Cognitive-behavioural therapy for anxiety and depression in patients with chronic obstructive pulmonary disease (COPD): a rapid review

Health Quality Ontario

Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors’ conclusions
Cognitive-behavioural therapy did not significantly reduce symptoms of anxiety or depression in patients with mild to severe chronic obstructive pulmonary disease (COPD), compared with usual care or education. (GRADE: Low) Based on 4 randomized controlled trials with considerable limitations due to risk of bias, cognitive-behavioural therapy had mixed effectiveness on improving the quality of life of patients with moderate to severe COPD, compared with usual care, wait list controls, or education.

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Address for correspondence
Evidence Development and Standards, Health Quality Ontario, 130 Bloor Street West, 10th floor, Toronto, Ontario Canada M5S 1N5 Email: EDSinfo@hqontario.ca

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