

H.5 Non-pharmacological management

H.5.1 Psychological therapies

RQ8: What is the effectiveness of psychological therapies for AMD?

Problem solving treatment vs usual care (delayed treatment)

Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
Depression at 6 months (better indicated by lower values)								
1 (Rovner 2007)	RCT	Serious ¹	N/A	Not serious	Serious ²	206	RR 0.74 (0.44, 1.24)	LOW
Mean difference in Hamilton Depression Rating Score (6 months) (better indicated by lower values)								
1 (Rovner 2007)	RCT	Serious ¹	N/A	Not serious	Serious ³	206	MD 0.01 (-1.14, 1.16)	LOW
No. of lost activities at 6 months (better indicated by lower values)								
1 (Rovner 2007)	RCT	Serious ¹	N/A	Not serious	Serious ²	206	RR 0.66 (0.45, 0.98)	LOW
Mean difference in NEI VFQ-17 score at 6 months (better indicated by higher values)								
1 (Rovner 2007)	RCT	Serious ¹	N/A	Not serious	Serious ²	206	MD 1.48 (-1.05, 4.01)	LOW
1. Downgraded one level for single-masked design 2. Downgraded one level for confidence interval crossing 1 line of a defined minimal important difference 3. Downgraded one level for non-significant result								

Problem solving treatment vs supportive therapy

Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
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Macular Degeneration
Appendix H: Grade tables and meta-analysis results

Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
Targeted Vision Function at 6 months (better indicated by lower values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD 0.03 (-0.21, 0.27)	VERY LOW
Activities Inventory at 6 months (better indicated by lower values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD 0.01 (-0.29, 0.31)	VERY LOW
NEI-VFQ total score at 6 months (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Very serious ³	141	MD 1.60 (-2.71, 5.91)	VERY LOW
NEI-VFQ QoL Social Functioning at 6 months (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD 2.53 (-4.19, 9.25)	VERY LOW
NEI-VFQ QoL Mental Health (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD 5.50 (-1.14, 12.14)	VERY LOW
NEI-VFQ QoL Role Functioning at 6 months (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD -0.70 (-6.17, 4.77)	VERY LOW
NEI-VFQ QoL Dependency at 6 months (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD 6.10 (-1.55, 13.75)	VERY LOW
Control strategies: selective primary control at 6 months (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Not serious	141	MD -1.00 (-1.79, -0.21)	LOW
Control strategies: compensatory primary control at 6 months (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD 0.20	VERY LOW

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Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
							(-1.40, 1.80)	
Control strategies: selective secondary control at 6 months (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD 0.10 (-1.30, 1.50)	VERY LOW
Control strategies: compensatory secondary control at 6 months (better indicated by higher values)								
1 (Rovner 2013)	RCT	Very serious ¹	N/A	Not serious	Serious ²	141	MD 1.20 (-0.02, 2.42)	VERY LOW
1. Downgraded one level for single masked; unclear if important differences in those included and those lost to follow up 2. Downgraded one level for non-significant result 3. Downgraded one level for confidence interval crossing 2 lines of a defined minimal important difference								

Psychosocial intervention programme vs usual care

Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
Mean difference Positive affect (PANAS) score at 7-9 weeks follow up (better indicated by lower values)								
1 (Birk 2004)	Non-randomised trial	Very serious ¹	N/A	Not serious	Serious ²	22	MD -0.12 (-0.58, 0.34)	VERY LOW
Mean difference negative affect (PANAS) score at 7-9 weeks (better indicated by higher values)								
1 (Birk 2004)	Non-randomised trial	Very serious ¹	N/A	Not serious	Not serious	22	MD 0.53 (0.13, 0.93)	LOW
Mean difference geriatric depression scale (GDS) score at 7-9 weeks (better indicated by higher values)								
1 (Birk 2004)	Non-randomised trial	Very serious ¹	N/A	Not serious	Not serious	22	MD 1.45 (0.31, 2.59)	LOW
Mean difference activities of daily living score at 7-9 weeks (better indicated by higher values)								

Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
1 (Birk 2004)	Non-randomised trial	Very serious ¹	N/A	Not serious	Not serious	22	MD 6.10 (1.18, 11.02)	LOW
Mean difference perceived autonomy at 7-9 weeks (better indicated by lower values)								
1 (Birk 2004)	Non-randomised trial	Very serious ¹	N/A	Not serious	Serious ²	20	MD -1.80 (-3.62, 0.02)	VERY LOW
Mean difference active problem orientation score at 7-9 weeks (better indicated by lower values)								
1 (Birk 2004)	Non-randomised trial	Very serious ¹	N/A	Not serious	Serious ²	20	MD -3.50 (-7.22, 0.22)	VERY LOW
<p>1. Downgraded one level for no randomisation performed; allocation sequence not adequately generated; unmasked; large proportional of drop outs; unclear if comparison group received any other psychosocial therapy during course of the study</p> <p>2. Downgraded one level for non-significant result</p>								

Self-management vs waiting list for age-related macular degeneration

Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
Mean difference total profile of mood states (POMS) score at 6 months (better indicated by lower values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ²	214	MD -11.78 (-18.43, -5.13)	LOW
Mean difference NEI-VFQ-25 total score at 6 months (better indicated by higher values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ²	213	MD 2.63 (0.23, 5.03)	LOW
Mean difference AMD self-efficacy scale total score at 6 months (better indicated by higher values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Not serious	213	MD 5.64 (2.11, 9.17)	MODERATE

Macular Degeneration
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Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
Mean difference in POMS total score at 6 months among those with depression at baseline (better indicated by lower values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Not serious	51	MD -26.24 (-42.40, -10.08)	MODERATE
Mean difference in total NEI-VFQ-25 at 6 months among those with depression at baseline (better indicated by higher values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ²	50	MD 6.12 (0.12, 12.12)	LOW
Mean difference in POMS total score at 6 months among those without depression at baseline (better indicated by lower values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ²	162	MD 2.67 (-3.76, 9.10)	LOW
Mean difference in total NEI-VFQ-25 at 6 months among those without depression at baseline (better indicated by higher values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ²	161	MD -0.83 (-3.29, 1.63)	LOW
Mean difference in AMD self-efficacy score at 6 months amongst those with depression at baseline (better indicated by higher values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Not serious	66	MD 9.87 (2.31, 17.43)	MODERATE
Mean difference in AMD self-efficacy score at 6 months amongst those without depression at baseline (better indicated by higher values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ³	161	MD 1.42 (-2.22, 5.06)	LOW
Mean difference in geriatric depression scale total score at 6-months amongst those with a diagnosis of depression at baseline (better indicated by lower values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ³	32	MD -1.82 (-4.40, 0.56)	LOW
Mean difference Duke Social Support Index-11 score at 6 months among those with depression at baseline (better indicated by higher values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ³	32	MD 5.72 (-3.37, 14.81)	LOW
Mean difference life orientation test at 6-months amongst those with depression at baseline (better indicated by higher values)								
1 (Brody 2002)	RCT	Serious ¹	N/A	Not serious	Serious ³	32	MD -0.87	LOW

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Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
							(-3.72, 1.98)	
<ol style="list-style-type: none"> Downgraded one level for single masked; unclear if important differences in those included and those lost to follow up Downgraded one level for confidence interval crossing 1 line of a defined minimal important difference Downgraded one level for non-significant result 								

Behavioural activation and low vision rehabilitation (LVR) vs supportive therapy and LVR

Number of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
Mean difference total profile of mood states (POMS) score at 6 months (better indicated by lower values)								
1 (Rovner 2014)	RCT	Very serious ¹	N/A	Not serious	Serious ²	188	RR 0.59 (0.29, 1.17)	VERY LOW
<ol style="list-style-type: none"> Downgraded two levels for single masked; differences in baseline characteristics between those who did and did not complete follow-up Downgraded one level for confidence interval crossing 1 line of a defined minimal important difference 								