

Moderators of outcomes in guided web-based interventions for depression: An individual patient meta analysis

Liesje Donkin, Pim Cuijpers, &
Collaborative Research Group on
Internet-based Guided Self-Help for
Depression

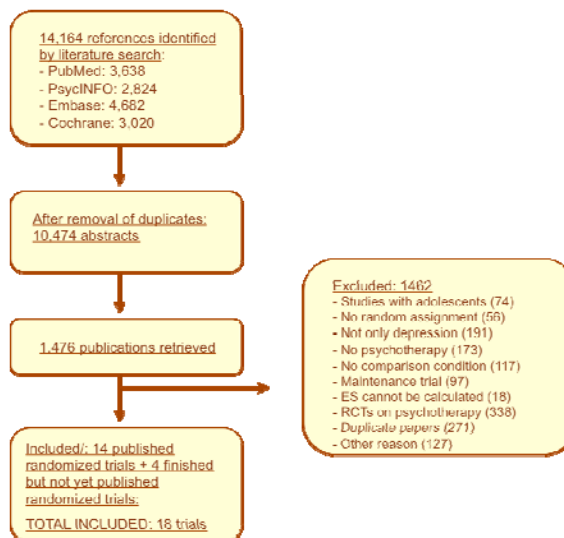
Moderators of Internet Interventions

- Web-based interventions are efficacious and effective
- Information about moderators is limited
 - Emerging field
 - Small sample sizes
 - High attrition rates

IPDMA vs. MA

	IPDMA	MA
Data level	Individual case data	Aggregated means
Source	Authors raw dataset	Published data
Data currency	Update dataset	Published dataset
Data handling	Always ITT	Authors discretion

Selection of papers



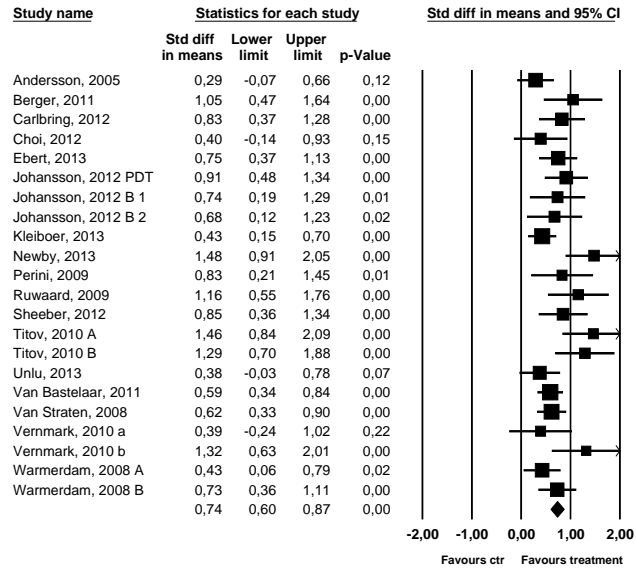
Final data set

Variable	Grouping	Nstud =18
Country	Netherlands	6
	Sweden	5
	Australia	3
	Germany	2
	Switzerland	1
	USA	1
Depression Confirmation	Interview	13
	Psychometrics	4
	Self report	1
Tool	BDI	12
	CES-D	6
Modality	CBT	12
	PST	5
	ACT	1
	PD	1

Final data set

Variable	Grouping	Nstud=21	Ncase=2,077
Gender	Female	20	1,422 (68%)
Age	30-49 years	21	1,005 (48%)
Marital Status	Married/de Facto	18	597/1,486 (40%)*
Education	Employed	19	825/1,755 (47%)*
Employment status	Further education	15	1,031/1,755 (59%)*
Depression	Mean BDI	12	24.8 (SD=8.14)
	Mean CES-D	6	29.1 (SD=8.10)
Medication	Not using medication	4	1,129/1,240 (91%)
Psychotherapy	Previous psychotherapy	13	525/1,082 (48.5%)
Previous MDE		4	283/457 (62%)
Co-morbid anxiety		10	451/1,053 (42.8%)

Standardized effect sizes



Moderators Examined

- **Socio-demographic characteristics of the patients**
 - Gender (n=2,070)
 - Age (n=2,070)
 - Employment status (n=1,565)
 - Education Status (n=1,755)
 - Marital Status (n=1,486)
 - Country of Birth (n=1,420)
- **Clinical characteristics of the patients**
 - Baseline depression (n=2,070)
 - Current medication status (n=1,240)
 - Number of previous depressive episodes (n=457)
 - Previous psychotherapy (n=1,082)
 - Alcohol problems (n=450)
 - Comorbid anxiety (n=1,053)
- **Characteristics of the interventions and studies (n=2,070)**
 - Recruitment method
 - Diagnosis confirmation
 - Country of study
 - Risk of bias score
 - Outcome measure
 - Intervention type
 - Number of modules
 - Duration of intervention

Results of Moderator Analysis

		Nst	N	Coeff	95% CI	p
Baseline depression		21	2077	-0.16	-0.27--0.04	0.01
Outcome measure	BDI	21	2077	-1.06	-1.26--0.85	0.05
	CES-D			-0.75	-0.98--0.52	
Number of modules	4-5	21	2077	-0.69	-0.93--0.54	0.03
	6-7			-1.20	-1.48--0.91	
	8-11			-0.94	-1.18--0.71	

Sociodemographic: Age (p=0.45); Gender (p=0.33); CoB (p=0.62); Marital Status (p=0.12); Employment Status (p=0.57); Education (p=0.21)

Clinical: Medication (p=0.71); Previous MDE (p=0.68); Previous PT (p=0.99); Alcohol problems (p=0.35); Comorbid anxiety (p=0.77)

Study: Recruitment strategy (p=0.65); Diagnosis confirmation (p=0.63); CoS (p=0.09); Risk of bias (p=0.95)

Intervention: Type of therapy (p=0.24); Duration (p=0.19)

Conclusions

- Depression should not preclude people from being able to use internet interventions for treatment
- Program structure and length should be examined
- Outcome measures may make it difficult to compare interventions

Collaborative Research Group on Internet-based Guided Self-Help for Depression

Evangelos Kontopantelis, NIHR School for Primary Care Research, Manchester Academic Health Science Centre, University of Manchester, M13 9PL

Gerhard Andersson, & Robert Johansson, Department of Behavioural Sciences and Learning, Linköping University, Linköping, Sweden

Gavin Andrews, Sarah Perini & Jill Newby, Clinical Research Unit for Anxiety and Depression, School of Psychiatry, University of New South Wales at St Vincent's Hospital, Darlinghurst, NSW, Australia

Thomas Berger, Department of Clinical Psychology and Psychotherapy, University of Bern, Bern, Switzerland

Per Carlbring, Department of Psychology, Umeå University, Sweden

Isabella Choi & Caroline Hunt, School of Psychology, University of Sydney, Sydney, Australia

David Ebert, Department of eMental Health, Leuphana University Lüneburg, Germany Department of Clinical Psychology and Psychotherapy, Philipps University Marburg, Germany

Lisa Sheeber, Ed Feil, & John Seeley, Oregon Research Institute, Eugene, Oregon, USA

Pim Cuijpers, Heleen Riper, Annet Kleiboer, Burcin Unlu, Lianne Warmerdam, Annemieke van Straten, & Bart Schrieken, Department of Clinical Psychology, Vrije Universiteit Amsterdam, 1081 BT Netherlands

Alfred Lange & Jeroen Ruwaard, Department of Clinical Psychology, University of Amsterdam, Amsterdam, The Netherlands, Interapy PLC, Amsterdam, The Netherlands

Nikolai Titov, Centre for Emotional Health, Department of Psychology, Macquarie University, Australia

Kim Van Bastelaar, Department of Medical Psychology, VU University Medical Center, Amsterdam, the Netherlands; Institute for Health and Care Research (EMGO Institute), VU University Medical Center, Amsterdam, the Netherlands, Department of Clinical Psychology, Vrije Universiteit Amsterdam, 1081 BT Netherlands