

Multimedia appendix 2. Study characteristics and post-intervention effects of ICBT for chronic somatic conditions: two-armed studies with a passive control condition.

Author, year (population)	Condition, N	Dropout n (%)	Treatment content (duration)	Outcome	Outcome measure ^a	Between group effects ^b	
Abbott et al, 2009 [35] (tinnitus)	ICBT, 32	Intervention 23/32 (72%)	ICBT (6 wks) -applied relaxation -cognitive therapy -behavioral therapy -psychoeducation -improving coping skills	General psychological		ITT	
				depression	DASS-D	0	
				anxiety	DASS-A	0	
				stress	DASS-S	0	
		Measurement 32/56 (57%)		Disease-related physical			
	tinnitus loudness			VAS	0		
	quality of sleep			VAS	0		
	Disease-related impact						
		tinnitus-related distress and annoyance	TRQ	0			
Andersson et al, 2002 [37] (tinnitus)	ICBT, 53	Intervention 26/53 (49%)	ICBT (6 wks) -applied relaxation -cognitive therapy -behavioral therapy -mindfulness & acceptance-based techniques -psychoeducation -improving coping skills	General psychological		Non-ITT	
				depression	HADS-D	- ^e	
				anxiety	HADS-A	- ^e	
				Disease-related physical			
		Measurement 45/117 (38%)		tinnitus loudness	VAS	- ^d	
	quality of sleep			VAS	0 ^c		
	Disease-related impact						
					tinnitus-related distress and annoyance	TRQ	- ^e
van Bastelaar et al, 2011 [57] (type 1 and 2 diabetes)	ICBT, 125	Intervention 72/125 (58%)	ICBT (8 wks) -cognitive therapy -applied relaxation -behavioral therapy -stress management -improving coping skills	General psychological		ITT	
				depression	CES-D	- ^f	
				Disease-related physical			
		Measurement 88/255 (35%)		glycemic control	HbA1c	<i>n.r.</i>	
	Disease-related impact						
					diabetes-specific emotional distress	PAID	- ^f
Berman et al, 2009 [38] (chronic pain)	ICBT, 52	Intervention 10/52 (19%)	ICBT (6 wks) -applied relaxation -cognitive therapy (group) -psychoeducation	General psychological		Non-ITT	
				depression	CES-D	0	
				anxiety	STAI-6	0	
		Measurement 11/89 (12%)		Disease-related physical			
					pain intensity	BPI	0
					Disease-related impact		
		-	-	-			

Brattberg, 2006 [39] (chronic pain and/or burnout)	ICBT, 30	Intervention 3/30 (10%)	ICBT (20 wks) -cognitive therapy (group) -psychoeducation	General psychological		Non-ITT
	Waiting list, 30	Measurement 5/60 (8%)		depression	HADS-D	- ^d
				anxiety	HADS-A	0
				Disease-related physical		
				bodily pain	SF-36	- ^d
				Disease-related impact		
-	-	-				
Burhman et al, 2004 [40] (chronic back pain)	ICBT, 22 ^b	Intervention <i>n.r.</i>	ICBT (6 wks) -improving coping skills -applied relaxation -stress management -cognitive therapy -physical exercise -psychoeducation	General psychological		Non-ITT
	Waiting list, 29 ^b	Measurement 5/56 (9%)		depression	HADS-D	0
				anxiety	HADS-A	0
				affective distress	MPI	0
				Disease-related physical		
				average pain intensity	Diary	0
				pain severity	MPI	0
				Disease-related impact		
-	-	-				
Burhman et al, 2011 [41] (chronic back pain)	ICBT, 26	Intervention 3/26 (12%)	ICBT (8 wks) -applied relaxation -cognitive therapy -stress management -improving coping skills -mindfulness -physical exercise -psychoeducation	General psychological		ITT
	Waiting list, 28	Measurement 4/54 (7%)		depression	HADS-D	0
				anxiety	HADS-A	0
				affective distress	MPI	0
				Disease-related physical		
				pain severity	MPI	0
				Disease-related impact		
				-	-	-
David et al, 2011 [42] (breast cancer)	ICBT, 69	Intervention 37/69 (54%)	ICBT (8 wks) -psychoeducation -cognitive therapy -behavioral therapy -stress management -improving coping skills -problem solving	General psychological		Non-ITT
	Waiting list, 64	Measurement 63/133 (47%)		depression	BSI	0
				anxiety	BSI	0
				psychological distress	BSI-GSI	0
				Disease-related physical		
				-	-	-
				Disease-related impact		
				-	-	-
Devineni and Blanchard, 2005 [43] (chronic headache)	ICBT, 39 ^b	Intervention <i>n.r.</i>	ICBT (4 wks) -applied relaxation -cognitive therapy -stress management -improving coping skills -biofeedback	General psychological		Non-ITT
	Waiting list, 47 ^b	Measurement 53/139 (38%)		depression	CES-D	0
				anxiety	STAI-T	0
				Disease-related physical		
				headache index	Diary	- ^t
				Disease-related impact		
-	-	-				

Hunt et al, 2009 [47] (irritable bowel syndrome)	ICBT, 28	Intervention 15/28 (54%)	ICBT (6 wks) -applied relaxation -stress management -improving coping skills -cognitive therapy -behavioral therapy -exposure -psychoeducation	General psychological		Non-ITT
				-	-	-
				Disease-related physical		
	Waiting list (+self-monitoring), 26	Measurement 23/54 (43%)		gastrointestinal symptom severity	GSRS	- ^e
				Disease-related impact		
		disease-specific quality of life	IBS-QOL	+ ^d		
Ljótsson et al, 2010 [50] (irritable bowel syndrome)	ICBT, 43	Intervention 13/43 (30%)	ICBT (10 wks) -exposure -mindfulness & acceptance-based techniques -cognitive therapy -behavioral therapy -psychoeducation	General psychological		ITT
				depression	MADRS-S	0 ^h
				Disease-related physical		
	Waiting list +discussion forum, 43	Measurement 5/86 (6%)		IBS symptom severity	GSRS-IBS	- ^f
				Disease-related impact		
		disease-specific quality of life	IBS-QOL	+ ^f		
Ljótsson et al, 2011a [49] (irritable bowel syndrome)	ICBT, 30	Intervention 7/30 (23%)	ICBT (10 wks) -exposure -mindfulness & acceptance-based techniques -cognitive therapy -behavioral therapy -psychoeducation	General psychological		ITT
				-	-	-
				Disease-related physical		
	Waiting list + discussion forum, 31	Measurement 11/61 (18%)		IBS symptom severity	GSRS-IBS	- ^f
				Disease-related impact		
		disease-specific quality of life	IBS-QOL	+ ^f		
Lorig et al, 2006 [53] (heterogeneous)	ICBT, 457	Intervention 104/457 (23%)	ICBT (6 wks) -psychoeducation -physical exercise -cognitive therapy -stress management -improving coping skills -relaxation -problem solving	General psychological		Non-ITT
				-	-	-
				Disease-related physical		
	CAU, 501	Measurement 175/958 (18%)		pain	VNS	- ^e
				fatigue	VNS	- ^d
				Disease-related impact		
				health distress	HDS	- ^d
Lorig et al, 2008 [54] (arthritis or fibromyalgia)	ICBT, 433	Intervention 123/433 (28%)	ICBT (6 wks) -psychoeducation -physical exercise -cognitive therapy -applied relaxation -stress management -improving coping skills -problem solving	General psychological		ITT
				-	-	-
				Disease-related physical		
	CAU, 422	Measurement 214/855 (25%)		pain	VNS	- ^f
				fatigue	VNS	0 ^c
				Disease-related impact		
				health distress	HDS	- ^f

Lorig et al, 2010 [52] (type 2 diabetes)	ICBT, 259	Intervention 96/491 (20%)	ICBT (6 wks) -stress management -improving coping skills -physical exercise -applied relaxation -problem solving -cognitive therapy -psychoeducation	General psychological		ITT
	ICBT + email reinforcement, 232	Measurement 116/761 (15%)		depression	PHQ	0
	CAU, 270			Disease-related physical		
			glycemic control	A1c	0 ^c	
			Disease-related impact			
			health distress	HDS	0	
Ström et al, 2000 [55] (recurrent headache)	ICBT, 20 ^g	Intervention <i>n.r.</i>	ICBT (6 wks) -applied relaxation -problem solving -improving coping skills	General psychological		Non-ITT
				depression	BDI	0
	Waiting list, 25 ^g	Measurement 57/102 (56%)		Disease-related physical		
					headache index	Diary
			Disease-related impact			
			-	-	-	
Thompson et al, 2010 [56] (epilepsy)	ICBT, 13	Intervention 7/26 (27%)	ICBT (8 wks) -cognitive therapy -mindfulness & acceptance based techniques -psychoeducation -applied relaxation	General psychological		Non-ITT
	MBCT delivered by phone, 12	Measurement 13/52 (25%)		depression	BDI	- ^f
	CAU waiting list, 27					
					Disease-related physical	
			-	-	-	
			Disease-related impact			
			physical health quality of life	BRFSS	0	

^aBDI=Beck Depression Inventory; BPI=Brief Pain Inventory; BRFS=Behavioral Risk Factor Surveillance System; BSI=Brief Symptom Inventory; BSI-GSI=Brief Symptom Inventory - Global Severity Index; CAU=Care as usual; CES-D=Centre for Epidemiologic Studies – Depression; DASS-A=Depression Anxiety Distress Scales - Anxiety; DASS-D=Depression Anxiety Distress Scales - Depression; DASS-S=Depression Anxiety Distress Scales - Stress; GRS=Gastrointestinal Symptom Rating Scale; GRS-IBS=Gastrointestinal Symptom Rating Scale - Irritable Bowel Syndrome; HADS-A=Hospital Anxiety and Depression Scale - Anxiety; HADS-D=Hospital Anxiety and Depression Scale – Depression; HbA1C=Hemoglobin A1C; HDS=Health Distress Scale; IBS=irritable bowel syndrome; IBS-QOL=Irritable Bowel Syndrome Quality of Life Instrument; ICBT=Internet-based cognitive therapy; ITT=intent-to-treat analysis; MADRS-S=Montgomery-Åsberg Depression Rating Scale self-rating; MPI=Multidimensional Pain Inventory; PAID=Problem Areas in Diabetes; PHQ=Patient Health Questionnaire; SF-36=Short Form Health Survey-36; STAI-S=State Trait Anxiety Inventory - State Anxiety; STAI-T=State Trait Anxiety Inventory - Trait Anxiety; TRQ=Tinnitus Reaction Questionnaire; VAS=Visual Analogue Scale; VNS=Visual Numeric Scale.

^b0 =no statistically significant effects, - =statistically significant effect indicating a reduction in the outcome, + =statistically significant effect showing an increase in the outcome

^cP≤.1

^dP<.05

^eP≤.01

^fP≤.001

^g after dropout, pre-dropout sample size not reported

^hPer-protocol means and SDs are reported in the article (ITT did not affect results, except for non-significance of effect on MADRS-S).