



## **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 (2000)	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
other 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	✗