-help compared with waitlist 10

Key to table headings

Study	Study identifier; references for the studies can be found in the guideline.
Country	Three letter abbreviations (see below) for all countries from which participants were recruited.
Interview	If a structured interview was used, the name of the interview and the diagnostic criteria used.
Age	Mean age of participants.
% Female	Percentage of participants enrolled who were female.
% White	Percentage of participants enrolled who described themselves as white/'Caucasian'.
% Med	Percentage of participants taking medication (for example, an SSRI or benzodiazepine) at baseline. Normally these participants were on a stable dose and agreed not to change their dose during the trial.
N Rand	Number of participants randomised to each group.
N Post	Number of participants who completed assessment at post-treatment.
Group	Name of each group included in the trial.
Dose	For each group, the amount of medication or psychological intervention received. For medication, milligrams per dose (average where possible, otherwise endpoint). For psychological interventions, hours per dose.
Freq	Number of doses per week.
Dur	Number of weeks of intervention. Dose x Freq X Dur = Total amount of medication or psychological intervention received.

Abbreviations

ADIS-C/P	Anxiety Disorders Interview Schedule – child and parent version
AUS	Australia
BEL	Belgium
CAN	Canada
CBT	cognitive behavioural therapy
DSM (-III-R, -IV)	*Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association* (3rd edition Revised, 4th edition)
ESP	Spain
GER	Germany
GBR	Great Britain
HKO	Hong Kong
NR	not reported
RSA	South Africa
SCID	Structured Clinical Interview for DSM Disorders
SNRI	serotonin and noradrenaline reuptake inhibitor
SSRI	selective serotonin reuptake inhibitor
SWE	Sweden
USA	United States of America

PHARMACOLOGICAL INTERVENTIONS

See Chapter 7, Section 7.4 of the guideline.

Study	Country	Interview	Age	% Female	% White	% Med	N Rand	N Post	Group	Dose	Freq	Dur
Selective serotonin reuptake inhibitors (SSRIs) and serotonin and noradrenaline reuptake inhibitors (SNRIs)												
SSRIs and SNRIs compared with pill placebo												
BEIDEL2007	USA	ADIS - C/P (DSM-IV)	12	47%	78%	0%	NR	32	Pill placebo	N/A	7	12
							NR	33	Fluoxetine	30	7	12
							NR	57	CBT, group with social skills	1.75	2	12
DINEEN-WAGNER2004	BEL; CAN; RSA; USA	ADIS (DSM-IV)	13	50%	85%	0%	45	45	Pill placebo	N/A	7	16
							47	46	Paroxetine	29.1	7	16
MARCH2007	USA	ADIS - C/P (DSM-IV)	14	57%	75%	0%	150	148	Pill placebo	N/A	7	16
							140	137	Venlafaxine (>75 mg/ day)	141.5	7	16
Fluoxetine compared with CBT												
BEIDEL2007	USA	ADIS -C/P (DSM-IV)	12	47%	78%	0%	NR	32	Pill placebo	N/A	7	12
							NR	33	Fluoxetine	30	7	12
							NR	57	CBT, group with social skills	1.75	2	12
Pharmacotherapy for selective mutism: fluoxetine compared with pill placebo												
BLACK1994	USA	Clinical interview (DSM-III-R)	9	60%	NR	0%	9	9	Pill placebo	N/A	7	12
							6	6	Fluoxetine	21.4	7	12

PSYCHOLOGICAL INTERVENTIONS

See Chapter 7, Section 7.5 of the guideline.

Study	Country	Interview	Age	% Female	% White	% Med	N Rand	N Post	Group	Dose	Freq	Dur
Cognitive behavioural therapy (CBT)												
CBT (individual and group) compared with waitlist												
GALLAGHER 2004	USA	ADIS -C/P (DSM-IV)	NR	52%	57%	NR	11	11	Waitlist	N/A	N/A	3
							12	12	CBT, group	3	1	3
LAU2010	HKO	Clinical interview (DSM-IV)	9	47%	0%	NR	13	13	Waitlist	N/A	N/A	13
							8	8	CBT, group (all anxiety disorders)	2	0.7	13
LYNEHAM2012	AUS	ADIS -C/P (DSM-IV)	10	NR	NR	NR	NR	7	Waitlist	N/A	N/A	16
							NR	11	Self-help (book) with support (delivered to parents), all anxiety disorders	1.5	0.3125	16
							NR	7	CBT, group (all anxiety disorders)	2	0.625	16
MELFSEN2005	GER	ADIS -C/P (DSM-IV)	11	48%	100%	0%	23	23	Waitlist	N/A	N/A	0
							21	21	CBT, individual	0.8	1	20
									CBT, parent	1	1	4

RAPEE2006	AUS	ADIS -C/P (DSM-IV)	10	40%	NR	19%	NR	16	Waitlist	N/A	N/A	12
							NR	21	Self-help (book) no support (delivered to parents)	0	0	12
							NR	27	CBT, group (all anxiety disorders)	2	0.75	12
SPENCE2000	AUS	ADIS (DSM-III R)	11	38%	NR	NR	14	14	Waitlist	0	0	12
							19	19	CBT, group with social skills	1.5	1	12
							17	17	CBT, group with social skills (with parent involve-ment)	1.5	1	12
SPENCE2011	AUS	ADIS -C/P (DSM-IV)	14	59%	NR	NR	10	10	Waitlist	0	0	10
							14	13	Self-help (internet) with support (children and parents, all anxiety disorders)	0	0	10
							12	12	CBT, individual (all anxiety disorders)	1	1	10

CBT (individual and group) compared with psychological placebo												
BEIDEL2000	USA	ADIS - C/P (DSM-IV)	11	60%	70%	NR	31	20	Psycho-logical placebo	1	2	12
							36	30	CBT, group with social skills	1	2	12
HERBERT2009	USA	ADIS (DSM-IV)	15	58%	47%	14%	26	23	Psycho-logical placebo	2	1	12
							23	22	CBT, group with social skills	2	1	12
							24	23	CBT, individual with social skills	1	1	12
HUDSON2009	AUS	ADIS – C/P (DSM-IV)	10	44%	83%	NR	15	14	Psycho-logical placebo	2	1	10
							12	7	CBT, group (all anxiety disorders)	2	1	10
MASIA-WARNER2007	USA	ADIS (DSM-IV)	15	83%	72%	NR	17	15	Psycho-logical placebo	0.7	1	12
							19	17	CBT, group with social skills (with parent involve-ment)	0.7	1	12

CBT compared with pill placebo												
BEIDEL2007	USA	ADIS - C/P (DSM-IV)	12	47%	78%	0%	NR	32	Pill placebo	N/A	7	12
							NR	33	Fluoxetine	30	7	12
							NR	57	CBT, group with social skills	1.75	2	12
CBT compared with CBT plus parent anxiety management												
HUDSON2012	AUS	ADIS -C/P (DSM-IV)	9	51%	NR	NR	19	15	CBT, group (all anxiety disorders)	2	1	10
							19	18	CBT, group (all anxiety disorders) plus interven-tion for parents	2	1	10
Group CBT compared with group CBT plus individual CBT (six sessions)												
OLIVARES2008	ESP	ADIS - C/P (DSM-IV)	15	63%	NR	0%	18	18	CBT, group with social skills	1.5	1	12
							19	19	CBT, group + individual (12)	2	1	12
							20	20	CBT, group + individual (6)	1.75	1	12

Group CBT versus group CBT + individual CBT (12 sessions)												
OLIVARES2008	ESP	ADIS - C/P (DSM-IV)	15	63%	NR	0%	18	18	CBT, group with social skills	1.5	1	12
							19	19	CBT, group + individual (12)	2	1	12
							20	20	CBT, group + individual (6)	1.75	1	12
Other comparisons												
CBT delivered via parents compared with waitlist												
CARTWRIGHT-HATTON2012	GBR	ADIS -C/P (DSM-IV)	7	51%	91%	0%	NR	9	Waitlist	N/A	N/A	10
							NR	6	CBT, parent delivered (all anxiety disorders)	2	1	10
LYNEHAM2012	AUS	ADIS -C/P (DSM-IV)	10	NR	NR	NR	NR	7	Waitlist	N/A	N/A	16
							NR	11	Self-help (book) with support (delivered to parents), all anxiety disorders	1.5	0.3125	16
							NR	7	CBT, group (all anxiety disorders)	2	0.625	16
RAPEE2006	AUS	ADIS -C/P (DSM-IV)	10	40%	NR	19%	NR	16	Waitlist	N/A	N/A	12
							NR	21	Self-help (book) no	0	0	12

									support (delivered to parents)			
							NR	27	CBT, group (all anxiety disorders)	2	0.75	12
THIRLWALL 2012	GBR	ADIS -C/P (DSM-IV)	10	48%	86%	NR	17	11	Waitlist	N/A	N/A	8
							11	4	Self-help (book) with support (delivered to parents, short), all anxiety disorders	0	0.25	8
							13	8	Self-help (book) with support (delivered to parents), all anxiety disorders	NR	0.5	8
Individual CBT compared with supported internet self-help												
SPENCE2011	AUS	ADIS - C/P (DSM-IV)	14	59%	NR	NR	10	10	Waitlist	0	0	10
							14	13	Self-help (internet) with support (children and parents, all anxiety disorders)	0	0	10

							12	12	CBT, individual (all anxiety disorders)	1	1	10
Group CBT compared with CBT delivered via parents												
LYNEHAM2012	AUS	ADIS - C/P (DSM-IV)	10	NR	NR	NR	NR	7	Waitlist	N/A	N/A	16
							NR	11	Self-help (book) with support (delivered to parents), all anxiety disorders	1.5	0.3125	16
							NR	7	CBT, group (all anxiety disorders)	2	0.625	16
Self-help compared with waitlist												
MARCH2009	AUS	ADIS - C/P (DSM-IV)	9	55%	NR	0%	33	11	Waitlist	N/A	N/A	10
							NR	9	Self-help (internet) with support (children and parents, all anxiety disorders)	1	1	10
SPENCE2011	AUS	ADIS - C/P (DSM-IV)	14	59%	NR	NR	10	10	Waitlist	0	0	10
							14	13	Self-help (internet) with	0	0	10

									support (children and parents, all anxiety disorders)			
							12	12	CBT, individual (all anxiety disorders)	1	1	10
TILLFORS2011	SWE	SCID (DSM-IV)	17	89%	NR	NR	9	9	Waitlist	N/A	N/A	9
							10	9	Self-help (internet) with support	0	0	9