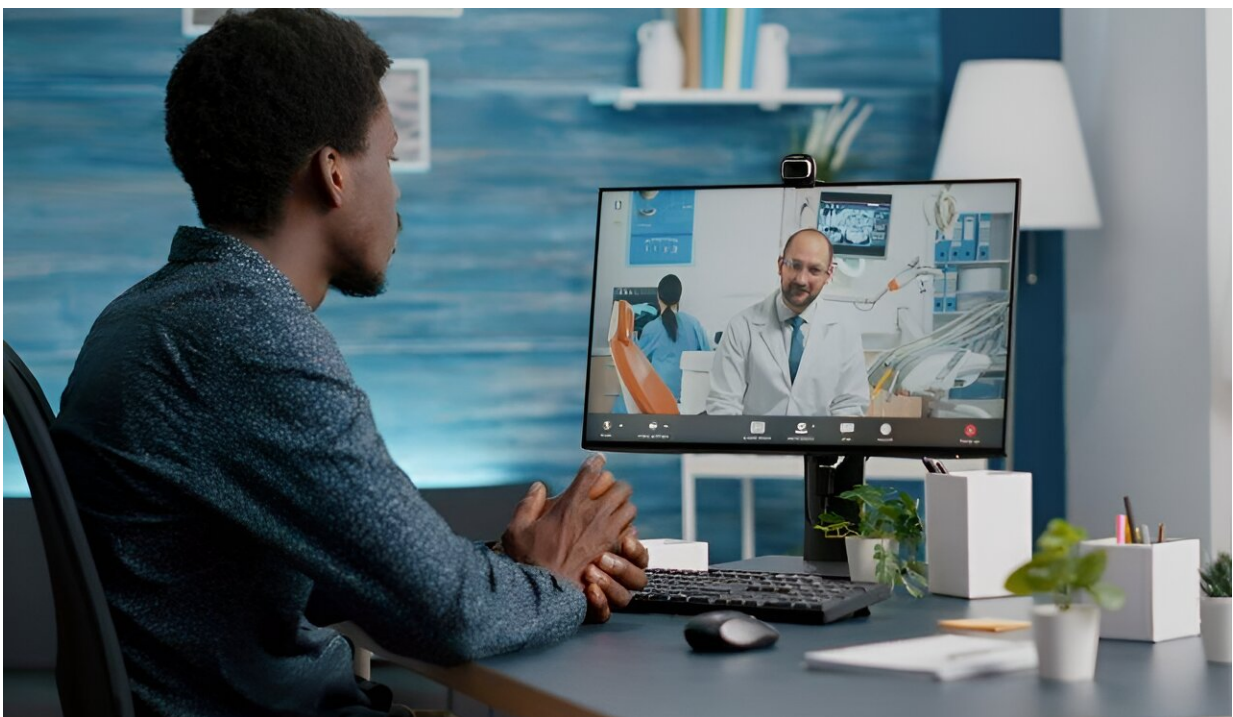


Study finds little or no difference in effectiveness of in-person versus remote cognitive behavioral therapy

March 19 2024, by Lori Solomon



There is little to no difference in the effectiveness of in-person versus

therapist-guided remote cognitive behavioral therapy (CBT) across a range of mental health and somatic disorders, according to a [review](#) published in the March 18 issue of *CMAJ*, the journal of the Canadian Medical Association.

Sara Zandieh, from McMaster University in Hamilton, Ontario, Canada, and colleagues conducted a systematic literature review to compare the effectiveness of therapist-guided remote CBT and in-person CBT.

Based on 54 included randomized controlled studies (5,463 patients), the researchers found that 17 studies focused on treatment of anxiety and related disorders, 14 on [depressive symptoms](#), seven on insomnia, six on [chronic pain](#) or fatigue syndromes, five on [body image](#) or eating disorders, three on tinnitus, one on alcohol use disorder, and one on mood and anxiety disorders.

There was moderate-certainty evidence showing little to no difference in the effectiveness of therapist-guided remote and in-person CBT on primary outcomes (standardized mean difference, -0.02 ; 95 percent confidence interval, -0.12 to 0.07).

"The World Health Organization has designated CBT as essential health care, but access remains an important barrier for many people in Canada," co-author Jason Busse, Ph.D., also of McMaster University, said in a statement. "Our findings suggest that therapist-guided, remotely delivered CBT can be used to facilitate greater access to evidence-based care."

More information: Sara Zandieh et al, Therapist-guided remote versus in-person cognitive behavioural therapy: a systematic review and meta-analysis of randomized controlled trials, *Canadian Medical*

Association Journal (2024). [DOI: 10.1503/cmaj.230274](https://doi.org/10.1503/cmaj.230274)

Copyright © 2024 [HealthDay](#). All rights reserved.

Citation: Study finds little or no difference in effectiveness of in-person versus remote cognitive behavioral therapy (2024, March 19) retrieved 8 May 2024 from <https://medicalxpress.com/news/2024-03-difference-effectiveness-person-remote-cognitive.html>

<p>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.</p>
--