Table E.17. Characteristics of studies comparing other therapy versus waitlisting or attention control or treatment as usual

| 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) |
| --- | --- | --- | --- | --- | --- | --- |
| Abbasi, 2016 27 | Iran RCT EfficacyOutpatient  | SAD | Child CBT (N=15) | Modular CBTIndividual based ExposureCognitive problem solving4-20 sessions, 1 hour sessions, with  | Age range : 6-7 yearsMale: 53% | 13 |
| Other Therapy, (N=15) | Child parent relationship trainingIndividual based, 10 weekly, 1 hour sessions | Age range : 6-7 yearsMale: 33.3% |
| Control, (N=16) | Waitlisting or no treatment | Age range : 6-7 yearsMale: 48% |
| Cornwall, 1996 146 | Australia RCT EffectivenessMental health clinic | SP (simple phobia | Other Therapy, (N=NR)  | Reciprocal inhibitionEmotive imagery treatment conditionIndividual based6 40-minute weekly sessionsDelivered by Masters level clinicians.  | Age range: 7-10 years | 13 |
| Control, (N=NR) | Waitlisting or no treatment |
| Elkins, 2016147 | United StatesRCT Efficacy Mental health clinic | PD | Other Therapy, (N=37) | Panic control treatmentSingle intensive CBTExposureCognitive problem solving8 daily intensive sessions | Age mean (years): 15.04Male: 45.5% | 6 |
| Control, (N=17) | Waitlisting or no treatment | Age mean (years): 15.82Male:35.2 |
| Goldbeck, 2012148 | Germany RCT EfficacyMental health clinic | GAD, SAD, SoP, SP  | Other therapy, (N=18) | Music therapyRelaxation3 individual sessions (60mins), 9 group sessions (100mins), 2 parent sessions (50mins) over 17 weeks | Age mean (years): 9.94 (range: 8-12)Males: 33.3%Caucasian: 100%Less than high school or high school graduate (parent): 100%ADHD:5.5%Depression:5.5%Selective mutism:5.5% | 16 |
| Control, (N=18) | Attention control or treatment as usual  | Age mean (years): 9.94 (8-12)Males: 66.6%Caucasian: 94.4%Other: 5.5%Less than high school or high school graduate (parent): 100%Depression: 5.5%Encopresis: 5.5% |
| Joormann, 2002149 | Germany RCT EfficacyMental health clinic | SoP | Other Therapy, (N=9) | Generic CBTGroup based Two sessions per week for 8 weeks | Age mean (years): 13.9 (range: 11-15)Male: 45% | 52 |
| Control, (N=9) | Waitlisting or no treatment | Age mean (years): 11.33 (range: 8-15)Male: 45% |
| Klein, 2015150 | NetherlandsRCT efficacyMental health clinic | GAD, SAD, SoP. | Other Therapy, (N=44) | Other Therapy. Individual based 15 sessions over 2 weeks | Age mean (years): 9.1 | 2 |
| Control, (N=43) | Attention control or treatment as usualTherapy Placebo | Age mean (years): 9.4 |
| Lee, 2016151 | United StatesRCT EfficacyMental health clinic | GAD,SAD, SoP | Other Therapy, (N=37) | FriendsCombines CBT only and CBT plus parentingGroup based Exposure RelaxationCognitive problem solving9 sessions, plus 2 booster sessions; half of group also received 9 concurrent parent sessions | Caucasian: 97% | 156 |
| Control, (N=24) | Waitlisting or no treatment |
| Yoosefi Looyeh, 2014 152 | IranRCT EfficacySchool | SoP | Other Therapy, (N=12) | Other: Narrative group therapyGroup basedDelivered by parent and teacher14 sessions 90 minute sessions, twice per weekDelivered by parent and teacher | Age range: (10-11) yearsMale: 100% | 0 |
| Control, (N=12) | Pill Placebo |
| Miller, 197258, 59  | United States RCT EfficacyOutpatient  | SP | Child CBT, (N=NR) | Reciprocal inhibition: Individual-based relaxation exposure Delivered by doctoral psychologist60 min session 3 times per week for 8 weeks | Age mean (years): 10.8 ( range: 6-14)Male: 55%Caucasian: 95.5%, African American: 4.5%Socioeconomic status: Lower: 7%Middle:75%High: 8% | 104 |
| Other therapy, (N=NR) | Individual, play psychotherapy directed toward inner experiences60 min session 3 times per week for 8 weeks |
| Control, (N=NR) | Waitlisting or no treatment60 min session 3 times per week for 8 weeks |

ADHD: attention deficit hyperactivity disorder, CBT: cognitive behavioral therapy, CGI: clinical global impression scale, GAD: generalized anxiety disorder, NR: not reported, RCT: randomized controlled trial, SAD: separation anxiety disorder, SoP: social anxiety, SP: specific phobia