

ONLINE APPENDIX

References to studies included in the review

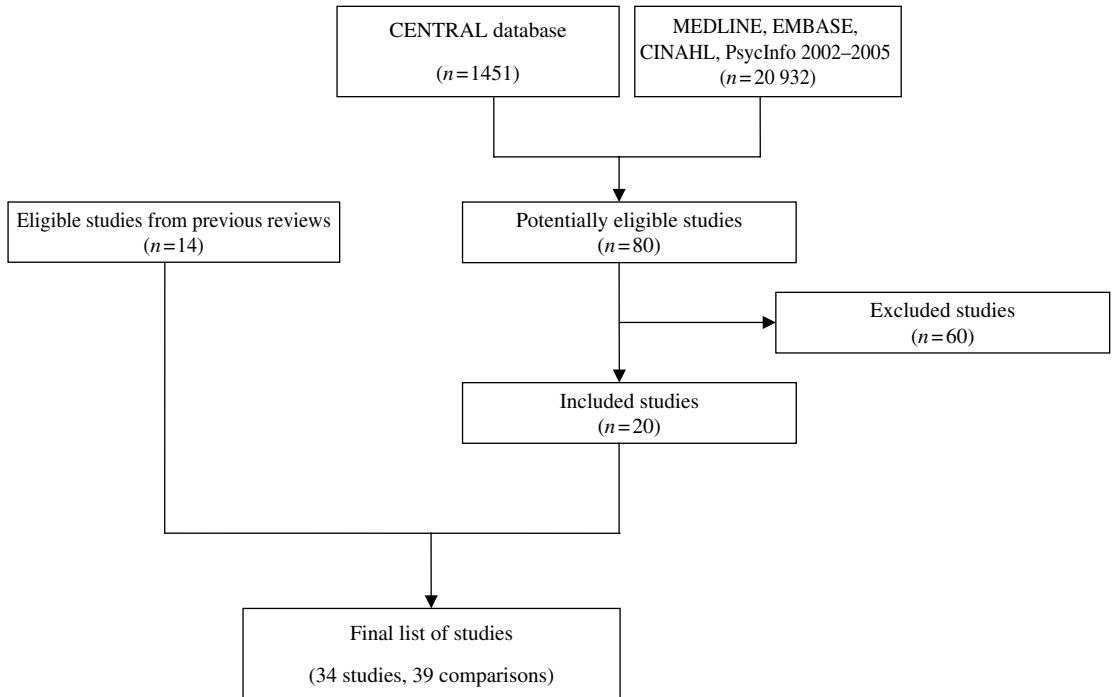
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APPENDIX FIG. 1. Study flow diagram.

1. exp BIBLIOTHERAPY/
2. exp Compact Disks/
3. exp BOOKS/
4. exp Videotape Recording/ or exp Video Recording/
5. exp Tape Recording/
6. exp INTERNET/
7. exp CD-I/
8. exp Audiovisual Aids/
9. Book\$.mp.
10. Leaflet\$.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
11. pamphlet\$.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
12. exp MANUALS/ or manual\$.mp.
13. exp Teaching Materials/
14. (self adj4 (help or technique\$ or instruct\$ or treat\$ or resource\$ or manual\$ or book\$ or guide\$ or guidance or instruction\$ or manage\$ or care or adminis\$ or taught or teach\$)).mp. [mp=title, abstract, subject headings, table of contents, key concepts]
15. patient education.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
16. Patient Education/ or education material\$.mp.
17. bibliotherapy.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
18. video recording.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
19. tape recorder.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
20. compact disk.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
21. multimedia.mp. or exp MULTIMEDIA/
22. compact disc.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
23. (cd or cd-rom).mp. [mp=title, abstract, subject headings, table of contents, key concepts]
24. internet.mp. [mp=title, abstract, subject headings, table of contents, key concepts]

25. (computer adj2 (guid\$ or package or assist\$ or aid\$ or learn\$ or adminis\$ or instruct\$ or taught\$)).mp. [mp=title, abstract, subject headings, table of contents, key concepts]
26. exp Computer-Assisted Instruction/
27. medical informatics.mp. or exp Medical Informatics/
28. exp Self Care/ or exp Self-Help Groups/ or self help.mp.
29. (minimal adj2 contact).mp. [mp=title, abstract, subject headings, table of contents, key concepts]
30. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29
31. Controlled Study/
32. Clinical Trial/
33. Randomized Controlled Trials/
34. Random Allocation/
35. Double-Blind Method/
36. Single-Blind Method/
37. exp Clinical trials/
38. (clin\$ adj25 trial\$).ti,ab.
39. ((singl\$ or doubl\$ or tripl\$ or trebl\$) adj25 (blind\$ or mask\$ or dummy\$)).ti,ab.
40. exp Placebo/
41. placebo\$.ti,ab.
42. random\$.ti,ab.
43. exp methodology/
44. Comparative study.sh.
45. exp Evaluation Studies/
46. exp Follow Up/
47. exp Prospective Study/
48. (control\$ or prospectiv\$ or volunteer\$).ti,ab.
49. 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48

50. exp AFFECTIVE SYMPTOMS/ or exp SEASONAL AFFECTIVE DISORDER/
51. exp SUICIDE/ or exp SUICIDE, ATTEMPTED/
52. exp NEUROTIC DISORDERS/
53. exp DEPRESSION/ or exp DEPRESSION, POSTPARTUM/
54. exp DEPRESSIVE DISORDER, MAJOR/ or exp DEPRESSIVE DISORDER/
55. exp Adjustment Disorders/
56. exp Fatigue/ or exp Fibromyalgia/ or exp Fatigue Syndrome, Chronic/
57. exp Mood Disorders/
58. exp STRESS/
59. neurosis.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
60. neurotic.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
61. affective.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
62. (depressed or depressive\$ or depression).mp. [mp=title, abstract, subject headings, table of contents, key concepts]
63. mood.mp. [mp=title, abstract, subject headings, table of contents, key concepts]
64. (psychiatric adj2 (symptom\$ or problem\$ or disorder\$)).mp. [mp=title, abstract, subject headings, table of contents, key concepts]
65. (psychological adj2 (symptom\$ or problem\$ or disorder\$)).mp. [mp=title, abstract, subject headings, table of contents, key concepts]
66. (stress adj2 (symptom\$ or problem\$ or disorder\$)).mp. [mp=title, abstract, subject headings, table of contents, key concepts]
67. 50 or 51 or 52 or 53 or 54 or 55 or 56 or 57 or 58 or 59 or 60 or 61 or 62 or 63 or 64 or 65 or 66
68. 30 and 49 and 67

APPENDIX FIG. 2. MEDLINE search strategy.

Appendix Table 1. *Brief description of studies included in the review*

Study	Recruitment context	Target population	N	Control group	Interventions
(Ackerson <i>et al.</i> 1998)	Community Mixed clinical and non clinical	Adolescents with depression	30	Waiting list	Cognitive bibliotherapy Guided: Yes Length: 4 sessions Content: Monitoring Mode: Telephone Theory: CBT
(Andersson <i>et al.</i> 2004; Andersson <i>et al.</i> 2006)	Community Non clinical	Adults with minor to moderate depression	117	Waiting list	Internet-based CBT Guided: Yes Length: 120 minutes Content: Supportive Mode: Email Theory: CBT
(Bowers <i>et al.</i> 1993)	Hospital inpatients Clinical	Adults with depression	22	Treatment as usual	Computer assisted CBT Guided: No Length: NA Content: NA Mode: NA Theory: CBT
(Bowman <i>et al.</i> 1995)	Community Non clinical	Adults with mild to moderate depression	32	Waiting list	Cognitive bibliotherapy Guided: Yes Length: 20 minutes Content: Monitoring Mode: Telephone Theory: CBT
(Bowman <i>et al.</i> 1995)	Community Non clinical	Adults with mild to moderate depression	32	Waiting list	Self examination therapy Guided: Yes Length: 20 minutes Content: Monitoring Mode: Telephone Theory: CBT
(Griffiths and Christensen, 2000; Christensen <i>et al.</i> 2004)	Community Non clinical	Adults with symptoms of depression	525	Attention placebo	Information website Guided: Yes Length: 90 minutes Content: Monitoring Mode: Telephone Theory: Educational
(Griffiths and Christensen, 2000; Christensen <i>et al.</i> 2004)	Community Non clinical	Adults with symptoms of depression	525	Attention placebo	CBT website Guided: Yes Length: 90 minutes Content: Monitoring Mode: Telephone Theory: CBT
(Clarke <i>et al.</i> 2002)	HMO Mixed clinical and non clinical	Adults with depression and non-depressed controls	299	Attention placebo	Computerised self-help Guided: No Length: NA Content: NA Mode: NA Theory: CBT
(Fletcher <i>et al.</i> 2005)	Primary care Clinical	Adults with depression	30	Waiting list	Bibliotherapy Guided: No Length: NA Content: NA Mode: NA Theory: CBT
(Floyd, 1998; Floyd <i>et al.</i> 2004)	Community Non clinical	Older adults with depression	46	Waiting list	Bibliotherapy Guided: Yes Length: 20 minutes Content: Monitoring Mode: Telephone Theory: CBT

Appendix Table 1. (cont.)

Study	Recruitment context	Target population	N	Control group	Interventions
(Grime, 2004)	Occupational health department Mixed clinical and non clinical	Employees with sickness absence due to stress, anxiety or depression	48	Treatment as usual	Computer assisted CBT Guided: No Length: NA Content: NA Mode: NA Theory: CBT
(Holdsworth <i>et al.</i> 1996)	Primary care Clinical	Adults with anxiety, depression or mixed anxiety depression	106	Treatment as usual	Bibliotherapy Guided: No Length: NA Content: NA Mode: NA Theory: CBT
(Jacob <i>et al.</i> 2002)	Primary care Clinical	Asian women with depression	70	Treatment as usual	Educational leaflet Guided: No Length: NA Content: NA Mode: NA Theory: Education
(Jamison and Scogin, 1995)	Community Non clinical	Adults with depression	80	Waiting list	Bibliotherapy Guided: Yes Length: 40 minutes Content: Supportive Mode: Telephone Theory: CBT
(Jorm <i>et al.</i> 2003)	Community Non clinical	Adults with depression	1094	Attention placebo	Educational guide Guided: No Length: NA Content: NA Mode: NA Theory: Education
(Landreville and Bissonnette, 1997)	Community Mixed clinical and non clinical	Older adults with depression	44	Waiting list	Bibliotherapy Guided: Yes Length: 60 minutes Content: Monitoring Mode: Telephone Theory: CBT
(Little <i>et al.</i> 2004)	Primary care Clinical	Adults	636	Treatment as usual	Depression leaflet Guided: No Length: NA Content: NA Mode: NA Theory: Education
(Mead <i>et al.</i> 2005)	Primary care/ secondary interface Clinical	Adults with symptoms of depression and anxiety	114	Waiting list	Guided bibliotherapy Guided: Yes Length: 120 minutes Content: Supportive Mode: Face to face Theory: CBT
(McKendree-Smith, 1998)	Community Non clinical	Adults with mild to moderate depression	57	Waiting list	Cognitive Bibliotherapy Guided: Yes Length: 80 minutes Content: Monitoring Mode: Telephone Theory: CBT
(McKendree-Smith, 1998)	Community Non clinical	Adults with mild to moderate depression	57	Waiting list	Behavioural bibliotherapy Guided: Yes Length: 80 minutes Content: Monitoring Mode: Telephone Theory: CBT

Appendix Table 1. (*cont.*)

Study	Recruitment context	Target population	N	Control group	Interventions
(Patten, 2003)	Community Non clinical	Adults	786	Attention placebo	Interactive computer program Guided: No Length: NA Content: NA Mode: NA Theory: CBT
(Philpot and Bamburg, 1996)	Community Non clinical	Students with low self esteem	60	Waiting list	Rehearsal of positive statements Guided: No Length: NA Content: NA Mode: NA Theory: CBT
(Proudfoot <i>et al.</i> 2003; Proudfoot <i>et al.</i> 2004)	Primary care Clinical	Adults with depression or anxiety in primary care	274	Treatment as usual	Computer assisted CBT Guided: Yes Length: 80 minutes Content: Monitoring Mode: Face to face Theory: CBT
(Rahe <i>et al.</i> 2002) Sample 1	Workplace Non clinical	Adults	501	Waiting list	Bibliotherapy Guided: No Length: NA Content: NA Mode: NA Theory: Education
(Rahe <i>et al.</i> 2002) Sample 2	Workplace Non clinical	Adults	501	Waiting list	Bibliotherapy Guided: No Length: NA Content: NA Mode: NA Theory: Education
(Reid <i>et al.</i> 2002)	Community antenatal clinics Clinical	Primiparous women	1004	Treatment as usual	Self-help manual Guided: No Length: NA Content: NA Mode: NA Theory: Education
(Richards <i>et al.</i> 2003)	Primary care Clinical	Patients with mild to moderate anxiety and/or depression	139	Treatment as usual	Guided bibliotherapy Guided: Yes Length: 80 minutes Content: Supportive Mode: Face to face Theory: CBT
(Rohen, 2002)	Primary care and community Mixed clinical and non clinical	Adults with depression	27	Waiting list	Bibliotherapy Guided: Yes Length: 40 minutes Content: Monitoring Mode: Telephone Theory: CBT
(Salkovskis <i>et al.</i> 2005)	Primary care Clinical	Adults with major depressive disorder	96	Treatment as usual	Bibliotherapy Guided: No Length: NA Content: NA Mode: NA Theory: CBT
(Schmidt and Miller, 1983)	Community Non clinical	Adults with depression	56	Waiting list	Bibliotherapy Guided: Yes Length: 2 sessions Content: Supportive Mode: Telephone Theory: CBT

Appendix Table 1. (cont.)

Study	Recruitment context	Target population	N	Control group	Interventions
(Scogin <i>et al.</i> 1987)	Community Non clinical	Older adults with depression	29	Waiting list	Bibliotherapy Guided: Yes Length: 40 minutes Content: Supportive Mode: Telephone Theory: CBT
(Scogin <i>et al.</i> 1989; Scogin <i>et al.</i> 1990)	Community Non clinical	Older adults with depression	67	Waiting list	Cognitive Bibliotherapy Guided: Yes Length: 20 minutes Content: Monitoring Mode: Telephone Theory: CBT
(Scogin <i>et al.</i> 1989; Scogin <i>et al.</i> 1990)	Community Non clinical	Older adults with depression	67	Waiting list	Behavioural Bibliotherapy Guided: Yes Length: 20 minutes Content: Monitoring Mode: Telephone Theory: CBT
(Selmi <i>et al.</i> 1990)	Community Non clinical	Adults with major or minor depression	36	Waiting list	Computer administered CBT Guided: Yes Length: 6 sessions Content: Monitoring Mode: Face to face Theory: CBT
(Stump, 2003)	Prison Non clinical	Adults with depression	45	Waiting list	Cognitive Bibliotherapy Guided: Yes Length: Not clear Content: Monitoring Mode: Mixed Theory: CBT
(Webster <i>et al.</i> 2003)	Hospital prenatal clinic Clinical	Women attending prenatal visit	600	Treatment as usual	Booklet and letter to the family physician Guided: No Length: NA Content: NA Mode: NA Theory: Education
(Willems <i>et al.</i> 2004)	Primary care Clinical	Adults with sub-threshold depression	216	Treatment as usual	Bibliotherapy Guided: Yes Length: 120 minutes Content: Monitoring Mode: Mixed Theory: CBT
(Wollersheim and Wilson, 1991)	Community Non clinical	Adults with unipolar depression	32	Waiting list	Bibliotherapy Guided: Yes Length: 3 sessions Content: Monitoring Mode: Face to face Theory: CBT
(Zetterqvist <i>et al.</i> 2003)	Community Non clinical	Adults with stress	100	Waiting list	Internet based self-help Guided: Yes Length: Not clear Content: Supportive Mode: Email Theory: CBT

Appendix Table 2. *List of excluded studies*

Authors	Title	Journal	Reason for exclusion
Antonuccio <i>et al.</i> 1984	An exploratory study: the psychoeducational group treatment of drug-refractory unipolar depression	Journal of Behavioural Therapy and Experimental Psychiatry, 15, 309–313	Group intervention
Bergstrom <i>et al.</i> 2003	Treatment of depression via the internet: a randomised trial of a self-help program	Journal of Telemedicine and Telecare, 9 (supp 2), S2: 85–91	Therapy mediated by technology, not self help
Beutler <i>et al.</i> 1991	Predictors of differential response to cognitive, experiential, and self-directed psychotherapeutic procedures	Journal of Consulting and Clinical Psychology, 59(2), 333–340	>3 hours guidance, no control group
Breckenridge <i>et al.</i> 1987	The life satisfaction course: An intervention for the elderly	In R. F. Munoz (Ed.), Depression prevention: Research directions (pp. 185–196). Washington, DC: Hemisphere Publications	Group intervention
Bright <i>et al.</i> 1999	Professional and paraprofessional group treatments for depression: a comparison of cognitive-behavioural and mutual support interventions	Journal of Consulting and Clinical Psychology, 67, 491–501	Group intervention
Brown and Lewinsohn 1984	A psycho-educational approach to the treatment of depression: comparison of group, individual, and minimal contact procedures	Journal of Consulting & Clinical Psychology, 52(5), 774–783	>3 hours guidance
Chabrol <i>et al.</i> 2002	Detection, prevention and treatment of postpartum depression: a randomised controlled study on a sample of 859 women	Encephale, 28, 65–70	Standard CBT, not self-help
Clarke 1985	A psychoeducational approach to the treatment of depressed adults	Unpublished doctoral dissertation, University of Oregon	Group intervention
Colby 1995	Clinical computing: a computer program using cognitive therapy to treat depressed patients	Psychiatric Services, 46, 1223–1225	Not an RCT
Donnan <i>et al.</i> 1990	Self-help materials for anxiety: a randomised controlled trial in general practice	British Journal of General Practice, 40, 498–501	Anxiety disorders
Evans <i>et al.</i> 1999	Manual-assisted CBT (MACT): a randomised controlled trial of a brief intervention with bibliotherapy in the treatment of deliberate self-harm	Psychological Medicine, 29(1), 19–25	Deliberate self harm
Floyd 2003	Bibliotherapy as an adjunct to psychotherapy for depression in older adults	Journal of Clinical Psychology/ In session, 59(2), 187–195	Not an RCT
Fordyce 1977	Development of a program to increase personal happiness	Journal of Counselling Psychology, 24, 511–520	Not depression
Grant <i>et al.</i> 1995	Effectiveness of quality of life therapy for depression	Psychological Reports, 76, 1203–1208	Group intervention
Hanley <i>et al.</i> 2003	Massage no better than relaxation tapes for treating stress	Focus on Alternative and Complementary Therapies, 8(3), 340–341	Relaxation tape only
Hanley <i>et al.</i> 2003	Randomised controlled trial of therapeutic massage in the management of stress	British Journal of General Practice, 53, 20–25	Relaxation tape only
Hoberman <i>et al.</i> 1988	Group treatment of depression: Individual predictors of outcome	Journal of Consulting and Clinical Psychology, 56, 393–398	Group intervention
Kassinove <i>et al.</i> 1980	Effects of pretreatment with rational-emotive bibliotherapy and rational-emotive audiotherapy on clients waiting at a community mental health centre	Psychological Reports, 46, 851–857	No depression outcomes
Kiely and McPherson 1986	Stress self-help packages in primary care: a controlled trial evaluation	Journal of the Royal College of General Practitioners, 36, 307–309	Anxiety
Kohutek 1983	Bibliotherapy writing in a correctional setting	Journal of Clinical Psychology, 39, 920–924	No depression outcomes
Landerville 1998	Cognitive bibliotherapy for depression in older adults with a disability	Clinical Gerontologist, 19, 69–74	Not an RCT
Lang 2003	Brief intervention for co-occurring anxiety and depression in primary care: a pilot study	International Journal of Psychiatry in Medicine 33(2), 141–154	Standard CBT, not self-help
Lange <i>et al.</i> 2001	Interapy. Treatment of post traumatic stress through the internet: a controlled trial	Journal of Behavioural Therapy 32, 73–90	Therapy mediated by technology
Lange <i>et al.</i> 2000	'Interapy': the effects of a short protocolled treatment of posttraumatic stress and pathological grief through the internet	Behavioural and Cognitive Psychotherapy 28, 175–192	Therapy mediated by technology
Langford 1987	Social skills versus self-monitoring as psycho-educational treatment approaches for conduct disordered-depressed adolescents	Unpublished doctoral dissertation, University of Oregon	Group intervention

Appendix Table 2. (cont.)

Authors	Title	Journal	Reason for exclusion
Lara <i>et al.</i> 2003	Outcome results of two levels of intervention in low-income women with depressive symptoms	American Journal of Orthopsychiatry, 73(1), 35–43	Not an RCT
Lara <i>et al.</i> (2) 2003	Two-year follow-up of a psycho-educational intervention for women with depressive symptoms in health services for open population	Salud Mental, 26, 27–36	Not an RCT
Lewinsohn 1990	Cognitive-behavioural treatment for depressed adolescents	Behavior Therapy, 21, 385–401	Group intervention
Mahalik and Kivlighan 1988	Self-treatment for depression: Who succeeds?	Journal of Counseling Psychology, 35, 237–242	Analysis of predictors of outcome
Monit <i>et al.</i> 1979	Effects of social skills training groups and social skills bibliotherapy with psychiatric patients	Journal of Consulting and Clinical Psychology, 47, 189–191	Group intervention
Organista <i>et al.</i> 1994	Cognitive-behavioural therapy for depression in low-income and minority medical outpatients: description of a program and exploratory analysis	Cognitive Therapy and Research, 18, 241–259	Standard CBT, not self-help
Pitkow 1980	Effects of rational emotive therapy, rational emotive bibliotherapy, and psychodynamically orientated psychotherapy on adjustment in adult clinical outpatients	Dissertation Abstracts International, 42(01-B), 31387 (University Microfilms No. AAD81-13914)	Not an RCT
Powell <i>et al.</i> 2004	Patient education to encourage graded exercise in chronic fatigue syndrome: 2-year follow-up of randomised controlled trial	British Journal of Psychiatry, 184, 142–146	Chronic fatigue syndrome
Propst 1980	The comparative efficacy of religious and nonreligious imagery for the treatment of mild depression in religious adults	Cognitive Therapy and Research, 4(2), 167–178	> 3 hours guidance
Raffield 2004	A preliminary study of sociotropy/autonomy and brief cognitive therapy for depression	Dissertation. Abstracts. International: Section B: The Sciences & Engineering	> 3 hours guidance
Reeves 2005	Improving patient access and choice: assisted bibliotherapy for mild to moderate stress/anxiety in primary care	Journal of Psychiatric and Mental Health Nursing, 12, 341–346	Anxiety
Richards and Perri 1978	Do self-control treatments last? An evaluation of behavioral problem-solving and faded counselor contact as treatment maintenance strategies	Journal of Counseling Psychology, 25, 405–406	No depression outcomes
Richards <i>et al.</i> 1976	Increasing the maintenance of self-control treatments through faded counselor contact and high information feedback	Journal of Counseling Psychology, 23, 405–406	No depression outcomes
Richards <i>et al.</i> 1993	A religiously orientated group counselling intervention for self-defeating perfectionism: a pilot study	Counselling and Values, 37, 96–104	Group intervention
Rokke <i>et al.</i> 1999	The role of client choice and target selection in self-management therapy for depression in older adults	Psychology and Ageing, 14, 155–169	> 3 hours guidance
Rokke <i>et al.</i> 2000	Self-management therapy and educational group therapy for depressed elders	Cognitive Therapy and Research, 24(1), 99–119	> 3 hours guidance
Rosner <i>et al.</i> 1999	Depressionsverlaufe in unterschiedlichen Psychotherapieformen. Modellierung durch Hierarchische lineare Modelle (HLM) [Course of depression in different psychotherapies. An application of hierarchical linear models].	Zeitschrift fuer Klinische Psychologie. Forschung und Praxis, 28, 112–120	Group intervention
Roth <i>et al.</i> 1982	A comparison of self-control therapy and combined self-control therapy and antidepressant medication in the treatment of depression	Behavior Therapy, 13(2), 133–144.	Group intervention
Royce and Arkowitz 1978	Multimodal evaluation of practice interactions as treatment for social isolation	Journal of Consulting and Clinical Psychology, 46, 239–245	Group intervention
Schlogelhofer <i>et al.</i> 2003	Bibliotherapy-cognitive therapy in book form as self-help for patients with partly remitted depression	Journal fur Neurologie, Neurochirurgie und Psychiatrie, 4, 33–35	Not an RCT
Scogin <i>et al.</i> 1985	Memory-skills training, memory complaints, and depression in older adults	Journal of Gerontology, 40(5), 562–568	Memory intervention
Serrano <i>et al.</i> 2004	Life review therapy using autobiographical retrieval practice for older adults with depressive symptomatology	Psychology and Aging, 19(2), 272–277	Memory intervention

Appendix Table 2. (*cont.*)

Authors	Title	Journal	Reason for exclusion
Shaw and Herman 1994	The effect of progressive relaxation and audio book tapes on anxiety and mood state in primiparous women	Journal of Perinatal Education, 3, 29–37	Not an RCT
Steinmetz <i>et al.</i> 1983	Predication of individual outcome in a group intervention for depression	Journal of Consulting and Clinical Psychology, 51, 331–337	Group intervention
Strachan and Cash 2002	Self-help for a negative body image: a comparison of components of a cognitive-behavioural program	Behavior Therapy, 33, 235–251	No depression outcomes
Teri and Lewinsohn 1986	Individual and group treatment of unipolar depression: Comparison of treatment outcome and identification of predictors of successful treatment outcome	Behavior Therapy, 17, 215–228	Group intervention Individual > 3 hours guidance
Thompson <i>et al.</i> 1983	Evaluation of the effectiveness of professionals and nonprofessionals as instructors of “Coping with Depression” classes for elders	The Gerontologist, 23, 390–396	Group intervention
Thongtang <i>et al.</i> 2002	Research on development of the manual for self detection of depression in the Thai elderly	Journal of the Medical Association of Thailand, 85, 545–551	Intervention unclear
Troy and Dalgas-Pelish 2003	The effectiveness of a self-care intervention for the management of postpartum fatigue	Applied Nursing Research, 16(1), 38–45	Post partum fatigue
Tyrer <i>et al.</i> 1988	The Nottingham study of neurotic disorder: Comparison of drug and psychological treatments	The Lancet July 30, 235–245	> 3 hours guidance
Tyrer <i>et al.</i> 2003	Randomised controlled trial of brief cognitive behaviour therapy versus treatment as usual in recurrent deliberate self-harm: the POPMACT study	Psychological Medicine, 33, 969–976	Deliberate self harm
van der Klink <i>et al.</i> 2003	Reducing long term sickness absence by an activating intervention in adjustment disorders: a cluster randomised controlled trial	Occupational and Environmental Medicine, 60, 429–437	Standard CBT, not self-help
van Eijken <i>et al.</i> 2004	Health education on self-management and seeking health care in older adults: a randomised trial	Patient Education and Counselling, 55, 48–54	No depression outcomes
Wright <i>et al.</i> 2005	Computer-assisted cognitive therapy for depression: maintaining efficacy while reducing therapist time	American Journal of Psychiatry, 162(6), 1158–1164	> 3 hours guidance
Young and Humphrey 1985	Cognitive methods of preparing women for hysterectomy: Does a booklet help?	British Journal of Clinical Psychology, 24, 303–304	Anxiety