Table 1 (continued) | RCTs investigating TD-CBT for emotional disorders in individual, group and internet-based format

Authors	Country	Included diagnoses	Sample	TD-CBT protocol	Number of TD-CBT sessions	Control group(s)	Relevant measures (anxiety and depression)	Assessment times	Attrition (%)[a]
Ref. 108	Australia	MDD, GAD, SAD, PD, AG, OCD	N=158; mean age 39yr; female 86%	iCBT, guided, n=39; ME-iCBT, guided, n=40	6	TAU, n=39; iMT, guided, n=40	GAD-7, PHQ-9	Pre, post, 3MFU	iCBT: 23% post, 33% 3MFU; ME-iCBT: 33% post, 28% 3MFU; TAU: 15% post, NA 3MFU; iMT: 38% post, 48% 3MFU
Ref. 109	China	Anxiety disorders, depressive disorders, other emotion-related disorders	N=75; mean age 32yr; female 71%	iMIED+TAU, n=37	8	TAU, n=38	BAI, BDI-II	Pre, post	iMIED+TAU: 22% post; TAU: 5% post
Ref. 110	Australia	GAD, PA, SAD, MDD	N=53; mean age 28yr; female 64%	UniWellbeing course, guided (TD-iCBT for students), n=30	5	WLC, n=23	GAD-7, PHQ-9	Pre, post, 3MFU	UniWellbeing: 30% post, 40% 3MFU; WLC: 9% post, NA 3MFU
Ref. 111	Australia	GAD, MDD	N=100; mean age 44yr; female 78%	Worry and sadness programme, guided (TD-iCBT), n=46	6	WLC, n=54	GAD-7, PHQ-9	Pre, post, 3MFU	Worry and sadness: 7% post, 13% 3MFU; WLC: 2% post, NA 3MFU
Ref. 112	Germany	AG, GAD, PD, SAD, MDD, persistent depressive disorder, somatic symptom disorder, illness anxiety disorder	N=129; mean age 37yr; female 68%	Internet-based UP, guided, n=65	10	WLC, n=64	GAD-7, PHQ-9	Pre, post	UP: 35% post; WLC: 11% post
Ref. 113	Australia	GAD, SAD, PA	N=78; mean age 40yr; female 68%	Anxiety programme, guided (TD-iCBT), n=40	6	WLC, n=38	GAD-7, PHQ-9	Pre, post, 3MFU	TD: 10% post, 20% 3MFU; WLC: 5% post, NA 3MFU
Ref. 114	Australia	GAD, PA, SAD, MDD	N=74; mean age 44yr; female 73%	Well-being programme, guided (TD-iCBT), n=37	8	WLC, n=37	GAD-7, PHQ-9	Pre, post, 3MFU	TD: 8% post, 14% 3MFU; WLC: 5% post, NA 3MFU
Ref. 115	Australia	MDD	N=290; mean age 44yr; female 72%	Well-being course, guided (TD-iCBT), n=149	5	DS-iCBT for MDD, n=142	GAD-7, PHQ-9	Pre, post, 3MFU, 12MFU, 24MFU	TD: 5% post, 20% 3MFU, 30% 12MFU, 24% 24MFU; DS-iCBT: 16% post, 16% 3MFU, 20% 12MFU, 18% 24MFU
Ref. 116	Romania	GAD, SAD, PA, PTSD, SP, OCD, NOS, MDD	N=97; mean age 34yr; female 81%	Internet-based UP, guided, n=64	9	WLC, n=33	OASIS, BDI-II	Pre, post, 6MFU	UP: 22% post, 45% 3MFU; WLC: 6% post, NA 6MFU
Ref. 117	Afghanistan	Depressive disorder, anxiety disorder	N=102; mean age 28yr; female 47%	Internet-based UP, unclear whether guided or unguided, n=51	12–14	TAU, n=51	OASIS, ODSIS	Pre, post	UP: 22% post; TAU: 39% post

ACT, acceptance and commitment therapy; AET, autonomy enhancing therapy; AG, agoraphobia; ART, affect regulation training; ASI, anxiety sensitivity index; AUD, alcohol use disorder; BA, behavioural activation; BDI, Beck depression inventory; BSI, brief symptom inventory; CALM, coordinated anxiety learning and management; CA-CBT+, culturally adapted cognitive behaviour therapy plus problem management; CBT-P, CBT for perfectionism; CFC, common factor control; CPRS-S-A, self-rating-scale for affective syndromes; CS, construct-specific; DASS, short form of depression, anxiety and stress scale; DBT-ST, dialectical behaviour therapy skills training; DD, dysthymic disorder; DS, disorder-specific; ERT, emotion regulation therapy; ESTEEM, effective skills to empower effective men; EUC, enhanced usual care; F-SET, false safety behaviour elimination therapy; HADS, hospital anxiety and depression scale; HAM-A, Hamilton anxiety rating scale; HAM-D, Hamilton depression rating scale; iCBT, internet-based CBT; iMIED, internet-based self-help mindfulness intervention for emotional distress; iMT, mindfulness training; MAC, modified attention control; ME-iCBT, mindfulness-enhanced iCBT; MFU, month follow-up; MINI-SPIN, mini-social phobia inventory; MMI, multimodal intervention; NOS, not otherwise specified; OASIS, overall anxiety severity and impairment scale; OCD, obsessive compulsive disorder; ODSIS, overall depression severity and impairment scale; PA, panic disorder with/without agoraphobia; PD, panic disorder; PDSS, panic disorder severity scale; PHQ, patient health questionnaire; QIDS, quick inventory of depressive symptomatology; RNT-G, group treatment for repetitive negative thinking; RT, resistance training; SCL, symptom checklist; SP, specific phobias; SPRAS, Sheehan patient-rated anxiety scale; ST, supportive therapy; STAI-S, state-trait anxiety inventory—state; SUD, substance use disorder; TBT, transdiagnostic behaviour therapy; tDCS, transcranial direct current stimulation; TIBP, transdiagnostic internet-based protocol; UP, unified treatment protocol for emotional disorders; WFU, week follow-up; WLC, waitlist control.
[a]Missing data as a percentage of randomized individuals who did not provide further assessments. [b]Data on depression-related outcomes (DASS-D) were provided by the authors upon request. [c]Data for 12MFU were provided in ref. 118.