



Appendix 6

**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 6: Details of excluded studies

Table of excluded studies (ie, <20 participants)

| Study | N start | age | mean age | who | country | design | Intervention | control | n per group | n visits | time/visit | total time | F/U months | outcome measure | outcomes | E. data |
|-------------------|------------|----------|-------------|---------------|-------------|------------|---------------------|------------------------|----------------|-------------|------------|---------------|---------------|--------------------|------------------|---------|
| Kuntze (20003) | 6 | | 37.8 | men by advert | Switzerland | cross-over | VRE | WLC | 3 | 3 | variable | variable | 6 months | suds | VRE>waitlist | None |
| Leitenberg (1973) | 18 | | 34 | by advert | USA | RCT | IVE | TAU | 9 | ? | variable | variable | 2 years | BAT | IVE> control | none |
| Morris (1979) | 19 | 18 to 63 | 31.6 | by advert | USA | RCT | warm/cold therapist | WLC | NR | 3 | 30 MIN | 90 MIN | 30 days | BAT | warm= cold = WLC | none |
| Ritter (1969) | 12 | 20 to 55 | 37 | by advert | USA | RCT | IVE+CD | non contact & controls | 4 | NR | NR | NR | 7 days | BAT | IVE+CD>control | None |

key

| | | |
|-----------|---|---|
| BAT | = | behavioural avoidance test (stair climbing) |
| by advert | = | advertising to the public |
| E. data | = | extractable data |
| IVE | = | In-vivo exposure |
| IVE + CD | = | In-vivo exposure + contact desensitisation |
| NR | = | Not reported |
| suds | = | subjective unit of distress |
| TAU | = | treatment as usual |
| VRE | = | virtual reality exposure |
| WLC | = | wait list control |

Papers excluded for other reasons

| | |
|--------------------------------|----|
| duplicate | 5 |
| no outcome data | 3 |
| not clear if randomised. | 2 |
| not randomised | 4 |
| othe phobias non acrophobics | 3 |
| phobia in virtual environments | 1 |
| | 18 |

References to four papers with fewer than 20 participants

Kuntze MF, Stormer R, Mager R, Muller-Spahn F, Bullinger A. Die Behandlung der Höhenangst in einer virtuellen Umgebung. *Nervenarzt*. 2003;74:428-435.

Leitenberg H, Callahan EJ. Reinforced practice and reduction of different kinds of fears in adults and children. *Behav res ther*. Feb 1973;11(1):19-30.

Morris RJ, Magrath KH. Contribution of therapist warmth to the contact desensitization treatment of acrophobia. *J consult clin psychology*. Aug 1979;47(4):786-788.

Ritter B. Treatment of acrophobia with contact desensitization. *Behav res ther*. Feb 1969;7(1):41-45.

Risk of bias for the four studies excluded because they had <20 participants

| study (year) | random allocation generation | concealment | blinding of participants and personnel | outcome blinding | incomplete outcome data | selective reporting | sample size calculation |
|-------------------|------------------------------|-------------|--|------------------|-------------------------|---------------------|-------------------------|
| Kuntze (2003) | ✓ | ⚠ | ⚠ | ⚠ | ✓ | ✓ | ✗ |
| Leitenberg (1973) | ✓ | ⚠ | ⚠ | ⚠ | ✓ | ✓ | ✗ |
| Morris (1979) | ✓ | ⚠ | ✓ | ✓ | ✓ | ✓ | ✗ |
| Ritter (1969) | ✓ | ⚠ | ⚠ | ⚠ | ✓ | ✓ | ✗ |

| | |
|----------------------|---|
| Key: | |
| Low risk of bias | ✓ |
| Unclear risk of bias | ⚠ |
| High risk of bias | ✗ |