

Table D-2. Program components of cCBT interventions

Study Program Name cCBT Level	Behavior Activation	Cognitive Restructuring	Exposure	Interpersonal Skills Assertiveness	Lifestyle Factors	Problem Solving	Relapse Prevention	Relaxation Training	Other Components
<i>Major depressive disorder: 11 trials, 15 arms</i>									
Andersson, 2005 ¹ No name cCBT-S	Yes	Yes	No	NR	Yes	NR	Yes	NR	NR
Berger, 2011 ² DEPREXIS Arm 1: cCBT-S Arm 2: cCBT-NS	Yes	Yes	No	Yes	Yes	Yes	NR	Yes	Arm 1: Psychoeducation, dreamwork, emotional work Arm 2: NA
Carlbring, 2013 ³ Depressionshjälpen cCBT-S	Yes	Yes	No	NR	Yes	NR	Yes	NR	Acceptance and commitment therapy—mindfulness
Choi, 2012 ⁴ SADNESS (adapted to Chinese) cCBT-LS	Yes	Yes	No	Yes	Yes	Yes	NR	NR	NR
Johansson, 2012 ⁵ No name Arm 1: cCBT-S Arm 2: cCBT-S	Yes	Yes	No	NR	Yes	Yes (Tailored only)	Yes	Yes (Tailored only)	Arm 1: Tailored sleep management, mindfulness, Arm 2: Panic, social anxiety, worrying stress
Kessler, 2009 ⁶ No name cCBT-LS	55 minutes of instant messaging for 10 sessions	NA	No	NA	NA	NA	NA	NA	NR
Perini, 2009 ⁷ SADNESS cCBT-S	Yes	Yes	No	Yes	Yes	Yes	NR	NR	NR
Titov, 2010 ⁸ SADNESS Arm 1: cCBT-LS Arm 2: cCBT-LS	Yes	Yes	No	Yes	Yes	Yes	NR	Yes	Arm 1: Topics that came up on discussion forum Arm 2: Program script only
Vernmark, 2010 ⁹ No name Arm 1: cCBT-S Arm 2: cCBT-S	Yes	Yes	No	NR	Yes	NR	Yes	NR	Arm 1: Goal setting Arm 2: Topics that came up while tailoring to the individual patient

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Williams, 2013 ¹⁰ CBM +Sadness CBT-LS	Yes	Yes	No	Yes	Yes	Yes	NR	NR	Cognitive bias modification
Wright, 2005 ¹¹ No name cCBT-AT	Yes	Yes x 3	No	NR	Yes	Yes	Yes	NR	Task breakdown
Depressive symptoms: 15 trials, 19 arms									
Clarke, 2002 ¹² Overcoming Depression via the Internet cCBT-NS	NR	Yes	No	NR	NR	NR	NR	NR	Skills training, psychoeducation
de Graaf, 2009 ¹³ CYL ^a + treatment as usual Arm 1: cCBT-NS Arm 2: cCBT-NS	NR	NR	No	Yes	NR	Yes	NR	NR	Arm 1: Stress management, planning Arm 2: NA
Farrer, 2011 ¹⁴ MoodGYM Arm 1: cCBT-LS Arm 2: cCBT-NS	Yes	Yes	No	Yes	NR	Yes	NR	Yes	Arm 1: Psychoeducation Arm 2: NA
Glozier, 2013 ¹⁵ E-couch cCBT-NS	NR	Yes	No	Yes	Yes	NR	NR	NR	Psychoeducation based on Blue Pages
Griffiths, 2012 ¹⁶ E-couch Arm 1: cCBT-NS Arm 2: cCBT-NS	NR	NR	No	Yes	Yes	NR	NR	Yes	Arm 1: Psychoeducation, internet support group Arm 2: Psychoeducation
Hickie, 2010 ¹⁷ MoodGYM cCBT-NS	Yes	Yes	No	Yes	NR	Yes	NR	Yes	Psychoeducation
Levin, 2011 ¹⁸ Wellness Workshop ^a cCBT-NS	Yes	Yes	No	Yes	Yes	Yes	NR	Yes	NA

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Lintvedt, 2013 ¹⁹ MoodGYM + Blue Pages cCBT-NS	Yes	Yes	No	Yes	Yes	NR	NR	Yes	Psychoeducation
McKinnon, 2008 #290 ²⁰ MoodGYM cCBT-S	Yes	Yes	No	Yes	NR	Yes	NR	Yes	Psychoeducation
Moritz, 2012 ²¹ Deprexis cCBT-NS	Yes	Yes	No	Yes	Yes	Yes	NR	Yes	Arm 1: Psychoeducation, dreamwork, emotional work Arm 2: NA
Spek, 2007 ²² No name ^a cCBT-NS	Yes	Yes	No	Yes	NR	NR	NR	Yes	Psychoeducation
van Bastelaar, 2008 ²³ CYL-DM ^a cCBT-S	Yes	Yes	No	Yes	Yes	Yes	NR	Yes	Adapted specifically for patients with diabetes
van der Zanden, 2012 ²⁴ Master Your Mood ^a cCBT-LS	Yes	Yes	No	Yes	NR	NR	Yes	NR	Psychoeducation
Wagner, 2013 ²⁵ No name cCBT-S	Yes	Yes	No	Yes	NR	NR	Yes	NR	Psychoeducation
Warmerdam, 2008 ²⁶ No named programs Arm 1: cCBT-S ^a Arm 2: cCBT-S	Arm 1: Yes Arm 2: No	Yes	No	Yes	NR	Arm 1: NR Arm 2: Yes	Yes	NR	Arm 1: Psychoeducation, based on classic CBT ^a Arm 2: Based on classic problem-solving therapy
Mixed depression and anxiety: 3 trials, 3 arms									
Newby, 2013 ²⁷ Worry and Sadness Program cCBT-LS	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Psychoeducation
Proudfoot, 2003 ²⁸ Beating the Blues cCBT-NS	Yes	Yes x 3	No	NR	Yes	Yes	Yes	NR	Introduction is psychoeducation, goal-setting planning; task breakdown

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Proudfoot, 2004 ²⁹ Beating the Blues cCBT-LS	Yes	Yes x 3	No	NR	Yes	Yes	Yes	NR	Introduction is psychoeducation, goal-setting planning; task breakdown
Generalized anxiety disorder: 4 trials, 5 arms									
Andersson, 2012 ³⁰ No name cCBT-S	NR	Yes	Yes	Yes	Yes	Yes	NR	Yes	Psychoeducation, worry exposure
Paxling, 2011 ³¹ No name cCBT-S	NR	Yes	Yes	Yes	Yes	Yes	NR	Yes	Psychoeducation, worry exposure
Robinson, 2010 ³² Worry program Arm 1: cCBT-LS (clinician) Arm 2: cCBT-LS (technician)	NR	Yes	Yes	Yes	Yes	Yes	NR	Yes	Arm 1: Psychoeducation, worry exposure, online discussion forum Arm 2: Same, but no forum
Titov, 2009 ³³ Worry program cCBT-LS	NR	Yes	Yes	Yes	Yes	Yes	NR	Yes	Psychoeducation, worry exposure
Panic disorder: 10 trials, 11 arms									
Bergstrom, 2010 ³⁴ No name cCBT-S	NR	Yes	Yes	NR	NR	NR	Yes	NR	Psychoeducation, panic exposure
Carlbring, 2001 ³⁵ No name cCBT-S	NR	Yes	Yes	Yes	NR	NR	Yes	Yes (breathing)	Psychoeducation, panic exposure
Carlbring, 2005 ³⁶ No name cCBT-S	NR	Yes	Yes	Yes	NR	NR	Yes	Yes (breathing)	Psychoeducation, panic exposure
Carlbring, 2006 ³⁷ No name cCBT-LS	NR	Yes	Yes	Yes	NR	NR	Yes	Yes (breathing)	Psychoeducation, panic exposure
Kenardy, 2003 ³⁸ No name cCBT-AT	NR	Yes	Yes	NR	NR	NR	NR	Yes (breathing)	Goal-setting, panic exposure

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Kiropoulos, 2008 ³⁹ Panic Online cCBT-S	NR	Yes	Yes	NR	NR	NR	Yes	Yes	Psychoeducation, panic exposure
Klein, 2006 ⁴⁰ Panic Online cCBT-S	NR	Yes	Yes	NR	NR	NR	Yes	Yes	Psychoeducation, panic exposure
Richards, 2006 ⁴¹ Panic Online Arm 1: cCBT-S Arm 2: cCBT-S	NR	Yes	Yes	Arm1: NR Arm 2: Yes in stress modules	Arm1: NR Arm 2: Yes in stress modules	NR	Yes	Yes	Arm 1: Psychoeducation, panic exposure Arm 2: Same + 6 modules on stress management
Silfvernagel, 2012 ⁴² No name cCBT-S	NR	NR	Yes	NR	NR	NR	Yes	NR	Psychoeducation, panic exposure
Wims, 2010 ⁴³ Panic Program cCBT-S	NR	Yes	Yes	NR	NR	NR	Yes	NR	Psychoeducation, de-arousal, panic exposure
PTSD: 2 trials, 2 arms									
Litz, 2007 ⁴⁴ DE-STRESS cCBT-LS	Yes	NR	Yes	NR	NR	NR	Yes	Yes	Planning, trauma exposure, stress management
Spence, 2011 ⁴⁵ No name cCBT-LS	Yes	Yes	Yes	Yes	Yes	Managing panic attacks	Yes	NR	De-arousal, trauma exposure
Anxiety symptoms: 2 trials, 2 arms									
Kenardy, 2006 ⁴⁶ Anxiety Prevention Program cCBT-S	NR	Yes	Yes	NR	NR	NR	Yes	Yes	Psychoeducation, anxiety exposure
Ruwaard, 2010 ⁴⁷ Interapy cCBT-S	NR	Yes	Yes	NR	NR	NR	Yes	Yes	Psychoeducation, awareness, anxiety exposure

^a Interventions that are loosely based on Lewinsohn’s model of depression: Lewinsohn PM, Youngren MA, Grosscup SJ. Reinforcement and depression. In RA Dupue (Ed.), The psychobiology of depressive disorders: Implications for the effects of stress (pp. 291-316). New York: Academic Press, 1979.