

# **Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: an updated systematic review and meta-analysis.**

Carlbring P<sup>1</sup>, Andersson G<sup>2,3</sup>, Cuijpers P<sup>4</sup>, Riper H<sup>4,5,6,7</sup>, Hedman-Lagerlöf E<sup>8</sup>.

## **Abstract**

During the last two decades, Internet-delivered cognitive behavior therapy (ICBT) has been tested in hundreds of randomized controlled trials, often with promising results. However, the control groups were often waitlisted, care-as-usual or attention control. Hence, little is known about the relative efficacy of ICBT as compared to face-to-face cognitive behavior therapy (CBT). In the present systematic review and meta-analysis, which included 1418 participants, guided ICBT for **psychiatric and somatic conditions** were directly compared to face-to-face CBT within the same trial. Out of the 2078 articles screened, a total of 20 studies met all inclusion criteria. Results showed a pooled effect size at post-treatment of Hedges  $g = .05$  (95% CI,  $-.09$  to  $.20$ ), **indicating that ICBT and face-to-face treatment produced equivalent overall effects**. Study quality did not affect outcomes.