



## **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
<b>Desensitisation</b>															
Baker et al. 1973	30	≤60	32	SH	USA	RCT	selfD	therD	7	12-14	-	-	8	AQ (Both)	TherD, SelfD > WLC
								WLC	9					AQ (Both)	TherD = SelfD
								NEG						AQ (both)	NEG, therD, > WLC = relaxation
Pendleton & Higgins 1983	62	17-54	23.13	SH, U	USA	RCT	therD	relaxation	6	45	270	NA	BAT	NEG, therD, relaxation >WLC	
								WLC						Total 62	
<b>In-vivo Exposure</b>															
Bourque & Ladouceur 1980	50	19-55	29	SH	CAN	RCT	MRR	PM	10						
								PMWC	10						
								TCE						mean 115 (35 to 360)	
								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	BE2	no treatment	10					BAT	PE+CSS, PE, ST > BE =VBE = no treatment
								BE	10					SRS	PE+CSS, PE, ST > BE =VBE = no treatment
								ST	10					SUDS	PE+CSS, PE, ST > BE =VBE = no treatment
								PE	10						
								PE + CSS	10						
Marshall 1985 (2)	60	19-43	4	C	CAN	RCT	BE2	BE	10					BAT	ST > BE, BE2
								ST	10					anxBAT	ST > BE, BE2
								IVE	20					AQ	IVE > CR = PMR
Menzies & Clarke 1995	60	22-62	40.04	SH, U	AUS	RCT	CR		20	8	60	480	9	BAT	IVE > CR = PMR
								PMR	20					SRS	IVE > CR = PMR
Williams et al. 1985	38	22-68	-	SH	USA	RCT	IVE + PD	IVE + GM	13					SE	IVE + GM > IVE + PD > no treatment
								no treatment	13					anxBAT (SUDS)	IVE+GM = IVE+PD > no treatment
Wolitzky-Taylor & Telch 2009	88	18-64	-	SH	USA	RCT	IVE	IVE + OA	28					AQ(total)	IVE + OA > IVE = psychPL = WLC
								psychPL	25					BAT (fear)	IVE + OA > IVE = psychPL = WLC
								WLC	11						
<b>Neurolinguistic Programming</b>															
Arroll et al. 2016	107	-	42.6	NC	NZL	RCT	meditation	NLP	57					HIQ	NLP > meditation
									50	1	15	15	2	SRS	NLP > meditation
														GAD-7	NLP = meditation
<b>Virtual-reality Exposure</b>															
Emmelkamp et al. 2002	33	-	43.97	SH	NLD	RCT	IVE	VRE	17					AQ	VRE = IVE
									16	3	60	180	6	ATHQ	VRE = IVE
														BAT	VRE = IVE
Krijn et al. 2004 (A)	37	-	50.6	-	NLD	CO	WLC	VRE (CAVE or HMD)	17					AQ (anxiety)	VRE = WLC
														AQ (avoid)	VRE = WLC
														ATHQ	CAVE = HMD; VRE>WLC
														BAT	VRE > WLC

