

**Table 1. Summary and Ratings of Reviewed Papers**

Article	Total n (analyzed)	Conditions (n's per condition)	Population	Outcome Measure	Significant Moderators	Null Moderators	Quality: Statistics (1-4)	Quality: Sample Size (1-6)
Alaoui et al., 2013	104	ICBT (50), CBGT (54)	primary panic disorder (MINI)	PDSS	age of onset, domestic impairment (SDS), anxiety sensitivity (ASI; initial model)	sex, age, duration, comorbid agoraphobia (MINI), employment status, work impairment (number of sick days, SDS), current psychotropic medication, depressive symptoms (MADRS), social impairment (SDS), symptom severity (PDSS), anxiety sensitivity (ASI; final model)	1	4
Arch et al., 2013	71	group MBSR (32), CBGT (39)	anxiety disorders w/ CSR $\geq$ 4 (MINI)	CSR	depression (BDI), anxiety sensitivity (ASI), severity (CSR; post)	severity (CSR; 3mfu)	4	3
Craske et al., 2014	62	ACT (29), CBT (33)	primary SAD w/ CSR $\geq$ 4 (ADIS)	FAR, composite score (LSAS-SR, SIAS, SPS)	experiential avoidance (AAQ; composite, 9mfu), fear of negative evaluation (SSPS; FAR)	age, sex, ethnicity, fear of negative evaluation (SSPS; composite), extroversion (EPQ), depression (ADIS), perceived control (ACQ), neuroticism (EPQ), comorbid anxiety disorders (ADIS)	4	3
D'Alcante et al., 2012	38	CBGT (18), fluoxetine (20)	primary OCD w/Y-BOCS $\geq$ 16 and no prior treatment (SCID)	Y-BOCS	mental flexibility (CVLT-II), age, verbal IQ (WASI), verbal memory and learning (CVLT-II), inhibitory control (VST-colors)	severity (Y-BOCS), inhibitory control (VST-dots, words), executive function (WCST, IGT), attention (TMT), sex, years of education, level of depression (BDI), anxiety (BAI)	3	2
Davies et al., 2015	60	ACT (26), CBT (34)	anxiety disorders w/ CSR $\geq$ 4 (ADIS)	MASQ-GA	heart rate (during relaxation), avoidance (duration of hyperventilation task)	heart rate (during baseline, hyperventilation recovery), heart rate variability (during baseline, recovery, relaxation), subjective anxiety levels (during hyperventilation task, relaxation)	4	3
De Haan et al., 1997	99, 70, 61	CT or ERP (47), fluvoxamine + CT or ERP (52)	primary OCD (not reported)	Y-BOCS	none	motivation (NML), severity (Y-BOCS), personality disorder (PDQ-R), depression (BDI), general psychopathology (SCL-90), duration, age of onset, domestic situation, work situation	1	3-4
De Kleine et al., 2014	67	PE + DCS (33), PE + placebo (34)	primary PTSD (CAPS)	PSS-SR	extroversion (NEO-FFI), conscientiousness (NEO-FFI)	age, sex, marital status, educational level, severity (PSS-SR), axis I comorbidity (MINI), depressive symptom severity (BDI), antidepressant use, openness (NEO-FFI), agreeableness (NEO-FFI), neuroticism (NEO-FFI)	4	3
Dow et al., 2007	72	CBT6 (not reported), CBT12 (not reported)	primary panic disorder (SCID)	composite panic/anxiety score (FQ, MIA, STAI, ACQ, BSQ, panic ratings)	agoraphobic cognitions (ACQ), panic severity (client rating), duration of current episode, quality of mental well-being (SF-36 mental)	comorbidity (FQ), frequency of panic attacks, degree of agoraphobic avoidance (MIA), depression (BDI)	1	3
Hansen et al., 2007	35, 27	ERP + REL (19), ERP + CT (16)	primary OCD (ADIS; DSM-III-R)	Y-BOCS	comorbid GAD and/or panic disorder (ADIS; ITT); comorbid cluster C personality disorders (SCID-II; treatment completers, post)	comorbid GAD and/or panic disorder (ADIS; treatment completers); comorbid cluster C personality disorders (SCID-II; ITT, treatment completers 12mfu) comorbid cluster A and B personality	3 <sup>a</sup>	1-2

						disorders (SCID-II)		
Hedman et al., 2012	126	ICBT (64), CBGT (62)	primary SAD (SCID)	clinician-administered LSAS (substituted LSAS-SR if missing)	general anxiety (BAI), comorbid depression (SCID), impulsiveness (SSP), adventure-seeking (SSP)	employment, educational level, children, level of depressive symptoms (MADRS-S), severity (LSAS), quality of life (QOLI), computer skills, 5-HTTLPR COMT and BDNF genetic polymorphisms	1	5
Hicks et al., 2005	135, 96, 53	CBT (71), imipramine (72)	primary panic disorder (ADIS)	PDSS	none	physical, mental, and social catastrophe cognitions (TRF)	1	2-5
Hohagen et al., 1998	49	BT + placebo (25), BT + fluvoxamine (24)	primary OCD w/ Y-BOCS >16 (SCID)	Y-BOCS	depression (HRSD-21)	none	3 <sup>a</sup>	2
Klass et al., 2009	49, 42	PFPP (26), ART (23)	primary panic disorder (ADIS)	PDSS, SDS (secondary outcome measure)	interpersonal loss	none	2	2
Maier et al., 2010	108	ERP + SSRI (54), SMT + SSRI (54)	primary OCD w/ Y-BOCS ≥16 (SCID)	Y-BOCS	severity (Y-BOCS), sex	quality of life (Q-LES-Q), # of comorbid axis I disorders (SCID-P), # of past SSRI trials, # of comorbid axis II disorders (SCID-II), insight (Y-BOCS), age, marital status, employment status, duration, depression (HRSD-17), anxiety (HAM-A), functioning (SAS)	4 <sup>a</sup>	4
Meuret et al., 2010	41	CART(21), CT (20)	primary panic disorder w/ agoraphobia (ADIS or SCID)	PDSS	catastrophic cognitions (BSQ, ASI), perceived control (ACQ)	none	4	2
Milrod et al., 2007	49, 42	PFPP (26), ART (23)	primary panic disorder (ADIS)	PDSS	axis II comorbidity (SCID-II), cluster C axis II disorders (SCID-II)	cluster B axis II disorders (SCID-II)	2	2
Newman et al., 2013	64	SCD (27), CT (25), CBT (24)	primary GAD w/ CSR ≥4 (ADIS)	composite score (CSR, STAI-T, HAM-A, PSWQ)	duration of disorder	none	1	2
Niles et al., 2013	46	ACT (24), CBT (22)	primary SAD w/ CSR ≥4 (ADIS)	FAR, composite score (LSAS, SIAS, SPS)	attentional bias (reaction time on laboratory spatial cueing task; FAR)	negative emotional reactivity (PANAS score after IAPS task), positive emotional reactivity (PANAS score after IAPS task), attentional bias (reaction time on laboratory spatial cueing task; composite)	4	2
Pan et al., 2011	20	OST-S (10), OST-CA (10)	specific phobia w/ fear & phobic avoidance ≥5 (ADIS) and unable to reach last BAT step	BAT, FSS, FTQ, DSM symptom count	acculturation (AVS-R)	none	3	1
Smits et al., 2013	169	CBT + DCS (87), CBT + placebo (82)	primary SAD (SCID) w/ LSAS ≥60	LSAS	agreeableness (NEO-FFI), conscientiousness (NEO-FFI)	neuroticism (NEO-FFI), ethnicity/race, age, education, cohabitation status, depressive symptoms (MADRS), number of comorbid axis I disorders (SCID), extraversion (NEO-FFI), openness (NEO-FFI), initial severity (SPD-SC)	4 <sup>a</sup>	6
Thrasher et al., 2010	77	PE (20), CR (18), E + C combo (19), REL (20)	primary PTSD (SCID)	CAPS	social support (SOS)	none	3	2
Tyrer et al., 1993	181	drug (74), CBT (71), self-help (36)	panic disorder, GAD, or dysthymia (SCID; DSM-III)	CPRS	depression severity (MADRS), comorbid personality disorder (PAS)	none	1	5
Westra et al., 2009	76, 71, 68	MI-CBT (38), NPT-CBT (38)	primary GAD w/ CSR ≥4 (ADIS)	PSWQ	intrinsic motivation (CMOTS); worry severity (PSWQ)	none	3	3

Wolitzky-Taylor et al., 2012	87	ACT (38), CBT (49)	anxiety disorders w/ CSR ≥4 (ADIS)	MASQ-GA	anxiety sensitivity (ASI); experiential avoidance (AAQ); comorbid mood disorders (ADIS)	age, race/ethnicity, sex, neuroticism (NEO-PI-R), severity (ADIS), principal anxiety disorder diagnosis (ADIS), comorbid anxiety disorders (ADIS)	4	3
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<sup>a</sup> Appears they did the requisite analyses for this rating but they only report partial statistical results

ICBT = internet-based CBT CBGT = group CBT MBSR = mindfulness based stress reduction ACT = acceptance and commitment therapy CBT = cognitive behavioral therapy CT = cognitive therapy ERP = exposure and response prevention PE = prolonged exposure DCS = d-cycloserine CBT6 = 6 weeks of CBT CBT12 = 12 weeks of CBT REL = relaxation BT = behavioral therapy SSRI = selective serotonin reuptake inhibitor SMT = stress management training CART = capnometry-assisted respiratory training PFPP = panic-focused psychodynamic psychotherapy ART = applied relaxation training SCD = self-control desensitization OST-S = standard one-session exposure therapy OST-CA = culturally adapted one-session exposure therapy CR = cognitive restructuring E + C combo = prolonged exposure + cognitive restructuring MI-CBT = motivational interviewing pretreatment + CBT NPT-CBT = no MI pretreatment; CBT only	MINI = Mini International Neuropsychiatric Interview CSR = Clinical Severity Rating SAD = social anxiety disorder ADIS = Anxiety Disorders Interview Schedule OCD = obsessive compulsive disorder Y-BOCS = Yale-Brown Obsessive-Compulsive Scale SCID = Structured Clinical Interview for DSM-IV (unless noted otherwise; I = axis I disorders, II = axis II disorders, P = patient edition) PTSD = post traumatic stress disorder CAPS = Clinician Administered PTSD Scale DSM = Diagnostic and Statistical Manual GAD = generalized anxiety disorder BAT = Behavioral Approach Task LSAS = Liebowitz Social Anxiety Scale	PDSS = Panic Disorder Severity Scale FAR = fear and anxiety ratings from ADIS LSAS-SR = Liebowitz Social Anxiety Scale, Self-Report SIAS = Social Interaction Anxiety Scale SPS = Social Phobia Scale MASQ = Mood and Anxiety Symptom Questionnaire, General Anxiety Subscale PSS-SR = PTSD Symptom Scale, Self-Report FQ = Fear Questionnaire MIA = Mobility Inventory for Agoraphobia STAI = State Trait Anxiety Inventory (T=Trait Version) ACQ = Agoraphobic Cognitions Questionnaire BSQ = Body Sensations Questionnaire Panic ratings = self-reported severity (0-8) and frequency (0-4) SDS = Sheehan Disability Scale HAM-A = Hamilton Anxiety Rating Scale PSWQ = Penn State Worry Questionnaire BAT = Behavioral Approach Task FSS = Fear Survey Schedule III FTQ = Fearful Thoughts Questionnaire CPRS = Comprehensive Psychopathological Rating Scale	ASI = Anxiety Sensitivity Index BDI = Beck Depression Inventory AAQ = Acceptance and Action Questionnaire-16 SSPS = Self Statements During Public Speaking scale CVLT-II = California Verbal Learning Test WASI = Wechsler Abbreviated Scale of Intelligence VST = Victoria Stroop Test NEO-FFI = NEO Five-Factor Inventory SF-36 = Medical Outcomes Survey Short Form (mental scale) ITT = intent to treat BAI = Beck Anxiety Inventory SSP = Swedish Scales of Personality HRSD = Hamilton Rating Scale for Depression (17- or 21-item versions) AVS-R = Asian Values Scale SOS = Significant Others Scale MADRS = Montgomery Asberg Depression Rating Scale (S = self-report) PAS = Personality Assessment Schedule CMOTS = Client Motivation for Psychotherapy Scale	EPQ = Eysenck Personality Questionnaire WCST = Wisconsin Card Sorting Test IGT = Iowa Gambling Task TMT = Trail Making Test NML = Nijmegen Motivation List PDQ-R = Personality Disorder Questionnaire Revised SCL-90 = Symptom Checklist-90-Revised QOLI = Quality of Life Inventory TRF = Thoughts Rating Form Q-LES-Q = Quality of Life Enjoyment and Satisfaction Questionnaire PANAS = Positive and Negative Affect Scale IAPS = International Affective Picture System SPD-SC = Social Phobic Disorders Severity Form NEO-PI-R = NEO Personality Inventory-Revised
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Note: For statistical and sample size ratings, higher ratings indicate better statistics or larger sample size. Please refer to *Methods* section titled "Our Analytic Approach" for details of how ratings were made.