Table E.6. Characteristics of the included studies comparing CBT versus 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) |
| --- | --- | --- | --- | --- | --- | --- |
| Beidel, 2000 92 | United States RCT  Eficacy  Mental health clinic | GAD, PD (agoraphobia is not specified), SAD,  SP, SoP | Child CBT, (N=36) | Social effectiveness yherapy for Children (SET-C)  Individual and group based  Exposure  Cognitive problem solving  Two weekly sessions (one group session and one individual session) for 12 weeks. Group sessions could be 60 minutes (social skill training) or 90 minutes (peer generalization experiences). Individual sessions were 60 minutes | Mean age: 10.5  Male:  38.8%  Caucasian: 97.7%  African American: 30.5%  Hispanic: 5.5%  GCI: 5.5 | 26 |
| Control, (N=31) | Attention control or treatment as usual  Testbusters program for study skills and test taking strategy | Mean age: 10.5  Male: 19.3%  Caucasian: 58%  African American: 25%  Hispanic: 9.6%  Biracial: 5.5%  CGI: 5.6 |
| Fujii, 201393 | United States  RCT  Efficacy  Mental health clinic | GAD, SAD, SoP | Child and parent together CBT, (N=7) | Other: Coping skills exposure  Individual based  Exposure  Cognitive problem solving  32 90-minute weekly sessions, first 16 sessions, modular CBT, second 16 sessions social skills  Delivered by student/trainee | Mean age: 8.7 (range: 7-11)  Males: 71%  Caucasian: 86%  Asian: 14%  College graduate (parent): 71%  Autism: 57%  OCD: 14% | 0 |
| Control, (N=5) | Attention Control or Treatment as Usual | Mean age: 9 (range: 7-11)  Males: 80%  Caucasian: 60%  African American: 20%  Other: 20%  College graduate (parent): 60%  Autism: 100% |
| Ginsburg, 200294 | United States RCT  Efficacy  School | GAD, SP, SoP, PD (agoraphobia) | Child CBT, (N=6) | Group-based  Exposure  Relaxation  Cognitive problem solving.  45 min session over 10 weeks delivered by psychiatrists. No parent involvement. | Mean age: 15.6 (Range 14-17)  Male: 16.6%  African Americans: 100% | 10 |
| Control, (N=6) | Attention control or treatment as usual  Group based.  45-50 min session, one session a week, 10 sessions delivered by student trainee. |
| Ginsburg, 201295 | United States  RCT  Effectiveness  School-based Mental health clinics | GAD,SAD, SoP, SP | Child CBT, (N=17) | Modular CBT  Child CBT- (parents included < 20%)  Individual based  Exposure  Relaxation  Cognitive problem solving  8 modules over 12 weeks (average 7.29); 20-45min sessions in school; efforts to involve parents in at least 3 sessions  Delivered by doctoral psychologist | Mean age: 11.12  Male: 29.4%  African American: 82%, other: 18%  Low income: 23.5%  Family stress: 100% | 4 |
| Control, (N=15) | Attention control or treatment as usual | Mean age: 9.33  Male: 46.6%  African American: 87%, other: 13%  Low income: 40%  Family stress: 100% |
| Halldorsdottir, 201696 | United States  RCT  Efficacy  Outpatient | GAD, SoP | Child CBT, (N=50) | OST  Exposure  Relaxation  Cognitive problem solving  Individual-based  180 minute one session only | Mean age: 9.24  Male: 88%  Mean income: 71.450 | 208 |
| Control, (N=33) | Attention control or treatment as usual  Individual-based | Mean age: 8.97  Male: 90%  Mean income: $73,232 |
| Herbert, 200997 | United States  RCT  Efficacy  Mental health clinic | GAD , PD (agoraphobia is not specified), SAD, SP, SoP | Child CBT, (N= 23) | Generic CBT  Group based  Relaxation, exposure,  Cognitive problem solving  Delivered by Masters level clinicians.  120 min session per week for 12 weeks | Mean age: 14.6 (range 12 -17)  Male : 56.5%  Caucasian: 52%, African Americans: 39%, Asian: 8.6% | 52 |
| Child CBT, (N= 24) | Generic CBT  Individual based  Relaxation, exposure, cognitive problem solving  Delivered by Masters level clinicians.  60 min session per week for 12 weeks. | Mean age: 14.3 (range 12 -17)  Male: 25%  Caucasian:  54.2%, African Americans: 45.8% |
| Control, (N=26) | Attention control or treatment as usual  Psychoeducational-supportive therapy  Group based  Delivered by Masters level clinicians  120 min session per week for 12 weeks | Mean age: 15.1 (range 12-17)  Male: 53.8%  Caucasian: 34.6%, African American: 50%, Hispanics: 7.69%  Asians: 7.69% |
| Hudson, 200998 | Australia  RCT  Efficacy  Mental health clinic | GAD ,SAD, PD, SP, SoP | Child and parent together CBT, (N= 60) | Cool kids  Group based  Exposure  Cognitive problem solving.  120 min session per week for 10 weeks. | Mean age; 10.2 (SD 2.4) (Range 7-16)  Male: 53.3%  Caucasian: 75%, Asian 6.6%, other:3.3%  Low income: n= 8  Medium income: n= 21  High income: n= 22 | 13 |
| Control, (N=52) | Attention control or treatment as usual  Group support and attention, group based  120 min session per week for 10 weeks | Mean age: 10.2 (SD 2.7) (Range 7-16)  Male: 40.3%  Caucasian: 65.3%%, Asian: 11.5%, others 5.7%  Low income: n=16  Medium income: n=11  High income: n=17 |
| Ingul, 201499 | Norway  RCT  Efficacy  Mental health clinic | SoP | Child CBT, (N=36) | Other CBT  Exposure  Cognitive problem solving  Individual-based  Delivered by psychologist and Masters level clinician  12, 50 min weekly sessions | Age mean: 14.98 (SD:0.94)  Males: 43%  ADHD: 14.29%  Depression: 9.52%  PTSD: 4.76% | 52 |
| Child CBT, (N=58) | Cat Project  Exposure  Cognitive problem solving  Group based  10, 90 min sessions | Age mean: 14.30(SD:0.89)  Males: 40%  ADHD: 5%  Depression: 10% |
| Control, (N=34) | Attention control or treatment as usual  10, 90 min sessions | Age mean: 14.16 (SD:1.08)  Males: 43%  ADHD: 6.25%  Depression: 6.25%  OCD: 6.25%  PTSD: 6.25% |
| Kendall, 2008 100, 101 | United States  RCT  Efficacy  Mental health clinic | GAD,SAD, SoP,SP | Child CBT, (N=55) | Coping Cat:  xposure  Relaxation  Cognitive problem solving  Individual-based  Weekly for 16 weeks, 60 min each session, parents at two | Age mean (years): 10.37 range (7-14)  Caucasian: 83%  Other:16%  Low income (<$40,000): 20%  Medium income ($40,000-$90,000):34%  High income (>$90,000):38% | 52 |
| Child and parent together CBT, (N=56) | CC derivative  Exposure  Relaxation  Cognitive problem solving  Individual-based, family based  Weekly for 16 weeks, 60 min each session | Age mean (years): 10.41 range (7-14)  Caucasian: 80%  Other: 16%  Low income (<$40,000): 14%  Medium income ($40,000-$90,000):46%  High income (>$90,000):32% |
| Control, (N=50) | Attention control or treatment as usual  Family education, support, and attention  Weekly for 16 weeks, 60 min each session | Age mean (years): 10.03 range (7-14)  Caucasian: 88%  Other:12%  Low income (<$40,000): 10%  Medium income ($40,000-$90,000):50%  High income (>$90,000):30% |
| Khanna, 2010102 | United States  RCT  Efficacy  Mental health clinic | GAD, PD, SAD, SoP, SP | Child CBT, (N=17) | Coping cat  Exposure  Relaxation  Cognitive problem solving  Individual-based  Delivered by psychologist, student/ trainee  Weekly for 12 weeks, 50 minute sessions | Age mean (years): 10.1 (range: 7-13)  Males: 67%  Caucasian: 83%  African American: 14%  Hispanic: 2%  ADHD: 16%  ODD:4%  Tic disorder: 2% | 13 |
| Distance, (N=16) | Camp cope a lot  Exposure  Relaxation  Cognitive problem solving  Individual based  Delivered by psychologist, student/ trainee  Weekly for 12 weeks |
| Control, (N=16) | Attention control or treatment as usual  Individual-based, technology-based  Delivered by psychologist, student/ trainee  Weekly for 12 weeks, 60 minute sessions. 30 minutes of support and 30 minutes of computer. |
| Last, 1998103 | United States  RCT  Efficacy  Mental health clinic | SoP | Child and Parent together CBT, (N=32) | Generic CBT  Exposure  Cognitive problem solving  Delivered by therapists and school contact person.  12, 60 min weekly sessions | Age mean (years): 11.67  Male: 59.3%  Caucasian: 65.6%  Hispanic: 3.1%  African American: 3.1% | 4 |
| Control, (N=24) | Attention control or treatment as usual  12, 60 min weekly sessions | Age mean (years): 12.4  Male: 37.5%  Caucasian: 87.5%  African American: 4.1%  Hispanic: 8.2% |
| Masia-Warner, 2007104 | United States  RCT  School | GAD, SAD, SoP | Child CBT, (N=19) | SASS: skills for academic and social success,  Individual-based, group-based,  Exposure  Cognitive problem solving,  12 group sessions (40 minutes) and 2 individuals delivered by 2 doctoral level psychologists | Age mean (years): 15 (Range 14 -16)  Male: 15.7%  Caucasian: 73.6%,  African: 5.2%  African:15.78%, other: 5.2% | 6 |
| Control, (N=17) | Attention control or treatment as usual  Educational supportive group function (ESGF),  Individual-based, group-based, Relaxation  Cognitive strategies  12 group sessions and 2 individual delivered by 2 doctoral level psychologists. | Age mean (years): 15.1 (Range 14-16)  Male: 17.64  Caucasian: 70.5%, African: 5.88%  Hispanic: 17.6%, other: 5.88% |
| Menzies, 199357 | Australia  RCT  Efficacy  Outpatient | SP | Child CBT, (N=13) | In vivo exposure plus vicarious exposure  Child CBT- (parents included < 20%)  Individual based  Delivered by student therapist  3 15-minute weekly session | Age mean (years): 5.5 (range:3-8)  Male: 50.7%  Caucasian: 96%, Hispanic:4%  Depression: 10%  Treatment non responder: 100% | 12 |
| Control, (N=13) | Attention control or treatment as usual  Only vicarious exposure  3 30-minute weekly session  Delivered by student therapist |
| Child CBT, (N=13) | In vivo exposure  Child CBT- (parents included < 20%)  Individual based  Exposure 3 30-minute weekly session  Delivered by student |
| Control, (N=12) | Waitlisting or no treatment |  |
| Muris, 2002 105 | Netherlands  RCT  Efficacy  School | GAD, SAD, SoP | Child CBT, (N=10) | Coping Koala  Group based  Exposure Relaxation  Cognitive problem solving  12 30-minute sessions. 2 sessions per week delivered by student/trainee | Age range (9-12) years  Caucasian: 90%  Other: 10%  Low income: 13  Medium income: 6  High income: 1  Male int1 ; 30%  Male Int2 : 40% | 13 |
| Control, (N=10) | Attention control or treatment as usual  Emotional disclosure treatment program. Group based. 12 30-minute sessions over 6 weeks |
| O’Brien, 2007106 | Ireland  RCT  Efficacy  Mental health clinic | Anxiety disorder | Child CBT, (N=7) | Friends  Child CBT- (parents included < 20%)  Group based  Exposure  Relaxation  Cognitive problem solving  10 90-minute weekly sessions, plus three parent session  Delivered by 2 Masters level clinicians | Age mean (years): 13.8 (Range 7 – 15)  Male: 28.57% | 4 |
| Control, (N=7) | Attention Control or Treatment as Usual | Age mean (years): 12.5 (Range 7 – 15)  Male: 57.14% |
| Ollendick, 200963 | United States  and Sweden RCT  Efficacy  Outpatient Mental health clinic | SP, SoP, SAD, GAD | Child CBT, (N=85) | OST  Child CBT- (parents included < 20%)  One session treatment  Individual based  Exposure  1 session of 3 hours  Delivered by Masters level clinicians | Caucasian: 90%,  African American: 2.5%  Hispanic:: 2%  Other: 4.5%  Age range 7 -16 years  Male: 45.8% | 36 |
| Control, (N=70) | Attention control or treatment as usual  Education support treatment  1 session of 3 hours  Delivered by Masters level clinicians | Caucasian: 90%,  African American: 2.5%  Hispanic:: 2%  Other: 4.5%  Range 7 – 16  Male: 44.2% |
| Control, (N= 41) | Waitlisting or no treatment | Age range 7 -16 years  Male: 46.3% |
| Pincus, 2010107 | United States  RCT  Efficacy  Mental health clinic | PD | Child CBT, (N=13) | Panic control treatment  Exposure  Relaxation  Cognitive problem solving  Individual-based  Delivered by psychologist  11 sessions over 12 weeks, 50 min | Age mean (years): 15.75 (range: 14-17)  Males: 23%  Caucasian: 100%  Mean income: $97,500 (SD: $65,486) | 26 |
| Control, (N=13) | Attention control or treatment as usual |
| Reigada, 2015108 | United States  RCT  Efficacy  Mental health clinic | GAD,PD with agoraphobia, PD without agoraphobia, SAD, SoP | Child CBT plus separate parent intervention, (N=11) | TAPS  Individual based  Exposure  Relaxation  Cognitive problem solving 15 sessions; 13 1-hour weekly sessions and 2 boosters; parents received three 1-hr sessions.  Delivered by doctoral psychologist | Age mean (years): 13.65( range: 9-17)  Caucasian: 82%, Other: 18%  Low income (Less than $30,000 ): 10%  Medium income ($30,000-$90,000) : 20%  High income ( more than $90,000) : 70%  Depression:18% | 13 |
| Control, (N=11) | Attention control or treatment as usual  Offered social and emotional support | Age mean (years): 13.65( range: 9-17)  Caucasian: 55%, African American: 9%, Hispanic: 18%, other : 18%  Low income (Less than $30,000 ): 9%  Medium income ($30,000-$90,000) : 36%  High income ( more than $90,000) : 55%  Depression: 27% |
| Ritter, 196871 | United States  RCT  Efficacy  Outpatient | SP | Child CBT, (N=7) | Other: Only contact desensitization  Child CBT- (parents included < 20%)  Group based  Exposure  2, 35-minute weekly sessions  Delivered by psychiatrist | Age range: 5-11 years | 0 |
| Control, (N=8) | Attention control or treatment as usual  Only vicarious desensitization  Group based  2, 35-minute weekly sessions  Delivered by psychiatrist |
| Control, (N=7) | Waitlisting or no treatment |
| Rosa-Alcazar, 2007109 | Spain  RCT  Efficacy  Schools | SoP | Child CBT, (N=12) | IAFS  Group based  Exposure  Cognitive problem solving  Delivered by practicing clinician,  12 weekly sessions for 90 minutes each | Age mean (years) 15  Male:29% | 26 |
| Control, (N=13) | Attention control or treatment as usual  Educational treatment, individual treatment-based  12 weekly sessions for 90 minutes each |
| Rosa-Alcazar, 200972 | Spain  RCT  Efficacy  schools | GAD, PD without agoraphobia, PD (agoraphobia is not specified) SP | Child CBT, (N=20) | IAFS  Child CBT- (parents included < 20%)  Group based  Exposure  Cognitive problem solving  12 90-minute weekly sessions  Delivered by practicing clinician | Age mean (years) 15 (Range 14 -17)  Male:25% | 52 |
| Control, (N=19) | Attention control or treatment as usual  Educational treatment on anxiety and relaxation  12 90-minute weekly sessions | Age mean (years) 14.94 (14- 17)  Male: 31.5% |
| Control, (N=18) | Attention control or treatment as usual  Education as placebo  12 sessions of health education | Age mean (years) 14.75 (14-17)  Male: 16.6% |
| Control, (N=20) | Waitlisting or no treatment | Age mean (years) 14.77  Male: 40% |
| Southam-Gerow, 2010110 | United States  RCT Effectiveness  Mental health clinic | GAD, PD without agoraphobia, SAD, SoP, SP | Child CBT, (N=24) | Coping Cat  Child CBT- (parents included < 20%)  Individual based  Exposure  Relaxation  Cognitive problem solving  14 sessions, 1 hour sessions over 12 weeks  Delivered by psychologist, Masters level clinicians, social workers | Total population N = 48  Age mean (years): 10.9 (range: 8-15)  Males: 44%  Caucasian: 48%  African American: 12.5%  Hispanic: 27%  Other: 10%  Low income (<30,000): 73%  Medium income (30,000-90,000): 16%  High income (>90,000): 10%  ADHD: 42%  Depression: 8%  OCD:4.2%  ODD:37.5%  PTSD:6.25%  Dysthymic disorder: 2% | 0 |
| Control, (N=24) | Attention control or treatment as usual |
| Silk, 2016 111 | United States RCT  Efficacy  Outpatient | GAD,SAD, SoP | Child CBT, (N=90) | Coping Cat  Individual-based  Exposure  Relaxation  Cognitive problem solving  One session per week for 16 week | Age mean (years): 10.94  Male: 45%  Caucasian: 91%, African American :2% , Hispanic: 1%, Other: 6%  Mean income: 94.155 | 52 |
| Control (N=43) | Attention control or treatment as Usual supportive child centered therapy (CCT)  One session per week for 16 week | Age mean (years): 10.98  Male: 41%  Caucasian: 88%, African American :6% , Hispanic: 2%, Other:4%  Mean income: 78.632 |
| Storch, 2015112 | United States  RCT  Efficacy  Mental health clinic | GAD, PD, PD with agoraphobia, PD without agoraphobia, SAD, SoP, SP  Mean CGI=3.45 | Child CBT, (N=49) | Camp Cope a Lot  Computerized CBT  Child CBT- (parents included < 20%)  Individual based  Exposure  Relaxation  Cognitive problem solving  Technology based  12 60-minute weekly sessions  Delivered by Masters level clinicians | Age mean (years): 9.4 (range: 7-13)  Male: 53.1%  College graduate(parent): 51%  Caucasian: 77.6%  Hispanic: 10.2%  African American: 8.2%  Low income (<$40,000): 44.4%  Medium income ($40,000-$90,000):33.3%  High income: (>$90,000): 22.2%  OCD: 4.1%  PTSD: 4.1%  Depression: 6.1%  ADHD: 34.2%  ODD: 6.1%  Selective mutism: 4.1%  Enuresis: 4.1% | 110 |
| Control, (N=51) | Attention control or treatment as usual | Age mean (years): 10.2 (range: 7-13)  Male: 58.8%  College graduate(parent): 51%  Caucasian: 66.7%  Hispanic: 13.7%  African American: 13.7%  Low income (<$40,000): 62.2%  Medium income ($40,000-$90,000):20%  High income: (>$90,000): 18%  OCD: 7.8%  Dysthymia: 5.9%  Depression: 5.9%  ADHD: 31.4%  Conduct disorder: 2%  ODD: 7.8%  Selective mutism: 5.9%  Enuresis: 4.1% |
| Storch, 2013113 | United States RCT  Efficacy  Outpatient | GAD,SAD, SoP,SP | Child CBT plus separate parent intervention, (N=24) | Other: Behavioral interventions for anxiety in children with autism (BIACA) program  Individual based  Exposure  Relaxation  Cognitive problem solving  16 60-90 minute weekly sessions over 12 weeks  Delivered by psychologist, student/trainee | Age mean (years): 8.83 (range: 7-11)  Male: 79%  Caucasian: 92%  Hispanic: 4%  Asian: 4%  Low income (<$40,000): 4%  Medium income ($40,000-$90,000):25%  High income: (>$90,000):71%  ADHD: 71%  Depression: 4%  Autism: 100%  OCD: 46%  ODD: 37.5% | 13 |
| Control, (N=21) | Attention control or treatment as usual | Age mean (years): 8.89 (range: 7-11)  Males: 81%  Caucasian: 76%  Hispanic: 19%  Asian: 5%  ADHD: 76%  Depression: 9%  Autism: 100%  OCD: 62%  ODD: 52%  Low income (<$40,000): 14%  Medium income ($40,000-$90,000): 28%  High income: (>$90,000): 52% |
| Suveg, 2009114 | United States  RCT  Outpatient | GAD, SAD, SoP, SP | Child CBT, (N=55) | Coping Cat  Exposure  Relaxation  Cognitive problem solving  Individual based  Delivered by psychologist, Masters level clinician  16, 60 min weekly sessions | Age range: 7-14 years  ADHD: 32%  Depression: 11%  ODD: 14%  Conduct disorder: 1% | 52 |
| Child and parent together CBT, (N=56) | Coping Cat  Exposure  Relaxation  Cognitive problem solving  Individual based  Delivered by psychologist, Masters level clinician  16, 60 min weekly |
| Control, (N=50) | Attention control or treatment as usual  Weekly for 16 weeks |
| Valles-Arandiga, 2014 84 | Spain  RCT  Efficacy  Schools | SoP | Child CBT, (N=17) | IAFS  Child CBT- (parents included < 20%)  Group based  12 90-minute weekly sessions  Delivered by therapist | Age mean (years): 14.9 (range: 14-16)  Males:25% | 26 |
| Control, (N=17) | Attention control or treatment as usual  Education Support  Individual based  12 90-minute weekly sessions |
| Control, (N=17) | Waitlisting or no treatment |
| Van Steensel, 2014115 | Netherlands RCT  Effectiveness  Outpatient | GAD, SAD, SoP, SP | Child and parent together CBT, (N=24) | Discussing plus doing  Individual based  15 sessions over 3 months | Age mean (years): 11 (range:8-18)  Males: 83.3%  Autism: 100% | 26 |
| Control, (N=25) | Attention control or treatment as usual | Age mean (years): 10.72 (range:8-18)  Males: 80%  Autism: 100% |
| Pill Placebo, (N=76) | Pill placebo | Age mean (years): 10.6  Male : 51.3%  Caucasian: 79%, African American: 9%, Hispanic: 9%, other: 3%  Low income: 27.6%  ADHD: 118%, ODD:9.2%, Tic disorder and other internalizing disorders: 44.7% |
| Warner, 2016116 | United States RCT  Efficacy  Outpatient | GAD, PD, SAD, SP, SoP | Child CBT, (N=46) | SASS: Group-based,  exposure, cognitive problem solving  (Skills for academic and social success provided by psychologists)  Delivered by doctoral level psychologist  12 in school group sessions ( ranged from 50- 90 mints) | Age mean (years): 15.5  Male: 30.4%  Caucasian: 74%, African American :4% , Hispanic: 4%, Asian: 12%, Other: 4%  Mean income: 94.155 | 20 |
| Child CBT, (N=47) | SASS: Group-based, exposure, cognitive problem solving  Delivered by doctoral level psychologist  12 in school group sessions ( ranged from 50- 90 mints) | Age mean (years): 15.34  Male: 29.7%  Caucasian: 75%, African American :8% , Hispanic: 5%, Asian: 6%, Other: 6% |
| Control, (N=43) | Attention control or treatment as usual  Relaxation  Cognitive problem solving.  A nonspecific counseling program, SFL, controlled for the attention and group involvement. | Age mean (years): 15.37  Male: 37%  Caucasian: 67%, African American :2% , Hispanic: 14%, Asian: 7%, Other: 9% |
| Yen, 2014117 | Taiwan  Non-Randomized comparative studies  Efficacy  Outpatient | GAD, SAD, SoP | Child CBT, (N=30) | Coping cat  Child CBT- (parents included < 20%)  Individual based  Exposure  Relaxation  Cognitive problem solving  17 weekly sessions  Delivered by Psychologist | Age mean (years): 9.1 (range: 7-12)\  Males:40% | 0 |
| Control, (N=32) | Attention control or treatment as usual | Age mean (years): 9.5 (range: 7-12)  Males: 38% |

ADHD: attention deficit hyperactivity disorder, CC: coping cat, CCC: child centered therapy, IAFS: intervencion en adolescents con fobia social (treatment for adolescents with social phobia), CBT: cognitive behavioral therapy, CGI: clinical global impression scale, GAD: generalized anxiety disorder, NR: not reported, OCD: obsessive compulsive disorder, ODD: oppositional defiant disorder, PD: panic disorder, PTSD: post-traumatic stress disorder, RCT: randomized controlled trial, SAD: separation anxiety disorder, SASS: skills for academic social success, SET-C: social effectiveness therapy, SFL: skills for life, SoP: social anxiety, SP: specific phobia, SSRI: selective serotonin reuptake inhibitor. TAPS: treatment of anxiety and physical symptoms.