



## Søgeprotokol for NKR Angst hos voksne

<b>Projekttitel/aspekt</b>	<b>NKR Angst hos voksne - Primærlitteratur</b>
<b>Projektleder</b>	Kristoffer Lande Andersen
<b>Fagkonsulent</b>	Ole Jakob Storebø
<b>Søgespecialist</b>	Kirsten Birkefoss
<b>Senest opdateret</b>	17.12.2019

<b>Fokuserede spørgsmål</b>	<p><b>PICO 1:</b> Bør patienter med angstlidelser tilbydes antidepressiv medicin eller kognitiv adfærdsterapi?</p> <p><b>PICO 2:</b> Bør patienter med angstlidelser tilbydes antidepressiv medicin og kognitiv adfærdsterapi eller kognitiv adfærdsterapi?</p> <p><b>PICO 3:</b> Bør patienter med angstlidelser tilbydes skæmbaseret kognitiv adfærdsterapi eller standard kognitiv adfærdsterapi?</p> <p><b>PICO 4:</b> Bør patienter med behandlingsrefraktære angstlidelser tilbydes benzodiazepiner?</p> <p><b>PICO 5:</b> Bør patienter med generaliseret angst tilbydes en af følgende: a) Acceptance-Commitment therapy (ACT) b) Meta-kognitive terapi c) Unified Protocol therapy d) Compassion Focused Therapy (CFT)?</p> <p><b>PICO 6:</b> Bør man behandle patienter med angstlidelser med Pregabalin eller antidepressiva?</p> <p><b>PICO 7:</b> Bør patienter med angstlidelser tilbydes kropsterapi?</p> <p><b>PICO 8:</b> Bør patienter med angstlidelser tilbydes mindfulness?</p>
<b>Søgetermer</b>	Se søgestrategierne under de enkelte PICOs
<b>Inklusions- og eksklusionskriterier</b>	<p><b>Sprog:</b> Engelsk, dansk, norsk og svensk</p> <p><b>År:</b> 2009-2019</p> <p><b>Population:</b> Voksne 18 år-</p> <p><b>Publikationstyper:</b> Systematiske reviews, metaanalyser</p>

## Informationskilder

DATABASER	INTERFACE	DATO FOR SØGNING
Medline	OVID	26.08.2019 – 17.12.2019
Embase	OVID	26.08.2019 – 17.12.2019
PsycInfo	OVID	26.08.2019 – 17.12.2019
Cinahl	EBSCo	26.08.2019 – 17.12.2019
Pedro (PICO 3 og 4)	Internet	26.08.2019 – 17.12.2019
OTSeeker (PICO 3 og 4)	Internet	26.08.2019 – 17.12.2019

## Note

- Søgetermer og inklusions- og eksklusionskriterier er tilpasset de enkelte databaser.
- Dubletter er så vidt muligt frasorteret ved hjælp af RefWorks. De fundne referencer overføres til Covidence (referenceværktøj)
- Fuldtekster præsenteres i Covidence i pdf-format
- Søgestrategi for hver enkelt database præsenteres – hvis muligt vises det eksplicit hvor mange referencer den enkelte søgestreng genererer

## SØGESTRATEGI

### Søgning efter primærlitteratur

---

**PICO 1: Bør patienter med angstlidelser tilbydes antidepressiv medicin eller kognitiv adfærdsterapi?**

**PICO 2: Bør patienter med angstlidelser tilbydes antidepressiv medicin og kognitiv adfærdsterapi eller kognitiv adfærdsterapi?**

Samsøgt 16.10.2019

#### Medline

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R)** 1946 to October 15, 2019

Search Strategy:

#	Searches	Results
1	Anxiety Disorders/	32449
2	exp phobic disorders/	11069
3	exp panic disorder/	6772
4	exp agoraphobia/	2562
5	(anxiety or panic).ti,kw,kf.	65217
6	(((anxiety or panic) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or Social phobia* or agoraphobia* or GAD or panic attack*).ti,ab,kw,kf.	83193
7	or/1-6	128196
8	Cognitive therapy/	24061
9	exp Cognitive behavioral therapy/	26622
10	(cbt or ((cognitive* or cognitive-behavior*) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or program* or plan*))).ti,ab,kw,kf.	56860
11	(cognitive-behavior-therapy or cognitive-behavioral-therapy).ti,ab,kw,kf.	5049
12	or/8-11	67122
13	exp Antidepressive Agents/	145856

14	(anti-depressants or antidepressants or anti depressants).ti,ab,kw,kf.	33707
15	((anti-depressive or antidepressive or anti-depressant or antidepressant) adj3 (drug* or agent* or pill*1 or medication* or medicine)).ti,ab,kw,kf.	15797
16	(Noradrenergic adj Specific adj Serotonergic adj Antidepressant*).ti,ab,kw,kf.	2
17	nassa.ti,ab,kw,kf.	96
18	mianserin/	2503
19	(mianserin* or mirtazapin*).mp.	4425
20	Serotonin Uptake Inhibitors/	19009
21	(Selective Serotonin Reuptake Inhibitor* or SSRI* or 5-Hydroxytryptamine Uptake Inhibitor* or 5 Hydroxytryptamine Uptake Inhibitor* or 5-HT Uptake Inhibitor* or 5 HT Uptake Inhibitor* or Serotonin Reuptake Inhibitor* or Serotonin Uptake Inhibitor*).mp.	27496
22	(citalopram* or escitalopram* or fluoxetin* or fluvoxamin* or paroxetin* or sertraline*).mp,sh.	28570
23	exp "Serotonin and Noradrenaline Reuptake Inhibitors"/	4589
24	(serotonin and (noradrenalin or norepinephrine)).mp.	18529
25	(serotonin-norepinephrine or serotonin-noradrenalin).mp.	1615
26	(SNRI* or NSRI*).ti,ab,kw,kf.	1334
27	(duloxetine* or milnacipram* or venlafaxin*).mp,sh.	6424
28	Antidepressive Agents, Tricyclic/	10261
29	(tca or Amitriptylin* or Imipramin* or Nortriptylin* or Clomipramin* or desipramin* or Maprotilin* or dosulepin* or Dothiepin* or Doxepin* or lofepramin* or protriptylin* or trimipramin* or amoxapin* or desvenlafaxin* or levomilnacipran* or vortioxetin*).mp,sh.	44357
30	(tricyclic or tri-cyclic).ti,ab,kw,kf.	15556
31	(MAOI* or izocarboxazid* or phenelzin* or tranylcipromin* or brofaramin* or moclobemid* or tyrima).mp,sh.	3434
32	(NARI or NARIs or reboxetin* or NDRI* or amineptin* or bupropion*).mp,sh.	1864
33	(SARI or SARIs or trazodon* or agomelatin* or vilazodon*).mp,sh.	3613
34	or/13-33	207897
35	7 and 12 and 34	1162
36	limit 35 to (randomized controlled trial or controlled clinical trial)	219
37	((((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,kf.	661418
38	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,kf.	273433
39	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw,kf.	167715



40	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw,kf.	246513
41	or/37-40	856629
42	35 and 41	384
43	36 or 42	436
44	limit 43 to (yr="2010-2019" and (english or danish or swedish or norwegian))	215
45	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1383516
46	44 not 45	177
47	limit 46 to (systematic reviews or letter or autobiography or biography or news)	20
48	46 not 47	157
49	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,kw,kf,hw.	3373758
50	48 not 49	156

**Embase**

Database(s): **Embase** 1974 to 2019 October 15

Search Strategy:

#	Searches	Results
1	Anxiety Disorder/	66769
2	exp generalized anxiety disorder/	10664
3	exp panic/	22678
4	exp "mixed anxiety and depression"/	735
5	exp anxiety neurosis/	8691
6	phobia/ or exp agoraphobia/ or exp social phobia/	26276
7	(anxiety or panic).ti,kw.	93069
8	((((anxiety or panic) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or Social phobia* or agoraphobia* or GAD or panic attack*).ti,ab,kw.	120792
9	or/1-8	209330
10	Cognitive therapy/	43627
11	exp Cognitive behavioral therapy/	10263



12	(cbt or ((cognitive* or cognitive-behavior*) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or program* or plan*))).ti,ab,kw.	84003
13	(cognitive-behavior-therapy or cognitive-behavioral-therapy).ti,ab,kw.	7736
14	or/10-13	106045
15	exp antidepressant agent/	413846
16	(anti-depressants or antidepressants or anti depressants).ti,kw.	16788
17	((anti-depressive or antidepressive or anti-depressant or antidepressant) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*)).ti,kw.	9750
18	(Noradrenergic adj Specific adj Serotonergic adj Antidepressant*).ti,ab,kw.	4
19	nassa.ti,ab,kw.	168
20	mianserin/	7725
21	(mianserin* or mirtazapin*).ti,ab,kw,du.	18998
22	exp serotonin uptake inhibitor/	245149
23	(Selective Serotonin Reuptake Inhibitor* or SSRI* or 5-Hydroxytryptamine Uptake Inhibitor* or 5 Hydroxytryptamine Uptake Inhibitor* or 5-HT Uptake Inhibitor* or 5 HT Uptake Inhibitor* or Serotonin Reuptake Inhibitor* or Serotonin Uptake Inhibitor*).ti,ab,kw,du.	56249
24	(citalopram* or escitalopram* or fluoxetine* or fluvoxamin* or paroxetine* or sertraline*).ti,ab,kw,du.	86088
25	exp serotonin noradrenalin reuptake inhibitor/	162815
26	(serotonin and (noradrenalin or norepinephrine)).ti,ab,kw,du.	26317
27	(serotonin-norepinephrine or serotonin-noradrenalin).ti,ab,kw,du.	2287
28	(SNRI* or NSRI*).ti,ab,kw,du.	2623
29	(duloxetine* or milnacipram* or venlafaxin*).ti,ab,kw,du.	27743
30	exp tricyclic antidepressant agent/	108421
31	(tca or Amitriptylin* or Imipramin* or Nortriptylin* or Clomipramin* or desipramin* or Maprotilin* or dosulepin* or Dothiepin* or Doxepin* or lofepramin* or protriptylin* or trimipramin* or amoxapin* or desvenlafaxin* or levomilnacipran* or vortioxetin*).ti,ab,kw,du.	105117
32	(tricyclic or tri-cyclic or tetracyclic or tetra-cyclic).ti,ab,kw.	24598
33	(MAOI* or izocarboxazid* or phenelzin* or tranylcipromin* or brofaramin* or moclobemid* or tyrima).ti,ab,kw,du.	9963
34	(NARI or NARIs or reboxetin* or NDRI* or amineptin* or bupropion*).ti,ab,kw,du.	5324
35	(SARI or SARIs or trazodon* or agomelatin* or vilazodon*).ti,ab,kw,du.	15855

36	or/15-35	459905
37	9 and 14 and 36	4474
38	limit 37 to (randomized controlled trial or controlled clinical trial)	496
39	((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	926905
40	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw.	387212
41	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	233325
42	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw.	346075
43	or/39-42	1197605
44	37 and 43	952
45	38 or 44	1101
46	limit 45 to (yr="2010-2019" and (english or danish or swedish or norwegian))	550
47	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2063500
48	46 not 47	480
49	limit 48 to ("systematic review" or letter or note)	70
50	48 not 49	410
51	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,kw,hw.	4441474
52	50 not 51	389

## PsycINFO

Database(s): **PsycINFO** 1806 to October Week 1 2019

Search Strategy:

#	Searches	Results
1	Anxiety/	59114
2	anxiety disorders/	17840
3	exp generalized anxiety disorder/	2722
4	exp panic attack/	906
5	exp panic disorder/	7561
6	exp anxiety management/	587
7	phobia/	5108

8	exp agoraphobia/	2858
9	exp social phobia/	4474
10	exp social anxiety/	4786
11	(Anxiety or panic*).ti,id.	93602
12	((((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or Social phobia* or agoraphobia or GAD or panic attack*).ti,ab,id.	83514
13	or/1-12	140326
14	Cognitive therapy/	13275
15	exp Cognitive behavior therapy/	20227
16	(cbt or ((cognitive* or cognitive-behavior*) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or program* or plan*))).ti,ab,id.	76703
17	(cognitive-behavior-therapy or cognitive-behavioral-therapy).ti,ab,id.	4893
18	or/14-17	80173
19	exp antidepressant drugs/	37702
20	(anti-depressants or antidepressants or anti depressants).ti,id.	8137
21	((anti-depressive or antidepressive or anti-depressant or antidepressant) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*).ti,id.	5697
22	(Noradrenergic adj Specific adj Serotonergic adj Antidepressant*).ti,ab,id.	0
23	nassa.ti,ab,id.	43
24	mianserin/	349
25	(mianserin* or mirtazapin*).ti,ab,id.	1905
26	exp Serotonin Reuptake Inhibitors/	12111
27	(Selective Serotonin Reuptake Inhibitor* or SSRI* or 5-Hydroxytryptamine Uptake Inhibitor* or 5 Hydroxytryptamine Uptake Inhibitor* or 5-HT Uptake Inhibitor* or 5 HT Uptake Inhibitor* or Serotonin Reuptake Inhibitor* or Serotonin Uptake Inhibitor*).ti,ab,id.	11048
28	(citalopram* or escitalopram* or fluoxetin* or fluvoxamin* or paroxetin* or sertralin*).ti,ab,id.	14765
29	exp Serotonin Norepinephrine Reuptake Inhibitors/	1621
30	(serotonin and (noradrenalin or norepinephrine)).ti,ab,id.	3314
31	(serotonin-norepinephrine or serotonin-noradrenalin).ti,ab,id.	863
32	(SNRI* or NSRI*).ti,ab,id.	725
33	(duloxetin* or milnacipram* or venlafaxin*).ti,ab,id.	3122





34	exp Tricyclic Antidepressant Drugs/	6357
35	(tca or Amitriptylin* or Imipramin* or Nortriptylin* or Clomipramin* or desipramin* or Maprotilin* or dosulepin* or Dothiepin* or Doxepin* or lofepramin* or protriptylin* or trimipramin* or amoxapin* or desvenlafaxin* or levomilnacipran* or vortioxetin*).ti,ab,id.	11534
36	(tricyclic or tri-cyclic or tetracyclic or tetra-cyclic).ti,ab,id.	5226
37	(MAOI* or izocarboxazid* or phenelzin* or tranylcipromin* or brofaramin* or moclobemid* or tyrima).ti,ab,id.	1606
38	(NARI or NARIs or reboxetin* or NDRI* or amineptin* or bupropion*).ti,ab,id.	813
39	(SARI or SARIs or trazodon* or agomelatin* or vilazodon*).ti,ab,id.	1454
40	or/19-39	53229
41	13 and 18 and 40	689
42	((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,id.	100258
43	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,id.	47782
44	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,id.	56453
45	or/42-44	157670
46	41 and 45	271
47	limit 46 to (yr="2010-2019" and (english or danish or swedish or norwegian))	125
48	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,id.	50890
49	47 not 48	125
50	limit 49 to "0830 systematic review"	7
51	49 not 50	118

### PICO 3: Bør patienter med angstlidelser tilbydes skærm-baseret kognitiv adfærdsterapi eller standard kognitiv adfærdsterapi?

Søgt 17.12.2019

Database(s): Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R) 1946 to December 16, 2019

Search Strategy:

#	Searches	Results
1	Anxiety Disorders/	32710
2	exp phobic disorders/	11118
3	exp panic disorder/	6792
4	exp agoraphobia/	2570
5	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,bt,kw,kf.	68624
6	((((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*))).ti,bt,ab,kw,kf.	78181
7	or/1-6	125436
8	Cognitive therapy/	24330
9	exp Cognitive behavioral therapy/	27002
10	(cbt or ((cognitive* or cognitive-behavior*?) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or program* or plan*))).ti,bt,ab,kw,kf.	57866
11	(cognitive-behavior-therapy or cognitive-behavioral-therapy).ti,bt,ab,kw,kf.	15798
12	(mindful* or (acceptance adj2 commitment therapy) or ACT).ti,bt,ab,kw,kf.	275216
13	or/8-12	338978
14	"Therapy, Computer-Assisted"/	6622
15	exp Computer User Training/	2025
16	exp User-Computer Interface/	36345
17	exp Internet/	76014
18	Telerehabilitation/	296
19	(tele* or tele-based or tele-support* or telehealth or tele-health or telemedicine or tele-medicine or telerehabilitation or tele-rehabilitation or internet* or internet-based or internetbased or internet-delivered or internet-support* or internet-assisted or web or webbased or web-based or web based or web-support* or web-assisted or WWW or	1729067

	email* or e-mail or telephone or phone or computer* or computer-based or computerbased or computer-support* or computer-assisted or PC or PCs or PC-based or pc-support* or pc-assisted or skype or skype-based or skype-delivered or skype-assisted or app*1 or app-based or app based or app-assisted or smartphone* or ipad* or tablet* or IOS or android* or online* or on-line or mobile or ehealth or e-health or e-therap* or distance or remote or video-conferenc* or videoconference* or chatroom* or electronic or digital* or technology or technology-based or technology-delivered or technology-supported or technology-assisted).ti,bt,ab,kw,kf.	
20	or/14-19	1767868
21	13 and 20	28773
22	(e-cbt or e cbt or ecbt or icbt or i-cbt or i cbt or tele-cbt or internet-cbt or web-cbt or computer-cbt or PC-cbt or skype-cbt or app-cbt or smartphone-cbt or tablet-cbt or online-cbt or mobile-cbt or digital-cbt).ti,bt,ab,kw,kf.	851
23	or/21-22	29042
24	7 and 23	1888
25	limit 24 to (randomized controlled trial or controlled clinical trial)	565
26	((((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,bt,ab,kw,kf.	670329
27	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,kf.	275937
28	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw,kf.	169157
29	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw,kf.	249579
30	or/26-29	867191
31	24 and 30	1076
32	25 or 31	1131
33	limit 32 to (yr="2015-2019" and (english or danish or swedish or norwegian))	668
34	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1392749
35	33 not 34	609
36	limit 35 to (systematic reviews or letter or autobiography or biography or news)	99
37	35 not 36	510
38	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,kw,kf,hw.	3403163
39	37 not 38	477

## Embase

Database(s): **Embase** 1974 to 2019 December 16

Search Strategy:

#	Searches	Results
1	Anxiety Disorder/	66866
2	exp generalized anxiety disorder/	10692
3	exp panic/	22592
4	exp "mixed anxiety and depression"/	747
5	exp anxiety neurosis/	8637
6	phobia/ or exp agoraphobia/ or exp social phobia/	26146
7	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,kw.	96926
8	((anxiety or panic* or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)).ti,ab,kw.	111175
9	or/1-8	203981
10	Cognitive therapy/	43069
11	exp Cognitive behavioral therapy/	11018
12	(cbt or ((cognitive* or cognitive-behavior*) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or program* or plan*))).ti,ab,kw.	84558
13	(cognitive-behavior-therapy or cognitive-behavioral-therapy).ti,ab,kw.	23091
14	or/10-13	106756
15	exp internet/	106371
16	exp telehealth/	41678
17	exp computer assisted therapy/	15136
18	exp telerehabilitation/	683
19	exp computer-assisted instruction/	88502
20	human computer interaction/	6033
21	(tele* or tele-based or tele-support* or telehealth or tele-health or telemedicine or telemedicine or telerehabilitation or tele-rehabilitation or internet* or internet-based or internetbased or internet-delivered or internet-support* or internet-assisted or web or webbased or web-based or web based or web-support* or web-assisted or WWW or email* or e-mail or telephone or phone or computer* or computer-based or computerbased or computer-support* or computer-assisted or PC or PCs or PC-based or	2222967

	pc-support* or pc-assisted or skype or skype-based or skype-delivered or skype-assisted or app*1 or app-based or app based or app-assisted or smartphone* or ipad* or tablet* or IOS or android* or online* or on-line or mobile or ehealth or e-health or e-therap* or distance or remote or video-conferenc* or videoconference* or chatroom* or electronic or digital* or technology or technology-based or technology-delivered or technology-supported or technology-assisted).ti,ab,kw.	
22	or/15-21	2338603
23	14 and 22	15556
24	(e-cbt or e cbt or ecbt or icbt or i-cbt or i cbt or tele-cbt or internet-cbt or web-cbt or computer-cbt or PC-cbt or skype-cbt or app-cbt or smartphone-cbt or tablet-cbt or online-cbt or mobile-cbt or digital-cbt).ti,ab,kw.	1182
25	or/23-24	16032
26	9 and 25	2505
27	limit 26 to (randomized controlled trial or controlled clinical trial)	777
28	((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	932681
29	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw.	388025
30	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	233643
31	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw.	347350
32	or/28-31	1204215
33	26 and 32	1235
34	27 or 33	1307
35	limit 34 to (yr="2015-2019" and (english or danish or swedish or norwegian))	705
36	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2068105
37	35 not 36	619
38	limit 37 to ("systematic review" or letter or note)	98
39	37 not 38	521
40	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,kw,hw.	4465125
41	39 not 40	476

**PsycINFO**

Database(s): **PsycINFO** 1806 to December Week 2 2019

Search Strategy:

#	Searches	Results
1	anxiety/	59661
2	Anxiety Disorders/	17966
3	exp generalized anxiety disorder/	2774
4	exp panic attack/ or exp panic disorder/	8067
5	exp anxiety management/	597
6	exp anxiety neurosis/	52754
7	phobia/	5127
8	exp agoraphobia/	2865
9	exp social phobia/	4523
10	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,id.	96434
11	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or Social phobia* or agoraphobia* or GAD).ti,ab,id.	83499
12	or/1-11	154315
13	Cognitive therapy/	13315
14	exp Cognitive behavior therapy/	20511
15	(cbt or ((cognitive* or cognitive-behavo?r*) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or program* or plan*))).ti,ab,id.	77435
16	(cognitive-behavo?r-therapy or cognitive-behavo?ral-therapy).ti,ab,id.	23018
17	or/13-16	80955
18	exp internet/	28831
19	exp telemedicine/	8251
20	exp computer assisted therapy/	9117
21	exp telerehabilitation/	132
22	exp computer assisted instruction/	18742
23	exp Digital technology/	120802
24	exp mobile applications/	674
25	(tele* or tele-based or tele-support* or telehealth or tele-health or telemedicine or tele-medicine or telerehabilitation or tele-rehabilitation or internet* or internet-based or	415785

	internetbased or internet-delivered or internet-support* or internet-assisted or web or webbased or web-based or web based or web-support* or web-assisted or WWW or email* or e-mail or telephone or phone or computer* or computer-based or computerbased or computer-support* or computer-assisted or PC or PCs or PC-based or pc-support* or pc-assisted or skype or skype-based or skype-delivered or skype-assisted or app*1 or app-based or app based or app-assisted or smartphone* or ipad* or tablet* or IOS or android* or online* or on-line or mobile or ehealth or e-health or e-therap* or distance or remote or video-conferenc* or videoconference* or chatroom* or electronic or digital* or technology or technology-based or technology-delivered or technology-supported or technology-assisted).ti,ab,id.	
26	or/18-24	137572
27	17 and 26	3571
28	(e-cbt or e cbt or ecbt or icbt or i-cbt or i cbt or tele-cbt or internet-cbt or web-cbt or computer-cbt or PC-cbt or skype-cbt or app-cbt or smartphone-cbt or tablet-cbt or online-cbt or mobile-cbt or digital-cbt).ti,ab,id.	527
29	or/27-28	3759
30	12 and 29	862
31	((((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,id.	101501
32	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,id.	47947
33	((single or double or triple) adj2 (blind* or mask*)).ti,ab,id.	25670
34	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,id.	57027
35	or/31-34	159345
36	30 and 35	440
37	limit 36 to (yr="2015-2019" and (english or danish or swedish or norwegian))	193
38	limit 37 to systematic review	10
39	37 not 38	183
40	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,id.	51418
41	39 not 40	182

## Cinahl

#	Query	Limiters/Expanders	Results
S27	S25 not S26	Limiters - Published Date: 20150101-20191231; Language: Danish, English, Norwegian, Swedish	244
S26	TI (cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*) OR SU (cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*)	Limiters - Published Date: 20150101-20191231; Language: Danish, English, Norwegian, Swedish	195,979
S25	S23 not S24	Limiters - Published Date: 20150101-20191231; Language: Danish, English, Norwegian, Swedish	274
S24	PT Systematic review	Limiters - Published Date: 20150101-20191231; Language: Danish, English, Norwegian, Swedish	28,554
S23	S21 not S22	Limiters - Published Date: 20150101-20191231; Language: Danish, English, Norwegian, Swedish	299
S22	S21	Limiters - Published Date: 20150101-20191231; Age Groups: Fetus, Conception to Birth, Infant, Newborn: birth-1 month, Infant: 1-23 months, Child, Preschool: 2-5 years, Child: 6-12 years, Adolescent: 13-18 years; Language: Danish, English, Norwegian, Swedish	73
S21	S14 AND S20	Limiters - Published Date: 20150101-20191231; Language:	372





		Danish, English, Norwegian, Swedish	
S20	S15 OR S16 OR S17 OR S18 OR S19		338,834
S19	((patient* or person* or participant* or population* or allocate* or assign*) N3 (random* or blind* or mask*))		126,350
S18	((single or double or triple) N2 (blind* or mask*))		68,591
S17	(placebo* or single-blind* or double-blind* or triple-blind*)		95,142
S16	((random* or cluster-random* or quasi-random* or control#ed or crossover or cross-over or blind* or mask*) N4 (trial* or study or studies or analy*)) or rct)		278,180
S15	PT Randomized Controlled Trial		86,198
S14	S3 and S13		1,465
S13	S11 or S12		18,462
S12	(e-cbt or "e cbt" or ecbt or icbt or i-cbt or "i cbt" or tele-cbt or internet-cbt or web-cbt or computer-cbt or PC-cbt or skype-cbt or app-cbt or smartphone-cbt or tablet-cbt or online-cbt or mobile-cbt or digital-cbt)		298
S11	S7 AND S10		18,398
S10	S8 or S9		746,830
S9	(tele* or tele-based or tele-support* or telehealth or telehealth or telemedicine or tele-medicine or telerehabilitation or tele-rehabilitation or internet* or internet-based or internetbased or internet-delivered or internet-support* or internet-assisted or web or webbased or web-based or web based or web-support* or web-assisted or WWW or email* or e-mail or telephone or phone or computer* or computer-based or computerbased or computer-support* or computer-assisted or "PC" or "PCs" or PC-based or pc-support* or pc-assisted or skype or skype-based or skype-delivered or skype-assisted or apps or app-based or app based or app-assisted or smartphone* or ipad* or tablet* or IOS or android* or online* or on-line or mobile or ehealth or e-health or e-therap* or distance or remote or video-conferenc* or videoconference* or chatroom* or electronic or digital* or technology or technology-based or technology-delivered or technology-supported or technology-assisted) OR SU (tele* or tele-based or tele-support* or telehealth or tele-health or telemedicine or		739,306



	tele-medicine or telerehabilitation or tele-rehabilitation or internet* or internet-based or internetbased or internet-delivered or internet-support* or internet-assisted or web or webbased or web-based or web based or web-support* or web-assisted or WWW or email* or e-mail or telephone or phone or computer* or computer-based or computerbased or computer-support* or computer-assisted or "PC" or "PCs" or PC-based or pc-support* or pc-assisted or skype or skype-based or skype-delivered or skype-assisted or apps or app-based or app based or app-assisted or smartphone* or ipad* or tablet* or IOS or android* or online* or on-line or mobile or ehealth or e-health or e-therap* or distance or remote or video-conferenc* or videoconference* or chatroom* or electronic or digital* or technology or technology-based or technology-delivered or technology-supported or technology-assisted)		
S8	MH "Therapy, Computer Assisted" or MH Internet+ or MH "World wide web applications+" or MH Telehealth+ or MH Telepsychiatry+ or Telerehabilitation+		156,758
S7	S4 OR S5 OR S6		110,280
S6	(cognitive-behavior-therapy or cognitive-behavioral-therapy or mindful* or (acceptance N2 commitment therapy) or ACT)		84,430
S5	(cbt or ((cognitive* or cognitive-behavior*) N6 (therap* or training or exercise* or treatment* or intervention* or strateg* or program* or plan*)))		35,240
S4	(MH "Cognitive therapy+" or MH "acceptance and commitment therapy")		21,449
S3	S1 OR S2		92,409
S2	TI (anxiety or panic* or phobi* or agoraphobi* or GAD) or SU (anxiety or panic* or phobi* or agoraphobi* or GAD) OR (((anxiety or panic or social phobia* or social anxiety or agoraphobia* or GAD)) N10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*)		69,459
S1	(MH "Anxiety Disorders+") OR (MH "Panic Disorder") OR (MH "Agoraphobia") OR (MH "Social Anxiety Disorders") OR (MH "Generalized Anxiety Disorder")		40,814

## PICO 4: Bør patienter med behandlingsrefraktære angstlidelser tilbydes benzodiazepiner?

Søgt 31.10.2019

### Medline

Database(s): Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R) 1946 to October 29, 2019

Search Strategy:

#	Searches	Results
1	Anxiety Disorders/	32618
2	exp phobic disorders/	11101
3	exp panic disorder/	6781
4	exp agoraphobia/	2566
5	(anxiety or panic).ti,bt,kw,kf.	65620
6	(((anxiety or panic) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or Social phobia* or agoraphobia* or GAD or panic attack*).ti,bt,ab,kw,kf.	83664
7	or/1-6	128885
8	exp Benzodiazepines/	64501
9	exp Anti-Anxiety Agents/	68707
10	Anxiety Disorders/dt	4971
11	(benzodiazepin* or Anxiolytics).ti,bt,ab,kw,kf.	36422
12	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic*) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect* or pharma*)).ti,bt,ab,kw,kf.	8838
13	(benzodiazapin* or BZD or Abecarnil* or Adinazolam* or Alprazolam* or Arfendazam* or Bentazepam* or Bretazenil* or Bromazepam* or Bromazepamor* or Brotizolam* or Camazepam* or Chlordiazepoxide* or Chlordesmethyldiazepam* or Cinolazepam* or Clobazam* or Clonazepam* or Clorazepate* or Chlorazepate* or Clotiazepam* or Cloxazolam* or Delorazepam* or Demoxepam* or Desmethyldiazepam* or Desoxydemoxepamor* or Devazepide* or Diazepam* or Doxefazepam* or Estazolam* or Fludiazepamor* or Flunitrazepam* or Flurazepam* or dealkylflurazepam* or	60600



	Flutoprazepam* or Fosazepam* or Gidazepam* or Girisopam* or Halazepamor* or Haloxazolam* or Ketazolam* or Loflazepate* or Loprazolam* or Lorazepam* or Lormetazepam* or Meclonazepam* or Medazepam* or Metaclazepam* or Mexazolam* or Midazolam* or Nerisopam* or Nimetazepam* or Nitrazepam* or Norchlordiazepoxide* or Norclobazamor* or Nordazepam* or Norfludiazepam* or Norflunitrazepam* or Oxazepam* or Oxazolam* or Phenazepamor* or Pinazepam* or Prazepam* or Premazepam* or Propazepam* or Quazepam* or Ripazepam* or Serazepine* or Sograzepide* or Talampanelor* or Tarazepide* or Temazepam* or Tetrazepam* or Tofisopam* or Triazolam*).mp,bt,sh.	
14	or/8-13	123130
15	7 and 14	13206
16	limit 15 to (randomized controlled trial or controlled clinical trial)	1968
17	((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,bt,ab,kw,kf.	665665
18	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,kf.	274783
19	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw,kf.	168401
20	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw,kf.	247911
21	or/17-20	861549
22	15 and 21	2793
23	16 or 22	3171
24	limit 23 to (yr="2015-2019" and (english or danish or swedish or norwegian))	452
25	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1388201
26	24 not 25	399
27	limit 26 to (systematic reviews or letter or autobiography or biography or news)	55
28	26 not 27	344
29	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,kw,kf,hw.	3385885
30	28 not 29	333

## Embase

Database(s): **Embase** 1974 to 2019 October 30

Search Strategy:

#	Searches	Results
1	Anxiety Disorder/	66988
2	exp generalized anxiety disorder/	10711
3	exp panic/	22707
4	exp "mixed anxiety and depression"/	743
5	exp anxiety neurosis/	8699
6	phobia/ or exp agoraphobia/ or exp social phobia/	26323
7	(anxiety or panic).ti,kw.	93433
8	(((anxiety or panic) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or Social phobia* or agoraphobia* or GAD or panic attack*).ti,ab,kw.	121220
9	or/1-8	210064
10	exp benzodiazepine derivative/	210959
11	exp anxiolytic agent/	188901
12	Anxiety Disorder/dt	10691
13	(benzodiazepin* or Anxiolytics).ti,kw,du.	79156
14	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic*) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect* or pharma*)).ti,kw.	2794
15	(benzodiazapin* or BZD or Abecarnil* or Adinazolam* or Alprazolam* or Arfendazam* or Bentazepam* or Bretazenil* or Bromazepam* or Bromazepamor* or Brotizolam* or Camazepam* or Chlordiazepoxide* or Chlordesmethylidiazepam* or Cinolazepam* or Clobazam* or Clonazepam* or Clorazepate* or Chlorazepate* or Clotiazepam* or Cloxazolam* or Delorazepam* or Demoxepam* or Desmethyldiazepam* or Desoxydemoxepamor* or Devazepide* or Diazepam* or Doxefazepam* or Estazolam* or Fludiazepamor* or Flunitrazepam* or Flurazepam* or dealkylflurazepam* or Flutoprazepam* or Fosazepam* or Gidazepam* or Girisopam* or Halazepamor* or Haloxazolam* or Ketazolam* or Loflazepate* or Loprazolam* or Lorazepam* or Lormetazepam* or Meclonazepam* or Medazepam* or Metaclazepam* or Mexazolam* or Midazolam* or Nerisopam* or Nimetazepam* or Nitrazepam* or Norchlordiazepoxide* or Norclobazamor* or Nordazepam* or Norfludiazepam* or Norflunitrazepam* or Oxazepam* or Oxazolam* or Phenazepamor* or Pinazepam* or Prazepam* or	186313



	Premazepam* or Propazepam* or Quazepam* or Ripazepam* or Serazepine* or Sograzepide* or Talampanelor* or Tarazepide* or Temazepam* or Tetrazepam* or Tofisopam* or Triazolam*).mp,sh,du.	
16	or/10-15	287588
17	9 and 16	29667
18	limit 17 to (randomized controlled trial or controlled clinical trial)	2245
19	((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	930767
20	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw.	388523
21	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	234060
22	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw.	347489
23	or/19-22	1202337
24	17 and 23	4361
25	18 or 24	4945
26	limit 25 to (yr="2015-2019" and (english or danish or swedish or norwegian))	883
27	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2068539
28	26 not 27	802
29	limit 28 to ("systematic review" or letter or note)	121
30	28 not 29	681
31	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,kw,hw.	4458444
32	30 not 31	636

**PsycINFO**

Database(s): **PsycINFO** 1806 to October Week 3 2019

Search Strategy:

#	Searches	Results
1	Anxiety/	59242
2	anxiety disorders/	17887
3	exp generalized anxiety disorder/	2738
4	exp panic attack/	906

5	exp panic disorder/	7573
6	exp anxiety management/	588
7	phobia/	5114
8	exp agoraphobia/	2861
9	exp social phobia/	4490
10	exp social anxiety/	4795
11	(Anxiety or panic*).ti,id.	93790
12	((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or Social phobia* or agoraphobia or GAD or panic attack*).ti,ab,id.	83700
13	or/1-12	140615
14	exp Benzodiazepines/	10559
15	exp Tranquilizing Drugs/	45320
16	(benzodiazepin* or Anxiolytics or Tranquilizers).ti,ab,id.	14285
17	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic* or Tranquilizing) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect* or pharma*)).ti,id.	1580
18	(benzodiazepin* or BZD or Abecarnil* or Adinazolam* or Alprazolam* or Arfendazam* or Bentazepam* or Bretazenil* or Bromazepam* or Bromazepamor* or Brotizolam* or Camazepam* or Chlordiazepoxide* or Chlordesmethylidiazepam* or Cinolazepam* or Clobazam* or Clonazepam* or Clorazepate* or Chlorazepate* or Clotiazepam* or Cloxazolam* or Delorazepam* or Demoxepam* or Desmethyldiazepam* or Desoxydemoxepamor* or Devazepide* or Diazepam* or Doxefazepam* or Estazolam* or Fludiazepamor* or Flunitrazepam* or Flurazepam* or dealkylflurazepam* or Flutoprazepam* or Fosazepam* or Gidazepam* or Girisopam* or Halazepamor* or Haloxazolam* or Ketazolam* or Loflazepate* or Loprazolam* or Lorazepam* or Lormetazepam* or Meclonazepam* or Medazepam* or Metaclazepam* or Mexazolam* or Midazolam* or Nerisopam* or Nimetazepam* or Nitrazepam* or Norchlordiazepoxide* or Norclobazamor* or Nordazepam* or Norfludiazepam* or Norflunitrazepam* or Oxazepam* or Oxazolam* or Phenazepamor* or Pinazepam* or Prazepam* or Premazepam* or Propazepam* or Quazepam* or Ripazepam* or Serazepine* or Sograzepide* or Talampanelor* or Tarazepide* or Temazepam* or Tetrazepam* or Tofisopam* or Triazolam*).mp,id,sh.	13634
19	or/14-18	60199
20	13 and 19	6715



21	(((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,id.	100557
22	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) adj2 (blind* or mask*))).ti,ab,id.	47850
23	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,id.	56589
24	or/21-23	158060
25	20 and 24	1508
26	limit 25 to (yr="2015-2019" and (english or danish or swedish or norwegian))	81
27	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,id.	51001
28	26 not 27	80
29	limit 28 to "0830 systematic review"	7
30	28 not 29	73



**PICO 5: Bør patienter med generaliseret angst tilbydes en af følgende?:**

- a) Acceptance-Commitment therapy (ACT) (2015-19)
- b) Meta-kognitive terapi (2017-19)
- c) Unified Protocol therapy (2018-19)
- d) Compassion Focused Therapy (CFT) (2005-19)

Søgt 15.12.2019

**Medline**

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R)** 1946 to December 13, 2019

Search Strategy:

#	Searches	Results
1	Anxiety Disorders/	32710
2	exp phobic disorders/	11118
3	exp panic disorder/	6792
4	exp agoraphobia/	2570
5	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,bt,kw,kf.	68599
6	((((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,bt,ab,kw,kf.	78153
7	or/1-6	125401
8	"acceptance and commitment therapy"/	327
9	((acceptance* adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)) or ACT).ti,bt,ab,kw,kf.	9253
10	or/8-9	9283
11	7 and 10	497
12	((metacognitive or meta cognitive or meta-cognitive) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)).ti,bt,ab,kw,kf.	660
13	7 and 12	92
14	(unified adj1 protocol*).ti,bt,ab,kw,kf.	172
15	7 and 14	65



16	((Compassion* or compassion-focused or compassion-oriented or compassion-based or compassion-tailored or compassion-integrated or compassion-centred or compassion-centered or self-compassion) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)).ti,bt,ab,kw,kf.	1758
17	(CFT or "UT" or (contextual behavio?r* adj science) or compassionate mind or compassionate-mind).ti,bt,ab,kw,kf.	6209
18	or/16-17	7911
19	7 and 18	89
20	exp randomized controlled trial/ or exp controlled clinical trial/	585311
21	((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,bt,ab,kw,kf.	670077
22	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw,kf.	275870
23	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw,kf.	169113
24	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw,kf.	249496
25	or/20-24	1068325
26	11 and 25	223
27	limit 26 to (yr="2015-2019" and (english or danish or norwegian or swedish))	136
28	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1392749
29	27 not 28	126
30	13 and 25	38
31	limit 30 to (yr="2017-2019" and (english or danish or norwegian or swedish))	19
32	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1392749
33	31 not 32	19
34	15 and 25	32
35	limit 34 to (yr="2018-2019" and (english or danish or norwegian or swedish))	18
36	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1392749
37	35 not 36	16
38	19 and 25	31
39	limit 38 to (yr="2005-2019" and (english or danish or norwegian or swedish))	30
40	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1392749
41	39 not 40	30

**Embase**

Database(s): **Embase** 1974 to 2019 December 13

Search Strategy:

#	Searches	Results
1	Anxiety Disorder/	66846
2	generalized anxiety disorder/	10684
3	exp panic/	22589
4	exp "mixed anxiety and depression"/	747
5	exp anxiety neurosis/	8637
6	phobia/	12179
7	exp agoraphobia/	6071
8	exp social phobia/	11386
9	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,kw.	96843
10	((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw.	112071
11	or/1-10	203678
12	"acceptance and commitment therapy"/	1229
13	((acceptance* adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)) or ACT).ti,ab,kw.	13131
14	or/12-13	13426
15	11 and 14	880
16	((metacognitive or meta cognitive or meta-cognitive) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)).ti,ab,kw.	872
17	11 and 16	121
18	(unified adj1 protocol*).ti,ab,kw.	300
19	11 and 18	72
20	((Compassion* or compassion-focused or compassion-oriented or compassion-based or compassion-tailored or compassion-integrated or compassion-centred or compassion-centered or self-compassion) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)).ti,ab,kw.	2786
21	(CFT or "UT" or (contextual behavior?r* adj science) or compassionate mind or compassionate-mind).ti,ab,kw.	9203



22	or/20-21	11913
23	11 and 22	142
24	exp randomized controlled trial/ or exp controlled clinical trial/	766465
25	((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	931885
26	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,kw.	387837
27	((single or double or triple) adj2 (blind* or mask*)).ti,ab,kw.	233528
28	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw.	347086
29	or/24-28	1494191
30	15 and 29	316
31	limit 30 to (yr="2015-2019" and (english or danish or norwegian or swedish))	191
32	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2067049
33	31 not 32	175
34	17 and 29	45
35	limit 34 to (yr="2017-2019" and (english or danish or norwegian or swedish))	20
36	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2067049
37	35 not 36	18
38	19 and 29	36
39	limit 38 to (yr="2018-2019" and (english or danish or norwegian or swedish))	18
40	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2067049
41	39 not 40	15
42	23 and 29	43
43	limit 42 to (yr="2005-2019" and (english or danish or norwegian or swedish))	40
44	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2067049
45	43 not 44	40

**PsycINFO**

Database(s): **PsycINFO** 1806 to December Week 2 2019

Search Strategy:

#	Searches	Results
1	anxiety/	59661
2	Anxiety Disorders/	17966
3	generalized anxiety disorder/	2774
4	exp panic attack/ or panic disorder/	8067
5	exp anxiety management/	597
6	exp anxiety neurosis/	52754
7	phobia/	5127
8	exp agoraphobia/	2865
9	exp social phobia/	4523
10	phobia/	5127
11	exp social anxiety/	4830
12	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,id.	96434
13	((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,id.	82056
14	or/1-13	154064
15	"acceptance and commitment therapy"/	1704
16	((acceptance* adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)) or ACT).ti,ab,id.	77850
17	or/15-16	77896
18	14 and 17	2216
19	((metacognitive or meta cognitive or meta-cognitive) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)).ti,ab,id.	2267
20	14 and 19	211
21	(unified adj1 protocol*).ti,ab,id.	138
22	14 and 21	95
23	((Compassion* or compassion-focused or compassion-oriented or compassion-based or compassion-tailored or compassion-integrated or compassion-centred or compassion-	1655

	centered or self-compassion) adj6 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach)).ti,ab,id.	
24	(CFT or "UT" or (contextual behavio?r* adj science) or compassionate mind or compassionate-mind).ti,ab,id.	882
25	or/23-24	2412
26	14 and 25	147
27	((random* or cluster-random* or quasi-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,id.	101501
28	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab,id.	47947
29	((single or double or triple) adj2 (blind* or mask*)).ti,ab,id.	25670
30	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,id.	57027
31	or/27-30	159345
32	18 and 31	296
33	limit 32 to (yr="2015-2019" and (english or danish or norwegian or swedish))	139
34	20 and 31	53
35	limit 34 to (yr="2017-2019" and (english or danish or norwegian or swedish))	13
36	22 and 31	24
37	limit 36 to (yr="2018-2019" and (english or danish or norwegian or swedish))	7
38	26 and 31	42
39	limit 38 to (yr="2005-2019" and (english or danish or norwegian or swedish))	37

## Cinahl

#	Query	Limiters/Expanders	Results
S25	S15 AND S21	Limiters - Published Date: 20050101-20191231; Language: Danish, English, Norwegian, Swedish	62
S24	S11 AND S21	Limiters - Published Date: 20180101-20191231; Language: Danish, English, Norwegian, Swedish	10



S23	S9 AND S21	Limiters - Published Date: 20170101-20191231; Language: Danish, English, Norwegian, Swedish	14
S22	S7 AND S21	Limiters - Published Date: 20150101-20191231; Language: Danish, English, Norwegian, Swedish	152
S21	S16 OR S17 OR S18 OR S19 OR S20		463,924
S20	((patient* or person* or participant* or population* or allocate* or assign*) N3 (random* or blind* or mask*))		300,841
S19	((single or double or triple) N2 (blind* or mask*))		71,856
S18	(placebo* or single-blind* or double-blind* or triple-blind*)		95,088
S17	((((random* or cluster-random* or quasi-random* or control#ed or crossover or cross-over or blind* or mask*) N4 (trial* or study or studies or analy*)) or rct)		277,969
S16	PT Randomized Controlled Trial OR MH Randomized Controlled Trial	Limiters - Published Date: 20090101-20190731; Age Groups: Adolescent: 13-18 years, All Child; Language: Danish, English, Norwegian, Swedish	18,531
S15	S3 AND S14	Limiters - Published Date: 20090101-20190731; Language: Danish, English, Norwegian, Swedish	87
S14	S12 OR S13		2,265
S13	(CFT or "UT" or (contextual behavio?r* N1 science) or compassionate mind or compassionate-mind)		1,126
S12	((Compassion* or compassion-focused or compassion-oriented or compassion-based or compassion-tailored or compassion-integrated or compassion-centred or compassion-centered or self-compassion) N6 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach))		1,199
S11	S3 AND S10		45
S10	(unified N1 protocol*)		77



S9	S3 AND S8		73
S8	((metacognitive or meta cognitive or meta-cognitive) N3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach))		388
S7	S3 AND S6		1,146
S6	S4 or S5		72,105
S5	(acceptance N6 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program* or approach) or ACT)		72,105
S4	(MH "acceptance and commitment therapy")		387
S3	S1 OR S2		92,368
S2	TI (anxiety or panic* or phobi* or agoraphobi* or GAD) or SU (anxiety or panic* or phobi* or agoraphobi* or GAD) OR (((anxiety or panic or social phobia* or social anxiety or agoraphobia* or GAD)) N10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*)		69,424
S1	(MH "Anxiety Disorders+") OR (MH "Panic Disorder") OR (MH "Agoraphobia") OR (MH "Social Anxiety Disorders") OR (MH "Generalized Anxiety Disorder")		40,799



## PICO 6: Bør man behandle patienter med angstlidelser med Pregabalin?

Søgt 24.08.2019

### Medline

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R)** 1946 to August 22, 2019

Search Strategy:

#	Searches	Results
1	Anxiety Disorders/	32228
2	exp phobic disorders/	11024
3	exp panic disorder/	6753
4	exp agoraphobia/	2555
5	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,kw,kf.	66679
6	((((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw,kf.	76101
7	or/1-6	122340
8	exp Anti-Anxiety Agents/	68313
9	Anxiety Disorders/dt	4935
10	Anxiolytics.ti,kw,kf.	521
11	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic*) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*)).ti,kw,kf.	2027
12	Pregabalin/	1820
13	(pregabalin or gamma-aminobutyric acid or GABA or lyrica).mp.	85906
14	or/8-13	145228
15	7 and 14	11493
16	limit 15 to randomized controlled trial	1359
17	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,kf.	653900
18	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	270574
19	((single or double or triple) adj2 (blind*3 or mask*3)).ti,ab.	166414
20	((patient* or person* or participant* or population* or allocat* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw,kf.	247028

21	(((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*)).ti,ab,kw,kf.	2098
22	or/17-21	848411
23	15 and 22	2352
24	16 or 23	2549
25	limit 24 to (yr="2017-2019" and (english or danish or swedish or norwegian))	169
26	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1375460
27	25 not 26	143
28	limit 27 to systematic reviews	19
29	27 not 28	124

## Embase

Database(s): **Embase** 1974 to 2019 August 22

Search Strategy:

#	Searches	Results
1	Anxiety Disorder/	65624
2	exp generalized anxiety disorder/	10464
3	phobia/ or exp agoraphobia/ or exp social phobia/	26046
4	exp "mixed anxiety and depression"/	715
5	exp panic/	22489
6	exp anxiety neurosis/	8678
7	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,kw.	95252
8	(((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw.	109708
9	or/1-8	200081
10	exp anxiolytic agent/	187327
11	Anxiety Disorder/dt	10574
12	Anxiolytics.ti,kw.	1127
13	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic*) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*)).ti,kw.	2746

14	Pregabalin/	13165
15	(pregabalin or gamma-aminobutyric acid or GABA or lyrica).mp.	84403
16	or/10-15	258118
17	9 and 16	27502
18	limit 17 to randomized controlled trial	1466
19	((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	911571
20	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	381117
21	((single or double or triple) adj2 (blind*3 or mask*3)).ti,ab.	229754
22	((patient* or person* or participant* or population* or allocat* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw.	344820
23	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw.	3899
24	or/19-23	1180999
25	17 and 24	3846
26	18 or 25	4105
27	limit 26 to (yr="2017-2019" and (english or danish or swedish or norwegian))	398
28	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2043508
29	27 not 28	361
30	limit 29 to "systematic review"	57
31	29 not 30	304

## PsycInfo

Database(s): **PsycINFO** 1806 to August Week 3 2019

Search Strategy:

#	Searches	Results
1	Anxiety/	58652
2	Anxiety Disorders/	17726
3	exp generalized anxiety disorder/	2694
4	exp anxiety management/	574
5	exp agoraphobia/	2855

6	exp social phobia/	4447
7	phobia/	5095
8	panic disorder/	7544
9	exp panic attack/	903
10	exp social anxiety/	4744
11	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,id.	95022
12	((((anxiety or panic or Social phobia* or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,id.	80706
13	or/1-12	138428
14	Anxiolytics.ti,id.	439
15	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic*) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*).ti,id.	1405
16	Pregabalin/	599
17	(pregabalin or gamma-aminobutyric acid or GABA or Lyrica).mp.	18059
18	or/14-17	19629
19	13 and 18	2520
20	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,id.	99400
21	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	47080
22	((single or double or triple) adj2 (blind*3 or mask*3)).ti,ab.	25340
23	((patient* or person* or participant* or population* or allocat* or assign*) adj3 (random* or blind* or mask*).ti,ab,id.	56456
24	((((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,id.	209
25	or/20-24	156493
26	19 and 25	289
27	limit 26 to (yr="2017-2019" and (english or danish or swedish or norwegian))	20

## PICO 7: Bør patienter med angstlidelser tilbydes kropsterapi?

Søgt 03.09.2019 (ikke søgt på Relaxation eller Yoga, se i stedet side 44)

### Medline

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R)** 1946 to August 30, 2019

Search Strategy:

#	Searches	Results
1	anxiety disorders/	32273
2	exp phobic disorders/	11027
3	exp panic disorder/	6754
4	exp agoraphobia/	2555
5	(anxiety or panic).ti,kw,kf.	64494
6	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,kw,kf.	19474
7	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw,kf.	75255
8	or/1-7	128192
9	mind-body therapies/	960
10	exp breathing exercises/	3398
11	therapeutic touch/	901
12	massage/	5912
13	Tai ji/	996
14	((body or body-based or mind-body or mind body) adj3 (therap* or treatment* or awareness or massag*).ti,ab,kw,kf.	11603
15	(therapeutic touch or massage or tai ji or tai chi or qigong).ti,ab,kw,kf.	12506
16	((breathing or mind body or mind-body) adj3 (exercise* or training)).ti,ab,kw,kf.	2511
17	or/9-16	31990
18	8 and 17	935
19	limit 18 to (randomized controlled trial or controlled clinical trial)	291
20	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,kf.	655107
21	((single or double or triple) adj2 (blind* or mask*).ti,ab.	166670

22	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	270884
23	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw,kf.	244262
24	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw,kf.	2105
25	or/20-24	849186
26	18 and 25	409
27	19 or 26	465
28	limit 27 to (english or danish or swedish or norwegian)	457
29	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1376561
30	28 not 29	434
31	limit 30 to systematic reviews	57
32	30 not 31	377
33	exp Neoplasms/	3210158
34	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,kw,kf,hw.	3313945
35	or/33-34	3757923
36	32 not 35	315

## Embase

Database(s): **Embase** 1974 to 2019 August 30

Search Strategy:

#	Searches	Results
1	anxiety disorder/	65848
2	exp generalized anxiety disorder/	10496
3	phobia/	12185
4	exp panic/	22519
5	exp "mixed anxiety and depression"/	718
6	exp anxiety neurosis/	8681
7	exp social phobia/	11338
8	exp agoraphobia/	6056
9	(anxiety or panic).ti,kw.	91943



10	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,kw.	27646
11	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw.	108499
12	or/1-11	208051
13	mind-body therapies/	40243
14	breathing exercise/	6890
15	therapeutic touch/	42379
16	massage/	13429
17	Tai Chi/	2736
18	((body or body-based or mind-body or mind body) adj3 (therap* or treatment* or awareness or massag*).ti,ab,kw.	18529
19	(therapeutic touch or massage or tai ji or tai chi or qigong).ti,ab,kw.	16047
20	((breathing or mind body or mind-body) adj3 (exercise* or training)).ti,ab,kw.	3703
21	or/13-20	86821
22	12 and 21	2567
23	limit 22 to (randomized controlled trial or controlled clinical trial)	469
24	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	914274
25	((single or double or triple) adj2 (blind* or mask*).ti,ab.	230331
26	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	381934
27	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*).ti,ab,kw.	341497
28	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw.	3908
29	or/24-28	1183301
30	22 and 29	729
31	23 or 30	827
32	limit 31 to (english or danish or swedish or norwegian)	806
33	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2046955
34	32 not 33	759
35	limit 34 to "systematic review"	96
36	34 not 35	663
37	exp neoplasm/	4219656

38	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,ab,kw,hw.	4751915
39	or/37-38	5392164
40	36 not 39	517

## PsycINFO

Database(s): **PsycINFO** 1806 to August Week 4 2019

Search Strategy:

#	Searches	Results
1	anxiety/	58729
2	anxiety disorders/	17740
3	exp generalized anxiety disorder/	2699
4	exp panic attack/ or exp panic disorder/	8024
5	exp anxiety management/	575
6	exp social anxiety/	4751
7	exp social phobia/	4451
8	exp agoraphobia/	2855
9	phobia/	5097
10	(anxiety or panic).ti,id.	92935
11	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,id.	20504
12	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,id.	79330
13	or/1-12	140665
14	mind body therapy/	175
15	breathing exercise/	0
16	body awareness/	1738
17	massage/	472
18	((body or body-based or mind-body or mind body) adj3 (therap* or treatment* or awareness or massag*).ti,ab,id.	3201
19	(therapeutic touch or massage or tai ji or tai chi or qigong).ti,ab,id.	2294
20	((breathing or mind body or mind-body) adj3 (exercise* or training)).ti,ab,id.	668
21	or/14-20	7399





22	13 and 21	589
23	((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,id.	99539
24	((single or double or triple) adj2 (blind* or mask*)).ti,ab.	25365
25	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	47116
26	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,id.	56084
27	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,id.	209
28	or/23-27	156518
29	22 and 28	146
30	23 or 29	99591
31	limit 29 to (english or danish or swedish or norwegian)	138
32	exp Neoplasms/	49335
33	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,ab,id.	72103
34	or/32-33	75555
35	31 not 34	126
36	limit 35 to systematic review	6
37	35 not 36	120

## Cinahl

#	Query	Limiters/Expanders	Results
S20	S18 NOT S19	Limiters - Language: Danish, English, Norwegian, Swedish	227
S19	(MH "Adolescence+") OR (MH "Child+")		854,323
S18	S14 NOT S17		293
S17	S15 OR S16		628,963
S16	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*)		577,245
S15	(MH "Neoplasms+")		475,250



S14	S9 AND S13	Limiters - Language: Danish, English, Norwegian, Swedish	359
S13	S10 OR S11 OR S12		330,606
S12	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*)) or ((patient* or person* or participant* or population* or allocate* or assign*) N3 (random* or blind* or mask*)))		185,971
S11	((((random* or cluster-random* or control#ed or crossover or cross-over or blind* or mask*) N4 (trial* or study or studies or analy*)) or rct)		270,158
S10	PT Randomized Controlled Trial		87,061
S9	S3 AND S8		1,260
S8	S4 OR S5 OR S6 OR S7		28,521
S7	(tai ji or tai chi or qigong)		2,699
S6	((((body or body-based or mind-body or "mind body") N2 (therap* or treatment* or awareness or massag*) or therapeutic touch or ((massage) N2 therap*) or (breathing N2 (exercise* or training))))		15,041
S5	MH ("Breathing Exercises+" OR "Tai Chi")		3,878
S4	(MH "Reiki") OR (MH "Therapeutic Touch") OR (MH "Massage") OR (MH "Mind Body Techniques")		16,388
S3	S1 OR S2		71,007
S2	TI (anxiety or panic) OR (((anxiety or panic) N10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*) OR (Social phobia* or agoraphobia* or GAD)		46,227
S1	(MH "Anxiety Disorders+") OR (MH "Panic Disorder") OR (MH "Agoraphobia") OR (MH "Social Anxiety Disorders") OR (MH "Generalized Anxiety Disorder")		39,851



**PEDRO**

Abstract and Title: "Anxiety disorder" OR "anxiety disorders" OR panic OR "social anxiety" OR "social phobia" OR agoraphobia OR GAD

Method: Clinical trial

18 fund

---

**OT-seeker**

	Title /Abstract	"Anxiety disorder" OR "anxiety disorders" OR panic OR "social anxiety" OR "social phobia" OR agoraphobia OR GAD
--	-----------------	---

AND	Title /Abstract	Body therapy or mind body or therapeutic touch or breathing exercise* or relaxation training or massage or meditation or yoga or tai chi or tai ji or qigong
-----	-----------------	--

12 fund

---

## Yoga og relaxation 2016-2019

Søgt 03.09.2019

### Medline

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R)** 1946 to August 30, 2019

Search Strategy:

#	Searches	Results
1	anxiety disorders/	32273
2	exp phobic disorders/	11027
3	exp panic disorder/	6754
4	exp agoraphobia/	2555
5	(anxiety or panic).ti,kw,kf.	64494
6	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,kw,kf.	19474
7	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw,kf.	75255
8	or/1-7	128192
9	exp yoga/	2598
10	relaxation therapy/	6263
11	(relaxation* or yoga* or meditation).ti,ab,kw,kf.	124609
12	or/9-11	124844
13	8 and 12	2390
14	limit 13 to (randomized controlled trial or controlled clinical trial)	646
15	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,kf.	655107
16	((single or double or triple) adj2 (blind* or mask*)).ti,ab.	166670
17	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	270884
18	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw,kf.	244262
19	((((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*)).ti,ab,kw,kf.	2105
20	or/15-19	849186
21	13 and 20	829
22	14 or 21	1002

23	limit 22 to (yr="2016-2019" and (english or danish or swedish or norwegian))	247
24	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1376561
25	23 not 24	241
26	limit 25 to systematic reviews	52
27	25 not 26	189
28	exp Neoplasms/	3210158
29	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,kw,kf,hw.	3313945
30	or/28-29	3757923
31	27 not 30	211

## Embase

Database(s): **Embase** 1974 to 2019 August 30

Search Strategy:

#	Searches	Results
1	anxiety disorder/	65848
2	exp generalized anxiety disorder/	10496
3	phobia/	12185
4	exp panic/	22519
5	exp "mixed anxiety and depression"/	718
6	exp anxiety neurosis/	8681
7	exp social phobia/	11338
8	exp agoraphobia/	6056
9	(anxiety or panic).ti,kw.	91943
10	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,kw.	27646
11	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw.	108499
12	or/1-11	208051
13	relaxation training/	10558
14	yoga/	6903
15	(relaxation* or yoga* or meditation).ti,ab,kw.	137655
16	or/13-15	139834

17	12 and 16	4187
18	limit 17 to (randomized controlled trial or controlled clinical trial)	874
19	((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	914274
20	((single or double or triple) adj2 (blind* or mask*)).ti,ab.	230331
21	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	381934
22	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw.	341497
23	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw.	3908
24	or/19-23	1183301
25	17 and 24	1277
26	18 or 25	1456
27	limit 26 to (yr="2016-2019" and (english or danish or swedish or norwegian))	384
28	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2046955
29	27 not 28	351
30	limit 29 to "systematic review"	61
31	29 not 30	290
32	exp neoplasm/	4219656
33	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,ab,kw,hw.	4751915
34	or/32-33	5392164
35	31 not 34	241

## PsycInfo

Database(s): **PsycINFO** 1806 to August Week 4 2019

Search Strategy:

#	Searches	Results
1	anxiety/	58729
2	anxiety disorders/	17740
3	exp generalized anxiety disorder/	2699
4	exp panic attack/ or exp panic disorder/	8024
5	exp anxiety management/	575



6	exp social anxiety/	4751
7	exp social phobia/	4451
8	exp agoraphobia/	2855
9	phobia/	5097
10	(anxiety or panic).ti,id.	92935
11	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,id.	20504
12	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,id.	79330
13	or/1-12	140665
14	exp relaxation therapy/	3468
15	yoga/	1721
16	(relaxation* or yoga* or meditation).ti,ab,id.	23930
17	or/14-16	24105
18	13 and 17	3808
19	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,id.	99539
20	((single or double or triple) adj2 (blind* or mask*)).ti,ab.	25365
21	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	47116
22	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,id.	56084
23	((((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*)).ti,ab,id.	209
24	or/19-23	156518
25	18 and 24	824
26	19 or 25	99926
27	limit 25 to (yr="2016-2019" and (english or danish or swedish or norwegian))	149
28	exp Neoplasms/	49335
29	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,ab,id.	72103
30	or/28-29	75555
31	27 not 30	137
32	limit 31 to systematic review	15
33	31 not 32	122

## Cinahl

#	Query	Limiters/Expanders	Results
S23	S19 NOT S22	Limiters - Published Date: 20160201-20190931; Language: Danish, English, Norwegian, Swedish	117
S22	S20 OR S21		383,210
S21	TI review	Limiters - Language: Danish, English, Norwegian, Swedish	162,570
S20	PT (Systematic review OR review)	Limiters - Language: Danish, English, Norwegian, Swedish	288,052
S19	S17 NOT S18	Limiters - Language: Danish, English, Norwegian, Swedish	493
S18	(MH "Adolescence+") OR (MH "Child+")		854,323
S17	S13 NOT S16		631
S16	S14 OR S15		628,963
S15	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*)		577,245
S14	(MH "Neoplasms+")		475,250
S13	S8 AND S12	Limiters - Language: Danish, English, Norwegian, Swedish	758
S12	S9 OR S10 OR S11		330,606
S11	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*)) or ((patient* or person* or participant* or population* or allocate* or assign*) N3 (random* or blind* or mask*)))		185,971
S10	((((random* or cluster-random* or control#ed or crossover or cross-over or blind* or mask*) N4 (trial* or study or studies or analy*)) or rct)		270,158
S9	PT Randomized Controlled Trial		87,061
S8	S3 AND S7		2,471
S7	S4 OR S5 OR S6		29,982
S6	(relaxation* or yoga* or meditation)		26,751
S5	MH "Relaxation Techniques+"		10,889





S4	(MH "yoga+")		7,268
S3	S1 OR S2		71,007
S2	TI (anxiety or panic) OR (((anxiety or panic) N10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*) OR (Social phobia* or agoraphobia* or GAD)		46,227
S1	(MH "Anxiety Disorders+") OR (MH "Panic Disorder") OR (MH "Agoraphobia") OR (MH "Social Anxiety Disorders") OR (MH "Generalized Anxiety Disorder")		39,851

---

**PEDRO**

Se side 43

---

**OT Seeker**

Se side 43

---

## PICO 8: Bør patienter med angstlidelser tilbydes mindfulness?

Søgt 26.08.2019

### Medline

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R)** 1946 to August 23, 2019

Search Strategy:

#	Searches	Results
1	anxiety disorders/	32237
2	exp phobic disorders/	11024
3	exp panic disorder/	6753
4	exp agoraphobia/	2555
5	(anxiety or panic*).ti,kw,kf.	66084
6	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,kw,kf.	19443
7	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw,kf.	75120
8	or/1-7	129534
9	Mindfulness/	2590
10	(mindfulness* or mindful yoga or mindful meditation or mindful eating or mindful walking).ti,ab,kw,kf.	6528
11	(mindfulness-centred or mindfulness-centered or mindfulness-oriented or mindfulness-focused or mindfulness-based or mindfulness-tailored).ti,ab,kw,kf.	2599
12	or/9-11	6803
13	8 and 12	1064
14	limit 13 to (randomized controlled trial or controlled clinical trial)	230
15	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw,kf.	654171
16	((single or double or triple) adj2 (blind* or mask*)).ti,ab.	166520
17	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	270643
18	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw,kf.	243924

19	(((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*)).ti,ab,kw,kf.	2099
20	or/15-19	848068
21	13 and 20	457
22	14 or 21	491
23	limit 22 to (yr="2013-2019" and (english or danish or swedish or norwegian))	410
24	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1375630
25	23 not 24	395
26	limit 25 to systematic reviews	53
27	25 not 26	342

## Embase

Database(s): **Embase** 1974 to 2019 August 23

Search Strategy:

#	Searches	Results
1	anxiety disorder/	65696
2	exp generalized anxiety disorder/	10472
3	exp panic/	22497
4	exp "mixed anxiety and depression"/	715
5	exp anxiety neurosis/	8678
6	phobia/ or exp agoraphobia/ or exp social phobia/	26052
7	(anxiety or panic*).ti,kw.	93985
8	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,kw.	27587
9	(((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,kw.	108222
10	or/1-9	209583
11	Mindfulness/	6936
12	(mindfulness* or mindful yoga or mindful meditation or mindful eating or mindful walking).ti,ab,kw.	8900
13	(mindfulness-centred or mindfulness-centered or mindfulness-oriented or mindfulness-focused or mindfulness-based or mindfulness-tailored).ti,ab,kw.	3580

14	or/11-13	10211
15	10 and 14	1813
16	limit 15 to (randomized controlled trial or controlled clinical trial)	407
17	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,kw.	912038
18	((single or double or triple) adj2 (blind* or mask*)).ti,ab.	229967
19	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	381302
20	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,kw.	340725
21	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw.	3905
22	or/17-21	1180637
23	15 and 22	651
24	16 or 23	717
25	limit 24 to (yr="2013-2019" and (english or danish or swedish or norwegian))	578
26	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2043759
27	25 not 26	539
28	limit 27 to "systematic review"	76
29	27 not 28	463

## PsycInfo

Database(s): **PsycINFO** 1806 to August Week 3 2019

Search Strategy:

#	Searches	Results
1	anxiety/	58652
2	anxiety disorders/	17726
3	exp generalized anxiety disorder/	2694
4	exp panic attack/ or exp panic disorder/	8023
5	exp anxiety management/	574
6	exp agoraphobia/	2855
7	exp social phobia/	4447

8	phobia/	5095
9	exp social anxiety/	4744
10	(anxiety or panic*).ti,id.	92967
11	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,id.	20484
12	((((anxiety or panic*) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*).ti,ab,id.	79246
13	or/1-12	140609
14	exp Mindfulness/	8855
15	exp mindfulness-based interventions/	495
16	(mindfulness* or mindful yoga or mindful meditation or mindful eating or mindful walking).ti,ab,id.	12038
17	(mindfulness-centred or mindfulness-centered or mindfulness-oriented or mindfulness-focused or mindfulness-based or mindfulness-tailored).ti,ab,id.	3783
18	or/14-17	12269
19	13 and 18	1564
20	((((random* or cluster-random* or control?ed or crossover or cross-over or blind* or mask*) adj4 (trial*1 or study or studies or analy*)) or rct).ti,ab,id.	99400
21	((single or double or triple) adj2 (blind* or mask*)).ti,ab.	25350
22	(placebo* or single-blind* or double-blind* or triple-blind*).ti,ab.	47080
23	((patient* or person* or participant* or population* or allocate* or assign*) adj3 (random* or blind* or mask*)).ti,ab,id.	56022
24	((((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*)).ti,ab,id.	209
25	or/20-24	156331
26	19 and 25	410
27	limit 26 to (yr="2013-2019" and (english or danish or swedish or norwegian))	282
28	limit 27 to (childhood or adolescence <13 to 17 years> or (100 childhood or 200 adolescence ))	35
29	27 not 28	247

## Cinahl

#	Query	Limiters/Expanders	Results
S18	S16 NOT S17	Limiters - Published Date: 20130101-20190831; Age Groups: All Adult; Language: Danish, English, Norwegian, Swedish	145
S17	PT (Systematic Review)	Limiters - Published Date: 20130101-20190831; Age Groups: All Adult; Language: Danish, English, Norwegian, Swedish	7,868
S16	S10 AND S15	Limiters - Published Date: 20130101-20190831; Age Groups: All Adult; Language: Danish, English, Norwegian, Swedish	151
S15	S11 OR S12 OR S13 OR S14		329,760
S14	((patient* or person* or participant* or population* or allocate* or assign*) N3 (random* or blind* or mask*))		123,877
S13	(placebo* or single-blind* or double-blind* or triple-blind* or ((single or double or triple) N1 (blind* or mask*))		93,259
S12	((((random* or cluster-random* or control#ed or crossover or cross-over or blind* or mask*) N4 (trial* or study or studies or analy*)) or rct)		269,418
S11	PT (Randomized Controlled Trial)		87,063
S10	S5 AND S9		1,044
S9	S6 OR S7 OR S8		6,251
S8	(mindfulness* or mindfulness-based or mindful yoga or mindful meditation or mindful eating or mindful walking)		6,251
S7	(mindfulness-centred or mindfulness-centered or mindfulness-oriented or mindfulness-focused or mindfulness-based or mindfulness-tailored)		1,785
S6	(MH "Mindfulness+")		3,856
S5	S1 OR S2 OR S3 OR S4		89,914
S4	TI (Anxiety or panic*) OR SU (Anxiety or panic*)		55,873
S3	social phobia* or agoraphobia* or GAD		2,708



S2	(((anxiety or panic*) N10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*)) or panic attack*)		37,960
S1	(MH "Anxiety Disorders+") OR (MH "Panic Disorder") OR (MH "Agoraphobia") OR (MH "Social Anxiety Disorders") OR (MH "Generalized Anxiety Disorder")		39,776

---

## PEDRO

Abstract and Title: "Anxiety disorder" OR "anxiety disorders" OR panic OR "social anxiety" OR "social phobia" OR agoraphobia OR GAD

Method: Clinical trial

Published since: 2013

11 fund

---

## OT-seeker

	Title /Abstract	"Anxiety disorder" OR "anxiety disorders" OR panic OR "social anxiety" OR "social phobia" OR agoraphobia OR GAD
AND	Title /Abstract	mindfulness
AND	Year published	2013-2019

5 fund

---