

# VU Research Portal

## Blending online and offline anxiety treatment in routine mental health care

Romijn, Gerritje Adriana

2022

### **document version**

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

### **citation for published version (APA)**

Romijn, G. A. (2022). *Blending online and offline anxiety treatment in routine mental health care: Research on acceptability, effectiveness and cost-effectiveness of Internet-supported and blended cognitive behavioral therapy for patients with severe anxiety disorders*. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam].

### **General rights**

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

### **Take down policy**

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

### **E-mail address:**

[vuresearchportal.ub@vu.nl](mailto:vuresearchportal.ub@vu.nl)

## Table of contents

<b>Chapter 1</b>	General introduction	9
<b>Chapter 2</b>	Internet-delivered cognitive behavioral therapy for anxiety disorders in open community versus clinical service recruitment: meta-analysis	21
<b>Chapter 3</b>	Cost-effectiveness of blended versus face-to-face cognitive behavioral therapy for severe anxiety disorders: study protocol of a randomized controlled trial	65
<b>Chapter 4</b>	Acceptability, effectiveness and cost-effectiveness of blended versus face-to-face cognitive behavioral therapy for anxiety disorders in specialized mental health care: A 15-week randomized controlled trial with 1-year follow-up	87
<b>Chapter 5</b>	Does it blend? Exploring therapist fidelity in blended cognitive behavioral therapy for anxiety disorders	117
<b>Chapter 6</b>	General discussion	147
<b>Chapter 7</b>	Summary	163
<b>Chapter 8</b>	Dankwoord	167