

Is There a Difference in Effect Size Between Digital Interventions and Face-to-Face Therapy?

Only three comparisons from three studies were available comparing digital interventions and individual face-to-face therapy, all of which involved interventions with human guidance. The comparison adjusted for baseline differences indicated there was a nonsignificant difference to face-to-face therapy of $g = -.01$, 95% CI $[-2.73, 2.72]$, $p = .982$; $I^2 < .001$, 95% CI $[.00, 100]$; $\sigma_{within}^2 = \text{fixed}$, $\sigma_{between}^2 < .001$, 95% CI $[.000, 9.195]$. For group face-to-face therapy we identified only two studies, which provided a total of three data points at post. Again, based on this limited evidence, there was no significant difference (unadjusted for baseline difference, owing to convergence; $g = .17$, 95% CI $[-2.91, 3.26]$, $p = .609$); $I^2 = 69$, 95% CI $[.00, 100]$; $\sigma_{within}^2 \leq .001$, 95% CI $[.000, .976]$, $\sigma_{between}^2 = .093$, 95% CI $[.000, > 10.000]$.