

Table D-1. Detailed study characteristics of cCBT interventions

Study	Location Recruitment Setting Organization Total N	Age in Years (SD) % Female % Race/ethnicity Baseline differences?	Target Condition Baseline Severity Medications	Study Duration Outcomes Reported	Number of Arms Intervention Comparator	Design Quality
Major depressive disorder (11 trials)						
Andersson, 2005 ¹	Europe (Sweden) Newspaper advertisement Government 117	Total: 36.14 (NR) Grand mean: 75% NR No	MDD CIDI-SF Allowed, not managed	EOT: 10 wk (mean) Followup: 26 wk BDI BAI MADRS Quality of life Adherence Therapist productivity	2 cCBT Attention control (online discussion group)	RCT Fair
Berger, 2011 ²	Europe (Switzerland and Germany) Advertisement and website University affiliated 76	Grand mean: 38.8 (NA) Grand mean: 69.7% NR No	MDD, dysthymia BDI-II >13 Allowed, not managed	EOT: 10 wk; Followup: 26 wk BDI WHOQOL-BREF Adherence Therapist productivity	3 cCBT (guided) cCBT (unguided) Waitlist	RCT Good
Carlbring, 2013 ³	Europe (Sweden) Advertisement: website, newspaper Government 80	Total: 44.4 (13.5) Total: 82.5% NR No	MDD MADRS SCID Allowed, not managed	EOT: 8 wk Followup: 13 wk BDI-II BAI MADRS HRQOL	2 cCBT (BA) Waitlist	RCT Good
Choi, 2012 ⁴	Australia Mass media Government 63	Grand mean: 39.2 (NA) Grand mean: 80.5% Asian: 100% No	MDD NR Allowed, not managed	EOT: 8 wk Followup: 26 wk BDI (Chinese version) PHQ-9 (Chinese version) HRQOL: SDS ≥50% reduction in BDI Adherence	2 cCBT Waitlist	RCT Fair
Johansson, 2012 ⁵	Europe (Sweden) Newspaper advertisement, waitlist from prior study Government 121	Total: 45 (12.1) Total: 71.1% NR No	MDD MADRS >14 and <36 Allowed, not managed	EOT: 10 wk Followup: 6 mo BDI-1 MADRS BAI QOLI	3 Standard cCBT Tailored cCBT Attention control	RCT Fair

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Kessler, 2009 ⁶	Europe (UK) Within 3 primary care centers Government 297	Grand mean: 34.95 (NA) Grand mean: 68% NR No	New episode of depression BDI ≥14 Allowed, not managed	EOT: 16 wk Followup: 34.8 wk HRQOL: SF-12 EQ5D BDI Reduction to BDI <10	2 IPCRESS study TAU	Cluster RCT Fair
Perini, 2009 ⁷	Australia Web University affiliated 48	Grand mean: 49.3 (NA) Grand mean: 76% NR No	MDD PHQ-9 >5 Allowed, not managed	EOT: 8 wk No followup BDI-II PHQ-9 Adherence Therapist productivity	2 cCBT Waitlist	RCT Fair
Titov, 2010 ⁸	Australia Website Government 141	Grand mean: 43.3 (NA) Grand mean: 73.3% NR No	MDD PHQ-9 Allowed, not managed	EOT: 9 wk Followup: 17.4 wk PHQ-9 BDI-II Adherence Therapist productivity	3 cCBT (clinician assisted) cCBT (technician assisted) Waitlist	RCT Good
Vernmark, 2010 ⁹	Europe (Sweden) University campus mail and newspaper; radio interview Government 88	Grand mean: 36.6 (NA) Grand mean: 68.2% NR No	MDD MADRS-S >14 Allowed, not managed	EOT: 8 wk Followup: 26 wk Quality of life inventory BID BAI MADRS-SR SCID (no depression diagnosis); value reflects N without depression Therapist productivity	3 cCBT (supported) cCBT (self-help) Waitlist	RCT Good
Williams, 2013 ¹⁰	Australia Website Government 297	Grand mean: 44.81 (NA) Grand mean: 76% NR No	MDD MINI NR	EOT: 11 wk No followup BDI-II PHQ-9 K10 AST-D SST STAI-T HRQoL	2 CBM + cCBT Waitlist	RCT Fair
Wright, 2005 ¹¹	US (Kentucky) Advertisement, referral University affiliated 45	Grand mean: 40.2 (NA) Grand mean: 75.5% NR No	MDD, dysthymia BDI ≥14 Not allowed	EOT: 8 wk Followup: 26 wk HADS BDI Cognitive therapy awareness Adherence Therapist productivity	3 cCBT Standard CBT Waitlist	RCT Fair

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Depressive symptoms (15 trials)						
Clarke, 2002 ¹²	US (Oregon) Mailing to HMO members Kaiser HMO 299	Grand mean: 43.9 (NA) Grand mean: 75.5% White: 94.5% No	MDD, minor depression NR Allowed, not managed	EOT: 17 wk Followup: 34.8 wk CES-D	2 cCBT Waitlist	RCT Good
de Graaf, 2009 ¹³	Europe (Netherlands) Mailed invitation to complete online screening questionnaire Government 303	Grand mean: 44.9 (NA) Grand mean: 55.7% NR No	Significant depressive symptoms BDI-II >16 Not allowed	EOT: 13 wk Followup: 52.1 wk SF-36 BDI-II BDI decrease ≥9 points WSAS Adherence	3 cCBT + TAU cCBT (no support) TAU	RCT Fair
Farrer, 2011 ¹⁴	Australia Callers to lifeline telephone counseling service Government 188	Grand mean: 41.0 (NA) Grand mean: 82.7% NR No	Significant depressive symptoms K10 ≥22 NR	EOT: 6 wk Followup: 26 wk CES-D CES-D <16 Adherence	3 cCBT (supported) cCBT (not supported) TAU	RCT Fair
Glozier, 2013 ¹⁵	Australia Recruited from cohort study University affiliated 562	Grand mean: 58.0 (NA) Grand mean: 61.4% NR No	Depression symptoms (mild to moderate) PHQ-9 >8 Allowed, not managed	EOT: 12 wk No followup PHQ-9 GAD-7 WHODAS	2 cCBT Attention control	RCT Good
Griffiths, 2012 ¹⁶	Australia Mailing to general population Government 355	Grand mean: 43.7 (NR) Grand mean: 70.0% NR No	Depressive symptoms K10 >22 NR	EOT: 13 wk Followup: 52.1 wk CES-D <16 Adherence	3 cCBT cCBT + internet support Attention control	RCT Fair
Hickie, 2010 ¹⁷	Australia Primary care Government 83	Grand mean: 33.4 (NA) Grand mean: 71.5% NR No	Significant depressive symptoms K10 >19 Not allowed	EOT: 8 wk Followup: 52.1 wk K10 <16	2 cCBT TAU	Cluster RCT Poor

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Levin, 2011 ¹⁸	US (Oregon) Primary care Kaiser HMO 191	Grand mean: 43.5 (NA) Grand mean: 77% Grand mean: White: 90.15% Black: 2.2% Hispanic: 3.1% Asian: 0.5% Other: 4.1% No	Significant depressive symptoms NR Allowed, not managed	6 wk 26 wk SCID CES-D STAI S-STAI	2 cCBT (supported) TAU	RCT Good
Lintvedt, 2013 ¹⁹	Europe (Norway) University (mailed questionnaire to all students) University affiliated 163	28.2 (7.4) 76.7% NR No	Depressive symptoms 62.8% "unmet need for help" NR	8 wk No followup K10 screening CES-D ATQ Treatment depression literacy	2 Informational website + cCBT Waitlist/TAU	RCT Fair
McKinnon, 2008 ²⁰	Australia Community (mailed questionnaire to participants from electoral roll) University affiliated 525	Grand mean: 36.0 (NA) Grand mean: 72.5% NR No	Significant depressive symptoms K10 ≥22 NR	EOT:6 wk Followup:52 wk CES-D ATQ	3 cCBT Information control (Blue Pages) Attention control	RCT Fair
Moritz, 2012 ²¹	Western Europe (Germany) Online advertising University affiliated 210	Grand mean: 38.6 (NA) Grand mean: 78.6% NR No	Depressive symptoms NR Allowed, not managed	EOT: 8 wk No followup BDI-II DAS WHOQOL	2 cCBT Waitlist	RCT Fair
Spek, 2007 ²²	Europe (Netherlands) Mail; newspaper and letter of invitation to all older adults in the city Government 301	Grand mean: 54.7 (NA) Grand mean: 63.4% NR No	Minor depression Edinburgh depression scale >12 NR	10 wk 52.1 wk BDI-II Adherence	3 cCBT Group CBT Waitlist	RCT Good
van Bastelaar, 2008 ²³	Europe (Netherlands) Web/mail: Open-access study website University medical center 255	Total: 50.0 (12.0) Total: 61% White: 89% Yes	MDD, dysthymia, minor depression, or significant depressive symptoms and type 1 or type 2 diabetes mellitus CES-D ≥16 Allowed, not managed	12 wk No followup Perceived health status: SF-12 CES-D PAID (diabetes-specific emotional distress) Adherence	2 cCBT Waitlist	RCT Poor

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van der Zanden, 2012 ²⁴	Europe (Netherlands) Advertisement: promotional material in physician's office and educational institutions and websites Mental health clinics 244	Total: 20.9 (2.2) Total 84.4% NR No	Significant depressive symptoms CES-D: 10 to 45 NR	EOT: 12 wk Followup: 6 mo CES-D HADS Adherence	2 cCBT Waitlist	RCT Fair
Wagner, 2013 ²⁵	Europe (Germany, Switzerland) Advertisements in newspapers, local facilities, university websites Government 62	Grand mean: 38.0 Grand mean: 65% NR Yes: gender	Depressive symptoms BDI-II Grand mean: 23.2 Allowed, not managed	EOT: 8 wk Followup: 3 mo BDI-II BSI SCL anxiety subscale ATQ	2 cCBT Face-to-face	RCT Fair
Warmerdam, 2008 ²⁶	Europe (Netherlands) Website, newspaper advertisement Government 263	Grand mean: 45.0 (NA) Grand mean: 71.1% NR No	Significant depressive symptoms CES-D ≥16 NR	EOT: 8 wk No followup EQ5D CES-D HADS Clinically significant change Adherence Therapist productivity Cost	3 cCBT PST Waitlist	RCT Fair
Mixed depression and anxiety (3 trials)						
Newby, 2013 ²⁷	Australia Previous interest, internet advertising University affiliated 109	44.30(12.2) 77.8% NR Yes	GAD and/or MDD MINI Allowed, not managed	EOT: 10 wk Followup: 3 mo PHQ-9 GAD-7 WHODAS-II Adherence	2 cCBT Waitlist	RCT Good
Proudfoot, 2003 ²⁸	Europe (UK) Primary care Government 274	Grand mean: 43.5 (NA) Grand mean: 73.8% Grand mean: White: 80% Black: 3.6% Asian: 1.95% Other: 4.75% No	Minor depression, significant depressive symptoms, GAD, panic disorder, anxiety NOS, significant anxiety symptoms, and phobia GHQ-12 ≥4 CIS-R ≥12 Not allowed	EOT: 9 wk Followup: 26 wk WSAS BDI BAI Hospitalization Cost	2 cCBT TAU	RCT Fair

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Proudfoot, 2004 ²⁹	Europe (UK) Primary care General practice in London and southeast England 167	Grand mean: 44.7 (NA) Grand mean: 73.7% Grand mean: White: 88% Black: 5% Asian: 3.5% Other: 4% No	Significant depressive symptoms, anxiety NOS, significant anxiety symptoms, and other (anxious and/or depressed) GHQ-12 ≥4 CIS-R (PROQSY) ≥12 Not allowed	EOT: 89 wk Followup: 26 wk WSAS BDI BAI	2 cCBT TAU	RCT Fair
Generalized anxiety disorder (4 trials)						
Andersson, 2012 ³⁰	Europe (Sweden) Advertisement (website, newspaper) Not described 81	Grand mean: 42 (NA) Grand mean: 76% NR No	GAD NR Allowed, not managed	EOT: 8 wk Followup: 21 to 22 wk QOLI BDI-II PSWQ BAI (0-63) Adherence	2 cCBT Waitlist	RCT Good
Paxling, 2011 ³¹	Europe (Sweden) Advertisement in newspaper, website Academic clinics 89	Grand mean: 39.3 (NA) Grand mean: 80% NR No	GAD PSWQ >53 GAD-Q-IV >5.7 Allowed, not managed	EOT: 8 wk Followup: 52.1 wk QOLI BDI PSWQ BAI Adherence	2 cCBT Waitlist	RCT Fair
Robinson, 2010 ³²	Australia Website www.virtualclinic.org.au NR 150	Grand mean:47(NA) Grand mean: 68.4% NR Yes: marital status, age	GAD NR Allowed, not managed	EOT: 11 wk Followup: 13 wk PHQ-9 PSWQ GAD-7 Therapist productivity	3 cCBT (clinician) cCBT (technician) Waitlist	RCT Good
Titov, 2009 ³³	Australia Website www.virtualclinic.org.au Government 48	Total: 44.0 (12.98) Total: 75% NR No	GAD GAD section of MINI to determine if patient met DSM-IV criteria for GAD Allowed, not managed	EOT: 10 wk No followup SDS PHQ-9 PSWQ GAD-7	2 cCBT Waitlist	RCT Fair

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Panic disorder (10 trials)						
Bergstrom, 2010 ³⁴	Europe (Sweden) Primary care, self-referral Government 113	Grand mean: 34.2 (NA) Grand mean: 61.5% NR No	Panic disorder DSM-IV criteria for panic disorder with or without agoraphobia on MINI Allowed, not managed	EOT: 10 wk Followup: 26 wk SDS MADRS ASI PDSS Response on PDSS ≥40% Cost	2 cCBT Group CBT	RCT Good
Carlbring, 2001 ³⁵	Europe (Sweden) Website and mail advertisement Government 31	Total: 34 (7.5); range (21 to 51) Total: 70.7% NR No	Panic disorder No Allowed, not managed	6 to 14 wk postrandomization QOLI BDI BAI MADRAS-SR Therapist productivity	2 cCBT Waitlist	RCT Poor
Carlbring, 2005 ³⁶	Europe (Sweden) Waitlist of participants from Carlbring, 2001, study Government 49	Grand mean: 35.0 (NA) Grand mean: 71.5% NR No	Panic disorder No Allowed, not managed	EOT: 10 wk Followup: 52 wk QOLI MADRAS-SR BDI BAI ACQ Adherence	2 cCBT Face-to-face CBT	RCT Fair
Carlbring, 2006 ³⁷	Europe (Sweden) Waitlist of people who had expressed interest in participating in internet-administered self-help program on panic disorder Government 60	Total: 36.7 (10.0) Total: 60% NR No	Panic disorder DSM-IV criteria for panic disorder Allowed, not managed	EOT: 10 wk Followup: 9 mo QOLI MADRS BDI BAI Body sensations Questionnaire Adherence	2 cCBT Waitlist	RCT Good
Kenardy, 2003 ³⁸	Europe (Scotland) and Australia Primary care and mental health specialty University affiliated 121	Total: 36.8 (10.0) Total: 75.5% NR Yes: education	Panic disorder No Allowed, not managed	EOT: 3 wk Followup: 26 wk Composite panic-anxiety measure STAI-Trait Change on STAI-Trait Cost	3 cCBT Face-to-face Waitlist	RCT Fair

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Kiropoulos, 2008 ³⁹	Australia Website, advertisement Government 86	Total Age: 39.0 (11.13) Grand mean: 72.5% NR No	Panic disorder No Allowed, not managed	EOT: 12 wk No followup WHO QOL DASS ADIS clinician overall panic disorder rating PDSS Adherence Therapist productivity	2 cCBT Face-to-face	RCT Good
Klein, 2006 ⁴⁰	Australia Website, mail advertisement Government 55	Range: 18 to 70 years Total: 81% NR NR	Panic disorder No Allowed, not managed	EOT: 12 wk Followup: 3 mo HRQOL "health rating" DASS depression PDSS (interview) BVS Panic disorder clinician ratings Adherence Therapist productivity Cost	2 cCBT Information control	RCT Fair
Richards, 2006 ⁴¹	Australia Website, advertisement Government 32	Grand mean: 36.9 (NA) Grand mean: 30.7% NR Yes: gender	Panic disorder 2 points greater than any secondary diagnosis on the clinician's 9-point severity rating scale in the ADIS-IV Allowed, not managed	EOT: 8 wk Followup: 13 wk QOL (psychological) DASS (depression) PDSS ACQ Therapist productivity GP visits pre-post	3 cCBT cCBT + stress management Information control	RCT Poor
Silfvernagel, 2012 ⁴²	Europe (Sweden) Information on web; recruited via email Not specified 57	Grand mean: 32.4 (NA) Grand mean: 64.8% NR Yes: gender	Panic symptoms with significant comorbid depressive or anxiety symptoms No Allowed, not managed	EOT: 8 wk Followup: 60 wk QOLI MADRS-S PDSS BAI PDSS score decrease by ≥40% Adherence (# of patients completed sessions) Therapist productivity	2 cCBT Waitlist	RCT Fair
Wims, 2010 ⁴³	Australia Website University affiliated 141	Grand mean: 42.3 (NA) Grand mean: 76% NR No	Panic disorder No Allowed, not managed	EOT: 9 wk Followup: 13 wk SDS PHQ-9 ACQ PDSS Adherence Therapist productivity	2 cCBT Waitlist	RCT Good

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PTSD (2 trials)						
Litz, 2007 ⁴⁴	US Advertisement on website U.S. Department of Defense 45	Grand mean: 39.2 (NA) Grand mean: 22% Black: 77.5% No	PTSD NR Allowed, not managed	EOT: 8 wk Followup: 6 mo PTSD-SS BDI-II BAI	2 cCBT Internet support group	RCT Fair
Spence, 2011 ⁴⁵	Australia Website www.virtualclinic.org.au , email newsletter from www.beyondblue.org.au , mail advertisement, local newspaper NR 44	Grand mean: 42.5 (NA) Grand mean: 81.5% NR No	PTSD No Allowed, not managed	EOT: 8 wk Followup: 13 wk PHQ-9 PCL-C GAD-7 SDS Therapist productivity	2 cCBT Waitlist	RCT Fair
Anxiety symptoms (2 trials)						
Kenardy, 2006 ⁴⁶	Australia Psychology class Academic clinics 83	Total: 20.7 (6.29) Total: 78.3% NR NR	Significant anxiety symptoms Anxiety sensitivity >24 Not allowed	EOT: 6 wk Followup: 26 wk CES-D ASI BSQ Adherence	2 cCBT Waitlist	RCT Poor
Ruwaard, 2010 ⁴⁷	Europe (Netherlands) Website, mail advertisement Government 58	Grand mean: 38.5 (NA) Grand mean: 73% NR Yes: gender	Greater than or equal to subsyndromal panic disorder NR Allowed, not managed	EOT: 13 wk (variable) Followup: 156 wk DASS-Depression PDSS-SR PDSS-SR Responder (<8) BSQ Therapist productivity	2 cCBT Waitlist	RCT Fair