



Bilaga 4 Resurser från hälsoekonomiska studier

Internetförmädd psykologisk behandling
Jämförelse med andra behandlingar vid
psykiatriska syndrom

Internet-based psychological treatment
compared to other interventions for
common mental disorders

Rapport nr 337 (2021)

Appendix 4 Resource use and costs of ICBT and CBGT reported in the Swedish studies identified in the systematic review of health economic literature

Table of resource use and costs of ICBT and CBGT reported in the Swedish studies identified in the systematic review of health economic literature

Study	Principal diagnosis	Intervention	Comparator	Estimate of resource use and/or cost of delivering intervention	Estimate of resource use and/or cost of delivering CBGT
Studies in adults					
Andersson 2015a [1]	OCD	ICBT with therapist support and reminders (n=50) Duration of treatment: 10 weeks	Internet-based support therapy (n=51)	Mean total therapist time for patients in the intervention group was 129 min (SD=67), i.e. 12.9 min/week. No details provided on how time was measured.	-
Axelsson 2018 [2]	Severe health anxiety	1) ICBT with therapist support over e-mail (n=32). 2) ICBT with no therapist support (n=33). 3) Cognitive behavioral bibliotherapy (n=34). Duration of treatment: 12 weeks	Waiting list (n=33)	Mean total therapist time per week was 5.3 min (SD 3.0) for group 1 and 0 for groups 2 and 3. Time logged on platform.* Mean participant time per week was 212 min for group 1, 133 min for group 2 and 208 min for group 3.* Overhead costs for platform and administration estimated at SEK 146 per participant (based on	-

Study	Principal diagnosis	Intervention	Comparator	Estimate of resource use and/or cost of delivering intervention	Estimate of resource use and/or cost of delivering CBGT
				estimates by El Alaoui and Lindefors [3].	
Nordgren 2014 [4]	Any anxiety disorder	ICBT with therapist support via a messenger system within the treatment platform (n=50) Duration of treatment: 10 weeks	Attention control (n=50)	Mean total therapist time spent per patient in the intervention group was 15 min per week.* No details provided on how time was measured.	-
Bergström 2010 [5]	Panic disorder	ICBT with therapist support via e-mail (n=53) Duration of treatment: 10 weeks	CBGT. Weekly 2-hour sessions. (n=60)	Mean total therapist time spent per patient in the ICBT group was 35.4 minutes (SD 19.0), corresponding to 3.5 minutes per week. This reportedly corresponded to time spent answering patient e-mails. No details provided on how this time was measured.	Mean total therapist time spent per patient in CBGT was 6 hours, corresponding to 36 min per week of treatment. Calculated considering that the 54 group patients were distributed over 10 different groups whose sessions were 2 hours each and led by 2 therapists, and that the actual average number of weekly group sessions attended in the group treatment was 8.1 (SD = 2.1).
El Alaoui 2017[6], Hedman 2014 [7] and Hedman 2011 [8]	Social anxiety disorder	ICBT with low level email support (n=64) Duration of treatment: 15 weeks	CBGT (n=62). One initial individual session followed by 14	Mean use of effective therapist time per patient in the ICBT group was 190 minutes (SD 54), corresponding to 12.6 min	Mean use of effective therapist time per patient in CBGT was 500 minutes (SD 31), corresponding to 33 min per week of treatment (El

Study	Principal diagnosis	Intervention	Comparator	Estimate of resource use and/or cost of delivering intervention	Estimate of resource use and/or cost of delivering CBGT
Based on RCT reported in study [7]			group sessions. Each session was 2.5 hours long. Each group consisted of six to seven patients.	per week (El Alaoui 2017) [6] Time logged on platform. Mean total medical secretary time spent per patient in the ICBT group was 46 min. (El Alaoui 2017). Addition of assumed developmental cost of USD 600 and USD 1000 were explored in sensitivity analysis in Hedman 2011 [8] and Hedman 2014 [7], respectively.	Alaoui 2017) [6]. Estimated average standard time. Mean total medical secretary time spent per patient in CBGT was 5 min. (El Alaoui 2017) [6]. Time spent by other professionals were the same as for the intervention.
Hedman 2013 [9]	Severe health anxiety	ICBT with access to a therapist through a secure online contact system (n=40) Duration of treatment: 12 weeks.	Online discussion forum where participants could send messages anonymously to each other (n=41)	Mean therapist time spent was 9 min/week with each patient (SD not reported). No details provided on how time was measured. Addition of assumed developmental costs of GBP 390 explored in sensitivity analysis.	-
Hedman 2016 [10]	Severe health anxiety	ICBT with therapist support via online	Internet-delivered	Median therapist time was 11 min per week for patients in ICBT group	-

Study	Principal diagnosis	Intervention	Comparator	Estimate of resource use and/or cost of delivering intervention	Estimate of resource use and/or cost of delivering CBGT
		messenger system (n=79) Duration of treatment: 12 weeks.	behavioural stress Management (n=79)	(Mean and SD not reported). No details provided on how time was measured.	
Holst 2018 [11] Based on RCT reported in Kivi 2014 [12]	Mild to moderate depression	Commercially available ICBT treatment programme (<i>Depressionshjälpen</i>). Therapist support via secure email or by telephone (n=52) Duration of treatment: 12 weeks.	TAU in Swedish primary care (n=38)	Mean therapist time was around 15 min per week per participant (SD not reported). No details provided on how time was measured. ICBT program costs including technical support assumed to be SEK 1000 per patient, based on the market price of similar commercially available programmes.	-
Kraepelien 2018 [13] Based on RCT reported in Hallgren 2015 [14] and 2016 [15]	Depression	ICBT with therapist support given as written messages in the treatment platform (n=317) Duration of treatment: 12 weeks.	TAU in Swedish primary care (n=312)	Mean therapist time spent was 16 min/week with each patient in the ICBT group (SD not reported). No details provided on how time was measured.	-

Study	Principal diagnosis	Intervention	Comparator	Estimate of resource use and/or cost of delivering intervention	Estimate of resource use and/or cost of delivering CBGT
Studies in children and adolescents					
Jolstedt 2018 [16]	Children aged 8-12 years with a principal diagnosis of separation anxiety disorder, generalized anxiety disorder, specific phobia, social anxiety disorder or panic disorder of at least moderate severity	ICBT with therapist contact consisting mainly of messages and comments on worksheets within the programme (n=66) Duration of treatment: 12 weeks.	Internet-delivered child-directed play delivered to the parent(s) (n=65)	Mean therapist time spent was 25 minutes per week per patient in the ICBT group (SD not reported). Therapist time was reportedly measured as total time spent supporting the participants throughout the 12-week treatment period (time spent online and on the telephone with both child and parent). Online platform maintenance costs (IT support, server costs and software updates) were the same as in Lenhard 2016.	-
Lenhard 2016 [17]	Adolescents (age 12-17) with moderate to severe OCD.	Therapist guided and parent-assisted ICBT with written therapist feedback 5 days a week via messages through the secure internet portal and occasionally via	Waiting list (n=34)	Mean therapist time was 17.5 minutes per patient/week (SD not reported). Clinician times were reportedly logged for every clinician's contact with individual patients and included writing messages to the patients and telephone calls.	-

Study	Principal diagnosis	Intervention	Comparator	Estimate of resource use and/or cost of delivering intervention	Estimate of resource use and/or cost of delivering CBGT
		telephone calls (n=33) Duration of treatment: 12 weeks.		ICBT treatment platform maintenance costs (external IT support, technical upgrades and iterative development of platform functionality) were estimated at USD 65.60 per ICBT patient, corresponding to approximately SEK 640.	

ICBT = Internet-based cognitive behavioral therapy; **CBGT** = Cognitive behavioural group therapy; **OCD** = Obsessive compulsive disorder; **USD** = US dollars; **SEK** = Swedish crowns; **SD** = standard deviation; **GBP** = British pound sterling; **TAU** = Treatment as usual

*Information provided by authors.

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