Internet–based treatment of phobias in outpatient clinics

Internet–based interventions are rapidly being implemented in routine mental healthcare in many countries. This dissertation describes the results of a cost–effectiveness evaluation alongside a randomised controlled trial of an Internet-based intervention for phobias in routine mental healthcare, conducted among 212 phobic outpatients in the Netherlands.

Results show that — although the brief five-week intervention shows moderate short–term effectiveness — it cannot be considered cost–effective after a 1–year follow–up period. Strengths, limitations, and implications for clinical practice and research are discussed.