

# INPLASY

## The smartphone app-based cognitive behavioral therapy for insomnia

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### ADMINISTRATIVE INFORMATION

**Support** - None.

**Review Stage at time of this submission** - The review has not yet started.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202420109

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 26 February 2024 and was last updated on 26 February 2024.

### INTRODUCTION

**Review question / Objective** The effects of smartphone app-based cognitive behavioral therapy for insomnia.

**Condition being studied** Insomnia.

### METHODS

**Participant or population** Patients with insomnia.

**Intervention** smartphone app-based cognitive behavioral therapy.

**Comparator** Other interventions.

**Study designs to be included** Randomized controlled trials.

**Eligibility criteria** Studies for the effects of smartphone app-based cognitive behavioral therapy for insomnia.

**Information sources** Pubmed and embase.

**Main outcome(s)** The score of Insomnia Severity Index (ISI).

**Quality assessment / Risk of bias analysis** The Cochrane Collaboration's Risk of Bias 2 (RoB2).

**Strategy of data synthesis** The pooled estimates of MDs for continuous outcomes and OR for binary outcomes.

**Subgroup analysis** None.

**Sensitivity analysis** None.

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**Country(ies) involved** China.

**Keywords** insomnia, cbt, smartphone.

**Contributions of each author**

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