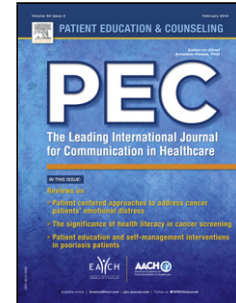


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## EVALUATION OF WRITTEN SELF-ADMINISTERED INTERVENTIONS

**A systematic review and meta-analysis of written self-administered psychosocial interventions among adults with a physical illness**

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**Highlights****A systematic review and meta-analysis of written self-administered psychosocial interventions among adults with a physical illness**

- Statistically and clinically significant effects for primary outcomes (anxiety & depression)
- Significant results for secondary outcomes of distress and self-efficacy
- Results not significant for QOL and its domains (mental, physical, and social functioning)
- Guided interventions more efficacious than purely self-administered for anxiety
- Depression reduced regardless whether the intervention is purely self-administered or guided

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