

Multimedia appendix 3. Study characteristics and post-intervention effects of ICBT for chronic somatic conditions: two-armed studies with an active comparison condition.

Author, year (population)	Condition, N	Dropout n (%)	Treatment content (duration)	Outcome	Outcome measure <sup>a</sup>	Main effects ICBT <sup>b</sup>	Between group effects <sup>b</sup>
Andersson et al, 2003 [36]  (recurrent headache)	ICBT + phone, 24	Intervention 7/24 (29%)	<b>ICBT (6 wks)</b> -applied relaxation -problem solving -cognitive therapy -psychoeducation -improving coping skills	<b>General psychological</b>		Non-ITT	
				depression	HADS-D	- <sup>c</sup>	0
				anxiety	HADS-A	0	0
				self-perceived stress	PSS	- <sup>d</sup>	0
	<b>Disease-related physical</b>						
	headache index	Diary		0	0		
	<b>Disease-related impact</b>						
-	-	-	-				
Kaldo et al, 2008 [48]  (tinnitus)	ICBT, 26	Intervention 10/26 (38%)	<b>ICBT (6 wks)</b> -applied relaxation -cognitive therapy -behavioral therapy -exposure -stress management -improving coping skills -psychoeducation -problem solving	<b>General psychological</b>		ITT	
				depression	HADS-D	- <sup>e</sup>	0
				anxiety	HADS-A	- <sup>h</sup>	0
				perceived stress	VAS	0	0
	<b>Disease-related physical</b>						
	tinnitus loudness	VAS		- <sup>h</sup>	0		
	quality of sleep	ISI		+ <sup>h</sup>	0		
	<b>Disease-related impact</b>						
tinnitus-related distress and annoyance	TRQ	- <sup>h</sup>	0				
Group-based CBT, 25	Measurement 2/51 (4%)						

Ljótsson et al, 2011b [51]  (irritable bowel syndrome)	ICBT, 98	Intervention 1/98 (1%)	<b>ICBT (10 wks)</b> -mindfulness & acceptance-based techniques -exposure -behavioral therapy -cognitive therapy	<b>General psychological</b>		ITT	
				depression	HADS-D	- <sup>e</sup>	0
				anxiety	HADS-A	- <sup>e</sup>	0
	self-perceived stress	PSS	- <sup>c</sup>	0			
	Internet stress management (no exposure content), 97	Measurement 4/195 (2%)	<b>Stress Management (10 wks)</b> -stress management -improving coping skills -problem solving -psychoeducation	<b>Disease-related physical</b>			
				IBS symptom severity	GSRS-IBS	- <sup>e</sup>	- <sup>e,f</sup>
				<b>Disease-related impact</b>			
disease-specific quality of life				IBS-QOL	+ <sup>e</sup>	- <sup>e,f</sup>	

<sup>a</sup>GSRS-IBS=Gastrointestinal Symptom Rating Scale – Irritable Bowel Syndrome; HADS-A=Hospital Anxiety and Depression Scale – Anxiety; HADS-D=Hospital Anxiety and Depression Scale – Depression; IBS-QOL=Irritable Bowel Syndrome Quality of Life Instrument; ICBT = internet-based cognitive behavioral therapy; ISI=Insomnia Severity Index; ITT=intent-to-treat analysis; PSS=Perceived Stress Scale; TRQ=Tinnitus Reaction Questionnaire; VAS=Visual Analogue Scale.

<sup>b</sup>0 =no statistically significant effects, – =statistically significant effect indicating a reduction in the outcome, + =statistically significant effect showing an increase in the outcome.

<sup>c</sup>P< .05

<sup>d</sup>P≤.01

<sup>e</sup>P≤.001

<sup>f</sup>Favoring ICBT

<sup>g</sup>Only for the Internet condition

<sup>h</sup>P value not reported