Table 3

Evidence for high-intensity psychosocial interventions in patients with a chronic condition[1]

Intervention	Number of participants (studies)	Quality of evidence	SMD (effect estimate)*	Statistical significance
Group CBT	580 (9)	Moderate	-0.54 (moderate)	✓
Individual CBT	338 (4)	Moderate	-0.55 (moderate)	✓
Behavioural couples therapy	-	-	-	-

*For depression at end of treatment. Comparison with standard care rather than active comparison group, hence part of the effect likely to be a nonspecific effect of the increased attention given to the treatment group