



## **Appendix 2**

**This appendix was part of the submitted manuscript and has been peer reviewed.  
It is posted as supplied by the authors.**

Appendix to: Aroll B, Wallace H, Mount V, et al. A systematic review and meta-analysis of treatments for acrophobia. *Med J Aust* 2017; 206: 263-267. doi: 10.5694/16.00540.

## Appendix 2: Summary of the characteristics of trials included in the review

Study	N Start	Age range, y	Mean age, y	Population	Country	Design	Study groups	N per group at end	N visits	Time/visit, min	Total time, min	Follow-up, months	Outcome measures	Outcome	
Desensitisation															
Baker et al. 1973	30	≤60	32	SH	USA	RCT	therD	7	12-14	-	-	8	AQ (Both)	TherD, SelfD > WLC	
							selfD	9					AQ (Both)	TherD = SelfD	
							WLC	13							
Pendleton & Higgins 1983	62	17-54	23.13	SH, U	USA	RCT	NEG	Total 62	6	45	270	NA	AQ (both)	NEG, therD, > WLC = relaxation	
							therD							BAT	NEG, therD, relaxation >WLC
							relaxation								
							WLC								
In-vivo Exposure															
Bourque & Ladoucer 1980	50	19-55	29	SH	CAN	RCT	PM	10	-	-	mean 115 (35 to 360)	-	BAT	PM = PMWC = MRR = TCE= CCE	
							PMWC	10							
							MRR	10							
							TCE	10							
							CCE	10							
Lang & Craske 2000	34	-	19	U	USA	RCT	IVE (2 locations)	17	1	60	60	1	BAI	IVE (2 locations) = IVE (1 location)	
							IVE (1 location)	17					(BAT) SUDS	IVE (2 locations) = IVE (1 location)	
Marshall 1985 (1)	60	19-43	24	C	CAN	RCT	no treatment	10	3	0-32	0-96	1	BAT	PE+CSS, PE, ST > BE =VBE = no treatment	
							BE	10						SRS	PE+CSS, PE, ST > BE =VBE = no treatment
							BE2	10						SUDS	PE+CSS, PE, ST > BE =VBE = no treatment
							ST	10							
							PE	10							
							PE + CSS	10							
Marshall 1985 (2)	60	19-43	4	C	CAN	RCT	BE	10	-	-	-	1	BAT	ST > BE, BE2	
							BE2	10					anxBAT	ST > BE, BE2	
							ST	10					SUDS	ST > BE, BE2	
Menzies & Clarke 1995	60	22-62	40.04	SH, U	AUS	RCT	IVE	20	8	60	480	9	AQ	IVE > CR = PMR	
							CR	20					BAT	IVE > CR = PMR	
							PMR	20					SRS	IVE > CR = PMR	
Williams et al. 1985	38	22-68	-	SH	USA	RCT	IVE + GM	13	2	90	165 <sup>a</sup>	1	SE	IVE + GM > IVE + PD > no treatment	
							IVE + PD	12					anxBAT (SUDS)	IVE+GM = IVE+PD > no treatment	
							no treatment	13							
Wolitzky-Taylor & Telch 2009	88	18-64	-	SH	USA	RCT	IVE + OA	28	1	36	36	1	AQ(total)	IVE + OA > IVE = psychPL = WLC	
							IVE	24					BAT (fear)	IVE + OA > IVE = psychPL = WLC	
							psychPL	25							
							WLC	11							
Neurolinguistic Programming															
Arroll et al. 2016	107	-	42.6	NC	NZL	RCT	NLP	57	1	15	15	2	HIQ	NLP > meditation	
							meditation	50					SRS	NLP > meditation	
													GAD-7	NLP = meditation	
Virtual-reality Exposure															
Emmelkamp et al. 2002	33	-	43.97	SH	NLD	RCT	VRE	17	3	60	180	6	AQ	VRE = IVE	
							IVE	16					ATHQ	VRE = IVE	
													BAT	VRE = IVE	
Krijn et al. 2004 (A)	37	-	50.6	-	NLD	CO	VRE (CAVE or HMD)	17	3	60	180	NA (CO)	AQ (anxiety)	VRE = WLC	
													AQ (avoid)	VRE = WLC	
							WLC	11					ATHQ	CAVE = HMD; VRE>WLC	
													BAT	VRE > WLC	

							VRE + CSS	12						AQ (anxiety)	VRE + CSS = VRE
														AQ (avoid)	VRE + CSS = VRE
Krijin et al. 2007	26	-	50.5	-	NLD	CO	VRE	14	2	60	120	NA (CO)	ATHQ	VRE + CSS = VRE	
													SE	VRE + CSS = VRE	
	17	-	20	U	USA	RCT	VRE	10	7	45	315	-	AQ (anxiety)	VRE > WLC	
Rothbaum et al. 1995													AQ (avoid)	VRE > WLC	
							WLC	7					ATHQ	VRE > WLC	
Virtual-reality Exposure with Medication															
							VRE + hydrocortisone	20						AQ	VRE + hydrocortisone > VRE + placebo
de Quervain et al. 2011	40	-	43/40	SH, U, C	CHE	RCT	VRE + placebo	20	3	20	60	1	ATHQ	VRE + hydrocortisone = VRE + placebo	
													SUDS	VRE + hydrocortisone > VRE + placebo	
													BAT	VRE + hydrocortisone = VRE + placebo	
							VRE + 500mg DCS	9						AQ (anxiety)	500mg DCS = 50mg DCS; VRE+DCS >placebo
														AQ (avoid)	500mg DCS = 50mg DCS; VRE+DCS >placebo
Ressler et al. 2004	27	-	45.81	SH	USA	RCT	VRE + 50mg DCS	8	2	45	90	3	ATHQ	VRE + DCS > VRE + placebo	
							VRE + placebo	10					SUDS	VRE + DCS > VRE + placebo	
							VRE + PDCS (50mg)	15						AQ	VRE + PDCS = VRE + PPL
Tart et al 2013	39	-	33.52	U	USA	RCT	VRE + PPL	14	2	30	60	2	ATHQ	VRE + PDCS = VRE + PPL	
													BAT	VRE + PDCS = VRE + PPL	
Total 808															
Notes: # = mean total treatment time reported in study A= Krijin 2004 states VRE > WLC but actual data says this is only the case for ATHQ (1), (2) = separate studies within a single publication Abbreviations: =, equal to;>, greater than; anxBAT, anxiety during the BAT; AQ, acrophobia questionnaire; AQ both, avoidance and anxiety scale of AQ; ATHQ, attitudes towards heights questionnaire; AUS, Australia; BAT, behavioural avoidance test; BE, brief exposure therapy to 75% maximal fear; C, clinical; CAN, Canada; CAVE, computer automated virtual environment; CCE, client controlled exposure; CHE, Switzerland; CO, cross-over design; CR, cognitive restructuring; CSS, coping self-statements; DCS, pre-exposure D-Cycloserine; GAD-7, generalised anxiety disorder questionnaire; GM, guided mastery; HIQ, heights interpretation questionnaire; HMD, head mounted display; IVE, in-vivo exposure; MRR, modelling plus response rehearsal; NC, non-clinical; NEG, negative practice; NLD, Netherlands; NLP, neurolinguistic programming; NZL, New Zealand; OA, oppositional actions; PD, performance desensitisation; PDCS, post exposure D-Cycloserine; PE, prolonged exposure therapy; PM, participant modelling; PMR, progressive muscle relaxation; PMWC participant modelling without therapist contact; PPL, post-exposure placebo; psychPPL, psychological placebo; RCT, randomised controlled trial; selfD, self-directed desensitisation; SH, self-help; SRS, self-rated fear of heights; ST, standard exposure therapy; SUDS, subjective units of discomfort; TCE, therapist controlled exposure; therD, therapist-directed desensitisation; U, university; USA, United States of America; VBE, very brief exposure therapy; VRE, virtual-reality exposure therapy; WLC, waitlist control															