

G.11.1.14 CBT versus ACT (acceptance and commitment therapy)

Quality assessment						No of patients		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Intervention	Usual care	Summary of results	
Carer depression (lower values favour intervention)									
1 (Losada 2015)	RCT	Serious ¹	Not serious	N/A	Serious ²	42	45	SMD -0.27 (-0.69, 0.15)	Low
Carer anxiety (lower values favour intervention)									
1 (Losada 2015)	RCT	Serious ¹	Not serious	N/A	Very serious ³	42	45	SMD -0.08 (-0.50, 0.34)	Very low

1. Unclear reporting of methods
2. Crosses one line of a defined MID
3. Crosses two lines of a defined MID