

Cognitive Behavioral Therapy For Depression and Anxiety Disorders

Review 2

Coull, G., & Morris, P. G. (2011). The clinical effectiveness of CBT-based guided self-help interventions for anxiety and depressive disorders: A systematic review. *Psychological Medicine*, 41, 2239–2252. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/21672297>.

Objectives	Evaluate the effectiveness of randomized controlled trials examining CBT-based guided self-help (GSH) interventions for anxiety and depressive disorders.
Studies Included	Thirteen U.S. and international studies from 2003 to 2009
Participants in the Studies	Adults, aged 17–64, diagnosed with anxiety disorders or major depressive disorders
Settings	Settings were not reported for the studies.
Outcomes	Clinician and self-report measures of anxiety and depression
Limitations of the Studies	Recruitment methods differed significantly (self-selection versus referral) and affected overall outcomes; studies only partially addressed fidelity, GSH-specific therapist training, and therapist supervision during intervention; definitions of guided self-help varied; there was lack of reporting of assessment measures used and lack of power analyses.

Results

GSH is defined as an individual's access to CBT-based self-help materials to treat mild to moderate anxiety or depressive disorders, with guidance provided by the active support of a professional or paraprofessional therapist for 30 minutes to 3 hours in total. The effectiveness of GSH in primary care settings for anxiety and depression is not well established. GSH seemed to be effective at posttreatment but had limited effectiveness at follow-up. GSH interventions were also more effective for participants recruited through media campaigns (and therefore self-selected), compared to patients recruited through primary care referrals.