Table E.11. Characteristics of studies comparing different components of distance therapy

| Author, Year  | Study Country, Study Design, Type of Study (Efficacy/ Effectiveness), Study Settings | Type of Anxiety/Severity (CGI) | Intervention and Comparisons (N of Patients)  | Characteristics of Interventions (Psychotherapy: Components, Delivery Model)/Pharm: Drug) Intensity, Duration (Weeks)) | Patient Characteristics Mean Age (Range) , Male (%), Race/Ethnicity, Comorbidity, Household Income, Parent Education, Family Dysfunction/Stressor, Treatment Sequence, Insurance, History of Maltreatment) | Length of Follow up (Weeks) |
| --- | --- | --- | --- | --- | --- | --- |
| Lyneham, 2006131 | Australia RCT EfficacyOutpatient | GAD, PD (agoraphobia is not specified), SAD, SP, SoP | Distance Therapy, (N=28) | Other: Client initiatedIndividual based Contact as needed by phone/email over 12 weeks work Delivered by a Masters level clinician | Age mean (years): 9.42 (Range 6-12)Male: 49%Caucasian; 96%Asian: 1%Other: 3%Low income: n= 26Medium income: n= 42High income: n= 26 | 12 |
| Distance Therapy, (N=21) | Other: Telephone CBT Technology basedIndividual based 9 scheduled telephone calls; weekly sessions for the first 6 weeks and bi-weekly for the final 6 weeksDelivered by a Masters level clinician |
| Distance Therapy, (N=29) | Other: Email Psychotherapy, Technology basedIndividual based9 scheduled emails, plus ad hoc replies; weekly sessions for the first 6 weeks and bi-weekly for the final 6 weeksDelivered by a Masters level clinician  |
| Control, (N=22) | Waitlisting or no treatment |
| Spence, 2017133 | AustraliaRCTEfficacyMental health clinic  | GAD, SAD, SoP, SP | Distance Therapy: (N=48) | BRAVE onlineExposureRelaxationCognitive problem solvingIndividual basedDelivered by doctoral level psychologists10, 60min weekly sessions, 5-6 parent sessions | Age mean (years): 11.02 (Range 8-17)Males:46%Caucasian: 92%African Americans: 4%Asian: 4%Low income (<76,761.50): 58%High income (>$76761.50): 37.5%Other comorbidities: 10% | 26 |
| Distance Therapy: (N=47) | Other TherapyExposureRelaxationCognitive problem solvingIndividual basedDelivered by doctoral level psychologists10, 60min weekly sessions, 5-6 parent sessions | Age mean (years): 11.34 (Range 8-17)Males: 30%Caucasian: 98%Asian: 2% Low income (<76,761.50): 5%High income (>$76761.50): 36%Dysthymia:11%Other comorbidities:9% |
| Control: (N=30) | Waitlisting or no treatment | Age mean (years): 11.6 (Range 8-17)Males: 46%Caucasian: 100%Low income (<76,761.50): 46%High income (>$76761.50): 53%Dysthymia:13%Other comorbidities:3% |

BRAVE: body signs, relaxation, active helpful thoughts, victory over your fears, enjoy! reward yourself. CBT: cognitive behavioral therapy, CGI: clinical global impression scale, GAD: generalized anxiety disorder, PD: panic disorder, RCT: randomized controlled trial, SAD: separation anxiety disorder, SoP: social anxiety, SP: specific phobia