

Table D-3. General characteristics of cCBT interventions

| Study Comparison and Arm (if applicable)  | Recruitment   | Clinical Context  | Program Name                 | Setting      | Technical Support | Duration (Weeks)   | Module Number                   | Planned Contacts    |
|---|---|---|------------------------------|--------------|-------------------|--------------------|---------------------------------|---------------------|
| <b>Major depressive disorder: 11 trials, 15 arms</b>  |   |   |                              |              |                   |                    |                                 |                     |
| Andersson, 2005 <sup>1</sup><br>cCBT-S vs. AC   | Advertisements in newspapers  | Not established, but AC was moderated online group              | No name                      | Nonclinical  | NR                | 8-10               | 5                               | ≥6                  |
| Berger, 2009 <sup>2</sup><br>Arm 1: cCBT-S vs. cCBT-NS<br>Arm 2:cCBT-NS vs. WL                                    | Advertisement and website   | No established clinical relationship                            | Deprexis®                    | Nonclinical  | NR                | 10                 | 10                              | 10                  |
| Carlbring, 2013 <sup>3</sup><br>cCBT-S vs. WL   | Advertisement and website   | No established clinical relationship                            | <i>Depression-shjälpen</i>   | Nonclinical  | Yes               | 8                  | 7                               | 7                   |
| Choi, 2012 <sup>4</sup><br>cCBT-LS vs. WL   | Mass media (unspecified)  | No established clinical relationship                            | Sadness (adapted to Chinese) | Nonclinical  | NR                | 8                  | 6                               | 6                   |
| Johansson, 2012 <sup>5</sup><br>Arm 1: cCBT-S (standard)<br>Arm 2: cCBT-S (tailored) vs. AC                       | Advertisements in newspaper (waiting list)                                | No established clinical relationship                            | No name                      | Nonclinical  | Yes               | 10                 | 8 (standard)<br>8-10 (tailored) | 10                  |
| Kessler, 2009 <sup>6</sup><br>cCBT-LS vs. TAU   | Primary care  | Yes, medical home   | No name                      | Nonclinical  | NR                | 16                 | 10                              | 10                  |
| Perini, 2009 <sup>7</sup><br>cCBT-S vs. WL  | Website   | No established clinical relationship                            | Sadness                      | Nonclinical  | NR                | 8                  | 6                               | 6                   |
| Titov, 2010 <sup>8</sup><br>Arm 1: cCBT-LS (clinician) vs. cCBT-LS (technician)<br>Arm 2: cCBT-LS (either) vs. WL | Website<br><a href="http://virtualclinic.org.au">virtualclinic.org.au</a> | No established clinical relationship                            | Sadness                      | Nonclinical  | NR                | 8                  | 6                               | ≥6                  |
| Vernmark, 2010 <sup>9</sup><br>Arm 1: cCBT-S vs. cCBT-NS<br>Arm 2: cCBT-S vs. WL                                  | University mail newspaper and radio                                       | No established clinical relationship                            | No name                      | Nonclinical  | Yes               | 8                  | 7                               | Variable, minimum 8 |
| Williams, 2013 <sup>10</sup><br>cCBT-LS vs. WL  | Website   | No established relationship                                     | CBM + Sadness                | Non clinical | Yes               | 11 (1 CBM, 10 CBT) | CBM=7 sessions<br>CBT=6 modules | NR                  |
| Wright, 2005 <sup>11</sup><br>cCBT-AT vs. WL  | Advertisement or referral   | Yes, medical home at university-affiliated psychiatric hospital | No name                      | Clinical     | Yes, in person    | 8–9                | 8                               | 9                   |
| <b>Depressive symptoms: 15 trials, 19 arms</b>  |   |   |                              |              |                   |                    |                                 |                     |
| Clarke, 2002 <sup>12</sup><br>cCBT-NS vs. WL  | Mailing to HMO members  | Yes, had medical home   | ODIN                         | Nonclinical  | NR                | NR                 | 7                               | NA                  |

| Study Comparison and Arm (if applicable)   | Recruitment   | Clinical Context  | Program Name                        | Setting     | Technical Support          | Duration (Weeks)  | Module Number | Planned Contacts                        |
|--|---|---|-------------------------------------|-------------|----------------------------|---|---------------|---|
| de Graaf, 2009 <sup>13</sup><br>Arm 1: cCBT-NS + TAU vs. cCBT-NS or WL<br>Arm 2: cCBT-NS vs. TAU | Mailed invitation to the general population                               | No established clinical relationship  | a) CYL + TAU<br>b) CYL only         | Nonclinical | No                         | 8 plus 9 <sup>th</sup> booster session                  | 9             | 4-5 consults with GP<br>NA for cCBT arm |
| Farrer, 2011 <sup>14</sup><br>Arm 1: cCBT-LS vs. cCBT-NS<br>Arm 2: cCBT-NS vs. TAU               | Callers to 24-hr telephone counseling service were invited to participate | No established clinical relationship  | Blue Pages and MoodGYM              | Nonclinical | a) Yes, via phone<br>b) No | 6   | 6             | a) 6<br>b) none                         |
| Glozier, 2013 <sup>15</sup><br>cCBT-NS vs. AC  | Recruited through cohort study (age:≥45 yrs)                              | No established clinical relationship  | E-couch                             | Nonclinical | Yes                        | 12  | 12            | NR                                      |
| Griffiths, 2012 <sup>16</sup><br>Arm 1: cCBT-NS + ISG vs. cCBT-NS<br>Arm 2: cCBT-NS vs. AC       | Mailing to general populations  | No established clinical relationship  | a) E-couch (with ISG)<br>b) E-couch | Nonclinical | No                         | 12  | 12            | NA                                      |
| Hickie, 2010 <sup>17</sup><br>cCBT-NS vs. TAU  | Primary care  | Yes, medical home   | MoodGYM                             | Nonclinical | No                         | 8 (for taking five 20-40 min modules)                   | 5             | NA                                      |
| Levin, 2011 <sup>18</sup><br>cCBT-S vs. TAU  | Primary care  | Yes, medical home   | Wellness Workshop CD                | Nonclinical | Yes, once via phone        | 6   | 5             | 1                                       |
| Lintvedt, 2013 <sup>19</sup><br>cCBT-NS vs. WL   | Mailing to all registered students  | No established clinical relationship  | MoodGYM + Blue Pages                | Nonclinical | NR                         | 8   | 5             | NA                                      |
| McKinnon, 2008 <sup>20</sup><br>cCBT-S vs. AC/IC (lifestyle)                                     | Mailed questionnaire via voter rolls                                      | No established clinical relationship  | MoodGYM                             | Nonclinical | Yes, via phone             | 6   | 5             | 6                                       |
| Moritz, 2012 <sup>21</sup><br>cCBT-NS vs. WL   | Online advertising  | No established clinical relationship  | Deprexis                            | Nonclinical | NR                         | 8   | 10            | NR                                      |
| Spek, 2007 <sup>22</sup><br>cCBT-NS vs. traditional CBT or WL                                    | Mailed invitation letter to all older adults                              | No established clinical relationship  | Based on CWD                        | Nonclinical | Yes, could call or email   | 10  | 8             | NA                                      |
| van Bastelaar, 2008 <sup>23</sup><br>cCBT-S vs. WL   | Website/mail: Open-access study website                                   | No established clinical relationship  | CYL-DM                              | Nonclinical | No                         | 8   | 8             | 8                                       |
| Van der Zanden, 2012 <sup>24</sup><br>cCBT-LS vs. WL   | Mixed ads: GP offices, educational institutions, websites                 | Population was mixed: some had GP and others may not have had GP relationship | Master Your Mood                    | Nonclinical | NR                         | 6   | 6             | 6                                       |
| Wagner, 2013 <sup>25</sup><br>cCBT-S vs. Face-to-face  | Newspaper advertisements, websites, local facilities                      | No established clinical relationship  | No name                             | Nonclinical | Yes, via therapist         | 8   | 8             | 16                                      |
| Warmerdam, 2008 <sup>26</sup><br>Arm 1: cCBT-S vs. WL<br>Arm 2: cPST-S vs. WL                    | Website and newspaper advertisement                                       | No established clinical relationship  | a) CWD<br>b) PST                    | Nonclinical | No                         | a) 8<br>9 <sup>th</sup> (review)<br>12 wk later<br>b) 5 | a) 8<br>b) 5  | a) 8<br>b) At least 5                   |

| Study Comparison and Arm (if applicable)  | Recruitment  | Clinical Context                              | Program Name              | Setting              | Technical Support    | Duration (Weeks) | Module Number                            | Planned Contacts                                     |
|---|--|---|---------------------------|----------------------|----------------------|------------------|--|--|
| <b>Mixed depression and anxiety: 3 trials, 3 arms</b>   |  |   |                           |                      |                      |                  |  |  |
| Newby, 2013 <sup>27</sup><br>cCBT-LS vs. WL   | Waitlist from previous studies and online advertising                          | No established clinical relationship          | Worry and Sadness Program | Nonclinical          | NR                   | 10               | 6 (with additional supplemental modules) | NR; received regular contact via email and telephone |
| Proudfoot, 2003 <sup>28</sup><br>cCBT-NS vs. TAU  | Primary care   | Yes, medical home                             | Beating the Blues®        | Clinical, GP clinics | Yes, limited from RN | 8                | 1, 15-min intro video, then 8 modules    | NR   |
| Proudfoot, 2004 <sup>29</sup><br>cCBT-NS vs. TAU  | Primary care   | Yes, medical home                             | Beating the Blues®        | Clinical, GP clinics | Yes, limited from RN | 8                | 1, 15-min intro video, then 8 modules    | NR   |
| <b>Generalized anxiety disorder: 4 trials, 5 arms</b>   |  |   |                           |                      |                      |                  |  |  |
| Anderson, 2012 <sup>30</sup><br>cCBT-S vs. WL   | Advertisement (Website and newspaper)  | No established clinical relationship          | No name                   | Nonclinical          | NR                   | 8                | 8  | 8  |
| Paxling, 2011 <sup>31</sup><br>cCBT-S vs. WL  | Advertisement (newspaper and website) to general population                    | No established clinical relationship          | No name                   | Nonclinical          | NR                   | 8                | 8  | 8  |
| Robinson, 2010 <sup>32</sup><br>Arm 1: cCBT-LS (clinician) vs. WL<br>Arm 2: cCBT-LS (technician) vs. WL | Website <a href="http://www.virtualclinic.org.au">www.virtualclinic.org.au</a> | No established clinical relationship          | Worry Program             | Nonclinical          | yes                  | 10               | 6  | At least 6   |
| Titov, 2009 <sup>33</sup><br>cCBT-LS vs. WL   | Website <a href="http://www.virtualclinic.org.au">www.virtualclinic.org.au</a> | No established clinical relationship          | Worry Program             | Nonclinical          | NR                   | 9                | 6  | Variable depending on patient's questions            |
| <b>Panic disorder: 10 trials, 11 arms</b>   |  |   |                           |                      |                      |                  |  |  |
| Bergstrom, 2010 <sup>34</sup><br>cCBT-S vs. traditional CBT   | Primary care or self-referral  | May or may not have medical home              | No name                   | Nonclinical          | NR                   | 10               | 10                                       | 10 or more   |
| Carlbring, 2001 <sup>35</sup><br>cCBT-S vs. WL  | Website for panic disorder and mass media advertisements                       | May or may not have had clinical relationship | No name                   | Nonclinical          | NR                   | 6–12             | 6  | At least 6   |
| Carlbring, 2005 <sup>36</sup><br>cCBT-S vs. F2F   | Recruited from WL from another study (initially, website or media ad)          | May or may not have had clinical relationship | No name                   | Nonclinical          | NR                   | 10               | 10                                       | At least 1 per wk                                    |
| Carlbring, 2006 <sup>37</sup><br>cCBT-LS vs. WL   | Recruited from WL from another study (initially, website or media ad)          | May or may not have had clinical relationship | No name                   | Nonclinical          | NR                   | 10               | 10                                       | At least 1 per wk                                    |

| Study Comparison and Arm (if applicable)  | Recruitment  | Clinical Context  | Program Name   | Setting               | Technical Support  | Duration (Weeks) | Module Number   | Planned Contacts           |
|---|--|---|--|-----------------------|--------------------|------------------|---|----------------------------|
| Kenardy, 2003 <sup>38</sup><br>cCBT-AT vs. WL                                     | Primary care and mental health specialty   | Yes, medical home   | No name  | Nonclinical (palmtop) | NR                 | 6                | 6   | 6                          |
| Kiroupolos, 2008 <sup>39</sup><br>cCBT-S vs. F2F                                  | Website advertisement  | No established clinical relationship  | Panic Online   | Nonclinical           | NR                 | 12               | 6   | 6                          |
| Klein, 2006 <sup>40</sup><br>cCBT-S vs. IC  | Website and mail advertisement   | No established clinical relationship  | Panic Online   | Nonclinical           | NR                 | 6                | 6   | 6                          |
| Richards, 2006 <sup>41</sup><br>Arm 1: cCBT-S vs. IC<br>Arm 2: cCBT-S + SM vs. IC | From panic website, links to other mental health websites and mass media   | No established clinical relationship  | a) Panic Online<br>b) Panic Online + stress management | Nonclinical           | Yes, via therapist | 8                | a) 6 Panic Online<br>b) 6 Panic Online, 6 stress management | Variable                   |
| Silfvernagel, 2012 <sup>42</sup><br>cCBT-S vs. WL                                 | Information on website; recruited via email  | No established clinical relationship  | No name  | Nonclinical           | NR                 | 8                | 6-8 (2 fixed, 4-6 chosen from menu)                         | Variable, but minimum of 8 |
| Wims, 2010 <sup>43</sup><br>cCBT-S vs. WL   | Website gave information about study, link to apply to study   | No established clinical relationship  | Panic Program  | Nonclinical           | NR                 | 8                | 6   | Variable                   |
| <b>PTSD: 2 trials, 2 arms</b>   |  |   |  |                       |                    |                  |   |                            |
| Litz, 2007 <sup>44</sup><br>cCBT-LS vs. AC (self-monitor ADL)                     | Ad on Department of Defense website (PTSD from 9/11 Pentagon attack)   | May or may not have had clinical relationship with VA or other medical facility | DE-STRESS  | Nonclinical           | yes                | 8                | 8   | 8 or more, variable        |
| Spence, 2011 <sup>45</sup><br>cCBT-LS vs. WL                                      | Email news and mail, newspaper ads referring to website <a href="http://www.virtualclinic.org.au">www.virtualclinic.org.au</a> | No established clinical relationship  | No name  | Nonclinical           | Yes                | 8                | 7   | 8 or more, variable        |
| <b>Anxiety symptoms: 2 trials, 2 arms</b>   |  |   |  |                       |                    |                  |   |                            |
| Kenardy, 2006 <sup>46</sup><br>cCBT-NS vs. WL                                     | Psychology classes   | No established clinical relationship  | No name  | Nonclinical           | NO                 | 6                | 6   | NA                         |
| Ruwaard, 2010 <sup>47</sup><br>cCBT-S vs. WL                                      | Mail and media advertisements referred to a website  | No established clinical relationship  | Interapy   | Nonclinical           | NR                 | 11               | 7   | 14 "feedback moments"      |