

# Northumbria Research Link

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Table 1: Condition and Management of Condition by Group

Group Allocation	Condition	Management / Treatment
CBT-I	Chronic Pain	Co-codamol
CBT-I	Hypertension	Calcium Channel Blocker
CBT-I	Sleep Apnea	Continuous Positive Airway Pressure
CBT-I	Chronic Fatigue Syndrome	Low Dose Amitriptyline
CBT-I	Chronic Fatigue Syndrome	Nothing
CBT-I	Depression	Awaiting Talking Therapy Appointment
Wait List Control	Cancer	Hormone Therapy
Wait List Control	Depression	SSRI
Wait List Control	Hypertension	ACE Inhibitor

\* In each case the intervention had been prescribed for at least four weeks