

Evidence for CBTi

For insomnia

Cannici et al., 1983
Currie et al., 2000; 2004
Dashevsky & Kramer, 1998
Davidson et al., 2001
De Berry, 1981-82
Dopke et al., 2004
Edinger et al., 2005
French & Tupin, 1974
Germain et al., 2006; 2007
Kolko, 1984
Krakow et al., 2001
Lichstein et al., 2000
Morawetz, 2001
Morin et al., 1989
Morin et al., 1990
Perlis et al., 2001
Quesnel et al., 2003
Rybarczyk et al., 2002
Stam & Bultz, 1986
Savard et al., 2005
Tan et al., 1987
Varni, 1980

Cancer

Cannici et al., 1983
Davidson et al., 2001
Stam & Bultz, 1986
Savard et al., 2005
Quesnel et al., 2003

Various psychiatric disorders

Blom et al., 2015 (co-morbid depression)
Currie et al., 2004 (Alcoholism)
Dashevsky & Kramer, 1998
Dopke et al., 2004
Germain et al., 2006; 2007
Krakow et al., 2001 (PTSD)
Manber et al., 2008
Morawetz, 2001 (Depression)
Perlis et al., 2001
Tan et al., 1987

Various medical problems

De Berry, 1981-82
Kolko, 1984
Lichstein et al., 2000
Perlis et al., 2001
Rybarczyk et al., 2002
Varni, 1980

Pain

Currie et al., 2000; 2004
Edinger et al., 2005
French & Tupin, 1974
Jungquist et al., 2010
Morin et al., 1989
Morin et al., 1990

Meta-analysis

Montgomery and Dennis, 2003 - Older adult
Okajima et al., 2011 - Primary insomnia
Mitchell et al., 2010 - CBT versus hypnotics in primary care
Cheng and Dizon 2012 - Computerised CBT-i