

Table D-4. Type and intensity of support in cCBT interventions

Study	cCBT level Program Name ^a	Therapist Training	Therapist Time per Patient	Email or Text	Phone	Online Group Component	Instant Messaging	Face to Face
Major depressive disorder: 11 trials, 15 arms								
Andersson, 2005 ¹	cCBT-S No name	NR	NR	Feedback on end of module quizzes	NR	Moderated discussion group	NR	No
Berger, 2011 ²	Arm 1: cCBT-S Deprexis Arm 2: cCBT-NS	Arm 1: licensed professionals & supervised students Arm 2: NA	Arm 1: 10 min per session Arm 2: NA	Arm 1: Supportive feedback via email from therapist weekly Arm 2: Program is interactive	NR	NR	NR	No
Carlbring, 2013 ³	cCBT-S <i>Depressionshjälpen</i>	Supervised PhD students	12 min (average)/wk	Feedback support	NR	No	NR	No
Choi, 2012 ⁴	cCBT-LS Sadness (adapted to Chinese)	Supervised PhD graduate student	NR, variable because over phone	Autoremindes	Yes, weekly	No, but access to prior transcriptions	No	No
Johansson, 2012 ⁵	Arm 1: CCBT-S (Standard) No name Arm 2: cCBT-S (tailored)	Supervised MS graduate students	Arm1 standard 74.1 min total, 9.3 min/ module Arm 2 tailored 95.2 min total, 9.7 min/ module	Feedback on homework support	NR	Control was online discussion group	No	No
Kessler, 2009 ⁶	cCBT-LS No name	Licensed MS or PhD	55 min/ session	Autoremindes	No	No	Yes, entire session	No
Perini, 2009 ⁷	cCBT-S Sadness	PhD	Variable; emailed response to forum post within 24 hr	Autoremindes, reinforcement and feedback	NR	Discussion forum	No	No
Titov, 2010 ⁸	Arm 1: cCBT-LS SADNESS Arm2: cCBT-LS	Arm 1: clinician Arm 2: technician	Average 10 min per session by forum, email or phone	Arm 1: feedback, goal-setting, problem-solving, therapeutic strategies Arm 2: scripted feedback on module and support	Yes, weekly	Arm 1: Moderated discussion forum Arm 2: No	No	No
Vernmark, 2010 ⁹	Arm 1: cCBT-S (self-help) No name Arm 2: cCBT-S (tailored)	Supervised master's students	Arm 1: 53 ± 28 min For all sessions Arm 2: 509 ±176 min	Arm 1: Supportive feedback on progress Arm 2: All materials and discussion over individualized, tailored email	Only if no response to email	No	No	No
Williams, 2013 ¹⁰	CCBT-LS Sadness	Licensed MS or PhD	NR, but no difference between groups	Email support but no feedback on homework	Yes	No	No	No
Wright, 2005 ¹¹	cCBT-AT No name	PhD, master, MD, LCSW	25 min/ 50 min session	NR	NR	No	No	Yes

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Depressive symptoms: 15 trials, 19 arms								
Clarke, 2002 ¹²	cCBT-NS ODIN	NA	NA	NR	NA	NA	NA	No
de Graaf, 2009 ¹³	Arm 1: cCBT-NS CYL + TAU Arm 2: cCBT-NS CYL	Arm 1: GP for TAU Arm 2: NA	NA	Arm 1: If part of TAU Arm 2: NA	Arm 1: If part of TAU Arm 2: NA	NA	NA	No
Farrer, 2011 ¹⁴	cCBT-LS MoodGYM cCBT-NS	Arm 1: Lay crisis counselor Arm 2: NA	Arm 1: NR Arm 2: NA	Feedback on homework is automated within program	Arm 1: Yes, for weekly support Arm 2: NA	NA	NA	No
Glazier, 2013 ¹⁵	cCBT-NS E-couch	Arm 1: NA Arm 2: NA	NA	Reminders to complete next module	Reminders to complete next module	NR	NR	No
Griffiths, 2012 ¹⁶	Arm 1: cCBT-NS eCOUCH + ISG Arm 2: cCBT-NS eCOUCH	Arm 1: No therapist Arm 2: No therapist	NA - staff only moderated forum to enforce rules	Autoremindes via email	Automated phone reminder if needed	Arm 1: Support forum moderated only for rules Arm 2: NA	NA	No
Hickie, 2010 ¹⁷	cCBT-NS MoodGYM	NA	NA	NR	No	NR	NR	No
Levin, 2011 ¹⁸	cCBT-S Wellness Workshop	Licensed therapist does initial interview	After initial assessment, only once, <5 min via phone	NR	Yes, brief prompt to begin	NR	NR	No
Lintvedt, 2013 ¹⁹	cCBT-NS MoodGYM/ Blue Pages	NA	NA	NA	NA	NA	NA	No
McKinnon, 2008 ²⁰	cCBT-S MoodGYM	Technician discussed lifestyle	NR	NR	Yes, weekly	No	No	No
Moritz, 2012 ²¹	cCBT-NS Deprexis	Arm 1: NA	Arm 1: NA	Reminders to complete modules	NR	NR	NR	No
Spek, 2007 ²²	cCBT-NS No name	No therapist after intake	Initial assessment only for all patients	NR	NR	NR	NR	No
van Bastelaar, 2008 ²³	cCBT-S CYL-DM	Supervised graduate students & psychiatry residents	NR	Autoremindes, feedback on homework	NR	Moderated discussion group forum	No	No
van der Zanden, 2012 ²⁴	cCBT-LS Master Your Mood	Trained MH promotion workers	90 min/ chat room session	Autoremindes	NR	Web chat between therapist and up to 5 patients	NR	No

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Wagner, 2013 ²⁵	cCBT-S No name	Psychologists or psychotherapists	20-50 min/text	Feedback on homework and answers to questions	NR	NR	NR	No
Warmerdam, 2008 ²⁶	Arm 1: cCBT-S No name Arm 2: cPST-S	Supervised master's students	20 min per wk	Autoremindes, feedback on homework, support, suggestions	NR	NR	NR	No
Mixed depression and anxiety: 3 trials, 3 arms								
Newby, 2013 ²⁷	cCBT-S Worry and Sadness Program	Supervised practice manager	23.37 min on average	Email as required based on elevated distress scores	Yes; not described in detail	NR	NR	No
Proudfoot, 2003 ²⁸	cCBT-NS BTB	NA	NA	NA	NA	NA	NA	No
Proudfoot, 2004 ²⁹	cCBT-NS BTB	NA	NA	NA	NA	NA	NA	No
Generalized anxiety disorder: 4 trials, 5 arms								
Andersson, 2012 ³⁰	cCBT-S no name	Supervised graduate students	92 +/- 61 min for all sessions	Feedback, responses to questions	NR	NR	NR	No
Paxling, 2011 ³¹	cCBT-S No name	Supervised graduate students	97 +/- 52 min for all sessions	Feedback, responses to questions	NR	NR	NR	No
Robinson, 2010 ³²	Arm 1: cCBT-LS (clinician) Worry program Arm 2: cCBT-LS (technician)	Arm 1: PhD-level clinician Arm 2: technician	Arm 1: 10 min per wk + discussion forum Arm 2: 10 min per wk + discussion forum	Arm 1: Encouragement, problem-solving, goal setting Arm 2: Support from script	Yes, if not responsive over email	Arm 1: Moderated discussion forum Arm 2: No	NR	No
Titov, 2009 ³³	cCBT-LS Worry program	PhD	Weekly, no more detail given	Reminders & feedback	Yes	Moderated discussion forum	Yes	No
Panic disorder: 10 trials, 11 arms								
Bergstrom, 2010 ³⁴	cCBT-S No name	Staff psychologist	35 min average for program	Responses to questions	NR	Moderated discussion forum	NR	No
Carlbring, 2001 ³⁵	cCBT-S No name	NR	90 min total for all sessions; average 7-8 email exchanges	Feedback on homework, answers to questions	NR	NR	NR	No
Carlbring, 2005 ³⁶	cCBT-S No name	Supervised graduate students	150 min for all sessions	Feedback on homework, answers to questions	NR	Moderated discussion board; mandatory to post weekly	NR	No

Study	cCBT level Program Name ^a	Therapist Training	Therapist Time per Patient	Email or Text	Phone	Online Group Component	Instant Messaging	Face to Face
Carlbring, 2006 ³⁷	cCBT-LS No name	Supervised graduate students	10-12 min per session or wk	Reminders, feedback on progress	Yes	Moderated discussion board; mandatory to post weekly	NR	No
Kenardy, 2003 ³⁸	cCBT-AT No name	Licensed psychologist	6, 1-hr sessions	5 daily palmtop reminders for patients to practice exposure	NR	NR	NR	Yes
Kiropoulos, 2008 ³⁹	cCBT-S Panic Online	Licensed psychologist	Average of 352 min for all sessions	Feedback weekly	NR	NR	NR	No
Klein, 2006 ⁴⁰	cCBT-S Panic Online	Both professionals and supervised graduate students	Average of 87 min for all sessions	Support and feedback	NR	NR	NR	No
Richards, 2006 ⁴¹	Arm 1: cCBT-S Panic Online alone Arm 2: cCBT-S Panic Online with stress modules	Both professionals and supervised graduate students	Arm 1: NR Arm 2: NA	Support and feedback on Panic Online modules; Stress management was just reading material	NR	NR	NR	No
Silfvernagel, 2012 ⁴²	cCBT-S No name	Supervised graduate students	Averaged 19 emails for program	Reminders, feedback on homework	NR	NR	NR	No
Wims, 2010 ⁴³	cCBT-S Panic Program	"Psychiatry registrar"	NR	Reminders, feedback, responses to questions	Called if patient did not log-in for 2 wk	Moderated discussion forum; mandatory to post weekly	NR	No
PTSD: 2 trials, 2 arms								
Litz, 2007 ⁴⁴	cCBT-LS DE-STRESS	NR	Highly variable	Yes, as needed	Yes, as needed and at wk 6 prior to trauma narrative exercise	NR	NR	Yes, one initial session
Spence, 2011 ⁴⁵	cCBT-LS No name	PhD	10 min per session	Reminders and feedback	Yes, as needed	Moderated discussion forum	Yes, if needed	No
Anxiety symptoms: 2 trials, 2 arms								
Kenardy, 2006 ⁴⁶	cCBT-NS No name	No therapist	NA	Progress through modules monitored	NA	NA	NA	No
Ruwaard, 2010 ⁴⁷	cCBT-S Interapy	Both professionals and supervised graduate students	20-40 min per session	Feedback including help structuring planned exposure assignments	NR	NR	NR	No

^a All programs included some type of homework.