## Supplementary Appendix

## Enduring Effects of Treatments for Anxiety Disorders: A Meta-Analysis of Follow-up Studies

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Table 2. Effect sizes (d) at all follow-up time points. Comparison: 0=Placebo; 1=CBT + Group CBT + Internet CBT; 2=Other Psychotherapies; 3=Drugs. FU = Follow-up-time point. CBT, Cognitive Behavioural Therapy; SPAI-SP = Social phobia and anxiety inventory-social phobia subscale; PDA=Panic Disorder; GAD=Generalised Anxiety Disorder; SAD=Social Anxiety Disorder

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Reference | Authors | Scale | Disorder | Compa­rison | D prae/post | FU 4 w | FU 6 w | FU 8 w | FU 13 w | FU 16 w | FU 26 w | FU 35 w | FU 39 w | FU 52 w | FU 65 w | FU 78 w | FU 104 w |
| (Abramowitz et al 2009) | Abramowitz et al. 2009 Biblio | Brief Social Phobia Scale | SAD | 2 | 1.278 |  |  |  | 1.619 |  |  |  |  |  |  |  |  |
| (Addis et al 2004) | Addis et al., 2004 CBT | PDSS | PDA | 1 | 0.870 |  |  |  | 1.399 |  |  |  |  |  |  |  |  |
| (Andersson et al 2012) | Andersson et al., 2012 iCBT | PSWQ | SAD | 1 | 1.184 |  |  |  | 1.900 |  |  |  |  |  |  | 2.941 |  |
|  | Andersson et al., 2012 iPDTh | PSWQ |  | 2 | 1.309 |  |  |  | 1.933 |  |  |  |  |  |  | 2.764 |  |
| (Arntz and van den Hout 1996) | Arntz & van den Hout, 1996 AR | Panic Frequency | PDA | 2 | 0.530 |  |  |  |  |  | 0.690 |  |  |  |  |  |  |
|  | Arntz & van den Hout, 1996 CBT | Panic Frequency |  | 1 | 1.270 |  |  |  |  |  | 1.100 |  |  |  |  |  |  |
| (Arntz 2003) | Arntz, 2003 AR | STAI | GAD | 2 | 0.664 | 1.042 |  |  |  |  | 0.770 |  |  |  |  |  |  |
|  | Arntz, 2003 CBT | STAI |  | 1 | 0.522 | 0.662 |  |  |  |  | 1.137 |  |  |  |  |  |  |
| (Barlow et al 2000) | Barlow et al., 2000 CBT | PDSS | PDA | 1 | 1.269 |  |  |  |  |  | 0.914 |  |  |  |  |  |  |
|  | Barlow et al., 2000 CBT+PLA | PDSS |  | 1 | 1.399 |  |  |  |  |  | 1.045 |  |  |  |  |  |  |
|  | Barlow et al., 2000 IMI | PDSS |  | 3 | 1.549 |  |  |  |  |  | 0.802 |  |  |  |  |  |  |
|  | Barlow et al., 2000 PLA | PDSS |  | 0 | 0.634 |  |  |  |  |  | 0.448 |  |  |  |  |  |  |
| (Beck et al 1992) | Beck et al., 1992 CBT | Panic Attacks per week | PDA | 1 | 1.008 |  |  |  |  |  | 0.762 |  |  | 0.874 |  |  |  |
|  | Beck et al., 1992 PP | Panic Attacks per week |  | 0 | 0.269 |  |  |  |  |  |  |  |  |  |  |  |  |
| (Beck and Zebb 1994) | Beck et al., 1994 CBT | FQ-Ag | PDA | 1 | 0.919 |  |  |  |  |  | 1.223 |  |  |  |  |  |  |
|  | Beck et al., 1994 Relax | FQ-Ag |  | 2 | 0.180 |  |  |  |  |  | 0.601 |  |  |  |  |  |  |
| (Berger et al 2009) | Berger et al., 2009 iCBT | LSAS | SAD | 1 | 0.820 |  |  |  |  |  | 1.190 |  |  |  |  |  |  |
| (Berger et al 2011) | Berger et al., 2011 iCBT | LSAS | SAD | 1 | 1.398 |  |  |  |  |  | 1.550 |  |  |  |  |  |  |
| (Bergstrom et al 2010) | Bergstrom et al., 2010 CBTG | PDSS | PDA | 1 | 1.833 |  |  |  |  |  | 2.435 |  |  |  |  |  |  |
|  | Bergstrom et al., 2010 iCBT | PDSS |  | 1 | 1.881 |  |  |  |  |  | 2.194 |  |  |  |  |  |  |
| (Beutel et al 2013) | Beutel et al., 2013 HAMA CBT | HAMA | PDA | 1 | 1.550 |  |  |  |  |  | 0.870 |  |  |  |  |  |  |
|  | Beutel et al., 2013 HAMA PDTh | HAMA |  | 2 | 0.880 |  |  |  |  |  | 0.800 |  |  |  |  |  |  |
| (Blanco et al 2010) | Blanco et al., 2010 CBTG | LSAS | SAD | 1 | 0.575 |  |  |  | 1.042 |  |  |  |  |  |  |  |  |
|  | Blanco et al., 2010 PHE | LSAS |  | 3 | 1.288 |  |  |  | 1.096 |  |  |  |  |  |  |  |  |
|  | Blanco et al., 2010 PLA | LSAS |  | 0 | 0.505 |  |  |  | 0.664 |  |  |  |  |  |  |  |  |
| (Blomhoff et al 2001) | Blomhoff et al., 2001 EXP | CGI-S | GAD | 1 | 1.000 |  |  |  |  |  | 0.315 |  |  |  |  |  |  |
|  | Blomhoff et al., 2001 PLA | CGI-S |  | 0 | 1.000 |  |  |  |  |  | 0.175 |  |  |  |  |  |  |
|  | Blomhoff et al., 2001 SER | CGI-S |  | 3 | 1.273 |  |  |  |  |  | 0.070 |  |  |  |  |  |  |
| (Boettcher et al 2012) | Boettcher et al, 2012 iCBT | LSAS | SAD | 1 | 1.382 | 1.529 |  |  |  |  |  |  |  |  |  |  |  |
|  | Boettcher et al, 2012 iCBT-I | LSAS |  | 1 | 1.740 | 2.058 |  |  |  |  |  |  |  |  |  |  |  |
| (Bohni et al 2009) | Bohni et al., 2009 CBT | BAI | PDA | 1 | 1.040 |  |  |  | 0.820 |  | 1.140 |  |  |  |  | 1.090 |  |
|  | Bohni et al., 2009 CBT-M | BAI |  | 1 | 0.980 |  |  |  | 1.070 |  | 0.930 |  |  |  |  | 0.980 |  |
| (Borge et al 2008) | Borge et al, 2008 CBT | SPAI-SP | SAD | 1 | 0.916 |  |  |  |  |  |  |  |  | 1.311 |  |  |  |
|  | Borge et al, 2008 IPT | SPAI-SP |  | 2 | 0.929 |  |  |  |  |  |  |  |  | 1.476 |  |  |  |
| (Borgeat et al 2009) | Borgeat et al., 2009 et al. CBTG | LSAS | SAD | 1 | 1.104 | 1.937 |  |  | 1.845 |  | 1.780 |  |  | 1.899 |  |  |  |
|  | Borgeat et al., 2009 et al. CBTG ex | LSAS |  | 1 | 1.300 | 1.792 |  |  | 2.225 |  | 2.359 |  |  | 2.355 |  |  |  |
| (Borkovec and Costello 1993) | Borkovec et al., 1993 AR | HAMA | GAD | 2 | 2.822 |  |  |  |  |  | 3.300 |  |  | 2.909 |  |  |  |
|  | Borkovec et al., 1993 CBT | HAMA |  | 1 | 2.736 |  |  |  |  |  | 2.779 |  |  | 3.083 |  |  |  |
|  | Borkovec et al., 1993 NT | HAMA |  | 0 | 1.780 |  |  |  |  |  | 2.236 |  |  | 2.345 |  |  |  |
| (Borkovec et al 2002) | Borkovec et al., 2002 AR | HAMA | GAD | 2 | 2.249 |  |  |  |  |  | 2.145 |  |  | 1.998 |  |  | 2.049 |
|  | Borkovec et al., 2002 CBT | HAMA |  | 1 | 2.309 |  |  |  |  |  | 2.248 |  |  | 1.799 |  |  | 1.583 |
| (Bouchard et al 1996) | Bouchard et al., 1996 CBT | STAI | PDA | 1 | 0.514 |  | 0.254 |  |  |  |  |  |  |  |  |  |  |
|  | Bouchard et al., 1996 EXP | STAI |  | 1 | 1.085 |  | 1.152 |  |  |  |  |  |  |  |  |  |  |
| (Brown et al 1997) | Brown et al., 1997 CBT | HAMA | PDA | 1 | 1.017 |  |  |  |  |  | 1.294 |  |  | 1.312 |  |  |  |
|  | Brown et al., 1997 CBT-f | HAMA |  | 1 | 1.419 |  |  |  |  |  | 1.241 |  |  | 1.254 |  |  |  |
| (Butler et al 1991) | Butler, 1991 CBT | HAMA | GAD | 1 | 2.312 |  |  |  |  |  | 2.312 |  |  |  |  |  |  |
|  | Butler, 1991 CBT wo AM | HAMA |  | 1 | 0.843 |  |  |  |  |  | 1.115 |  |  |  |  |  |  |
| (Carlbring et al 2005) | Carlbring et al., 2005 CBT | BAI | PDA | 1 | 1.179 |  |  |  |  |  |  |  |  | 1.179 |  |  |  |
|  | Carlbring et al., 2005 iCBT | BAI |  | 1 | 0.754 |  |  |  |  |  |  |  |  | 0.773 |  |  |  |
| (Carlbring et al 2006) | Carlbring et al., 2006 iCBT | BAI | PDA | 1 | 1.267 |  |  |  |  |  | 1.206 |  |  |  |  |  |  |
| (Carlbring et al 2007) | Carlbring et al., 2007 iCBT | LSAS | SAD | 1 | 1.096 |  |  |  |  |  |  |  |  | 1.234 |  |  |  |
| (Clark et al 1994) | Clark et al., 1994 AR | HAMA | PDA | 2 | 1.035 |  |  |  |  |  |  |  | 1.289 |  |  |  |  |
|  | Clark et al., 1994 CBT | HAMA |  | 1 | 2.032 |  |  |  |  |  |  |  | 2.305 |  |  |  |  |
|  | Clark et al., 1994 IMI | HAMA |  | 3 | 1.973 |  |  |  |  |  |  |  | 1.602 |  |  |  |  |
| (Clark et al 1999) | Clark et al., 1999 CBT | BAI | PDA | 1 | 1.669 |  |  |  | 1.737 |  |  |  |  | 1.407 |  |  |  |
|  | Clark et al., 1999 CBT brief | BAI |  | 1 | 1.491 |  |  |  | 1.593 |  |  |  |  | 1.551 |  |  |  |
| (Clark et al 2003) | Clark et al., 2003 CBT | LSAS | SAD | 1 | 1.830 |  |  |  | 1.999 |  |  |  |  | 1.858 |  |  |  |
|  | Clark et al., 2003 FLX | LSAS |  | 3 | 0.812 |  |  |  | 0.969 |  |  |  |  | 1.222 |  |  |  |
|  | Clark et al., 2003 PLA | LSAS |  | 0 | 0.665 |  |  |  |  |  |  |  |  |  |  |  |  |
| (Clark et al 2006) | Clark et al., 2006 CBT | LSAS | SAD | 1 | 1.978 |  |  |  | 2.012 |  |  |  |  | 1.911 |  |  |  |
|  | Clark et al., 2006 EXP-AR | LSAS |  | 1 | 1.125 |  |  |  | 1.000 |  |  |  |  | 1.274 |  |  |  |
| (Cottraux et al 1995) | Cottraux et al. 1995 CBT+PLA | PPGA Agoraphobia | PDA | 1 | 1.903 |  |  |  |  |  |  |  |  | 2.001 |  |  |  |
| (Cottraux et al 2000) | Cottraux et al., 2000 CBT | LSAS | SAD | 1 | 0.699 |  |  |  |  |  | 0.617 |  |  | 0.855 |  |  |  |
|  | Cottraux et al., 2000 PP | LSAS |  | 0 | 0.204 |  | 0.695 |  | 1.117 |  |  |  | 1.365 |  | 1.297 |  |  |
| (Craske et al 2003) | Craske et al., 2003 CBT | Panic frequency | PDA | 1 | 1.004 |  |  |  |  |  | 0.776 |  |  |  |  |  |  |
|  | Craske et al., 2003 CBT+EXP | Panic frequency |  | 1 | 0.587 |  |  |  |  |  | 0.832 |  |  |  |  |  |  |
| (de Beurs et al 1995; de Beurs et al 1999) | de Beurs et al. 1995/1999 CBT+PLA | FQ | PDA | 1 | 0.787 |  |  |  |  |  |  |  |  |  |  |  | 2.426 |
|  | de Beurs et al. 1995/1999 EXP | FQ |  | 1 | 1.352 |  |  |  |  |  |  |  |  |  |  |  | 2.041 |
|  | de Beurs et al. 1995/1999 PME | FQ |  | 1 | 1.492 |  |  |  |  |  |  |  |  |  |  |  | 2.270 |
| (Dugas et al 2003) | Dugas et al., 2003 CBTG | PSWQ | GAD | 1 | 1.625 |  |  |  |  |  | 2.092 |  |  | 2.270 |  |  | 2.324 |
| (Dugas et al 2010) | Dugas et al., 2010 AR | PSWQ | GAD | 2 | 0.900 |  |  |  |  |  | 1.173 |  |  | 1.476 |  |  | 1.292 |
|  | Dugas et al., 2010 CBT | PSWQ |  | 1 | 1.284 |  |  |  |  |  | 1.553 |  |  | 1.923 |  |  | 1.991 |
| (Durham et al 1999; Durham et al 1994) | Durham et al., 1994/Durham et al., 1999 CBT | STAI | GAD | 1 | 1.227 |  |  |  |  |  | 1.399 |  |  |  |  |  |  |
|  | Durham et al., 1994/Durham et al., 1999 PDTh | STAI |  | 2 | 0.313 |  |  |  |  |  | 0.000 |  |  |  |  |  |  |
|  | Durham et al., 1994/Durham et al., 1999 PP | STAI |  | 0 | 1.104 |  |  |  |  |  | 0.883 |  |  |  |  |  |  |
| (Furmark et al 2009) | Furmark et al., 2009 Study 1 Bib | LSAS | SAD | 2 | 0.848 |  |  |  |  |  |  |  |  | 0.960 |  |  |  |
|  | Furmark et al., 2009 Study 1 iCBT | LSAS |  | 1 | 0.854 |  |  |  |  |  |  |  |  | 1.294 |  |  |  |
|  | Furmark et al., 2009 Study 2 Bib | LSAS |  | 2 | 0.835 |  |  |  |  |  |  |  |  | 0.801 |  |  |  |
|  | Furmark et al., 2009 Study 2 BibD | LSAS |  | 2 | 1.308 |  |  |  |  |  |  |  |  | 1.344 |  |  |  |
|  | Furmark et al., 2009 Study 2 iAR | LSAS |  | 2 | 1.063 |  |  |  |  |  |  |  |  | 1.172 |  |  |  |
|  | Furmark et al., 2009 Study 2 iCBT | LSAS |  | 1 | 1.220 |  |  |  |  |  |  |  |  | 1.292 |  |  |  |
| (Gelernter et al 1991) | Gelernter et al., 1991 ALZ | Social Avoidance and Distress Scale (SAD) | SAD | 3 | 1.232 |  |  | 0.616 |  |  |  |  |  |  |  |  |  |
|  | Gelernter et al., 1991 CBT | Social Avoidance and Distress Scale (SAD) |  | 1 | 0.752 |  |  | 0.789 |  |  |  |  |  |  |  |  |  |
|  | Gelernter et al., 1991 PHE | Social Avoidance and Distress Scale (SAD) |  | 3 | 1.035 |  |  | 0.813 |  |  |  |  |  |  |  |  |  |
|  | Gelernter et al., 1991 PLA | Social Avoidance and Distress Scale (SAD) |  | 0 | 0.863 |  |  | 0.579 |  |  |  |  |  |  |  |  |  |
| (Gloster et al 2011) | Gloster et al., 2011 HAMA CBT | HAMA | PDA | 1 | 1.926 |  |  |  |  |  | 2.249 |  |  |  |  |  |  |
| (Gruber et al 2001) | Gruber et al., 2001 CBTG | Social Phobia Scale (SPS) | SAD | 1 | 0.805 |  |  |  |  |  | 0.748 |  |  |  |  |  |  |
|  | Gruber et al., 2001 CBTG + | Social Phobia Scale (SPS) |  | 1 | 0.420 |  |  |  |  |  | 0.427 |  |  |  |  |  |  |
| (Hayes-Skelton et al 2013) | Hayes-Skelton et al., 2013 | HAMA | GAD | 2 | 1.212 |  |  |  |  |  | 1.310 |  |  |  |  |  |  |
|  | Hayes-Skelton et al., 2013 ABBT | HAMA |  | 1 | 1.115 |  |  |  |  |  | 1.294 |  |  |  |  |  |  |
| (Hedman et al 2011) | Hedman et al., 2011 CBT | LSAS | SAD | 1 | 1.066 |  |  |  |  |  | 1.421 |  |  |  |  |  |  |
|  | Hedman et al., 2011 iCBT | LSAS |  | 1 | 1.321 |  |  |  |  |  | 1.653 |  |  |  |  |  |  |
| (Heimberg et al 1990) | Heimberg et al., 1990 CBT | FQ Social Phobia | SAD | 1 | 1.063 |  |  |  |  |  | 1.018 |  |  |  |  |  |  |
|  | Heimberg et al., 1990 PP | FQ Social Phobia |  | 0 | 0.766 |  |  |  |  |  | 0.627 |  |  |  |  |  |  |
| (Heimberg et al 1998; Liebowitz et al 1999) | Heimberg et al., 1998 Liebowitz et al. 1999, CBGT | LSAS | SAD | 1 | 0.495 |  |  |  |  |  | 0.938 |  |  | 0.928 |  |  |  |
|  | Heimberg et al., 1998 Liebowitz et al. 1999, Phe | LSAS |  | 3 | 1.375 |  |  |  |  |  | 1.951 |  |  | 2.210 |  |  |  |
| (Hofmann 2004) | Hofmann et al., 2004 CBTG | Social Phobia and Anxiety Inventory (SPAI) | SAD | 1 | 0.720 |  |  |  |  |  | 1.550 |  |  |  |  |  |  |
|  | Hofmann et al., 2004 EXP | Social Phobia and Anxiety Inventory (SPAI) |  | 1 | 0.520 |  |  |  |  |  | 0.680 |  |  |  |  |  |  |
| (Hofmann et al 2013) | Hofmann et al., 2013 CBT+PLA | LSAS | SAD | 1 | 2.455 | 0.000 |  |  | 2.550 |  | 2.570 |  |  |  |  |  |  |
| (Hope et al 1995) | Hope et al., 1995 CBTG | FQ Social Phobia | SAD | 1 | 0.914 |  |  |  |  |  | 0.852 |  |  |  |  |  |  |
|  | Hope et al., 1995 EXP | FQ Social Phobia |  | 1 | 1.207 |  |  |  |  |  | 1.225 |  |  |  |  |  |  |
| (Hovland et al 2012) | Hovland et al., 2012 CBT | BAI | PDA | 1 | 1.151 |  |  |  |  |  | 1.216 |  |  | 1.105 |  |  |  |
| (Hoyer et al 2009) | Hoyer et al., 2009 CBT | PSWQ | GAD | 1 | 0.758 |  |  |  |  |  | 1.219 |  |  | 1.121 |  |  |  |
|  | Hoyer et al., 2009 REL | PSWQ |  | 2 | 0.816 |  |  |  |  |  | 0.853 |  |  | 0.947 |  |  |  |
| (Ito et al 2001) | Ito et al., 2001 EXP | HAMA | PDA | 1 | 1.610 |  |  |  |  |  |  |  |  | 2.203 |  |  |  |
| (Jazaieri et al 2012) | Jazaieri et al., 2012 MIND | LSAS | SAD | 2 | 1.666 |  |  |  | 1.663 |  |  |  |  |  |  |  |  |
| (Kenardy et al 2003) | Kenardy et al., 2003 CBT | STAI | PDA | 1 | 1.254 |  |  |  |  |  | 1.340 |  |  |  |  |  |  |
| (Klein et al 2006) | Klein et al., 2006 Bib | PDSS | PDA | 2 | 2.884 |  |  |  | 3.217 |  |  |  |  |  |  |  |  |
|  | Klein et al., 2006 iCBT | PDSS |  | 1 | 3.521 |  |  |  | 3.958 |  |  |  |  |  |  |  |  |
| (Kocovski et al 2013) | Kocovski et al., 2013 CBT | LSAS | SAD | 1 | 1.650 |  |  |  | 1.979 |  |  |  |  |  |  |  |  |
|  | Kocovski et al., 2013 Mind | LSAS |  | 2 | 1.652 |  |  |  | 1.672 |  |  |  |  |  |  |  |  |
| (Ladouceur et al 2000) | Ladouceur et al., 2000 CBT | BAI | GAD | 1 | 1.073 |  |  |  |  |  | 0.803 |  |  | 0.910 |  |  |  |
| (Leichsenring et al 2009) | Leichsenring et al., 2009 CBT | HAMA | GAD | 1 | 2.583 |  |  |  |  |  | 2.630 |  |  | 2.666 |  |  |  |
|  | Leichsenring et al., 2009 PDTh | HAMA |  | 2 | 2.105 |  |  |  |  |  | 1.987 |  |  | 2.170 |  |  |  |
| (Leichsenring et al. 2013); (Leichsenring et al 2014) | Leichsenring et al., 2013 /2014 CBT | LSAS | SAD | 1 | 1.387 |  |  |  |  |  | 1.539 |  |  | 1.530 |  |  | 1.491 |
|  | Leichsenring et al., 2013 /2014 PDTh | LSAS |  | 2 | 1.203 |  |  |  |  |  | 1.373 |  |  | 1.385 |  |  | 1.499 |
| (Lidren et al 1994) | Lidren et al., 1994 Biblio | Panic Frequency (self-monitoring) | PDA | 2 | 1.603 |  |  |  | 1.470 |  | 1.401 |  |  |  |  |  |  |
|  | Lidren et al., 1994 CBTG | Panic Frequency (self-monitoring) |  | 1 | 1.740 |  |  |  | 1.772 |  | 1.873 |  |  |  |  |  |  |
| (Linden et al 2005) | Linden et al., 2005 CBT | HAMA | GAD | 1 | 1.145 |  |  |  |  |  |  | 1.313 |  |  |  |  |  |
| (Lindsay et al 1987) | Lindsay et al., 1987 CBT | GHQ | GAD | 1 | 3.866 |  |  |  | 3.109 |  |  |  |  |  |  |  |  |
|  | Lindsay et al., 1987 LOR | GHQ |  | 3 | 2.437 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Lindsay et al., 1987 PP | GHQ |  | 0 | 2.941 |  |  |  | 2.773 |  |  |  |  |  |  |  |  |
| (Loerch et al 1999) | Loerch et al. 1999 CBT+PLA | FQ | PDA | 1 | 1.720 |  |  |  |  |  | 1.729 |  |  |  |  |  |  |
|  | Loerch et al. 1999 MOC | FQ |  | 3 | 0.571 |  |  |  |  |  | 1.493 |  |  |  |  |  |  |
|  | Loerch et al. 1999 PLA | FQ |  | 0 | 0.829 |  |  |  |  |  | 1.073 |  |  |  |  |  |  |
| (Marchand et al 2009) | Marchand et al., 2009 CBT | Anxiety Sensitivity Index | PDA | 1 | 1.308 |  |  |  |  |  |  |  |  | 1.780 |  |  | 1.885 |
| (Marks et al 1993) | Marks et al., 1993 CBT+PLA | N panic attacks | PDA | 1 | 0.828 |  |  | 0.809 | 1.001 |  |  | 1.271 |  |  |  |  |  |
|  | Marks et al., 1993 PLA+RLX | N panic attacks |  | 2 | 0.558 |  |  | 0.578 | 0.635 |  |  | 0.520 |  |  |  |  |  |
| (Mavissakalian and Michelson 1986) | Mavissakalian et al., 1986b CBT | Zung Anxiety Scale | PDA | 1 | 1.101 |  |  |  |  |  | 1.338 |  |  | 1.360 |  |  | 1.532 |
|  | Mavissakalian et al., 1986b IMI | Zung Anxiety Scale |  | 3 | 1.619 |  |  |  |  |  | 1.856 |  |  | 1.468 |  |  | 1.942 |
|  | Mavissakalian et al., 1986b PLA | Zung Anxiety Scale |  | 0 | 0.734 |  |  |  |  |  | 1.932 |  |  | 1.705 |  |  | 1.187 |
| (Mersch 1995) | Mersch et al., 1995 EXP/INT/WL | FQ social phobia | SAD | 1 | 0.446 |  |  |  | 0.904 |  |  |  |  |  |  | 1.497 |  |
| (Michelson et al 1988) | Michelson et al., 1988 EXP | Zung Anxiety Scale | PDA | 1 | 1.149 |  |  |  | 1.348 |  |  |  |  |  |  |  |  |
|  | Michelson et al., 1988 Para | Zung Anxiety Scale |  | 1 | 1.348 |  |  |  | 1.238 |  |  |  |  |  |  |  |  |
|  | Michelson et al., 1988 RLX | Zung Anxiety Scale |  | 2 | 1.518 |  |  |  | 1.538 |  |  |  |  |  |  |  |  |
| (Mörtberg et al 2007) | Mörtberg et al., 2007 CBT | LSAS | SAD | 1 | 1.396 |  |  |  |  | 1.496 |  | 1.721 |  |  |  |  |  |
|  | Mörtberg et al., 2007 CBTG | LSAS |  | 1 | 0.714 |  |  |  |  | 0.847 |  | 0.933 |  |  |  |  |  |
| (Newman et al 2011) | Newman, 2011 CBT+IPT | HAMA | GAD | 1 | 2.022 |  |  |  |  |  | 1.697 |  |  | 1.582 |  |  | 1.632 |
|  | Newman, 2011 CBT+Supp | HAMA |  | 1 | 1.620 |  |  |  |  |  | 1.820 |  |  | 1.758 |  |  | 1.935 |
| (Nordahl et al 2016) | Nordahl et al. 2016 CBT | LSAS | SAD | 1 | 1.659 |  |  |  |  |  |  |  |  | 1.899 |  |  |  |
|  | Nordahl et al. 2016 PLA | LSAS |  | 0 | 0.189 |  |  |  |  |  |  |  |  | 0.257 |  |  |  |
|  | Nordahl et al. 2016 SSRI | LSAS |  | 3 | 0.552 |  |  |  |  |  |  |  |  | 0.699 |  |  |  |
| (Nordin et al 2010) | Nordin et al., 2010 Biblio | PDSS | PDA | 2 | 2.322 |  |  |  | 2.575 |  |  |  |  |  |  |  |  |
| (Oosterbaan et al 2001) | Oosterbaan et al., 2001 CBT | LSAS anxiety subscale | SAD | 1 | 0.882 |  |  | 1.077 |  |  |  |  |  |  | 1.198 |  |  |
|  | Oosterbaan et al., 2001 MOC | LSAS anxiety subscale |  | 3 | 0.390 |  |  | 0.520 |  |  |  |  |  |  | 0.957 |  |  |
|  | Oosterbaan et al., 2001 PLA | LSAS anxiety subscale |  | 0 | 0.752 |  |  | 0.520 |  |  |  |  |  |  | 0.929 |  |  |
| (Ost and Breitholtz 2000) | Öst & Breitholtz, 2000 AR | HAMA | GAD | 2 | 1.959 |  |  |  |  |  |  |  |  | 2.070 |  |  |  |
|  | Öst & Breitholtz, 2000 CBT | HAMA |  | 1 | 1.900 |  |  |  |  |  |  |  |  | 1.581 |  |  |  |
| (Ost and Westling 1995) | Öst & Westling, 1995 AR | HAMA | PDA | 2 | 3.071 |  |  |  |  |  |  |  |  | 3.428 |  |  |  |
|  | Öst & Westling, 1995 CBT | HAMA |  | 1 | 2.494 |  |  |  |  |  |  |  |  | 2.579 |  |  |  |
| (Ost et al 1993) | Öst et al., 1993 AR | FQ | PDA | 2 | 1.259 |  |  |  |  |  |  |  |  | 1.291 |  |  |  |
|  | Öst et al., 1993 CBT | FQ |  | 1 | 1.018 |  |  |  |  |  |  |  |  | 1.224 |  |  |  |
|  | Öst et al., 1993 EXP | FQ |  | 1 | 1.032 |  |  |  |  |  |  |  |  | 1.185 |  |  |  |
| (Ost et al 2004) | Öst et al., 2004 CBT | HAMA | PDA | 1 | 1.436 |  |  |  |  |  |  |  |  | 1.758 |  |  |  |
|  | Öst et al., 2004 EXP | HAMA |  | 1 | 1.128 |  |  |  |  |  |  |  |  | 1.745 |  |  |  |
| (Paxling et al 2011) | Paxling et al., 2011 iCBT | PSWQ | GAD | 1 | 1.076 |  |  |  |  |  |  |  |  | 1.677 |  |  |  |
| (Prasko et al 2006) | Prasko et al., 2006 CBT+PLA | LSAS | SAD | 1 | 4.579 |  |  |  | 2.677 |  | 2.490 |  |  | 2.322 |  | 2.241 | 2.004 |
|  | Prasko et al., 2006 MOC | LSAS |  | 3 | 3.555 |  |  |  | 1.901 |  | 1.562 |  |  | 1.109 |  | 1.109 | 1.109 |
| (Robinson et al 2010) | Robinson et al., 2010 iCBT | PSWQ | GAD | 1 | 1.300 |  |  |  | 1.630 |  |  |  |  |  |  |  |  |
|  | Robinson et al., 2010 T | PSWQ |  | 1 | 1.121 |  |  |  | 1.097 |  |  |  |  |  |  |  |  |
| (Roemer et al 2008) | Roemer et al. 2008 CBT | PSWQ | GAD | 1 | 1.814 |  |  |  | 2.365 |  |  |  | 2.629 |  |  |  |  |
| (Salaberria and Echeburua 1998) | Salaberria et al., 1998 CBT | Social Avoidance and Distress Scale (SAD) | SAD | 1 | 1.871 |  |  |  |  |  | 2.881 |  |  | 3.119 |  |  |  |
|  | Salaberria et al., 1998 EXP | Social Avoidance and Distress Scale (SAD) |  | 1 | 2.643 |  |  |  |  |  | 3.534 |  |  | 3.831 |  |  |  |
| (Sharp et al 2004) | Sharp et al., 2004 CBT | HAMA Response | PDA | 1 | 3.282 |  |  |  | 2.529 |  | 2.529 |  |  |  |  |  |  |
|  | Sharp et al., 2004 CBTG | HAMA Response |  | 1 | 2.047 |  |  |  | 2.153 |  | 2.153 |  |  |  |  |  |  |
| (Shear et al 1994) | Shear et al., 1994 CBT | HAMA | PDA | 1 | 1.131 |  |  |  |  |  | 1.469 |  |  |  |  |  |  |
|  | Shear et al., 1994 PP | HAMA |  | 0 | 1.395 |  |  |  |  |  | 1.645 |  |  |  |  |  |  |
| (Smits et al 2006) | Smits et al., 2006 AUD | LSAS | SAD | 1 | 0.451 | 0.371 |  |  |  |  |  |  |  |  |  |  |  |
|  | Smits et al., 2006 EXP | LSAS |  | 1 | 0.854 | 0.890 |  |  |  |  |  |  |  |  |  |  |  |
|  | Smits et al., 2006 PER | LSAS |  | 1 | 0.816 | 0.820 |  |  |  |  |  |  |  |  |  |  |  |
|  | Smits et al., 2006 PP | LSAS |  | 0 | 0.412 | 0.614 |  |  |  |  |  |  |  |  |  |  |  |
| (Stangier et al 2003) | Stangier et al., 2003 CBT | Social Phobia Scale (SPS) | SAD | 1 | 0.705 |  |  |  |  |  | 0.966 |  |  |  |  |  |  |
|  | Stangier et al., 2011 CBT | LSAS |  | 1 | 1.218 |  |  |  |  |  |  |  |  | 1.445 |  |  |  |
| (Stangier et al 2011) | Stangier et al., 2011 IPT | LSAS | SAD | 2 | 0.828 |  |  |  |  |  |  |  |  | 1.026 |  |  |  |
| (Telch et al 1993) | Telch et al., 1993 CBTG | SPRAS | PDA | 1 | 1.593 |  |  |  |  |  | 1.486 |  |  |  |  |  |  |
| (van Apeldoorn et al 2010; van Apeldoorn et al 2008) | van Apeldoorn et al. 2008 CBT | HAMA | PDA | 1 | 0.950 |  |  |  |  |  | 0.959 |  |  | 1.179 |  |  |  |
|  | van Apeldoorn et al. 2008 SSRI | HAMA |  | 3 | 0.987 |  |  |  |  |  | 0.987 |  |  | 1.215 |  |  |  |
| (Vos et al 2012) | Vos et al., 2012 CBT | Panic Attack Frequency | PDA | 1 | 0.564 | 0.535 |  |  |  |  |  |  |  |  |  |  |  |
| (Wells et al 2010) | Wells, 2010 AR | PSWQ | GAD | 2 | 0.811 |  |  |  |  |  | 1.576 |  |  | 1.171 |  |  |  |
|  | Wells, 2010 CBT | PSWQ |  | 1 | 3.828 |  |  |  |  |  | 3.573 |  |  | 3.993 |  |  |  |
| (Wiborg and Dahl 1996) | Wiborg et al., 1996 CMI | HAMA | PDA | 3 | 1.418 |  |  |  |  |  |  |  |  |  |  | 1.457 |  |
| (Williams and Falbo 1996) | Williams & Falbo, 1996 CBT | FQ phobia | PDA | 1 | 0.961 |  | 0.945 |  |  |  |  |  |  |  |  |  |  |
|  | Williams & Falbo, 1996 CBT+EXP | FQ phobia |  | 1 | 0.948 |  | 1.121 |  |  |  |  |  |  |  |  |  |  |
|  | Williams & Falbo, 1996 EXP | FQ phobia |  | 1 | 1.285 |  | 1.342 |  |  |  |  |  |  |  |  |  |  |
| (Wims et al 2010) | Wims et al., 2010 iCBT | PDSS | PDA | 1 | 1.051 | 1.298 |  |  |  |  |  |  |  |  |  |  |  |

Table 3. Heterogeneity. Q, Cochran’s Q; I2; Heterogeneity according to Higgins/Thompson; FU, follow-up timepoint

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Treatment** | **All Psychological Therapies** | | | **CBT** | | | **Other Psychotherapies** | | | **Medication** | | | **Psychological or Pill Placebo** | | |
|  | *n* | *Q* | *I2* | *n* | *Q* | *I2* | *n* | *Q* | *I2* | *n* | *Q* | *I2* | *n* | *Q* | *I2* |
| Endpoint | 152 | 534.147 | 71.731 | 120 | 410.776 | 71.030 | 32 | 119.178 | 73.988 | 16 | 55.726 | 73.082 | 17 | 36.779 | 51.026 |
| FU 4 weeks | 12 | 68.352 | 83.907 | 11 | 67.842 | 85.260 | 1 | 0.000 | 0,000 |  |  |  | 1 | 0.000 | 0.000 |
| FU 6 weeks | 5 | 4.452 | 10.154 | 5 | 4.452 | 10.154 |  |  |  |  |  |  | 1 | 0.000 | 0.000 |
| FU 8 weeks | 4 | 1.587 | 0.000 | 3 | 0.595 | 0.000 | 1 | 0.000 | 0.000 | 3 | 0.354 | 0,000 | 2 | 0.016 | 0.000 |
| FU 13 weeks | 36 | 116.425 | 69.938 | 27 | 88.948 | 70.769 | 9 | 27.304 | 70.700 | 3 | 1.116 | 0.000 | 3 | 9.310 | 78.517 |
| FU 16 weeks | 2 | 2.521 | 60.338 | 2 | 2.521 | 60.338 |  |  |  |  |  |  |  |  |  |
| FU 26 weeks | 77 | 388.291 | 80.427 | 63 | 314.804 | 80.305 | 14 | 62.859 | 79.319 | 7 | 36.158 | 83.406 | 8 | 37.007 | 81.085 |
| FU 35 weeks | 5 | 9.015 | 55.629 | 4 | 3.512 | 14.583 | 1 | 0.000 | 0.000 |  |  |  |  |  |  |
| FU 39 weeks | 3 | 5.542 | 63.909 | 2 | 0.206 | 0.000 | 1 | 0.000 | 0.000 | 1 | 0.000 | 0.000 | 1 | 0.000 | 0.000 |
| FU 52 weeks | 63 | 174.758 | 64.522 | 47 | 121.535 | 62.151 | 16 | 48.521 | 69.085 | 6 | 8.396 | 40.449 | 3 | 16.231 | 87.678 |
| FU 65 weeks | 1 | 0.000 | 0.000 | 1 | 0.000 | 0.000 |  |  |  | 1 | 0.000 | 0.000 | 2 | 0.765 | 0.000 |
| FU 78 weeks | 6 | 24.437 | 79.539 | 5 | 16.628 | 75.944 | 1 | 0.000 | 0.000 | 2 | 0.147 | 0.000 |  |  |  |
| FU 104 weeks | 15 | 14.134 | 0.950 | 12 | 9.922 | 0 | 3 | 2.266 | 11.730 | 2 | 0.777 | 0.000 | 1 | 0.000 | 0.000 |

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