

Multimedia appendix 4. Study characteristics and between-group post-intervention effects of ICBT for chronic somatic conditions: three-armed studies with two active treatment conditions and one passive control condition.

Author, year (population)	Condition, N	Dropout n (%)	Treatment content (duration)	Outcome	Outcome measure ^a	Comparison	Between group effects ^b
Ghahari et al, 2010 [44] (fatigued patients with neurological conditions)	ICBT, 34 Online self-management, 28 Care as usual, 33	Intervention 10/34 (29%)	ICBT (7 wks) -stress management -improving coping skills -psychoeducation -cognitive therapy	General psychological			ITT
						ICBT - control	0
				depression	DASS-D	Info only - control	0
					ICBT - info only	0	
					ICBT - control	0	
	anxiety			DASS-A	Info only - control	0	
					ICBT - info only	0	
		Measurement 10/95 (11%)	Online self-management (7 wks) -stress management -improving coping skills -psychoeducation			ICBT - control	0
	stress			DASS-S	Info only - control	0	
					ICBT - info only	0	
	Disease-related physical						
	–			–	–	–	
	Disease-related impact						
	–			–	–	–	
	Hedborg & Muhr, 2011 [45] (migraine)	ICBT, 28 ICBT+ massage, 27 Control, 28	Intervention 6/55 (11%)	ICBT (6 months) -stress management -improving coping skills -applied relaxation -cognitive therapy -physical exercise -behavioral therapy -psychoeducation	General psychological		
						ICBT+ - control	0
depression					MADRS-S	ICBT - control	0
					ICBT + - ICBT	0	
Disease-related physical							
			ICBT + - control		– ^c		
migraine frequency		Diary	ICBT - control		– ^c		
			ICBT + - ICBT		0		
Disease-related impact							
–		–	–		–		

Hesser et al, 2012 [46] (tinnitus)	ICBT, 32	Intervention 10/67 (15%)	ICBT (8 wks) -applied relaxation -cognitive therapy -behavioral therapy -exposure -stress management -improving coping skills -psychoeducation -problem solving	General psychological			ITT
						ICBT - control	0
				depression	HADS-D	IACT - control	— ^d
						ICBT - IACT	0
						ICBT - control	— ^d
				anxiety	HADS-A	IACT - control	— ^c
						ICBT - IACT	0
						ICBT - control	0
	Discussion forum, 32	Measurement 4/99 (4%)	IACT (8 wks) -mindfulness & acceptance-based techniques -behavioral therapy -cognitive therapy -psychoeducation	stress	PSS	IACT - control	— ^d
						ICBT - IACT	0
				Disease-related physical			
						ICBT - control	0
				sleep quality	ISI	IACT - control	0
						ICBT - IACT	0
				Disease-related impact			
				—	—	—	—

^aDASS-A=Depression Anxiety Distress Scales - Anxiety; DASS-D=Depression Anxiety Distress Scales - Depression; DASS-S=Depression Anxiety Distress Scales - Stress; HADS-A=Hospital Anxiety and Depression Scale - Anxiety; HADS-D=Hospital Anxiety and Depression Scale – Depression; IACT=Internet-based acceptance and commitment therapy; ICBT = internet-based cognitive behavioral therapy; ISI=Insomnia Severity Index; ITT=intent-to-treat analysis; MADRS-S=Montgomery-Åsberg Depression Rating Scale self-rating; PSS=Perceived Stress Scale.

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

^c $P < .05$

^d $P < .01$