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  Efficacy  Outpatient | GAD, PD (agoraphobia is not specified), SAD, SP, SoP | Distance Therapy, (N=28) | Other: Client initiated  Individual 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= 26  Medium income: n= 42  High income: n= 26 | 12 |
| Distance Therapy, (N=21) | Other: Telephone CBT  Technology based  Individual based  9 scheduled telephone calls; weekly sessions for the first 6 weeks and bi-weekly for the final 6 weeks  Delivered by a Masters level clinician |
| Distance Therapy, (N=29) | Other: Email Psychotherapy, Technology based  Individual based  9 scheduled emails, plus ad hoc replies; weekly sessions for the first 6 weeks and bi-weekly for the final 6 weeks  Delivered by a Masters level clinician |
| Control, (N=22) | Waitlisting or no treatment |
| Spence, 2017133 | Australia  RCT  Efficacy  Mental health clinic | GAD, SAD, SoP, SP | Distance Therapy: (N=48) | BRAVE online  Exposure  Relaxation  Cognitive problem solving  Individual based  Delivered by doctoral level psychologists  10, 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 Therapy  Exposure  Relaxation  Cognitive problem solving  Individual based  Delivered by doctoral level psychologists  10, 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