**Appendices**

**Appendix A – PsycINFO search strategy**

**Appendix B – Details of excluded papers**

**Appendix A – Search strategy for PsycINFO database**

Database: PsycINFO <1806 to June Week 4 2013>

Search Strategy:

1 exp cognitive behavior therapy/ (10261)

2 expbehavior modification/ (36808)

3 expbehavior therapy/ (16315)

4 exp cognitive techniques/ (13509)

5 exp cognitive therapy/ (11377)

6 exp mindfulness/ (2546)

7 (behavio?r$ adj3 (therap$ or treatment$ or intervention$ or program$ or package$ or training or activat$ or modif$ or group$ or technique$)).ti,ab. (72789)

8 (cognitive adj3 (therap$ or treatment$ or intervention$ or program$ or package$ or training or group$ or technique$)).ti,ab. (32633)

9 CBT.ti,ab. (6739)

10 (cCBT or iCBT).ti,ab. (144)

11 cognitive restructuring.ti,ab. (1787)

12 mindfulness$.ti,ab. (3583)

13 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 (113145)

14 ((across or different or divers$ or heterogen$ or mix$ or multiple or range$ or several or varie$) adj2 (anxiety or depress$ or emotion$ or mood$) adj2 (condition$ or diagnos$ or disorder$ or illness$)).ti,ab. (1046)

15 (broad spectrum adj3 (behavio?r$ adj3 (therap$ or treatment$ or intervention$ or program$ or package$ or training or activat$ or modif$ or group$ or technique$))).ti,ab. (47)

16 (broad spectrum adj3 (cognitive adj3 (therap$ or treatment$ or intervention$ or program$ or package$ or training or group$ or technique$))).ti,ab. (4)

17 (mixed adj3 (diagnos$ or disorder$)).ti,ab. (1136)

18 (transdiagnostic or trans-diagnostic).ti,ab. (280)

19 (unified adj3 (protocol$ or therap$ or treatment$)).ti,ab. (191)

20 14 or 15 or 16 or 17 or 18 or 19 (2457)

21 13 and 20 (378)

**Appendix B – Details of excluded papers**

|  |  |
| --- | --- |
| **Study** | **Reason for exclusion** |
| Ambühl, H. and Grawe, K. (1988) | Not transdiagnostic CBT |
| Amsberg, S. et al. (2009) | Diagnostic criteria not met |
| Arch, J. J. et al. (2012) | Not transdiagnostic CBT |
| Arch, J. J. et al. (2013) | Not transdiagnostic CBT |
| Carlbring, P. et al. (2011) | Not transdiagnostic CBT |
| Conradi, H. J. et al. (2007) | Not transdiagnostic CBT |
| Dwyer, L., Olsen, S. and Oei, T. P. S. (2013) | Not true randomisation |
| Ekkers, W. et al. (2011) | Not transdiagnostic CBT |
| Ellard, K. K. et al. (2010) | Not true randomisation |
| Erickson, D. H. (2003) | Not true randomisation |
| García, M. S. (2004) | Not true randomisation |
| Grawe, K., Caspar, F. and Ambühl, H. (1990) | Not transdiagnostic CBT |
| Hamilton, K. E. et al. (2012) | Not true randomisation |
| Kristiansson, T. (2010) | Not true randomisation |
| Liberman, R. P. and Eckman, T. (1981) | Diagnostic criteria not met |
| McEvoy, P. M. and Nathan, P. (2007) | Not true randomisation |
| Mohammadi, A., Birashk, B. and Gharaie, B. (2013) | Diagnostic criteria not met |
| Norton, P. J. (2008) | Not true randomisation |
| Norton, P. J. and Hope, D. A. (2005) | Not true randomisation |
| Norton, P. J., Hayes, S. A. and Springer, J. R. (2008) | Not true randomisation |
| Riccardi, C. J. (2011) | Not true randomisation |
| Roy-Byrne, P. et al. (2010) | Not transdiagnostic CBT |
| Smits, J. A. J. et al. (2012) | Diagnostic criteria not met |
| Summ, E. et al. (2009) | Not transdiagnostic CBT |
| Waite, P., McManus, F. and Shafran, R. (2012) | Diagnostic criteria not met |
| Yoo, M. S., Lee, H. and Yoon, J. A. (2009) | Diagnostic criteria not met |

**References of excluded papers**

Ambühl, H., & Grawe, K. (1988). Die Wirkungen von Psychotherapien als Ergebnis der Wechselwirkung zwischen therapeutischem Angebot und Aufnahmebereitschaft der Klienten [The effects of psychotherapies as a result of the reciprocal effect of therapeutic offer and the client's receptiveness to it]. *Zeitschrift für Klinische Psychologie, Psychopathologie und Psychotherapie, 36*, 308-27.

Amsberg, S., Anderbro, T., Wredling, R., Lisspers, J., Lins, P.-E., Adamson, U., & Johansson, U.-B. (2009). A cognitive behavior therapy-based intervention among poorly controlled adult type 1 diabetes patients – A randomized controlled trial. *Patient Education and Counseling, 77*, 72-80.

Arch, J. J., Ayers, C. R., Baker, A., Almklov, E., Dean, D. J., & Craske, M. G. (2013). Randomized clinical trial of adapted mindfulness-based stress reduction versus group cognitive behavioral therapy for heterogeneous anxiety disorders. *Behaviour Research and Therapy, 51*, 185-96.

Arch, J. J., Eifert, G. H., Davies, C., Vilardaga, J. C., Rose, R. D., & Craske, M. G. (2012). Randomized clinical tTrial of cognitive behavioral therapy (CBT) versus acceptance and commitment therapy (ACT) for mixed anxiety disorders. *Journal of Consulting and Clinical Psychology, 80*, 750-65.

Carlbring, P., Maurin, L., Törngren, C., Linna, E., Eriksson, T., Sparthan, E., Strååt, M., Marquez von Hage, C., Bergman-Nordgren, L., & Andersson, G. (2011). Individually-tailored, internet-based treatment for anxiety disorders: A randomized controlled trial. *Behaviour Research and Therapy, 49*, 18-24.

Conradi, H. J., de Jonge, P., Kluiter, H., Smit, A., van der Meer, K., Jenner, J. A., van Os, T. W. D. P., Emmelkamp, P. M. G., & Ormel, J. (2007). Enhanced treatment for depression in primary care: Long-term outcomes of a psycho-educational prevention program alone and enriched with psychiatric consultation or cognitive behavioral therapy. *Psychological Medicine, 37*, 849-62.

Dwyer, L., Olsen, S., & Oei, T. P. S. (2013). Cognitive-behavioral group therapy for heterogeneous anxiety and mood disorders in a psychiatric hospital outpatient clinic. *Journal of Cognitive Psychotherapy, 27*, 138-54.

Ekkers, W., Korrelboom, K., Huijbrechts, I., Smits, N., Cuijpers, P., & van der Gaag, M. (2011). Competitive memory training for treating depression and rumination in depressed older adults: A randomized controlled trial. *Behaviour Research and Therapy, 49*, 588-96.

Ellard, K. K., Fairholme, C. P., Boisseau, C. L., Farchione, T. J., & Barlow, D. H. (2010). Unified protocol for the transdiagnostic treatment of emotional disorders: Protocol development and initial outcome data. *Cognitive and Behavioral Practice, 17*, 88-101.

Erickson, D. H. (2003). Group cognitive behavioural therapy for heterogeneous anxiety disorders. *Cognitive Behaviour Therapy, 32*, 179-86.

García, M. S. (2004). Effectiveness of cognitive-behavioural group therapy in patients with anxiety disorders. *Psychology in Spain, 8*, 89-97.

Grawe, K., Caspar, F., & Ambühl, H. (1990). Die Berner Therapievergleichsstudie: Fragestellung und Versuchsplan [The Bern therapy comparison study: Basic research questions and design]. *Zeitschrift für Klinische Psychologie, Psychopathologie und Psychotherapie, 19*, 294-315.

Hamilton, K. E., Wershler, J. L., Macrodimitris, S. D., Backs-Dermott, B. J., Ching, L. E., & Mothersill, K. J. (2012). Exploring the effectiveness of a mixed-diagnosis group cognitive behavioral therapy intervention across diverse populations. *Cognitive and Behavioral Practice, 19*, 472-82.

Kristiansson, T. (2010). *Modifierad KBT-gruppbehandling: utvärderad med CORE-OM [Modified CBT group treatment: Evaluated with CORE-OM].* Lunds Universitet, Lund, Sweden.

Liberman, R. P., & Eckman, T. (1981). Behavior therapy vs insight-oriented therapy for repeated suicide attempters. *Archives of General Psychiatry, 38*, 1126-30.

McEvoy, P. M., & Nathan, P. (2007). Effectiveness of Cognitive Behavior Therapy for Diagnostically Heterogeneous Groups: A Benchmarking Study. *Journal of Consulting and Clinical Psychology, 75*, 344-50.

Mohammadi, A., Birashk, B., & Gharaie, B. (2013). Comparison of the effect of group transdiagnostic therapy and group cognitive therapy on anxiety and depressive symptoms. *Iranian Journal of Public Health, 42*, 48-55.

Norton, P. J. (2008). An open trial of a transdiagnostic cognitive-behavioral group therapy for anxiety disorder. *Behavior Therapy, 39*, 242-50.

Norton, P. J., Hayes, S. A., & Springer, J. R. (2008). Transdiagnostic cognitive-behavioral group therapy for anxiety: Outcome and process. *International Journal of Cognitive Therapy, 1*, 266-79.

Norton, P. J., & Hope, D. A. (2005). Preliminary evaluation of a broad-spectrum cognitive-behavioral group therapy for anxiety. *Journal of Behavior Therapy and Experimental Psychiatry, 36*, 79-97.

Riccardi, C. J. (2011). *A randomized pilot study of a brief transdiagnostic treatment for anxiety disorders.* Florida State University, Florida.

Roy-Byrne, P., Craske, M. G., Sullivan, G., Rose, R. D., Edlund, M. J., Lang, A. J., Bystritsky, A., Welch, S. S., Chavira, D. A., Golinelli, D., Campbell-Sills, L., Sherbourne, C. D., & Stein, M. B. (2010). Delivery of evidence-based treatment for multiple anxiety disorders in primary care: A randomized controlled trial. *JAMA, 303*, 1921-28.

Smits, J. A., Minhajuddin, A., Thase, M. E., & Jarrett, R. B. (2012). Outcomes of acute phase cognitive therapy in outpatients with anxious versus nonanxious depression. *Psychotherapy and Psychosomatics, 81*, 153-60.

Summ, E., Frieling, H., Gruss, B., Stemmler, M., Bleich, S., & Kornhuber, J. (2009). Psychoedukation Angst bei stationären Patienten - Evaluation des kognitiv-verhaltenstherapeutischen Gruppenprogramms "PAsta" [Psychoeducation for in-patient anxiety - The evaluation of the cognitive behavioral group programme "PAsta"]. *Fortschritte der Neurologie und Psychiatrie, 77*, 139-45.

Waite, P., McManus, F., & Shafran, R. (2012). Cognitive behaviour therapy for low self-esteem: A preliminary randomized controlled trial in a primary care setting. *Journal of Behavior Therapy and Experimental Psychiatry, 43*, 1049-57.

Yoo, M. S., Lee, H., & Yoon, J. A. (2009). [Effects of a cognitive-behavioral nursing intervention on anxiety and depression in women with breast cancer undergoing radiotherapy]. *Journal of Korean Academy of Nursing, 39*, 157-65.