

Appendix 5. Glossary and abbreviations

Glossary

AGREE (Appraisal of Guidelines, Research and Evaluation for Europe): International initiative to facilitate the design and evaluation of clinical practice guidelines.

DALY (Disability-adjusted life year): Measurement of the overall burden of illness that reflects the number of years that a person could have lived, lost due to premature decease, and the year of productive life lost due to disability.

Bibliotherapy: Guided use of reading for therapeutic purposes. This consists of the acquisition of therapeutic knowledge and practices through reading a specifically selected bibliography recommended by the therapist.

Cochrane Library: An effectiveness database produced by the Cochrane Collaboration, made up of, among other things, the original systematic reviews by the organization.

DSM-IV: Fourth edition of the *Diagnostic and Statistical manual of the mental disorders by the American Psychiatric Association.* This is a classification of mental disorders into different types based on a series of criteria with defining traits. It is prepared for clinical, educational, and research use. Its purpose is to provide clear descriptions of the diagnostic categories, so that clinics and researchers can diagnose, study, and exchange information, and treat the different mental disorders.

RCT (Randomized Clinical Trial): This is a study designed so that subjects are randomly assigned to two groups: one (experimental group) receives the treatment that is being tested, and the other (comparison or control group) receives a standard treatment (or sometimes a placebo). The two groups are monitored to observe any differences in the results. The effectiveness of the treatment is evaluated this way.

Multi-axial axes in the DSM-IV: Evaluations on multiple axes, each of which concerns a different area of information that can help the clinician to plan treatment and predict results.

Embase: European (Dutch) database produced by Excerpta Médica with pharmacology and clinical medicine content.

Open trial: **1.** Clinical trial in which the researcher knows the intervention that is given to each participant. **2.** Clinical trial with open sequential design.

In-depth interview: A qualitative research technique to obtain information using a conversation between an informant with a series of previously established characteristics and an interviewer.

Blind or double-blind trial: Clinical trials in which neither the participants (blind) nor the medical personnel (double blind) know which of the possible therapies each individual is receiving.

Case-control study: A study that identifies persons with an illness (cases), lung cancer for example, and compares them with a group without the illness (control). The relationship between one or more factors (tobacco, for example) related to the illness is examined, comparing the frequency of exposure to that or other factors between the cases and the controls.

Cohort study: This consists of following one or more cohorts of individuals who present different degrees of exposure to a risk factor in whom the appearance of the illness or condition being studied is measured.

Cross-sectional-Descriptive Study: This is a study that describes the frequency of an event or an exposure at a given time (single measurement). It makes it possible to examine the relationship between a risk factor (or exposure) and an effect (or result) in a defined population and at a given time (a cut). Also called prevalence studies.

Exposure: This is a type of behavioral therapy that involves the deliberate exposure to situations that were previously avoided or feared stimuli. This can be done by asking the person to imagine these situations, especially when direct exposure is impractical or difficult, a mode that is called *in vitro*, interceptive, or imaginary. On the other hand, exposure may also be *in vivo*, or exteroceptive through real stimuli or situations.

Discussion group: Qualitative research technique that is used to identify attitudes, positions, evaluations, or perceptions regarding something or someone that are held by a group of individuals.

Confidence interval: This is the interval within which the true magnitude of the effect (which is never exactly known) is found with a pre-established degree of security or confidence. They often talk about “95% confidence interval” (or 95% confidence limits). This means that within that interval, the true value would be found in 95% of the cases.

Qualitative research: This is a methodology that covers a variety of theoretical trends, methods and techniques, and is characterized by the study of phenomena in their natural context, attempting to make sense of or interpret them based on the meanings that people give them. This is done using empirical materials (interviews, observations, texts, etc.) that can best describe both routine and problematic situations and what they mean in the lives of the individuals.

Medline: Predominantly clinical database produced by the US National Library of Medicine, available on CD-Rom and on the internet (PubMed).

Meta-analysis: This is a statistical technique that makes it possible to integrate the results of different studies (studies of diagnostic tests, clinical trials, cohort studies, etc.) into a single estimator, giving more weight to the larger studies.

Morbidity: Illness or frequency in which an illness is present in a population.

Mortality: Death rate or number of deaths due to a particular illness in a group of people and a specified period of time.

NICE: Forms part of the NHS (“National Health Service” of England). Its role is to provide doctors, patients, and the general public with the best evidence available, mainly in the form of clinical guidelines.

Participant observation: This is a qualitative research technique that establishes a deliberate communication between the observer and the observed phenomenon. The researcher gathers the keys of what is observed, interprets what is occurring, and thus obtains a systematic and complete knowledge of the observed reality.

Placebo: A substance administered to the control group of a clinical trial, ideally identical in appearance and taste to the experimental treatment, which is believed to have no specific effect for the illness being studied. In the context of non-pharmacological interventions, the placebo is usually referred to as simulated treatment.

Prevalence: The proportion of people with a finding or illness in a particular population, at a given time.

Breathing retraining: This is an intervention that encourages people who hyperventilate to reduce their respiratory frequency using the diaphragm.

Cognitive restructuring: This is an intervention that involves asking questions to help people to question stereotypical and repetitive thoughts and images that increase fear, replacing these irrational or distorted thoughts with other more rational ones.

Applied relaxation: Training in relaxation techniques and self-control of the symptoms, without questioning beliefs. It is based on the principle that when the person learns deep muscle relaxation, it reduces body tension and the anxiety that is felt.

Systematic review (SR): This is a review in which the evidence on a question has been systematically identified, evaluated, and summarized according to a series of predetermined criteria. It may or may not include meta-analysis.

Case series: Analysis of series of patients with the illness.

SIGN: A multi-disciplinary agency in Scotland that prepares clinical practice guidelines based on the evidence, as well as methodological documents on how the guidelines should be designed.

Abandonment rate: The number of people who abandoned during the trial and the later specific exclusions from the random assignment.

Cognitive-Behavioral Therapy (CBT): This is a form of structured psycho-therapeutic intervention that uses different techniques to try to change dysfunctional beliefs and negative automatic thoughts.

Tolerance: The state present when the body becomes accustomed to a medication, so that a larger amount of the medication is needed.

Abbreviations

AD: Anti-depressants

TAD: Tricyclic Anti-depressants

SC: Specialized Care

AEN: Spanish Neuropsychiatry Association

AGREE: Appraisal of Guidelines Research and Evaluation

AMADAG: Madrid Panic and Agoraphobia Association

PC: Primary Care

DALY: Disability-Adjusted Life Years

BDZ: Benzodiazepines

CAS: Clinical Anxiety Scale

CGI: Clinical Global Impressions Scale

CINAHL: Cumulative Index to Nursing & Allied Health Literature

CINDOC: Scientific Documentation and Information Centre of the Senior Scientific Research Board

DARE: Database Abstracts of Reviews Effects
EMDR: Eye Movement Desensitization and Reprocessing
GADS: Goldberg Anxiety and Depression Scale
RCT: Randomized Clinical Trial
ALS: Amyotrophic Lateral Sclerosis
EMDR: Eye Movement Desensitization and Reprocessing
FDA: Food and Drug Administration
FEAFES: Spanish Confederation of Family Groups and Individuals with Mental Illness
FEMASAM: Madrid Federation of Mental Health Associations
FPS: Focused Psychological Strategies
CPG: Clinical Practice Guideline
HAD: Anxiety and Depression Scale
HARS: Hamilton Anxiety Rating Scale
HTA: Health Technology Assessment
CI: Confidence Interval
INAHTA: International Network of Agencies for Health Technology Assessment.
SSRI Serotonin Reuptake Inhibitors
SNSRI: Serotonin and Noradrenalin Reuptake Inhibitors
MHRA: Medicines and Healthcare products Regulatory Agency
MOH: Ministry of Health (Singapore)
NHS: National Health Service
NICE: National Institute for Clinical Excellence
NNT: Necessary number of patients to treat to reduce an event.
PDSS: Panic Disorder Severity Scale
PICO: Patient/Intervention/Comparison/Outcome PQ: Physician Questionnaire
SEMERGEN: Spanish Society of Primary Care Physicians SEMFYC: Spanish Society of Family and Community Medicine SEP: Spanish Psychiatric Society SIGN: Scottish Intercollegiate Guidelines Network
MH: Mental Health
SoMaMFYC: Madrid Society of Family and Community Medicine
STAI: State Anxiety Inventory Scale
PD: Panic disorder
GAD: Generalized anxiety disorder
CBT: Cognitive-Behavioral Therapy

BFT: Brief Family Therapy

IPT: Interpersonal Therapy

UESCE: Spanish Union of Scientific Nursing Societies UETS: Health Technology Assessment Unit

WONCA: World Organisation of National Colleges, Academies and Academia Associations of General Practitioners/Family Physicians

WP2: Anxious Inhibition Widlocher-Pull Scale