



## Søgeprotokol for NKR Angst hos voksne

<b>Projekttitel/aspekt</b>	<b>NKR Angst hos voksne - Sekundærlitteratur</b>
<b>Projektleder</b>	Kristoffer Lande Andersen
<b>Fagkonsulent</b>	Ole Jakob Storebø
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<b>Senest opdateret</b>	26.11.2019

<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

<b>DATABASER</b>	<b>INTERFACE</b>	<b>DATO FOR SØGNING</b>
<b>Medline</b> (inkl. Cochrane Reviews)	OVID	27.08.2019 – 26.11.2019
<b>Embase</b> (inkl. Cochrane Reviews)	OVID	27.08.2019 – 26.11.2019
<b>PsycInfo</b>	OVID	27.08.2019 – 26.11.2019
<b>Cinahl</b>	EBSCo	27.08.2019 – 26.11.2019
<b>Pedro (PICO 7 og 8)</b>	Internet	27.08.2019 – 26.11.2019
<b>OTSeeker (PICO 7 og 8)</b>	Internet	27.08.2019 – 26.11.2019

## 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 systematiske reviews og metaanalyser

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**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?**

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

**PICO 6: Bør man behandle patienter med angstlidelser med Pregabalin eller antidepressiva?**

Samsøgt 19.07.2019

#### Medline

Database(s): Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R) 1946 to July 18, 2019

Search Strategy:

#	Searches	Results
1	Anxiety Disorders/	32102
2	exp phobic disorders/	10989
3	exp panic disorder/	6742
4	exp agoraphobia/	2555
5	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,kw,kf.	66170
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.	75551
7	or/1-6	121521
8	((pharmac* or drug*) adj3 (treatment* or therap* or intervention* or strateg* or agent* or action* or product* or effect*)).ti,kw,kf.	119884
9	(medication* or medicine* or drug* or pharmaceutical* or pharmacotherap* or pharmaco-therap*).ti,kw,kf.	802527

10	exp Antidepressive Agents/	145017
11	(anti-depressants or antidepressants or anti depressants).ti,ab,kw,kf.	33289
12	((anti-depressive or antidepressive or anti-depressant or antidepressant) adj3 (drug* or agent* or pill*1 or medication* or medicine)).ti,ab,kw,kf.	15659
13	(Noradrenergic adj Specific adj Serotonergic adj Antidepressant*).ti,ab,kw,kf.	2
14	nassa.ti,ab,kw,kf.	96
15	mianserin/	2502
16	(mianserin* or mirtazapin*).mp.	4397
17	Serotonin Uptake Inhibitors/	18870
18	(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.	27264
19	(citalopram* or escitalopram* or fluoxetin* or fluvoxamin* or paroxetin* or sertralin*).mp,sh.	28307
20	exp "Serotonin and Noradrenaline Reuptake Inhibitors"/	4532
21	(serotonin and (noradrenalin or norepinephrine)).mp.	18454
22	(serotonin-norepinephrine or serotonin-noradrenalin).mp.	1588
23	(SNRI* or NSRI*).ti,ab,kw,kf.	1305
24	(duloxetin* or milnacipram* or venlafaxin*).mp,sh.	6331
25	Antidepressive Agents, Tricyclic/	10232
26	(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.	44025
27	(tricyclic or tri-cyclic).ti,ab,kw,kf.	15440
28	(MAOI* or izocarboxazid* or phenelzin* or tranylcipromin* or brofaramin* or moclobemid* or tyrima).mp,sh.	3428
29	(NARI or NARIs or reboxetin* or NDRI* or amineptin* or bupropion*).mp,sh.	1855
30	(SARI or SARIs or trazodon* or agomelatin* or vilazodon*).mp,sh.	3567
31	exp Benzodiazepines/	64046
32	exp Anti-Anxiety Agents/	68194
33	Anxiety Disorders/dt	4927
34	(benzodiazepin* or Anxiolytics).ti,ab,kw,kf.	35995
35	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic*) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*)).ti,ab,kw,kf.	8632



36	(benzodiazapin or BZD or Abecarnil or Adinazolam or Alprazolam or Arfendazam or Bentazepam or Bretazenil or Bromazepam or Brotizolam or Camazepam or Chlordiazepoxide or Chlordesmethyl diazepam or Cinolazepam or Clobazam or Clonazepam or Clorazepate or Chlorazepate or Clotiazepam or Cloxazolam or Delorazepam or Demoxepam or Desmethyl diazepam or Desoxydemoxepam or Devazepide or Diazepam or Doxefazepam or Estazolam or Fludiazepam or Flunitrazepam or Flurazepam or dealkylflurazepam or Flutoprazepam or Fosazepam or Gidazepam or Girisopam or Halazepam 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 Norclobazam or Nordazepam or Norfludiazepam or Norflunitrazepam or Oxazepam or Oxazolam or Phenazepam or Pinazepam or Prazepam or Premazepam or Propazepam or Quazepam or Ripazepam or Serazepine or Sograzepide or Talampanel or Tarazepide or Temazepam or Tetrazepam or Tofisopam or Triazolam).mp,sh.	59789
37	gamma-Aminobutyric Acid/	37434
38	Pregabalin/	1806
39	(pregabalin or gamma-aminobutyric acid or GABA).mp.	85671
40	or/8-39	1114517
41	7 and 40	21470
42	limit 41 to (systematic reviews or meta analysis)	560
43	((systematic or rapid or integrative or umbrella) adj3 (review* or overview* or study or studies or search* or approach* or analys*)) or meta analy* or meta-analy* or metaanaly*).ti,ab,kw,kf.	322425
44	(pool* adj1 (data or analys*)).ti,ab.	18720
45	(pubmed or medline or embase or Cochrane or "web of science" or psycinfo or psychinfo or scopus).ti,ab.	205652
46	Cochrane.jw.	14345
47	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw,kf.	2079
48	or/43-47	423239
49	41 and 48	1121
50	42 or 49	1162
51	limit 50 to (yr="2009-2019" and (english or danish or swedish or norwegian))	752
52	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1371145
53	51 not 52	698

54	limit 53 to (randomized controlled trial or controlled clinical trial or letter or autobiography or biography or news)	18
55	53 not 54	698
56	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,kw,kf,hw.	3333306
57	55 not 56	680

## Embase

Database(s): **Embase** 1974 to 2019 July 18

Search Strategy:

#	Searches	Results
1	Anxiety Disorder/	65007
2	exp generalized anxiety disorder/	10364
3	exp panic/	22399
4	exp "mixed anxiety and depression"/	702
5	exp anxiety neurosis/	8672
6	phobia/ or exp agoraphobia/ or exp social phobia/	25903
7	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,kw.	94529
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.	108738
9	limit 8 to last 2 years	20677
10	or/1-7,9	169150
11	((pharmac* or drug*) and (treatment* or therap* or intervention* or strateg* or agent* or action* or product* or effect*) or pharmacotherap* or pharmaco-therap*).ti,kw.	282227
12	exp antidepressant agent/	408506
13	(anti-depressants or antidepressants or anti depressants).ti,kw.	16546
14	((anti-depressive or antidepressive or anti-depressant or antidepressant) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*)).ti,kw.	9600
15	(Noradrenergic adj Specific adj Serotonergic adj Antidepressant*).ti,ab,kw.	4
16	nassa.ti,ab,kw.	167
17	mianserin/	7676
18	(mianserin* or mirtazapin*).ti,ab,kw,du.	18752

19	exp serotonin uptake inhibitor/	242112
20	(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.	55529
21	(citalopram* or escitalopram* or fluoxetin* or fluvoxamin* or paroxetin* or sertralin*).ti,ab,kw,du.	84962
22	exp serotonin noradrenalin reuptake inhibitor/	160946
23	(serotonin and (noradrenalin or norepinephrine)).ti,ab,kw,du.	26089
24	(serotonin-norepinephrine or serotonin-noradrenalin).ti,ab,kw,du.	2234
25	(SNRI* or NSRI*).ti,ab,kw,du.	2550
26	(duloxetin* or milnacipram* or venlafaxin*).ti,ab,kw,du.	27310
27	exp tricyclic antidepressant agent/	107608
28	(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.	104077
29	(tricyclic or tri-cyclic or tetracyclic or tetra-cyclic).ti,ab,kw.	24342
30	(MAOI* or izocarboxazid* or phenelzin* or tranylcipromin* or brofaramin* or moclobemid* or tyrima).ti,ab,kw,du.	9902
31	(NARI or NARIs or reboxetin* or NDRI* or amineptin* or bupropion*).ti,ab,kw,du.	5267
32	(SARI or SARIs or trazodon* or agomelatin* or vilazodon*).ti,ab,kw,du.	15628
33	exp benzodiazepine derivative/	208180
34	exp anxiolytic agent/	186555
35	Anxiety Disorder/dt	10495
36	(benzodiazepin* or Anxiolytics).ti,kw,du.	78091
37	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic*) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*)).ti,kw.	2738
38	(benzodiazepin* or BZD or Abecarnil or Adinazolam or Alprazolam or Arfendazam or Bentazepam or Bretazenil or Bromazepam 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 Desmethylidiazepam or Desoxydemoxepam or Devazepide or Diazepam or Doxefazepam or Estazolam or Fludiazepam or Flunitrazepam or Flurazepam or	181748



	dealkylflurazepam or Flutoprazepam or Fosazepam or Gidazepam or Girisopam or Halazepam 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 Norchloridiazepoxide or Norclobazam or Nordazepam or Norfludiazepam or Norflunitrazepam or Oxazepam or Oxazolam or Phenazepam 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).ti,ab,kw,du.	
39	gamma-Aminobutyric Acid/	46006
40	Pregabalin/	13028
41	(pregabalin or gamma-aminobutyric acid or GABA).ti,ab,kw,du.	83555
42	or/11-41	961891
43	10 and 42	41384
44	limit 43 to ("systematic review" or meta analysis)	1497
45	((systematic or rapid or integrative or umbrella) adj3 (review* or study or studies or search* or approach* or analys*)) or meta analy* or meta-analy* or metaanaly*).ti,ab,kw.	409405
46	(pool* adj1 (data or analys*)).ti,ab.	28549
47	(pubmed or medline or embase or Cochrane or "web of science" or psycinfo or psychinfo or scopus).ti,ab.	253843
48	Cochrane.jx.	20492
49	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw.	3839
50	or/45-49	537747
51	43 and 50	2170
52	44 or 51	2683
53	limit 52 to (yr="2009-2019" and (english or danish or swedish or norwegian))	1612
54	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2031113
55	53 not 54	1538
56	limit 55 to (randomized controlled trial or controlled clinical trial or letter or erratum or note)	100
57	55 not 56	1438
58		4340754
59	57 not 58	1324



## PsycInfo

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

Search Strategy:

#	Searches	Results
1	Anxiety/	58353
2	anxiety disorders/	17647
3	exp generalized anxiety disorder/	2673
4	exp panic attack/	901
5	exp panic disorder/	7525
6	exp anxiety management/	559
7	phobia/	5084
8	exp agoraphobia/	2850
9	exp social phobia/	4430
10	exp social anxiety/	4718
11	(Anxiety or panic* or Social phobia* or agoraphobia or GAD).ti,id.	94693
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.	80261
13	or/1-12	137825
14	((pharmac* or drug*) and (treatment* or therap* or intervention* or strateg* or agent* or action* or product* or effect*) or pharmacotherap* or pharmaco-therap*).ti,id.	65668
15	exp antidepressant drugs/	37406
16	(anti-depressants or antidepressants or anti depressants).ti,id.	8049
17	((anti-depressive or antidepressive or anti-depressant or antidepressant) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*)).ti,id.	5651
18	(Noradrenergic adj Specific adj Serotonergic adj Antidepressant*).ti,ab,id.	0
19	nassa.ti,ab,id.	43
20	mianserin/	349
21	(mianserin* or mirtazapin*).ti,ab,id.	1894
22	exp Serotonin Reuptake Inhibitors/	12034
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,id.	10966

24	(citalopram* or escitalopram* or fluoxetin* or fluvoxamin* or paroxetin* or sertralin*).ti,ab,id.	14663
25	exp Serotonin Norepinephrine Reuptake Inhibitors/	1608
26	(serotonin and (noradrenalin or norepinephrine)).ti,ab,id.	3296
27	(serotonin-norepinephrine or serotonin-noradrenalin).ti,ab,id.	856
28	(SNRI* or NSRI*).ti,ab,id.	718
29	(duloxetin* or milnacipram* or venlafaxin*).ti,ab,id.	3097
30	exp Tricyclic Antidepressant Drugs/	6348
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,id.	11493
32	(tricyclic or tri-cyclic or tetracyclic or tetra-cyclic).ti,ab,id.	5217
33	(MAOI* or izocarboxazid* or phenelzin* or tranylcipromin* or brofaramin* or moclobemid* or tyrima).ti,ab,id.	1605
34	(NARI or NARIs or reboxetin* or NDRI* or amineptin* or bupropion*).ti,ab,id.	810
35	(SARI or SARIs or trazodon* or agomelatin* or vilazodon*).ti,ab,id.	1446
36	exp Benzodiazepines/	10500
37	exp Tranquilizing Drugs/	45074
38	(benzodiazepin* or Anxiolytics or Tranquilizers).ti,ab,id.	14175
39	((anti-anxiety or antianxiety or anti anxiety or Anxiolytic* or Tranquilizing) adj3 (drug* or agent* or pill*1 or medication* or medicine or effect*)).ti,id.	1555
40	(benzodiazepin* or BZD or Abecarnil or Adinazolam or Alprazolam or Arfendazam or Bentazepam or Bretazenil or Bromazepam 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 Desmethylidiazepam or Desoxydemoxepam or Devazepide or Diazepam or Doxefazepam or Estazolam or Fludiazepam or Flunitrazepam or Flurazepam or dealkylflurazepam or Flutoprazepam or Fosazepam or Gidazepam or Girisopam or Halazepam 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 Norclobazam or Nordazepam or Norfludiazepam or Norflunitrazepam or Oxazepam or Oxazolam or Phenazepam 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).ti,ab,id.	12338



41	gamma-Aminobutyric Acid/	7315
42	Pregabalin/	598
43	(pregabalin or gamma-aminobutyric acid or GABA).ti,ab,id.	14824
44	or/14-43	162564
45	13 and 44	13630
46	limit 45 to (systematic reviews or meta analysis)	238
47	((systematic or rapid or integrative or umbrella) adj3 (review* or study or studies or search* or approach* or analys*)) or meta analy* or meta-analy* or metaanaly*).ti,ab,id.	72858
48	(pool* adj1 (data or analys*)).ti,ab.	2152
49	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw.	199
50	or/47-49	74498
51	45 and 50	421
52	46 or 51	442
53	limit 52 to (yr="2009-2019" and (english or danish or swedish or norwegian))	255
54	(cancer* or tumour* or tumor* or neoplasm* or neoplasia* or malign*).ti,id.	50241
55	53 not 54	254

**PICO 3: Bør patienter med angstlidelser tilbydes skærmbaseret kognitiv adfærdsterapi eller standard kognitiv adfærdsterapi?**

**PICO 5: 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)

Samsøgt 26.11.2019

**Medline**

Database(s): Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R) 1946 to November 25, 2019

Search Strategy:

#	Searches	Results
1	Anxiety Disorders/	32658
2	exp phobic disorders/	11103
3	exp panic disorder/	6782
4	exp agoraphobia/	2568
5	(anxiety or panic or Social phobia* or agoraphobia* or GAD).ti,bt,kw,kf.	68374
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.	77977
7	or/1-6	125091
8	Cognitive therapy/	24273
9	exp Cognitive behavioral therapy/	26915
10	(cbt or ((cognitive* or cognitive-behavior*) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*))).ti,bt,ab,kw,kf.	43546
11	"acceptance and commitment therapy"/	326
12	(acceptance adj2 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,bt,ab,kw,kf.	1885
13	((metacognitive or meta cognitive or meta-cognitive) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,bt,ab,kw,kf.	612



14	(unified adj1 protocol*).ti,bt,ab,kw,kf.	172
15	((Compassion Focused or compassion-focused) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*).ti,bt,ab,kw,kf.	85
16	(CFT or "UT" or (contextual behavior?r* adj science) or compassionate mind or compassionate-mind).ti,bt,ab,kw,kf.	6193
17	((non-pharmacological or nonpharmacological or non-drug* or psychological) adj6 (therap* or treat* or intervention* or action* or program* or strateg* or protocol* or support* or approach*).ti,bt,kw,kf.	9754
18	or/8-17	70898
19	7 and 18	9492
20	limit 19 to (systematic reviews or meta analysis)	724
21	((systematic or rapid or integrative or umbrella) adj3 (review* or overview* or study or studies or search* or approach* or analys*)) or meta analy* or meta-analy* or metaanaly*).ti,bt,ab,kw,kf.	338943
22	(pooled adj1 (data or analys*).ti,ab.	17259
23	(pubmed or medline or embase or Cochrane or "web of science" or psycinfo or psychinfo or scopus).ti,ab.	217483
24	Cochrane.jw.	14769
25	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,bt,ab,kw,kf.	2162
26	or/21-25	442908
27	19 and 26	1187
28	20 or 27	1192
29	limit 28 to (yr="2009-2019" and (english or danish or norwegian or swedish))	994
30	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1390454
31	29 not 30	899
32	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,bt,kw,kf,hw.	3356222
33	31 not 32	849
34	limit 33 to (randomized controlled trial or controlled clinical trial or letter or autobiography or biography or news)	44
35	33 not 34	805

**Embase**

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

Search Strategy:

#	Searches	Results
1	Anxiety Disorder/	66862
2	exp generalized anxiety disorder/	10675
3	phobia/	12184
4	exp panic/	22602
5	exp "mixed anxiety and depression"/	743
6	exp anxiety neurosis/	8647
7	exp social phobia/	11407
8	exp agoraphobia/	6063
9	(anxiety or panic* or Social phobia* or agoraphobia* or GAD).ti,kw.	99026
10	((anxiety adj3 disorder*) or ((panic* or Social phobia* or social anxiety 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.	63922
11	or/1-10	179101
12	Cognitive therapy/	43111
13	exp Cognitive behavioral therapy/	10953
14	(cbt or ((cognitive* or cognitive-behavior*) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*))).ti,ab,kw.	63484
15	"acceptance and commitment therapy"/	1223
16	(acceptance adj2 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,ab,kw.	2699
17	((metacognitive or meta cognitive or meta-cognitive) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,ab,kw.	806
18	(unified adj1 protocol*).ti,ab,kw.	300
19	((Compassion Focused or compassion-focused) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,ab,kw.	101
20	(CFT or "UT" or (contextual behavior* adj science) or compassionate mind or compassionate-mind).ti,ab,kw.	9167
21	((non-pharmacological or nonpharmacological or non-drug* or psychological) adj6 (therap* or treat* or intervention* or action* or program* or strateg* or protocol* or support* or approach*)).ti,kw.	12683



22	or/12-21	109356
23	11 and 22	14588
24	limit 23 to ("systematic review" or meta analysis)	1035
25	(((systematic or rapid or integrative or umbrella) adj3 (review* or overview* or study or studies or search* or approach* or analys*))) or meta analy* or meta-analy* or metaanaly*).ti,ab,kw.	431915
26	(pooled adj1 (data or analys*)).ti,ab.	27059
27	(pubmed or medline or embase or Cochrane or "web of science" or psycinfo or psychinfo or scopus).ti,ab.	268361
28	Cochrane.jx.	21118
29	(((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*)).ti,ab,kw.	3996
30	or/25-29	563769
31	23 and 30	1410
32	24 or 31	1642
33	limit 32 to (yr="2009-2019" and (english or danish or norwegian or swedish))	1191
34	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2066116
35	33 not 34	1102
36	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,kw,hw.	4382608
37	35 not 36	1033
38	limit 37 to (randomized controlled trial or controlled clinical trial or letter or erratum or note)	73
39	37 not 38	960

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

Search Strategy:

#	Searches	Results
1	anxiety disorders/	17939
2	exp generalized anxiety disorder/	2760
3	exp panic attack/	908
4	exp panic disorder/	7582
5	exp anxiety management/	597

6	exp social anxiety/	4818
7	exp social phobia/	4510
8	exp agoraphobia/	2862
9	phobia/	5120
10	(anxiety or panic* or Social phobia* or agoraphobia* or GAD).ti,id.	96330
11	((anxiety adj3 disorder*) or ((panic* or Social phobia* or social anxiety or agoraphobia* or GAD) adj10 (disorder* or therap* or treatment* or intervention* or manage* or prevent* or program* or strateg* or outcome*))).ti,ab,id.	50112
12	or/1-11	117847
13	Cognitive therapy/	13304
14	exp Cognitive behavior therapy/	20441
15	(cbt or ((cognitive behavio?r* or cognitive-behavio?r*) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*))).ti,ab,id.	33605
16	"acceptance and commitment therapy"/	1691
17	(acceptance adj2 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,ab,id.	1969
18	((metacognitive or meta cognitive or meta-cognitive) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,ab,id.	2154
19	(unified adj1 protocol*).ti,ab,id.	136
20	((Compassion Focused or compassion-focused or compassion based or compassion-based or compassion mind* or compassion-mind*) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,ab,id.	213
21	(compassion adj3 (focus or based or tailor*) adj3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)).ti,ab,id.	99
22	(CFT or "UT" or (contextual behavio?r* adj science) or compassionate mind* or compassionate-mind*).ti,ab,id.	887
23	((non-pharmacological or nonpharmacological or non-drug* or psychological) adj6 (therap* or treat* or intervention* or action* or program* or strateg* or protocol* or support* or approach*)).ti,id.	17113
24	or/13-23	62640
25	12 and 24	9410
26	limit 25 to (systematic review or meta analysis)	407



27	((systematic or rapid or integrative or umbrella) adj3 (review* or overview* or study or studies or search* or approach* or analys*)) or meta analy* or meta-analy* or metaanaly*).ti,ab,id.	75812
28	(pool* adj1 (data or analys*).ti,ab.	2213
29	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,id.	214
30	or/27-29	77494
31	25 and 30	644
32	26 or 31	661
33	limit 32 to (yr="2009-2019" and (english or danish or norwegian or swedish))	442
34	(cancer* or tumour* or tumor* or neoplasm* or neoplasia*).ti,id,hw.	55247
35	33 not 34	437
36	limit 35 to (childhood or adolescence <13 to 17 years> or (100 childhood or 200 adolescence ))	70
37	35 not 36	367

## Cinahl

#	Query	Limiters/Expanders	Results
S19	s17 not s18	Limiters - Published Date: 20090101-20190731; Language: Danish, English, Norwegian, Swedish	294
S18	S17	Limiters - Published Date: 20090101-20190731; Age Groups: Adolescent: 13-18 years, All Child; Language: Danish, English, Norwegian, Swedish	87
S17	S12 AND S16	Limiters - Published Date: 20090101-20190731; Language: Danish,	381



		English, Norwegian, Swedish	
S16	S13 OR S14 OR S15		173,852
S15	(pool* N1 (data or analys*))		9,153
S14	(((systematic or rapid or integrative or umbrella) N3 (review* or overview* or study or studies or search* or approach*)) or meta analy* or meta-analy* or metaanaly*)		161,571
S13	PT (Systematic Review or Meta Analysis)		86,806
S12	S3 AND S11		5,182
S11	S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10		38,260
S10	TI ((Complementary or integrative or alternative or holistic or psychological) N3 (Therap* or treatment* or intervention* or action* or program* or strateg* or protocol* or support* or approach*))		10,452
S9	((unified N1 protocol*) or CFT or "UT" or (contextual behavio#r* N science) or "compassionate mind" or compassionate-mind)		1,194
S8	((metacognitive or meta cognitive or meta-cognitive or Compassion Focused or compassion-focused) N3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*))		442
S7	(acceptance N2 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*))		2,028
S6	(MH "acceptance and commitment therapy")		383
S5	(cbt or ((cognitive behavio#r* or cognitive-behavio#r*) N3 (therap* or training or exercise* or treatment* or intervention* or strateg* or plan* or program*)))		11,936
S4	MH "Cognitive therapy+"		21,341
S3	S1 OR S2		58,006



S2	TI (anxiety or panic) OR (((anxiety disorder* 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*)		31,263
S1	(MH "Anxiety Disorders+") OR (MH "Panic Disorder") OR (MH "Agoraphobia") OR (MH "Social Anxiety Disorders") OR (MH "Generalized Anxiety Disorder")		40,677

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## PICO 4: Benzodiazepiner og afhængighed

Søgt 06.11.2019

### Medline

Database(s): Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R) 1946 to November 05, 2019

Search Strategy:

#	Searches	Results
1	exp Benzodiazepines/	64497
2	benzodiazepin*.ti,bt,ab,kw,kf.	34327
3	(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 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.	60597
4	or/1-3	92635
5	exp Substance-related disorders/	271134
6	((substance* or drug* or benzodiazep* or medication or medicine) adj3 (addict* or dependen* or abuse or misuse or disorder* or problem*)).ti,bt,ab,kw,kf.	96823
7	((heavy or hazardous or harmful or excessive) adj3 (intake or in-take or "use")).ti,bt,ab,kw,kf.	13206
8	or/5-7	330459

9	4 and 8	9576
10	limit 9 to (systematic reviews or meta analysis)	115
11	((systematic or method* or rapid or integrative or umbrella) adj3 (review* or overview* or study or studies or search* or approach* or analys* or evaluation)) or meta analy* or meta-analy* or metaanaly*).ti,bt,ab,kw,kf.	965729
12	Network meta-analysis/	1118
13	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,bt,ab,kw,kf.	2155
14	(pool* adj1 (data or analys*)).ti,ab.	19431
15	(pubmed or medline or embase or Cochrane or "web of science" or psycinfo or psychinfo or scopus).ti,ab.	215747
16	Cochrane.jw.	15354
17	or/11-16	1047156
18	9 and 17	560
19	10 or 18	566
20	limit 19 to (randomized controlled trial or controlled clinical trial or letter or news)	14
21	19 not 20	552
22	limit 21 to (yr="2014-2019" and (english or danish or swedish or norwegian))	212
23	limit 21 to (yr="2009-2013" and (english or danish or swedish or norwegian))	111
24	22 or 23	323

## Embase

Database(s): **Embase** 1974 to 2019 November 05

Search Strategy:

#	Searches	Results
1	exp benzodiazepine derivative/	220906
2	benzodiazepin*.ti,ab,kw.	49181
3	(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 Desmethylidiazepam* or	185714



	Desoxydemoxepam* or Devazepide* or Diazepam* or Doxefazepam* or Estazolam* or Fludiazepam* or Flunitrazepam* or Flurazepam* or dealkylflurazepam* or Flutoprazepam* or Fosazepam* or Gidazepam* or Girisopam* or Halazepam* 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 Phenazepam* 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,du.	
4	or/1-3	237752
5	benzodiazepine dependence/	263
6	((substance* or drug* or benzodiazep* or medication or medicine) adj3 (addict* or dependen* or abuse or misuse or disorder* or problem*)).ti,ab,kw.	153120
7	((heavy or hazardous or harmful or excessive) adj3 (intake or in-take or "use")).ti,ab,kw.	18395
8	or/5-7	170168
9	4 and 8	10597
10	limit 9 to ("systematic review" or meta analysis)	193
11	((systematic or method* or rapid or integrative or umbrella) adj3 (review* or overview* or study or studies or search* or approach* or analys* or evaluation)) or meta analy* or meta-analy* or metaanaly*).ti,ab,kw.	1297381
12	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw.	3976
13	(pool* adj1 (data or analys*)).ti,ab.	29886
14	(pubmed or medline or embase or Cochrane or "web of science" or psycinfo or psychinfo or scopus).ti,ab.	266064
15	Cochrane.jx.	21071
16	or/11-15	1406450
17	9 and 16	856
18	10 or 17	931
19	limit 18 to (randomized controlled trial or controlled clinical trial or letter or editorial or conference abstract)	246
20	18 not 19	685

21	limit 20 to (yr="2014-2019" and (english or danish or swedish or norwegian))	256
22	limit 20 to (yr="2009-2013" and (english or danish or swedish or norwegian))	147
23	21 or 22	403

## PsycINFO

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

Search Strategy:

#	Searches	Results
1	exp Benzodiazepines/	10564
2	benzodiazepin*.ti,ab,id.	11686
3	(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 Chlordesmethyl diazepam* or Cinolazepam* or Clobazam* or Clonazepam* or Clorazepate* or Chlorazepate* or Clotiazepam* or Cloxazolam* or Delorazepam* or Demoxepam* or Desmethyl diazepam* 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.	13640
4	or/1-3	20818
5	exp drug abuse/	47186
6	exp drug dependency/	12523
7	exp drug addiction/	18840
8	((substance* or drug* or benzodiazep* or medication or medicine) adj3 (addict* or dependen* or abuse or misuse or disorder* or problem*)).ti,ab,id.	92255



9	((heavy or hazardous or harmful or excessive) adj3 (intake or in-take or "use")).ti,ab,id.	5801
10	or/5-9	125034
11	4 and 10	3532
12	limit 11 to (systematic review or meta analysis)	32
13	((systematic or method* or rapid or integrative or umbrella) adj3 (review* or overview* or study or studies or search* or approach* or analys* or evaluation)) or meta analy* or meta-analy* or metaanaly*).ti,ab,id.	217417
14	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,id.	214
15	(pool* adj1 (data or analys*).ti,ab.	2202
16	or/13-15	218932
17	11 and 16	162
18	12 or 17	167
19	limit 18 to (yr="2014-2019" and (english or danish or swedish or norwegian))	62
20	limit 18 to (yr="2009-2013" and (english or danish or swedish or norwegian))	42
21	19 or 20	104

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

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

Samsøgt 27.08.2019

**Medline**

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R)** 1946 to August 26, 2019

Search Strategy:

#	Searches	Results
35	anxiety disorders/	32241
36	exp phobic disorders/	11024
37	exp panic disorder/	6753
38	exp agoraphobia/	2555
39	(anxiety or panic).ti,kw,kf.	64417
40	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,kw,kf.	19454
41	((((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.	75175
42	or/35-41	128068
43	mind-body therapies/	960
44	exp breathing exercises/	3398
45	meditation/	2613
46	relaxation therapy/	6261
47	therapeutic touch/	901
48	massage/	5910
49	Tai ji/	995
50	Yoga/	2595
51	Complementary Therapies/	16605
52	((body or body-based or mind-body or mind body) adj3 (therap* or treatment* or awareness or massag*).ti,ab,kw,kf.	11593
53	(therapeutic touch or relaxation or massage or meditation or yoga or tai ji or tai chi or qigong).ti,ab,kw,kf.	132477
54	((breathing or mind body or mind-body) adj3 (exercise* or training)).ti,ab,kw,kf.	2508

55	Mindfulness/	2590
56	(mindfulness* or mindful yoga or mindful meditation or mindful eating or mindful walking).ti,ab,kw,kf.	6536
57	(mindfulness-centred or mindfulness-centered or mindfulness-oriented or mindfulness-focused or mindfulness-based or mindfulness-tailored).ti,ab,kw,kf.	2600
58	((Complementary or integrative or alternative or holistic) adj3 (Therap* or treatment* or intervention* or action* or program* or strateg* or protocol* or support* or approach*)).ti,kw,kf.	14082
59	or/43-58	184032
60	42 and 59	4224
61	limit 60 to (systematic reviews or meta analysis)	298
62	((systematic or rapid or integrative or umbrella) adj4 (review* or overview* or study or studies or search* or approach* or analys*)) or meta analy* or meta-analy* or metaanaly*).ti,ab,kw,kf.	337356
63	(pool* adj1 (data or analys*)).ti,ab.	18936
64	(pubmed or medline or embase or Cochrane or "web of science" or psycinfo or psychinfo or scopus).ti,ab.	209009
65	Cochrane.jw.	14421
66	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw,kf.	2103
67	or/62-66	439306
68	60 and 67	492
69	61 or 68	495
70	limit 69 to (yr="2009-2019" and (english or danish or swedish or norwegian))	416
71	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	1375768
72	70 not 71	402
73	limit 72 to (randomized controlled trial or controlled clinical trial or letter or autobiography or biography or news)	15
74	72 not 73	387

**Embase**

Database(s): **Embase** 1974 to 2019 August 26

Search Strategy:

#	Searches	Results
1	anxiety disorder/	65702
2	exp generalized anxiety disorder/	10474
3	phobia/	12177
4	exp panic/	22498
5	exp "mixed anxiety and depression"/	715
6	exp anxiety neurosis/	8678
7	exp social phobia/	11318
8	exp agoraphobia/	6052
9	(anxiety or panic).ti,kw.	91792
10	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,kw.	27594
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.	108260
12	or/1-11	207644
13	mind-body therapies/	40185
14	breathing exercise/	6878
15	meditation/	7047
16	relaxation training/	10543
17	therapeutic touch/	42321
18	massage/	13415
19	Tai Chi/	2726
20	Yoga/	6872
21	Alternative medicine/	42321
22	((body or body-based or mind-body or mind body) adj3 (therap* or treatment* or awareness or massag*).ti,ab,kw.	18493
23	(therapeutic touch or relaxation or massage or meditation or yoga or tai ji or tai chi or qigong).ti,ab,kw.	147193
24	((breathing or mind body or mind-body) adj3 (exercise* or training)).ti,ab,kw.	3695
25	Mindfulness/	6939



26	(mindfulness* or mindful yoga or mindful meditation or mindful eating or mindful walking).ti,ab,kw.	8903
27	(mindfulness-centred or mindfulness-centered or mindfulness-oriented or mindfulness-focused or mindfulness-based or mindfulness-tailored).ti,ab,kw.	3582
28	((Complementary or integrative or alternative or holistic) adj3 (Therap* or treatment* or intervention* or action* or program* or strateg* or protocol* or support* or approach*)).ti,kw.	19503
29	or/13-28	241415
30	12 and 29	7768
31	limit 30 to ("systematic review" or meta analysis)	551
32	((systematic or rapid or integrative or umbrella) adj4 (review* or overview* or study or studies or search* or approach* or analys*)) or meta analy* or meta-analy* or metaanaly*).ti,ab,kw.	429966
33	(pool* adj1 (data or analys*)).ti,ab.	29058
34	(pubmed or medline or embase or Cochrane or "web of science" or psycinfo or psychinfo or scopus).ti,ab.	258213
35	Cochrane.jw.	20547
36	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,kw.	3907
37	or/32-36	559568
38	30 and 37	845
39	31 or 38	932
40	limit 39 to (yr="2009-2019" and (english or danish or swedish or norwegian))	735
41	(exp Child/ or exp Adolescent/) not (exp adult/ and (exp Child/ or exp Adolescent/))	2044380
42	40 not 41	699
43	limit 42 to (randomized controlled trial or controlled clinical trial or letter or erratum or note)	42
44	42 not 43	657

**PsycInfo**

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

Search Strategy:

#	Searches	Results
33	anxiety/	58652
34	anxiety disorders/	17726
35	exp generalized anxiety disorder/	2694
36	exp panic attack/ or exp panic disorder/	8023
37	exp anxiety management/	574
38	exp social anxiety/	4744
39	exp social phobia/	4447
40	exp agoraphobia/	2855
41	phobia/	5095
42	(anxiety or panic).ti,id.	92841
43	((Social adj1 (phobia* or anxiety)) or agoraphobia* or GAD).ti,ab,id.	20484
44	((((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
45	or/33-44	140515
46	mind body therapy/	175
47	breathing exercise/	0
48	body awareness/	1738
49	meditation/	4399
50	exp relaxation therapy/	3467
51	massage/	472
52	Yoga/	1718
53	alternative medicine/	4243
54	holistic health/	1921
55	((body or body-based or mind-body or mind body) adj3 (therap* or treatment* or awareness or massag*).ti,ab,id.	3200
56	(therapeutic touch or relaxation or massage or meditation or yoga or tai ji or tai chi or qigong).ti,ab,id.	25569
57	((breathing or mind body or mind-body) adj3 (exercise* or training)).ti,ab,id.	667
58	Mindfulness/	8855

59	(mindfulness* or mindful yoga or mindful meditation or mindful eating or mindful walking).ti,ab,id.	12038
60	(mindfulness-centred or mindfulness-centered or mindfulness-oriented or mindfulness-focused or mindfulness-based or mindfulness-tailored).ti,ab,id.	3783
61	((Complementary or integrative or alternative or holistic) adj3 (Therap* or treatment* or intervention* or action* or program* or strateg* or protocol* or support* or approach*)).ti,id.	6940
62	or/46-61	49670
63	45 and 62	5697
64	limit 63 to (systematic review or meta analysis)	170
65	((systematic or rapid or integrative or umbrella) adj4 (review* or overview* or study or studies or search* or approach* or analys*)) or meta analy* or meta-analy* or metaanaly*).ti,ab,id.	76158
66	(pool* adj1 (data or analys*)).ti,ab.	2170
67	((multiple or mixed) adj1 (treatment* or therap*) adj1 comparison*) or (indirect adj1 comparison*).ti,ab,id.	209
68	or/65-67	77804
69	63 and 68	360
70	64 or 69	364
71	limit 70 to (yr="2009-2019" and (english or danish or swedish or norwegian))	232

## Cinahl

#	Query	Limiters/Expanders	Results
S17	S12 AND S16	Limiters - Published Date: 20090101-20190731; Language: Danish, English, Norwegian, Swedish	322
S16	S13 OR S14 OR S15		168,024
S15	(pool* N1 (data or analys*))		8,766
S14	((systematic or rapid or integrative or umbrella) N3 (review* or overview* or study or studies or search* or approach*)) or meta analy* or meta-analy* or metaanaly*)		155,894
S13	PT (Systematic Review or Meta Analysis)		86,928



S12	S3 AND S11		3,851
S11	S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10		86,364
S10	TI ((Complementary or integrative or alternative or holistic) N3 (Therap* or treatment* or intervention* or action* or program* or strateg* or protocol* or support* or approach*)) OR SU ((Complementary or integrative or alternative or holistic) N3 (Therap* or treatment* or intervention* or action* or program* or strateg* or protocol* or support* or approach*))		41,587
S9	(mindfulness* or mindfulness-based or mindful yoga or mindful meditation or mindful eating or mindful walking)		6,258
S8	(((body or body-based or mind-body or mind body) N2 (therap* or treatment* or awareness or massag*)) or therapeutic touch or ((relaxation or massage) N2 therap*) or relaxation training or breathing exercise* or meditation or yoga or tai chi or tai ji or qigong)		29,152
S7	MH ("Breathing Exercises+" OR Yoga OR "Tai Chi")		9,887
S6	(MH "Meditation (Iowa NIC)") OR (MH "Anxiety Reduction (Iowa NIC)") OR (MH "Simple Relaxation Therapy (Iowa NIC)")		3
S5	(MH "Mindfulness")		3,862
S4	(MH "Alternative Therapies") OR (MH "Reiki") OR (MH "Therapeutic Touch") OR (MH "Massage") OR (MH "Mind Body Techniques") OR (MH "Relaxation Techniques+")		59,436
S3	S1 OR S2		70,877
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)		46,125
S1	(MH "Anxiety Disorders+") OR (MH "Panic Disorder") OR (MH "Agoraphobia") OR (MH "Social Anxiety Disorders") OR (MH "Generalized Anxiety Disorder")		39,796

**PEDRO**

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

Method: Systematic reviews

Published since: 2009

8 fund

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**OT-seeker**

	Title /Abstract	anxiety OR agoraphobia OR social phobia* OR social anxiety OR panic OR GAD
AND	Title /Abstract	Body therapy or mind body or therapeutic touch or breathing exercise* or relaxation or massage or meditation or yoga or tai chi or tai ji or qigong
AND	Year published	2009-2019

13 fund

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