

Tabulation economic studies

Author, year Reference Country	Research question, study design	Costs	Outcomes	Results	Comments
de Bruin, 2016 The Netherlands	The cost-effectiveness of cognitive behaviour therapy for insomnia among adolescents delivered in individual internet (IT) or group (GT) format. Trial based cost-utility analysis with a societal perspective based on a randomized controlled trial (de Bruin et al, 2015) with one-year follow-up.	Costs for therapy, healthcare (doctor and mental healthcare visits), medication, informal care, parents' loss of (non)paid work, school absence, traveling expenses, and additional tutoring. Productivity costs valued with friction cost method. Costs reported in year 2014 (Dutch) Euro. No discounting.	QALYs Valued with instrument EQ-5D-3L and Dutch adult tariffs. No discounting.	Costs for therapy: IT €396.62 GT €467.75 Total societal costs 1 y: IT €1,047 GT €1,452 QALYs 1y: IT 0.89 GT 0.89 ICER: IT dominant (less costly than GT and equal QALYs). Probabilistic sensitivity analysis shows that IT has a 76% probability of being cost-effective compared to GT at a willingness to pay €20,000.	Assessed as high study quality and high transferability to Swedish context. Quality assessment performed with SBU checklist for trial based evaluations.