

Best Evidence Summaries of Topics in Mental Healthcare

BEST in MH *clinical question-answering service*

Question

“In adults with generalised anxiety disorder or excessive worry, how effective is ‘worry postponement’, compared to any other intervention, for improving patient outcomes?”

Clarification of question using PICO structure

Patients: Adults with generalised anxiety disorder (GAD) or excessive worry
Intervention: Worry postponement
Comparator: Any
Outcome: Any patient outcomes

Clinical and research implications

No relevant systematic reviews or randomised controlled trials were found to answer this question.

What does the evidence say?

Number of included studies/reviews (number of participants)

N/A

Main Findings

N/A

Authors Conclusions

N/A

Reliability of conclusions/Strength of evidence

N/A

What do guidelines say?

Neither National Institute for Health and Care Excellence (NICE) nor Scottish Intercollegiate Guidelines Network (SIGN) guidelines comment upon the use of 'worry postponement' for treating GAD in adults.

Date question received: 13/11/2014

Date searches conducted: 17/12/2014

Date answer completed: 30/12/2014

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	anxiety worry postponement	0	0
DARE	1 (GAD or worry or (general* adj2 anxiet*) or (general* adj2 anxious)) IN DARE 114 Delete 2 MeSH DESCRIPTOR Anxiety Disorders EXPLODE ALL TREES 453 Delete 3 ((psycholog* adj2 therap*) OR CBT OR (cognit* adj2 behavio*) OR psychoeducat* OR psychotherap*) IN DARE 1806 Delete 4 MeSH DESCRIPTOR Cognitive Therapy EXPLODE ALL TREES 733 Delete 5 MeSH DESCRIPTOR Behavior Therapy EXPLODE ALL TREES 1230 Delete 6 MeSH DESCRIPTOR Psychotherapy EXPLODE ALL TREES 1957 Delete 7 #3 OR #4 OR #5 OR #6 2738 Delete 8 #1 OR #2 507 Delete 9 #7 AND #8 291 Delete	291	0
<i>Primary studies</i>			
CENTRAL	#1 "worry postponement" 0 #2 worry 664 #3 "generalised anxiety disorder" 220 #4 "worry reduction" 4 #5 #2 or #3 850 #6 #4 and #5 4	4	0
PsycINFO	1. PsycINFO; "worry postponement".ti,ab; 1 results. 4. PsycINFO; (pretreatment adj2 worry).ti,ab; 4 results. 5. PsycINFO; (worry adj2 postponement).ti,ab; 1 results. 6. PsycINFO; GENERALIZED ANXIETY DISORDER/ OR ANXIETY [+NT]/; 47086 results. 7. PsycINFO; worry.ti,ab; 6364 results. 8. PsycINFO; 1 OR 4 OR 5 OR 7; 6364 results.	497	0

	<p>9. PsycINFO; 6 AND 8; 2117 results.</p> <p>10. PsycINFO; CLINICAL TRIALS/; 8160 results.</p> <p>11. PsycINFO; random*.ti,ab; 136122 results.</p> <p>12. PsycINFO; groups.ti,ab; 379477 results.</p> <p>13. PsycINFO; (double adj3 blind).ti,ab; 18321 results.</p> <p>14. PsycINFO; (single adj3 blind).ti,ab; 1470 results.</p> <p>15. PsycINFO; EXPERIMENTAL DESIGN/; 9404 results.</p> <p>16. PsycINFO; controlled.ti,ab; 84318 results.</p> <p>17. PsycINFO; (clinical adj3 study).ti,ab; 8240 results.</p> <p>18. PsycINFO; trial.ti,ab; 71572 results.</p> <p>19. PsycINFO; "treatment outcome clinical trial".md; 28410 results.</p> <p>20. PsycINFO; 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19; 588787 results.</p> <p>21. PsycINFO; 9 AND 20; 497 results.</p>		
Embase	<p>12. EMBASE; "worry reduction*".ti,ab; 17 results.</p> <p>13. EMBASE; worry.ti,ab; 7810 results.</p> <p>14. EMBASE; "generalized anxiety disorder".ti,ab; 4935 results.</p> <p>15. EMBASE; "generalised anxiety disorder".ti,ab; 552 results.</p> <p>16. EMBASE; 12 OR 13; 7810 results.</p> <p>17. EMBASE; "worry postponement".ti,ab; 0 results.</p> <p>18. EMBASE; "worry postponement".af,tw; 0 results.</p> <p>19. EMBASE; 16 OR 17; 7810 results.</p> <p>20. EMBASE; 14 OR 15; 5454 results.</p> <p>21. EMBASE; 19 AND 20; 518 results.</p> <p>22. EMBASE; random*.ti,ab; 918801 results.</p> <p>23. EMBASE; factorial*.ti,ab; 23711 results.</p> <p>24. EMBASE; (crossover* OR cross-over*).ti,ab; 70744 results.</p> <p>25. EMBASE; placebo*.ti,ab; 204997 results.</p> <p>26. EMBASE; (doubl* ADJ blind*).ti,ab; 145273 results.</p> <p>27. EMBASE; (singl* ADJ blind*).ti,ab; 14960 results.</p>	123	0

	<p>28. EMBASE; assign*.ti,ab; 246399 results.</p> <p>29. EMBASE; allocat*.ti,ab; 87112 results.</p> <p>30. EMBASE; volunteer*.ti,ab; 180278 results.</p> <p>31. EMBASE; CROSSOVER PROCEDURE/; 40796 results.</p> <p>32. EMBASE; DOUBLE BLIND PROCEDURE/; 116476 results.</p> <p>33. EMBASE; RANDOMIZED CONTROLLED TRIAL/; 354795 results.</p> <p>34. EMBASE; SINGLE BLIND PROCEDURE/; 19151 results.</p> <p>35. EMBASE; 22 OR 23 OR 24 OR 25 OR 26 OR 27 OR 28 OR 29 OR 30 OR 31 OR 32 OR 33 OR 34; 1458410 results.</p> <p>36. EMBASE; 21 AND 35; 123 results.</p>		
Medline	<p>2. MEDLINE; "worry reduction*".ti,ab; 15 results.</p> <p>3. MEDLINE; worry.ti,ab; 6178 results.</p> <p>4. MEDLINE; "generalized anxiety disorder".ti,ab; 4040 results.</p> <p>5. MEDLINE; "generalised anxiety disorder".ti,ab; 398 results.</p> <p>6. MEDLINE; 2 OR 3; 6178 results.</p> <p>7. MEDLINE; "worry postponement".ti,ab; 1 results.</p> <p>8. MEDLINE; "worry postponement".af,tw; 1 results.</p> <p>9. MEDLINE; 6 OR 7; 6178 results.</p> <p>10. MEDLINE; 4 OR 5; 4425 results.</p> <p>11. MEDLINE; 9 AND 10; 435 results.</p> <p>12. MEDLINE; "randomized controlled trial".pt; 401556 results.</p> <p>13. MEDLINE; "controlled clinical trial".pt; 90822 results.</p> <p>14. MEDLINE; randomized.ab; 322270 results.</p> <p>15. MEDLINE; placebo.ab; 164894 results.</p> <p>16. MEDLINE; "drug therapy".fs; 1789870 results.</p> <p>17. MEDLINE; randomly.ab; 230597 results.</p> <p>18. MEDLINE; trial.ab; 336214 results.</p> <p>19. MEDLINE; groups.ab; 1448661 results.</p> <p>20. MEDLINE; 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19; 3548445 results.</p> <p>21. MEDLINE; 11 AND 20; 193 results.</p>	193	0
Summary	NA	NA	

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