



Title	Computer-Based Cognitive Behavioral Therapy for Anxiety Disorders or Depression - Early Assessment Briefs (Alert)
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Aim

To assess the scientific evidence with reference to the following question:

What effects and costs are associated with computer-based cognitive behavioral therapy (CBT) in treating adult patients with anxiety disorders or depression?

enable more reliable conclusions on the effects and costs of using the method in the health services.

Conclusions and results

Limited scientific evidence (Evidence Grade 3) indicates that computer-based CBT has favorable, short-term effects on symptoms in the treatment of panic disorder, social phobia, and depression. The scientific evidence is insufficient to assess the effects of treatment on obsessive-compulsive disorder and mixed anxiety/depression. The scientific evidence is insufficient to assess the cost effectiveness of the method. It is essential to clarify how patients should be selected for treatment and the role of computer-based CBT in relation to other treatment options. Studies with a more representative selection of participants and with longer follow-up periods are needed to enable more reliable conclusions on the effects and costs of using the method in the health services.

Recommendations

No recommendations.

Methods

A systematic search of the literature was conducted primarily via electronic databases (PubMed, PsycINFO and Cochrane Library) until March 2007. For inclusion in the systematic review, all articles were required to meet predetermined criteria: the results of the studies should be relevant to the questions posed by the project, ie, have appropriate endpoints, follow-up period, and study design. Ethical and economic implications were considered.

Further research/reviews required

Studies with a more representative selection of participants and with longer follow-up periods are needed to