

Differences between Self-Guided vs Therapist Assisted Internet-Based Cognitive Behavioural Therapy

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Self-Guided ICBT	Therapist-Assisted ICBT
<i>Level of Professional Support</i>	
<ul style="list-style-type: none"> • Therapy is completed independently by the participant without ongoing interaction with a therapist. Users access a structured program with exercises and modules designed to address specific issues like anxiety or depression (currently we only have these modules with the expansion to a few more). 	<ul style="list-style-type: none"> • Participants receive personalized support from a therapist who monitors progress, provides feedback, and offers guidance. The therapist communicates with the participant through asynchronous messaging. Currently, we have 13 modules.
<i>Personalization</i>	
<ul style="list-style-type: none"> • The content is the same for all users. 	<ul style="list-style-type: none"> • Therapists can tailor advice, offer motivation, and adjust the treatment plan based on the participant’s unique needs and progress.
<i>Flexibility and Convenience</i>	
<ul style="list-style-type: none"> • Offers the highest level of flexibility, allowing participants to move through the program at their own pace without scheduling sessions. It’s ideal for those who prefer autonomy. 	<ul style="list-style-type: none"> • This also offers a level of flexibility as the self-guided participants move through the program at their own pace. However, they receive guidance which can be more helpful for participants needing additional support or accountability.
<i>Effectiveness</i>	
<ul style="list-style-type: none"> • While still effective for mild to moderate issues, the lack of professional support may limit outcomes for those with more severe or complex conditions. 	<ul style="list-style-type: none"> • Research shows that adding therapist support can enhance effectiveness, particularly for those with moderate to severe symptoms, as the therapeutic relationship plays a significant role in success.
<i>Target Audience</i>	
<ul style="list-style-type: none"> • Best suited for individuals with mild symptoms, high self-motivation, and a preference for working independently. 	<ul style="list-style-type: none"> • Recommended for those needing more guidance, those with moderate to severe symptoms, or those who benefit from a structured, supportive environment.
<i>Age Restrictions</i>	
<ul style="list-style-type: none"> • No age restrictions for self-guided however a parent would probably need to support. 	<ul style="list-style-type: none"> • Minimum age of 16.