

Bilaga 2 Sammanfattning systematiska översikter som bedömts ha måttlig risk för bias och vilken slutsats som författarna dragit

Tabell 1 Vetenskaplig kunskap i identifierade systematiska översikter med måttlig risk för bias.

| Referens | Intervention | Population Åldersspann | Utfall | Författarnas slutsatser: Identifierad och konstaterad evidens (<i>originalcitat på engelska kursiverat</i>) |
|------------------------------|---|--|--|--|
| Bahji et al. 2021 [1] | KBT Psykoedukation DBT Eklektisk terapi Familjeterapi IPT MBT Motiverande samtal stödsamtal Psykodynamisk korttidsterapi | Självskade- beteende Suicidalt beteende 10–19 år | Självskada Självmordstankar Depression | <i>Although some psychotherapeutic modalities appear to be acceptable and efficacious for reducing self-harm and suicidality among children and adolescents, methodological issues and high risk of bias prevent a consistent estimate of their comparative performance.</i> |
| Baker et al. 2021 [2] | KBT iKBT ACT MBCT | Ångest 11–18 år | Ångestsymtom Ångestremission | <i>Although there is evidence of efficacy of psychological therapies (predominantly CBT) targeting anxiety disorders in adolescents compared to (largely waitlist) controls, they have only a moderate effect on symptom severity and only just over a third of adolescents are in diagnostic remission after receiving treatment.</i> |
| Baumel et al. 2021 [3] | Psykosociala interventioner | Beteende- problem 3–18 år | Beteende hos barnet | <i>...these findings suggest that the most effective treatment regime involves both the parent and the child, however, only when they are treated in an individual setting.</i> |

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|--------------------------------|--|----------------------------------|--|--|
| Cervin et al. 2022 [4] | iKBT | Ångest 0–18 år | Ångestremission Ångestsymtom | <i>tCBT has a moderate effect on remission for pediatric ADs and clinician-rated functioning, a small effect on caregiver-reported anxiety, and no statistically significant effect on youth-reported anxiety.</i> |
| Christ et al. 2020 [5] | iKBT Spel och VR | Ångest Depression 12–25 år | Ångestsymtom Depressions- symtom | <i>cCBT is beneficial for reducing posttreatment anxiety and depressive symptoms in adolescents and young adults compared with passive controls. Compared with active treatment controls, cCBT yielded similar effects regarding anxiety symptoms. Regarding depressive symptoms, however, the results remain unclear.</i> |
| Cuijpers et al. 2021 [6] | KBT IPT Familjeterapi Stödsamtal | Depression 0–18 år | Behandlings- respons (50 % minskning i depressions- symtom mellan studiestart och studieslut). | <i>Psychotherapies for depression in youth are effective compared to control conditions, but more than 60 % of youth receiving therapy do not respond.</i> |
| Cuijpers et al. 2021 [7] | KBT IPT Stödsamtal | Depression 0–18 år | Depressions- symtom | <i>Interventions for subthreshold depression may have positive acute effects in adolescents. There is currently insufficient evidence, however, that these interventions are effective in children less than 12 years of age, or that they prevent the onset of major depression at follow-up.</i> |
| Daros et al. 2021 [8] | KBT ACT DBT CBMT ERT | Depression Ångest 14–24 år | Depressions- symtom Ångestsymtom | <i>Improvements in depression and anxiety were positively associated with improved engagement ER skills, reduced emotion dysregulation, and reduced disengagement ER skills.</i> |
| Eilert et al. 2022 [9] | iKBT CBMT Internet-baserade metoder ABMT | Depression Ångest 0–18 år | Depressions- symtom Ångestsymtom | <i>This study potentially highlights an insufficient customization of the intervention for children's and young people's needs.</i> |

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|--------------------------------|---|--------------------------------------|--|---|
| Gee et al. 2020 [10] | KBT IPT <i>Enbart skolbaserade insatser</i> | Depression Ångest 10–19 år | Depressions- symtom Ångestsymtom | <i>Indicated school-based interventions are effective at reducing symptoms of depression and anxiety in adolescents immediately postintervention but there is little evidence that these reductions are maintained. Interventions delivered by school staff are not supported by the current evidence base.</i> |
| Guo et al. 2021 [11] | KBT | Ångest 7–17 år | Ångestsymtom Behandlings- avbrott Remissions- frekvens | <i>I-CBT was shown to be more beneficial than G-CBT for anxiety disorders in adolescents, but not in children.</i> |
| Jewell et al. 2022 [12] | KBT Lekterapi Psykoedukation CBMT <i>Enbart föräldrariktade insatser</i> | Ångest 0–18 år | Ångestsymtom | <i>Our results suggest that parent- only interventions may be effective in reducing child anxiety.</i> |
| Liang et al. 2021 [13] | KBT iKBT Uttryckande konstterapi Famijeterapi IPT Mindfulness- baserade insatser Fysisk aktivitet | Depression 7–17 år | Depression | <i>All together, these results suggest that interpersonal psychotherapy might be the best approach to improve the depressive state among children and adolescents.</i> |
| Oberste et al. 2020 [14] | Fysisk aktivitet | Depression 7–17 år | Depressions- symtom | <i>This review suggests that physical activity is effective in treating depression in adolescents. Physical activity sessions should be at least moderately intense to be effective... However, the low methodological quality in included studies might have led to effect overestimation. More studies with higher methodological quality are needed to confirm the recommendation...</i> |

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|----------------------------------|--|---|---|---|
| Peters et al. 2022 [15] | KBT Familjeterapi | Trauma 7–18 år | Ångest Depression Missbruk PTSD-symtom | <i>There was a large, pooled effect size for post-traumatic and substance use...and small effect sizes for anxiety...and trend-level effect for depression... wide confidence intervals, heterogeneity and small sample size mean that results need to be interpreted with caution.</i> |
| Uppendahl et al. 2020 [16] | KBT IPT Biblioterapi Uttryckande konstterapi | Ångest Depression Trauma 0–18 år | Ångestsymtom Depressions- symtom PTSD-symtom | <i>Results of the available studies may suggest that psychological and psychosocial interventions might be more effective in reducing symptoms of anxiety, depression and PTSD compared to control conditions. Due to very high heterogeneity, this evidence must be considered with caution.</i> |
| Wang et al. 2022 [17] | Fysisk aktivitet | Depression 12–18 år | Depressions- symtom | <i>Physical exercise has a positive effect on the improvement of depression in adolescents.</i> |
| Yin et al. 2021 [18] | KBT <i>Enbart föräldrariktad insats</i> | Ångest 0–18 år | Ångestsymtom Remissions- frekvens | <i>Current evidence indicates that parent-only CBT can be an alternative and acceptable intervention for treating children and adolescents with anxiety disorder.</i> |

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