INPLASY

Treatment efficacy, adherence and acceptability of the smartphone-based CBT-I: a systematic review and meta-analysis of randomized controlled trials

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ADMINISTRATIVE INFORMATION

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

Conflicts of interest - None declared.

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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 24 July 2024.

INTRODUCTION

*R*eview question / Objective Our meta-analysis aimed to explore the efficacy, adherence, and acceptability of the smartphone-based CBT-I among patients with insomnia.

Condition being studied Insomnia.

METHODS

Search strategy Relevant articles were systematically searched via the Cochrane Library, Embase, and PubMed, and PsycINFO databases from their dates of inception until May 1, 2024.

Participant or population Patients with insomnia.

Intervention Smartphone-based cognitive behavioral therapy for insomnia (CBT-I).

Comparator Without smartphone-based CBT-I.

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 primary outcome was evaluated by ISI score.

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.

Country(ies) involved China.

Keywords insomnia, cbt, smartphone.

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