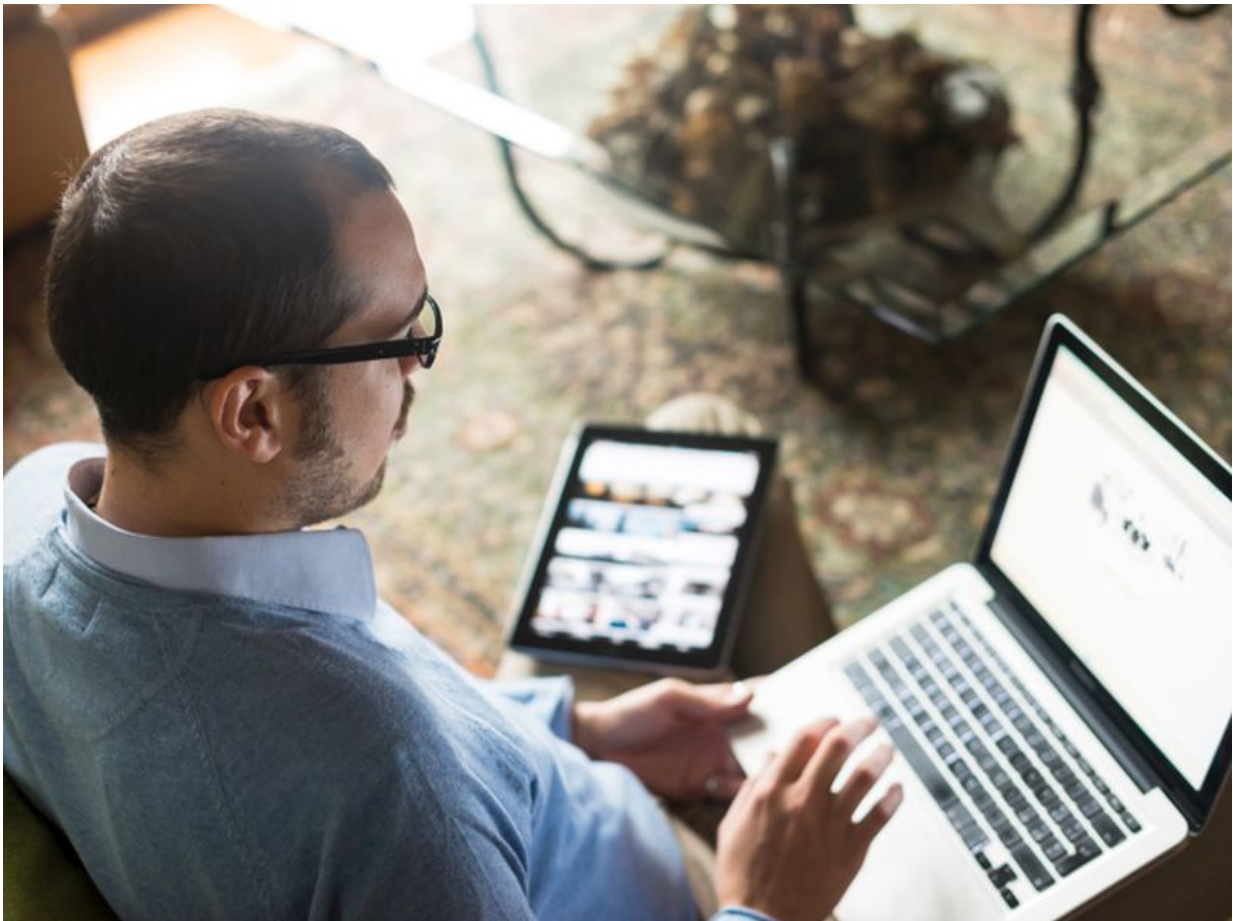


Internet-based CBT effective for depressive symptoms

February 25 2017



(HealthDay)—Self-guided internet-based cognitive behavioral therapy

(iCBT) is effective for treating adults with depressive symptoms, according to a review published online Feb. 22 in *JAMA Psychiatry*.

Eirini Karyotaki, from the Vrije Universiteit Amsterdam, and colleagues conducted a [systematic review](#) to estimate the effect of self-guided iCBT in treating adults with depressive symptoms versus controls. Individual participant data were included for 3,876 participants from 13 of 16 eligible randomized clinical trials in which self-guided iCBT was compared with a control (usual care, waiting list, or attention control); multiple imputations were used to handle missing data.

The researchers found that, compared with controls, self-guided iCBT was more effective for depressive symptom severity ($\beta = -0.21$; Hedges $g = 0.27$) and treatment response ($\beta = 0.53$; odds ratio, 1.95; number needed to treat, 8). There were significant correlations for adherence to treatment with lower [depressive symptoms](#) ($\beta = -0.19$; $P = 0.001$) and greater response to [treatment](#) ($\beta = 0.90$; P

"The use of meta-analyses of individual participant data provides substantial evidence for clinical and policy decision making because self-guided iCBT can be considered as an evidence-based first-step approach in treating symptoms of depression," the authors write.

One author received funding from the pharmaceutical and publishing industries.

More information: [Abstract/Full Text](#)

Copyright © 2017 [HealthDay](#). All rights reserved.

Citation: Internet-based CBT effective for depressive symptoms (2017, February 25) retrieved 23 April 2024 from

<https://medicalxpress.com/news/2017-02-internet-based-cbt-effective-depressive-symptoms.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.