

## LIITE 9: KUSTANNUS-VAIKUTTAUVUUSANALYYSIEN TULOSTAULUKKO

Taulukko 1. Mukaanottokriteerit täyttäneiden tutkimusten kustannusvaikuttavuustiedot

| Tutkimuksen kohteena oleva mielenterveys- ja/tai päihdeongelma(t) | Intervention hoitomuoto                              | Verrokkihoito            | Hoidon vastemuutuja                 | Terveyteen liittyvä elämälaatumittari | Inkrementaalinen kustannus | Inkrementaalinen vaikuttavuus | Kustannusvaikuttavuussuhde | Kustannusten arvioinnin näkökulma | Tutkimusasetelma | Tutkimuksen perusjoukon koko | Kesto vuosissa | Maa        | Viite                 |
|---|--|--------------------------|-------------------------------------|---------------------------------------|----------------------------|-------------------------------|----------------------------|-----------------------------------|------------------|------------------------------|----------------|------------|-----------------------|
| Masennus  | CBT  | treatment as usual (TAU) | QALY                                | EQ-5D-3L-UK-TTO                       | 150                        | -0.05                         | -3000                      | health-care                       | trial            | 5030                         | 1              | Britannia  | (Anderson ym., 2014)  |
| Masennus  | CBT  | TAU                      | SMFQ                                | NR                                    | 150                        | 0.19                          | 1000                       | health-care                       | trial            | 5030                         | 1              | Britannia  | (Anderson ym., 2014)  |
| Pakko-oireinen häiriö   | Internet-delivered cognitive behavior therapy (ICBT) | TAU                      | QALY                                | EQ-5D-?                               | 300                        | 0.07                          | 5000                       | health-care                       | trial            | 101                          | 1/3            | Ruotsi     | (Andersson ym., 2015) |
| Ahdistuneisuus  | CBT  | SSRI                     | HAM-A                               | NR                                    | -900                       | 4                             | -1000                      | societal                          | trial            | 150                          | 2              | Alankomaat | (Apeldoorn ym., 2013) |
| Persoonallisuushäiriöt  | Schema   | TAU                      | QALY                                | EQ-5D-3L-UK-TTO                       | 3000                       | 0.05                          | 60000                      | societal                          | trial            | 279                          | 3              | Alankomaat | (Bamelis ym., 2015)   |
| Persoonallisuushäiriöt  | Schema   | TAU                      | difference in percentage recovering | NR                                    | 3000                       | 30                            | 100                        | societal                          | trial            | 279                          | 3              | Alankomaat | (Bamelis ym., 2015)   |
| Skitsofrenia  | CBT  | TAU                      | QALY                                | EQ-5D-3L-UK-TTO                       | 650                        | 0.035                         | 19000                      | health-care                       | trial            | 77                           | 3/4            | Britannia  | (Barton ym., 2009)    |
| Vakava masennus   | Interpersonal PT                                     | TAU                      | PRIME-MD                            | NR                                    | 769                        | 0.0022                        | 350000                     | health-care                       | trial            | 143                          | 1              | Alankomaat | (Bosmans ym., 2007)   |
| Vakava masennus   | Interpersonal PT                                     | TAU                      | QALY                                | EQ-5D-3L-UK-TTO                       | 816                        | 0.01                          | 82000                      | health-care                       | trial            | 143                          | 1              | Alankomaat | (Bosmans ym., 2007)   |
| Masennus  | nondirective counselling                             | TAU                      | Beck depression inventory (BDI)     | NR                                    | 0                          | 0.0000001                     | 0                          | health-care                       | trial            | 464                          | 1              | Britannia  | (Bower ym., 2000)     |

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| Masennus                    | nondirective counselling            | TAU        | QALY                                    | EQ-5D-3L-UK-TTO | 0         | 0.0000001 | 0                       | health-care | trial | 464    | 1   | Britannia   | (Bower ym., 2000)      |
| Masennus                    | CBT                                 | TAU        | Beck depression inventory (BDI)         | NR              | 0         | 0.0000001 | 0                       | health-care | trial | 464    | 1   | Britannia   | (Bower ym., 2000)      |
| Masennus                    | CBT                                 | TAU        | QALY                                    | EQ-5D-3L-UK-TTO | 0         | 0.0000001 | 0                       | health-care | trial | 464    | 1   | Britannia   | (Bower ym., 2000)      |
| Psykoottinen häiriö         | Multifamily Psychoeducation         | TAU        | YLD                                     | NR              | NR        | NR        | (typically) cost-saving | societal    | model | 100000 | 20  | Yhdysvallat | (Breitborde ym., 2009) |
| Vakava masennus             | CBT + SSRI                          | SSRI       | QALY                                    | EQ-5D-3L-UK-TTO | 2340      | -0.02     | -117000                 | health-care | trial | 208    | 1/2 | Britannia   | (Byford ym., 2007)     |
| Vakava masennus             | CBT + SSRI                          | SSRI       | HoNOSCA                                 | NR              | 2340      | 1         | 3000                    | health-care | trial | 208    | 1/2 | Britannia   | (Byford ym., 2007)     |
| Vakava mielen-terveyshäiriö | manual-assisted CBT                 | TAU        | %-point reduction in repeated self-harm | NR              | -838      | 7         | -120                    | health-care | trial | 419    | 1   | Britannia   | (Byford ym., 2003)     |
| Vakava mielen-terveyshäiriö | manual-assisted CBT                 | TAU        | QALY                                    | EQ-5D-3L-UK-TTO | -778      | -0.0118   | <b>66000</b>            | health-care | trial | 419    | 1   | Britannia   | (Byford ym., 2003)     |
| Multisomatoforminen häiriö  | psychodynamic interpersonal therapy | TAU        | QALY                                    | SF-6D           | 752       | 0.02      | 38000                   | health-care | trial | 211    | 3/4 | Saksa       | (Chernyak ym., 2014)   |
| Huumeet                     | counselling                         | TAU        | QALY                                    | SF-6D           | -12400000 | 107       | -116000                 | societal    | model | 1000   | 3   | Australia   | (Ciketic ym., 2015)    |
| Dementia                    | Cognitive Stimulation Therapy (CST) | TAU        | QALY                                    | EQ-5D-3L-UK-TTO | 474.81    | 0.0013    | 366000                  | health-care | trial | 236    | 1/2 | Britannia   | (D'Amico ym., 2015)    |
| Vakava masennus             | CBT + fluoxetine                    | fluoxetine | HoNOSCA                                 | NR              | -500      | 0.044     | -12000                  | health-care | trial | 216    | 5/6 | Yhdysvallat | (Domino ym., 2009)     |
| Ahdistuneisuus              | CBT                                 | WL         | QALY                                    | EQ-5D-3L-UK-TTO | NR        | NR        | 108000                  | societal    | trial | 495    | 1/2 | Saksa       | (Egger ym., 2015)      |
| Ahdistuneisuus              | CBT                                 | WL         | remission                               | NR              | NR        | NR        | 4000                    | societal    | trial | 495    | 1/2 | Saksa       | (Egger ym., 2015)      |
| Ahdistuneisuus              | PDT                                 | WL         | QALY                                    | EQ-5D-3L-UK-TTO | NR        | NR        | 108000                  | societal    | trial | 495    | 1/2 | Saksa       | (Egger ym., 2015)      |
| Ahdistuneisuus              | PDT                                 | WL         | remission                               | NR              | NR        | NR        | 7000                    | societal    | trial | 495    | 1/2 | Saksa       | (Egger ym., 2015)      |

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| Anorexia nervosa                    | focal psychodynamic psychotherapy   | TAU                                  | QALY                                 | EQ-5D-3L-UK-TTO | NR   | NR   | "dominant" | health-care | trial | 242   | 1,8 | Saksa       | (Egger ym., 2016)                |
| Anorexia nervosa                    | focal psychodynamic psychotherapy   | TAU                                  | recovery                             | NR              | NR   | NR   | "dominant" | health-care | trial | 242   | 1,8 | Saksa       | (Egger ym., 2016)                |
| Anorexia nervosa                    | Enhanced CBT                        | TAU                                  | QALY                                 | EQ-5D-3L-UK-TTO | NR   | NR   | 24000      | health-care | trial | 242   | 1,8 | Saksa       | (Egger ym., 2016)                |
| Anorexia nervosa                    | Enhanced CBT                        | TAU                                  | recovery                             | NR              | NR   | NR   | 11000      | health-care | trial | 242   | 1,8 | Saksa       | (Egger ym., 2016)                |
| Skitsofrenia-kirjo                  | CBT                                 | TAU                                  | per day of normal functioning gained | NR              | 3552 | 76   | 50         | health-care | trial | 216   | 1,5 | Alankomaat  | (Gaag ym., 2011)                 |
| Traumaperäinen stressihäiriö        | Trauma-Focused CBT + SSRI           | non-directive supportive counselling | QALY                                 | AQoL-4D         | 152  | 0.04 | 3800       | health-care | model | modelled for the Australia population in 2007 | 1   | Australia   | (Gospodarevskaya ja Segal, 2012) |
| Traumaperäinen stressihäiriö        | Trauma-Focused CBT                  | non-directive supportive counselling | QALY                                 | AQoL-4D         | -23  | 0.03 | -770       | health-care | model | modelled for the Australia population in 2007 | 1   | Australia   | (Gospodarevskaya ja Segal, 2012) |
| Itsetuhoisuus mielenterveyshäiriönä | Group therapy                       | TAU                                  | difference in percentage recovering  | NR              | 6400 | 3    | 3000       | health-care | trial | 366   | 1   | Britannia   | (Green ym., 2011)                |
| Mielenterveyshäiriöt (F32 - F45.9)  | Psychodynamic-Interpersonal therapy | TAU                                  | QALY                                 | EQ-5D           | -465 | 0.16 | -3000      | health-care | trial | 110   | 1/2 | Yhdysvallat | (Guthrie ym., 1999)              |
| Masennus ja ahdistuneisuus          | CBT                                 | TAU                                  | QALY                                 | EQ-5D           | -233 | 0.03 | -8000      | health-care | trial | 702   | 1,5 | Alankomaat  | (Hakkaart-van Roijen ym., 2006)  |
| Masennus ja ahdistuneisuus          | CBT                                 | TAU                                  | QALY                                 | EQ-5D           | 237  | 0.03 | 8000       | societal    | trial | 702   | 1,5 | Alankomaat  | (Hakkaart-van Roijen ym., 2006)  |

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| Masennus ja ahdistuneisuus         | Brief therapy  | TAU | QALY  | EQ-5D           | 319    | 0.03  | 11000  | health-care | trial | 702 | 1,5 | Alankomaat | (Hakkaart-van Roijen ym., 2006) |
| Masennus ja ahdistuneisuus         | Brief therapy  | TAU | QALY  | EQ-5D           | 705    | 0.03  | 24000  | societal    | trial | 702 | 1,5 | Alankomaat | (Hakkaart-van Roijen ym., 2006) |
| Skitsofrenia-kirjo                 | intensive early-intervention                         | TAU | Global Assessment of Functioning (GAF-function score) | NR              | -24968 | 1.19  | -21000 | health-care | trial | 547 | 5   | Tanska     | (Hastrup ym., 2013)             |
| Hoitoon huonosti reagoiva masennus | CBT + TAU  | TAU | QALY  | EQ-5D-3L-UK-TTO | 850    | 0.06  | 15000  | health-care | trial | 469 | 1   | Britannia  | (Hollinghurst ym., 2014)        |
| Masennus                           | Chat-guided ICBT                                     | TAU | QALY  | EQ-5D-3L-UK-TTO | 469    | 0.027 | 18000  | health-care | trial | 297 | 2/3 | Britannia  | (Hollinghurst ym., 2010)        |
| Masennus                           | Internet-delivered cognitive behavior therapy (ICBT) | TAU | QALY  | EQ-5D-3L-UK-TTO | 469    | 0.027 | 18000  | health-care | trial | 297 | 2/3 | Britannia  | (Hollinghurst ym., 2010)        |
| Masennus                           | Chat-guided ICBT                                     | TAU | difference in percentage recovering                   | NR              | 469    | 13    | 40     | health-care | trial | 297 | 2/3 | Britannia  | (Hollinghurst ym., 2010)        |
| Masennus                           | Internet-delivered cognitive behavior therapy (ICBT) | TAU | difference in percentage recovering                   | NR              | 469    | 13    | 40     | health-care | trial | 297 | 2/3 | Britannia  | (Hollinghurst ym., 2010)        |
| Masennus                           | CBT + TAU  | TAU | Beck depression inventory (BDI-II)                    | NR              | 427    | 3.5   | 130    | health-care | trial | 204 | 5/6 | Britannia  | (Holman ym., 2011)              |
| Masennus                           | minimal psychological intervention (MPI)             | TAU | QALY  | EQ-5D-3L-UK-TTO | 337    | 0.06  | 6000   | health-care | trial | 361 | 1   | Alankomaat | (Joling ym., 2013)              |

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| Masennus            | minimal psychological intervention (MPI) | TAU  | depression-free days                                   | NR              | 221  | 21      | 20      | health-care | trial | 361                                     | 1    | Alankomaat  | (Joling ym., 2013)  |
| Paniikkihäiriö      | CBT + SSRI (tai vastaava)                | TAU  | anxiety-free days                                      | NR              | 276  | 60      | 10      | health-care | trial | 232                                     | 1    | Yhdysvallat | (Katon ym., 2006)   |
| Dementia            | Cognitive stimulation therapy (CST)      | TAU  | Mini-Mental State Examination (MMSE)                   | NR              | 91   | 1.14    | 80      | health-care | trial | 161                                     | 1/6  | Britannia   | (Knapp ym., 2006)   |
| Masennus            | CBT                                      | SSRI | QALY   | EQ-5D           | 773  | 0.038   | 21000   | health-care | model | modelled for the UK population in 2015? | 2,25 | Britannia   | (Koeser ym., 2015)  |
| Masennus            | CBT + SSRI                               | SSRI | QALY   | EQ-5D           | 1415 | 0.038   | 38000   | health-care | model | modelled for the UK population in 2015? | 2,25 | Britannia   | (Koeser ym., 2015)  |
| Paniikkihäiriö      | yleislääkärin erityiskoulutuksella       | TAU  | QALY   | EQ-5D-3L-UK-TTO | 1459 | -0.0042 | -348000 | health-care | trial | 389                                     | 3/4  | Saksa       | (Konig ym., 2009)   |
| Psykoottinen häiriö | CBT                                      | TAU  | Brief Psychiatric Rating Scale (BPRS, 19 item version) | NR              | 1000 | 7       | 150     | health-care | trial | 47                                      | 1,5  | Britannia   | (Kuipers ym., 1998) |
| Vakava masennus     | interpersonal psychotherapy              | TAU  | Beck depression inventory (BDI)                        | NR              | 1089 | 39      | 30      | health-care | trial | 185                                     | 1    | Yhdysvallat | (Lave ym., 1998)    |
| Syömishäiriöt       | CBT guided self-help                     | TAU  | QALY   | binge-free days | 390  | 0.016   | 25000   | health-care | trial | 123                                     | 1    | Yhdysvallat | (Lynch ym., 2010)   |
| Syömishäiriöt       | CBT guided self-help                     | TAU  | binge-free days  | NR              | 390  | 6       | 70      | health-care | trial | 123                                     | 1    | Yhdysvallat | (Lynch ym., 2010)   |

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| Ahdistuneisuus             | individual CBT                               | TAU              | percent without Ahdistuneisuus at 5 years                         | NR                  | 1585 | 0.38   | 5000   | health-care | model | ?   | 5   | Britannia   | (Mavranezouli ym., 2015) |
| Ahdistuneisuus             | computer-delivered CBT                       | TAU              | QALY  | depression-free day | 40   | 0.032  | 2000   | health-care | trial | 274 | 2/3 | Britannia   | (McCrone ym., 2004)      |
| Ahdistuneisuus             | computer-delivered CBT                       | TAU              | Beck depression inventory (BDI)                                   | NR                  | 40   | 28     | 10     | health-care | trial | 274 | 2/3 | Britannia   | (McCrone ym., 2004)      |
| Lievä masennus             | CBT  | masennuslääkkeet | probability of good global outcome (esim. BDI and GP notes)       | NR                  | 50   | 0.18   | 280    | health-care | trial | 103 | 1   | Britannia   | (Miller ym., 2003)       |
| Pitkäaikainen masennus     | specialist depression service                | TAU              | point reduction in Hamilton Depression Rating Scale (HDRS)        | NR                  | 3446 | 3      | 1200   | health-care | trial | 187 | 1,5 | Britannia   | (Morris ym., 2016)       |
| (Lapsuusiän) käytöshäiriöt | intensive practice-based parenting programme | TAU              | Child Behavior Checklist (CBCL) Externalising T-Score improvement | NR                  | -224 | 13     | -1000  | health-care | trial | 41  | 4   | Britannia   | (Muntz ym., 2004)        |
| Päihteiden väärinkäyttö    | Therapeutic Education System (TES)           | TAU              | QALY  | EQ-5D-3L-UK-TTO     | 152  | -0.004 | -38000 | health-care | trial | 507 | 3   | Yhdysvallat | (Murphy ym., 2016)       |
| Päihteiden väärinkäyttö    | Therapeutic Education System (TES)           | TAU              | abstinent-years gained  | NR                  | 152  | 0.06   | 3000   | health-care | trial | 507 | 3   | Yhdysvallat | (Murphy ym., 2016)       |

|                                 |   |     |  |                     |      |       |             |             |       |     |     |                  |                         |
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| Vakava mielen-<br>terveyshäiriö | contingency<br>management<br>(CM)                                   | TAU | QALY   | PANSS -scores       | -125 | 0.01  | -13000      | health-care | trial | 176 | 1/2 | Yhdys-<br>vallat | (Murphy ym.,<br>2015a)  |
| Vakava mielen-<br>terveyshäiriö | contingency<br>management<br>(CM)                                   | TAU | stimulant-<br>free year<br>(SFY)   | NR                  | -125 | 0.2   | -1000       | health-care | trial | 176 | 1/2 | Yhdys-<br>vallat | (Murphy ym.,<br>2015b)  |
| Ahdistuneisuus                  | Internet-<br>delivered<br>cognitive<br>behavior thera-<br>py (ICBT) | TAU | CORE-OM  | NR                  | 108  | 5     | 30          | health-care | trial | 100 | 1   | Ruotsi           | (Nordgren<br>ym., 2014) |
| Päihteiden väärinkäyttö         | computer-based<br>CBT   | TAU | longest<br>duration of<br>abstinence<br>(LDA)  | NR                  | 50   | 5     | 10          | health-care | trial | 77  | 3/4 | Yhdys-<br>vallat | (Olmstead<br>ym., 2010) |
| Persoonallisuus-<br>häiriöt     | CBT   | TAU | number of<br>suicidal acts   | NR                  | -689 | -1    | 1000        | health-care | trial | 106 | 1   | Britannia        | (Palmer ym.,<br>2006)   |
| Persoonallisuus-<br>häiriöt     | CBT   | TAU | QALY   | EQ-5D-3L-UK-<br>TTO | -689 | -0.11 | <b>7000</b> | health-care | trial | 106 | 1   | Britannia        | (Palmer ym.,<br>2006)   |
| Skitsofrenia                    | Cognitive<br>remediation<br>therapy                                 | TAU | 1% of<br>improvers<br>on the<br>WAIS-III ,<br>i.e., im-<br>proving<br>working<br>memory. | NR                  | 121  | 1.33  | 100         | health-care | trial | 85  | 1,3 | Britannia        | (Patel ym.,<br>2010)    |
| Skitsofrenia                    | Cognitive<br>remediation<br>therapy                                 | TAU | 1% of<br>improvers<br>on the<br>WAIS-III ,<br>i.e., im-<br>proving<br>working<br>memory. | NR                  | 531  | 1.33  | 400         | societal    | trial | 85  | 1,3 | Britannia        | (Patel ym.,<br>2010)    |
| Persoonallisuus-<br>häiriöt     | Dialectical<br>Behaviour<br>Therapy                                 | TAU | reduction in<br>number of<br>days of self-<br>harming                                    | NR                  | 1931 | 10    | 200         | health-care | trial | 80  | 3/4 | Britannia        | (Priebe ym.,<br>2012)   |

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| Vakava mielen-terveyshäiriö             | Internet-based CBT without psychotherapist support   | TAU | QALY   | EQ-5D-3L-SPAIN         | -409  | 0.035 | -12000 | health-care | trial | 296 | 1   | Espanja    | (Romero-Sanchiz ym., 2017) |
| Vakava mielen-terveyshäiriö             | Internet-based CBT without psychotherapist support   | TAU | Beck depression inventory (BDI-II)                 | NR                     | -409  | 4     | -110   | health-care | trial | 296 | 1   | Espanja    | (Romero-Sanchiz ym., 2017) |
| Vakava mielen-terveyshäiriö             | Internet-based CBT with psychotherapist support      | TAU | QALY   | EQ-5D-3L-SPAIN         | 41    | 0.08  | 1000   | health-care | trial | 296 | 1   | Espanja    | (Romero-Sanchiz ym., 2017) |
| Vakava mielen-terveyshäiriö             | Internet-based CBT with psychotherapist support      | TAU | Beck depression inventory (BDI-II)                 | NR                     | 41    | 4     | 20     | health-care | trial | 296 | 1   | Espanja    | (Romero-Sanchiz ym., 2017) |
| Vakava mielen-terveyshäiriö             | cognitive self-therapy (CST)                         | TAU | point improvement in Symptom Checklist 90 (SCL-90) | NR                     | -877  | 11.5  | -80    | health-care | trial | 151 | 1,5 | Alankomaat | (Stant ym., 2008)          |
| Masennus                                | Internet-delivered cognitive behavior therapy (ICBT) | TAU | QALY   | EQ-5D-3L-Dutch         | 256   | 0.01  | 26000  | health-care | trial | 263 | 1/4 | Alankomaat | (Warmerdam ym., 2010)      |
| Masennus                                | Internet-delivered cognitive behavior therapy (ICBT) | TAU | patient with clinically significant improvement    | NR                     | 21248 | 13    | 2000   | health-care | trial | 263 | 1/4 | Alankomaat | (Warmerdam ym., 2010)      |
| Masennus (insomnian lisäksi)            | CBT  | TAU | QALY   | severity of depression | 422   | 0.022 | 20000  | health-care | trial | 37  | 1/6 | Japani     | (Watanabe ym., 2015)       |
| lapsuus- tai nuoruusiässä käytöshäiriöt | Internet-delivered cognitive behavior therapy (ICBT) | TAU | QALY   | EQ-5D-3L-UK-TTO        | -1771 | 0.04  | -45000 | health-care | trial | 116 | 1/2 | Ruotsi     | (Vermeulen ym., 2017)      |



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|------------------------------------|--|------------|--------------------------------------|-----------------|------|-------|------|-------------|-------|-----|-----|-------------|--------------------|
| Hoitoon huonosti reagoiva masennus | CBT + TAU  | TAU        | QALY                                 | EQ-5D-3L-UK-TTO | 281  | 0.052 | 6000 | health-care | trial | 469 | 3,8 | Britannia   | (Wiles ym., 2016)  |
| Masennus                           | Internet-delivered cognitive behavior therapy (ICBT) | TAU        | QoL-AD                               | NR              | 1544 | 0.6   | 3000 | health-care | trial | 263 | 5/6 | Britannia   | (Woods ym., 2012)  |
| Päihteiden väärinkäyttö            | CBT  | naltrexone | difference in Percent Days Abstinent | NR              | -119 | -13.3 | 10   | health-care | trial | 311 | 1/3 | Yhdysvallat | (Zarkin ym., 2008) |

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