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New effective anxiety treatment via an App

This is an RCT comparing a subscription-based “unwinding anxiety” app as a treatment for generalized anxiety disorder.^{1,2}

It uses a mindfulness intervention initially; “goals, curiosity, reinforcement learning, body scan, and self-monitoring.” In this trial, the NNT was 1.6 to get a baseline GAD-7 score from 16-17/21 down to a remission score of $\leq 4/21$ at 2 months. The author mentions that for medication to achieve this the NNT is 5.2.

The work can be found in Prof Judson Brewer's book, “Unwinding Anxiety” where he explains that getting patients to invoke curiosity calms the “default mode network”.³

References:

1. Clinical Efficacy and Psychological Mechanisms of an App-Based Digital Therapeutic for Generalized Anxiety Disorder: Randomized Controlled Trial. J Med Internet Res (2021) [View](#)
2. Unwinding Anxiety App [View](#)
3. Unwinding Anxiety by Brewer JA. [View](#)




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