



Service Priorities and Programmes
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Internet-based cognitive behavioral therapy: A feasible, evidence-based healthcare delivery in primary care for insomnia

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Introduction

Insomnia is a prevalent public health problem in primary care setting. Internet-based cognitive behavioral therapy (iCBT) is an innovative mode of service delivery to patients with insomnia, denoting significant clinical and economic implications.

Objectives

The present paper aims to systematically review and evaluate the effectiveness of iCBT with a meta-analysis for patients with insomnia in primary care or community settings.

Methodology

Comprehensive search on seven databases including Medline, PsycINFO, Embase, Cinahl, Cochrane Library, Social Sciences Citation Index, and Pubmed (up to January 2013) on 3 concepts: First, [internet, web, online, computer-aided, computer-assisted, computer-guided, computerized, OR computerised], AND second, [CBT, cognitive therapy, behavio(u)ral therapy, OR behavio(u)r therapy], AND third, [insomnia, sleep disorders, OR sleeping problem].

Result

Five randomized controlled trials with 799 subjects that met the selection criteria were identified and included into the analysis. Effects of iCBT on sleep quality, sleep efficiency, number of waking, sleep onset latency, and Insomnia Severity Index were significant, ranging small to large effect sizes. The adherence rate of iCBT was high (77%). The present results lend support to iCBT as a feasible, evidence-based healthcare delivery in primary care for insomnia.