

Meta-analyses of Psychological Interventions: the Next Generation

Abstract

In the past four decades, more than 7500 randomized trials have examined the effects of psychological treatments of adult depression, more than 400 have examined the effects of therapies for anxiety disorders, and hundreds of other trials have focused on the effects on other mental health problems. The number of trials is growing each year exponentially. Meta-analyses are therefore highly needed to integrate the results of these trials. In this seminar, Professor Cuijpers will present the new developments in the field of meta-analyses. The meta-analytic data comparing psychotherapy for depression with control groups and the website www.metapsy.org will be the starting point of the presentation. A general overview of the results of this database as well as the methods will be presented, followed by focusing on the newer methodologies in meta-analyses: network meta-analyses, 'individual patient data' meta-analyses and umbrella reviews of meta-analyses. For each of these types of meta-analyses, the methodology will be explained and examples will be given, and it will be shown how these methodologies can answer new research questions that cannot be answered with conventional meta-analyses.