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Question: Should applied tension (exposure and muscle tension) vs exposure be used for reducing fainting during vaccine injections in children 7 years and above and adults?

Settings: unclear

Bibliography: Ost 1991 (2)

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Applied tension (exposure and muscle tension)	Exposure	Relative (95% CI)	Absolute		
Fainting (measured with: validated tool (Fainting Behaviour during lab-based fear-inducing task 0-4); Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	serious ²	serious ³	none	10	10	-	SMD 1.16 lower (2.12 to 0.19 lower)	⊕○○○ VERY LOW	CRITICAL
Fainting at 1 year followup (measured with: validated tool (Fainting Behaviour during lab-based fear-inducing task 0-4); Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	serious ²	serious ³	none	10	10	-	SMD 0.97 lower (1.91 to 0.03 lower)	⊕○○○ VERY LOW	CRITICAL
Fear (specific) (measured with: validated tool (Mutilation Questionnaire 0-30, Fear Survey Schedule 3rd Ed - Blood Subscale 8-40, Fear Questionnaire - Blood/Injury Subscale 0-40, Anxiety during lab-based fear-inducing task 0-10); Better indicated by lower values)												
1	randomised trials	serious ⁴	no serious inconsistency	serious ²	serious ⁵	none	10	10	-	SMD 0.27 higher (0.61 lower to 1.16 higher)	⊕○○○ VERY LOW	IMPORTANT
Fear (specific) at 1 year followup (measured with: validated tool (Mutilation Questionnaire 0-30, Fear Survey Schedule 3rd Ed - Blood Subscale 8-40, Fear Questionnaire - Blood/Injury Subscale 0-40, Anxiety during lab-based fear-inducing task 0-10); Better indicated by lower values)												
1	randomised trials	serious ⁴	no serious inconsistency	serious ²	serious ⁵	none	10	10	-	SMD 0.43 lower (1.32 lower to 0.46 higher)	⊕○○○ VERY LOW	IMPORTANT
Fear (general) (measured with: validated tool (Fear Survey Schedule 3rd Ed 76-380) ; Better indicated by lower values)												

1	randomised trials	serious ⁴	no serious inconsistency	serious ²	serious ⁵	none	10	10	-	SMD 0.21 higher (0.67 lower to 1.09 higher)	⊕000 VERY LOW	IMPORTANT
Fear (general) at 1 year followup (measured with: validated tool (Fear Survey Schedule 3rd Ed 76-380); Better indicated by lower values)												
1	randomised trials	serious ⁴	no serious inconsistency	serious ²	serious ⁵	none	10	10	-	SMD 0.09 higher (0.78 lower to 0.97 higher)	⊕000 VERY LOW	IMPORTANT
Compliance (measured with: validated tool (Behavioural Avoidance Test); Better indicated by higher values)												
1	randomised trials	serious ¹	no serious inconsistency	serious ²	serious ⁵	none	10	10	-	SMD 0.80 higher (0.12 lower to 1.72 higher)	⊕000 VERY LOW	IMPORTANT
Compliance at 1 year followup (measured with: validated tool (Behavioural Avoidance Test) ; Better indicated by higher values)												
1	randomised trials	serious ¹	no serious inconsistency	serious ²	serious ⁵	none	10	10	-	SMD 0.80 higher (0.12 lower to 1.72 higher)	⊕000 VERY LOW	IMPORTANT
Pain, Distress, Procedure Outcomes, Preference, Satisfaction (assessed with: no data were identified for these important outcomes)												
0	No evidence available					none	-	-	-	-		IMPORTANT
								0%		-		

¹ Therapist and participant not blinded; unclear if outcome assessor blinded

² Not vaccination or needle procedure; however, includes individuals with blood and injury phobia

³ Sample size was below the recommended optimum information size (OIS) of 400 for an effect size of 0.2

⁴ Therapist and participants not blinded; outcome assessor not blinded

⁵ Confidence intervals cross the line of nonsignificance and the sample size was below the recommended optimum information size (OIS) of 400 for an effect size of 0.2