The Effectiveness of Psychotherapy When Delivered in Routine Practice:

Systematic Review and Meta-Analysis

**Supplementary Material**

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# Figure 1:

## Forest plot of pre-post psychological therapy effect sizes for depression outcomes.

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*Note.* Square boxes depict individual study Cohen’s d effect sizes, error bars display 95 percent confidence intervals, and the diamond represents the pooled estimate effect.

# Figure 2:

## Forest plot of pre-post psychological therapy effect sizes for anxiety outcomes.

****** *Note.* Square boxes depict individual study Cohen’s d effect sizes, error bars display 95 percent confidence intervals, and the diamond represents the pooled estimate effect.

# Figure 3:

## Forest plot of pre-post psychological therapy effect sizes for miscellaneous outcomes.

****** *Note.* Square boxes depict individual study Cohen’s d effect sizes, error bars display 95 percent confidence intervals, and the diamond represents the pooled estimate effect.

| Table 1:Inclusion and exclusion criteria used in the current review, shown using the PICOS framework (population, intervention, comparator, outcome, setting). | | |
| --- | --- | --- |
| **Criteria** | **Inclusion** | **Exclusion** |
| Population | Sample exclusively aged 16 and above (lower end of sample age range is at least 16). | Adolescent/child samples with a lower age limit below 16. |
| Intervention | Psychological intervention which includes individual face-to-face psychological therapy (i.e. at least one session). | Samples which indicate that any proportion of patients did not recieve at least one session of individual psychological therapy. |
| Comparator | Studies with pre and post intervention time points. Post intervention defined here as up to six months following treatment. | 1. Studies which do not report both pre and post intervention time points. 2. Studies for which the post intervention time point is beyond six months following treatment termination. 3. (iii) Treatment randomisation procedures. |
| Outcome | Psychological treatment effectiveness using a validated self-report measurement tool. | Service/settings which do not use a self-report measure of psychological effectiveness. Clinician reported measures were not included in this review. |
| Setting | Services for which a patient could expect to access psychological therapy (i.e. routine services). | Service/settings that strongly do not appear naturalistic or reflect routine practice. |
| Design | 1. Pre-post treatment designs. 2. Studies which do not use a control condition. | 1. Studies which include a control group. 2. Studies with N = <6. 3. Results not available/published in English. |

***Systematic Review Search Terms***

| Table 2:List of search terms and limiters for systematic database search | | |
| --- | --- | --- |
| Effectiveness Relevance | Psychological Relevance | Limiters |
| ‘Practice based evidence’ | Psycho\* OR Therap [PsycInfo] | English Language |
| ‘Routine practice’ | Psycho\* [CINAHL and MEDLINE] | Adult Sample |
| Benchmarking |  |  |
| Transportability |  |  |
| Transferability |  |  |
| Clinical\* representat |  |  |
| ’External valid\* N0 findings |  |  |
| Applicab\* N0 findings |  |  |
| Applicab\* N0 intervention\* |  |  |
| ’Empiric\* support*’ N0 treatment* |  |  |
| ’Empiric\* support*’ N0 intervention* |  |  |
| ’Clinical\* Effective\*’ |  |  |
| Dissem\* N0 treatment\* |  |  |
| Dissem\* N0 intervention\* |  |  |
| ‘Clinical Practice’ N0 intervention\* |  |  |
| ‘Clinical Practice’ N0 treatment\* |  |  |
| ’Service deliv*’ N0 intervention* |  |  |
| ’Service deliv*’ N0 treatment* |  |  |
| ’Clinical\* effective*’ N2 evaluat* |  |  |
| ’Service deliv*’ N0 evaluat* |  |  |
| Transporting |  |  |
| ‘Managed care setting’ |  |  |
| Uncontrolled |  |  |
| ‘Community clinic’ |  |  |
| ‘Community mental health centre’ |  |  |
| ‘Clinic setting’ |  |  |
| ‘Service setting’ |  |  |

# Preference system for outcome measures

Because of the heterogeneity of outcome measures which could fit within the ‘general’ category the following hierarchy was used:

* 1. global measures of psychological distress (e.g., CORE-OM, SCL-90).
  2. mono-symptomatic measures (e.g., Y-BOCS, EDE-Q),
  3. peripheral outcomes scales indicating symptom amelioration (e.g., functioning, quality of life).

If a study used more than one measure at the same stage in the hierarchy then we used the measure that had been most frequently employed in studies reviewed prior. Below is the final table of outcome measures used in the general category.

Table

Description automatically generated

# Additional Methodology Information

***Extraction and Coding Information***

There was high variability of demographic reporting for each study (e.g. gender, age, ethnicity etc.). For demographic information, the (i) mean age of each sample was extracted, and then (when reported) the number and percentage of: (ii) female, (iii), minority ethnic group, (iv) full-time employed, (v) and married patients. Each of these variables were summarised by averaging across mean averages for studies which reported this information.

***Methodological Information******:***

For methodological information the type of completion analysis used was extracted. Samples were coded as either true ITT (everyone had an equal chance of inclusion), modified ITT, or completers. The stage of the hour-glass model was also recorded for each effectiveness study. Samples were rated as either stage-1 (pilot and preliminary effectiveness studies) or stage-3 (evaluation/benchmarking studies studies). The region (country and continent) was recorded; studies from the UK were separated from mainland Europe, due to the high volume of effectiveness research originating in the UK.

***Service Information******:***

The type of service and associated sector were extracted for each study. As there were a large number of different sectors represented, a grouping system clustered similar sectors together. Services from primary care, health settings, counseling, and voluntary services were collated into a ‘primary’ sector category. Services delivering interventions for more specialist, complex or enduring presentations were grouped into a ‘secondary’ category. This included specialist/tertiary therapy services/clinics, community mental health teams/centers, and intensive out-patient services. University based services (either training clinics or counseling centers) were assigned to a ‘University clinics’ category. Finally, inpatient, day hospital and partial hospital services were grouped into a ‘inpatient’ category. Whether or not study interventionists consisted of clinicians in training was also recorded as a separate variable. We defined clinicians in training as staff training towards a professional psychology training course (i.e. clinical psychology interns/students, training psychiatrists or assistant psychologists). Staff who were not psychologists or qualified therapists, but who had a core profession (e.g. nurses, social workers) were not recognised as unqualified interventionists.

***Treatment Information:***

The treatment delivered was recorded for each study. Treatments were then assigned to a broad meta-therapy category, including: (i) cognitive and/or behavioural, (ii) dynamic/interpersonal, (iii) person-centered counseling (or counseling without a specified orientation), or (iv) other/non-specified. The average number of sessions was also recorded. For studies that reported the mean number of sessions then this was the metric extracted. For studies that alternatively used a time metric (days/weeks/months/years) then a uniform metric was applied (i.e. conversion to days). There was subsequently two possible dosage metrics, sessions of treatment and treatment days. If studies reported sample dosage, but with an alternative measure of central tendency (i.e. median) then this was converted to mean average.

# Effect-Size Calculation

As many manuscripts did not report all the required information for calculating this variant of Cohen’s d, a hierarchical stepped approach was used to handle the missing information (see Table 3). For studies which reported all the required information (N, M1, M2, SD1, r) then d was calculated without additional consideration. For studies which (commonly) did not report r then we e-mailed corresponding authors (two-week response time) to request this information. When unsuccessful r was imputed using an empirically supported estimate [r = .60, [36](http://127.0.0.1:22959/rmd_output/3/#ref-Balk2012)]. For studies which did not provide the more fundamental figures (M1, M2 or SD1) but reported a paired samples Cohen’s d (any variant) then this effect-size was extracted. For studies which did not report fundamental figures and did not report a Cohen’s d, then e-mail requests were sent to corresponding authors. If this was unsuccessful then we applied conversion formulas in situations when studies reported alternative quantitative metrics to generate means and standard deviations. When all steps were unsuccessful/not applicable the study in question were removed.

| Table 3:Hierarchical procedure for effect-size calculation. | | |
| --- | --- | --- |
| **Steps** | **Scenario** | **Response** |
| Step 1 | Manuscript reports all required information (N, M1, M2, SD1) for preferred d. | Calculate preferred d. |
| Step 2 | Manuscript reports all information apart from Pearson’s r. | E-mail corresponding authors to request r. |
| Step 3 | Manuscript does not report the mean or standard deviation but reports paired samples d. | Use the reported d within the manuscript. |
| Step 4 | Manuscript does not report mean, standard deviation, or paired samples d however reports alternative metrics (e.g. median, range, standard error, ANOVA, regression | Estimate the mean and standard deviation by converting available metrics. |
| Step 5 | All above steps attempted without success | Study is not included in meta-analysis but is retained for narrative synthesis. |

# Table 4

## Study characteristics.

| **Citation** | **Country** | **Service** | **Sector** | **N** | **Primary Problem** | **Therapy** | **Analysis** | **Bias Score** | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Aazh & Moore, 2018 | England | Tinnitus and Hyperacusis Therapy Specialist Clinic | Primary | 68 | Health or Medically Unexplained | CBT | ITT | 7 | |
| Abbass, 2002 | Canada | Private Psychotherapy Practice | Private | 89 | Various or Not Specific | Dynamic | Completers | 6 | |
| Abbass, 2006 | Canada | Mood Disorders Program at Dalhousie University | Uni. Clinics | 10 | Depression | Dynamic | Assume ITT | 7 | |
| Abbass et al., 2008 | Canada | Tertiary Psychotherapy Service | Secondary | 30 | Various or Not Specific | Dynamic | Assume ITT | 7 | |
| Abbass et al., 2009 | Canada | Emergency Department | Primary | 50 | Health or Medically Unexplained | Dynamic | Modified ITT | 7 | |
| Abbass, 2013 | Canada | Acute Psychiatric Inpatient Service | Residential | 23 | Various or Not Specific | Dynamic | Completers | 4 | |
| Abramowitz et al., 2003 | USA | Two Speciality Clinics for Anxiety/OCD | Secondary | 132 | OCD | CBT | ITT | 8 | |
| Adamson et al., 2020 | England | National Persistent Physical Symptoms Research and Treatment Unit | Primary | 995 | Health or Medically Unexplained | CBT | Completers | 7 | |
| Andrews et al., 2011 | England | Practice Research Network for Primary Care Counselling | Primary | 124 | Various or Not Specific | Counselling | Modified ITT | 4 | |
| Andrews et al., 2013 | England | Practice Research Networy for Human Givens | Primary | 3885 | Various or Not Specific | Counselling | Modified ITT | 3 | |
| Archer et al., 2000 | England | Large Voluntary Sector Counselling Service (NHS) | Primary | 90 | Various or Not Specific | Counselling | Assume ITT | 3 | |
| Armstrong, 2010 | Scotland | Voluntary Sector Counselling Service | Primary | 118 | Various or Not Specific | Counselling | Completers | 5 | |
| Asay et al., 2002 | USA | Private Practice | Private | 29 | Various or Not Specific | Dynamic | Modified ITT | 5 | |
| Ashworth et al., 2015 | England | Outpatient Neuro-Rehabilitation Service | Primary | 12 | Health or Medically Unexplained | CBT | Completers | 6 | |
| Askey-Jones et al., 2013 | England | Multiple Sclerosis Clinic | Primary | 22 | Health or Medically Unexplained | CBT | Completers | 7 | |
| Asnaani et al., 2020 | USA | Specialist Anxiety Clinic | Secondary | 489 | Anxiety | CBT | ITT | 7 | |
| Back et al., 2020 | Sweden | Specialist Eating Disorder Services | Secondary | 16 | Various or Not Specific | Dynamic | ITT | 6 | |
| Back et al., 2017 | Sweden | Seven outpatient psychiatric services specialising in ED treatment in Sweden. " | Secondary | 31 | Eating Disorders | Dynamic | ITT | 4 | |
| Bados et al., 2007 | Spain | University Behavioural Therapy Unit | Uni. Clinics | 96 | Anxiety | CBT | Completers | 6 | |
| Baldwin et al., 2009 | USA | University Counselling Centre | University Counselling | 4676 | Various or Not Specific | Other | Modified ITT | 5 | |
| Bales et al., 2012 | Netherlands | Day Hospital | Residential | 45 | Personality Disorders | Dynamic | ITT | 8 | |
| Ballesteros & Labrador, 2014 | Spain | University Psychology Clinic | Uni. Clinics | 50 | Anxiety | CBT | Completers | 6 | |
| Banham & Schweitzer, 2016 | Australia | University Psychology Clinic | Uni. Clinics | 611 | Various or Not Specific | Other | Check | NA | |
| Barkham et al., 2001 | England | Six Secondary Care Services | Secondary | 224 | Various or Not Specific | Other | Completers | 4 | |
| Barkham et al., 2012 | UK | Primary Care Services | Primary | 9761 | Various or Not Specific | Other | ITT | 3 | |
| Barnitcot & Crawford, 2018 | UK | Inpatient Personality Disorder Services | Residential | 58 | Personality Disorders | CBT | Modified ITT | 5 | |
| Barnitcot & Crawford, 2018 | UK | Inpatient Personality Disorder Services | Residential | 32 | Personality Disorders | Dynamic | Modified ITT | 5 | |
| Baronian & Leggett, 2020 | England | Pain Management Service | Primary | 53 | Health or Medically Unexplained | Other | Completers | 7 | |
| Beail et al., 2005 | England | Community Learning Disabilities Service | Secondary | 20 | Various or Not Specific | Dynamic | Completers | 5 | |
| Beard et al., 2016 | USA | Partial Hospital Setting | Residential | 956 | Various or Not Specific | CBT | ITT | 6 | |
| Ben-Porath et al., 2004 | USA | CMHC | Secondary | 23 | Personality Disorders | CBT | Completers | 6 | |
| Birtchnell et al., 2005 | England | Psychotherapy Department | Secondary | 49 | Various or Not Specific | Other | Completers | 4 | |
| Bitran et al., 2008 | USA | University Based Clinic | Uni. Clinics | 40 | Anxiety | CBT | Completers | 5 | |
| Bjorgvinsson et al., 2014 | USA | Partial Hospital Program | Secondary | 951 | Various or Not Specific | CBT | ITT | 6 | |
| Blainey et al., 2017 | England | Tertiary Psychotherapy Service for ASC | Secondary | 81 | Various or Not Specific | CBT | Modified ITT | 7 | |
| Boettcher et al., 2019 | Germany | University Outpatient Clinic | Uni. Clinics | 105 | Various or Not Specific | CBT | ITT | 8 | |
| Bradshaw et al., 2009 | USA | CMHC | Secondary | 78 | Various or Not Specific | Dynamic | Completers | 6 | |
| Brand, 2020 | Republic of Ireland | Primary Care Counselling Services | Primary | 2781 | Various or Not Specific | Counselling | ITT | 7 | |
| Briggie et al., 2016 | USA | University Based Community Mental Health Clinic | Uni. Clinics | 390 | Various or Not Specific | Dynamic | Completers | 6 | |
| Brunnbauer et al., 2016 | Australia | University Training Clinic | Uni. Clinics | 82 | Various or Not Specific | CBT | ITT | 6 | |
| Buckley et al., 2006 | England | Community Based Clinical Psychology Department | Secondary | 60 | Various or Not Specific | Other | Completers | 5 | |
| Buckley et al., 2006 | England | Community Based Clinical Psychology Department | Secondary | 60 | Various or Not Specific | Other | Completers | 5 | |
| Budge et al., 2013 | USA | University Counselling Centre | University Counselling | NA | Various or Not Specific | Counselling | Modified ITT | 6 | |
| Budge et al., 2013 | USA | University Counselling Centre | University Counselling | NA | Various or Not Specific | Counselling | Modified ITT | 6 | |
| Budge et al., 2013 | USA | University Counselling Centre | University Counselling | NA | Various or Not Specific | Counselling | Modified ITT | 6 | |
| Budge et al., 2013 | USA | University Counselling Centre | University Counselling | 2574 | Various or Not Specific | Counselling | Modified ITT | 6 | |
| Buckley et al., 2016 | England | Practice Research Network for Voluntary Sector PTSD Counselling | Primary | 504 | PTSD | Counselling | ITT | 4 | |
| Burlingame et al., 2016 | USA | University Counselling Centre | University Counselling | 1557 | Various or Not Specific | Other | Modified ITT | 4 | |
| Burlingame et al., 2016 | USA | University Counselling Centre | University Counselling | 11764 | Various or Not Specific | Other | Modified ITT | 4 | |
| Butler et al., 2020 | USA | University Outpatient Clinic | Uni. Clinics | 93 | Anxiety | CBT | Assume ITT | 6 | |
| Byrne et al., 2011 | Australisa | Eating Disorders Service | Secondary | 125 | Eating Disorders | CBT | ITT | 8 | |
| Cahill et al., 2003 | England | University Based Service for Community Mental Health | Uni. Clinics | 58 | Depression | CBT | ITT | 8 | |
| Callahan et al., 2005 | USA | University Training Clinic | Uni. Clinics | 61 | Various or Not Specific | Other | Completers | 5 | |
| Carney et al., 2011 | Canada | Specialist CBT Clinic for Addiction | Secondary | 24 | Depression | CBT | Assume ITT | 4 | |
| Carr et al., 2017 | USA | University Training Clinic | Uni. Clinics | 132 | Various or Not Specific | Other | Modified ITT | 3 | |
| Carter, 2005 | Wales | CMHT | Secondary | 42 | Various or Not Specific | Other | Check | 3 | |
| Chase et al., 2015 | USA | Residential OR Intensive Outpatient Program for OCD | Mixed | 134 | OCD | CBT | Assume ITT | 4 | |
| Christiansen et al., 2015 | Germany | University Behavioural Therapy Unit | Uni. Clinics | 87 | Health or Medically Unexplained | CBT | ITT | 6 | |
| Clapp et al., 2013 | USA | Inpatient Facility | Residential | 1084 | Depression | Other | Completers | 4 | |
| Connell et al., 2008 | England | Muliple UCCs | University Counselling | 846 | Various or Not Specific | Other | ITT | 5 | |
| Cooper et al., 2017 | Canada | Academic family medicine teams (primary care) | Primary | 100 | Health or Medically Unexplained | Dynamic | Assume ITT | 6 | |
| Daig et al., 2009 | Germany | Inpatient Psychosomatic Service | Residential | 1442 | Health or Medically Unexplained | Dynamic | Modified ITT | 7 | |
| Davis et al., 2008 | England | Primary Care Counselling Service | Primary | 58 | Various or Not Specific | Counselling | Completers | 4 | |
| Davis et al., 2010 | USA | University Based Clinic | Uni. Clinics | 150 | Various or Not Specific | CBT | Completers | NA | |
| de Jongh et al., 2011 | UK | Private Insurance Company | Private | 125 | Anxiety | CBT | ITT | 7 | |
| de Jongh et al., 2011 | UK | Private Insurance Company | Private | 59 | Anxiety | CBT | ITT | 7 | |
| Delgadillo et al., 2020 | UK | Primary Care Service (IAPT) | Primary | 1435 | Depression | Other | Modified ITT | 4 | |
| Dennhag & Armelius, 2012 | Sweden | University Training Clinic | Uni. Clinics | 187 | Various or Not Specific | Other | Completers | 6 | |
| Dickson & Gullo, 2015 | England | Student Health Centre | Check with team | 48 | Various or Not Specific | CBT | Check | 4 | |
| Doorn et al., 2014 | England | Secondary Care Psychological Therapy Services | Secondary | 31 | Various or Not Specific | Dynamic | Assume ITT | 6 | |
| Douglas et al., 2016 | England | Tertiary Psychotherapy Service | Secondary | 28 | Various or Not Specific | Dynamic | Assume ITT | 5 | |
| Ehlers et al., 2013 | England | Specialist Anxiety & Trauma Clinic | Secondary | 330 | PTSD | CBT | ITT | 8 | |
| Ellison et al., 2013 | USA | University Based Service for Community Mental Health | Uni. Clinics | 60 | Various or Not Specific | Other | Modified ITT | NA | |
| Erekson et al., 2013 | USA | University Counselling Centre | University Counselling | 3092 | Various or Not Specific | Counselling | Modified ITT | NA | |
| Erekson et al., 2013 | USA | University Counselling Centre | University Counselling | 3092 | Various or Not Specific | Counselling | Modified ITT | NA | |
| Puig et al., 2012 | Spain | University Assistential Clinic | Uni. Clinics | 44 | Depression | CBT | Completers | 6 | |
| Evans et al., 2017 | England | Secondary Care Psychological Therapy Team | Secondary | 925 | Various or Not Specific | Other | Completers | 4 | |
| Falkenstein et al., 2019 | USA | Inpatient Program | Residential | 306 | OCD | CBT | Check | NA | |
| Falkenstrom, 2010 | Sweden | Community Based Counselling Clinic for Young Adults | Primary | 101 | Various or Not Specific | Dynamic | Completers | 5 | |
| Fizke et al., 2002 | Germany | Psychosomatic and psychotherapy inpatient units | Residential | 234 | Depression | Dynamic | Completers | 7 | |
| Fizke et al., 2010 | Germany | Psychosomatic and psychotherapy inpatient units | Residential | 506 | Depression | Dynamic | Completers | 7 | |
| Flo et al., 2014 | England | CFS Unit | Primary | 140 | Health or Medically Unexplained | CBT | Completers | 4 | |
| Flygare et al., 2020 | Sweden | Specialist OCD Clinic | Secondary | 19 | OCD | CBT | ITT | 8 | |
| Forand et al., 2011 | USA | Cognitive Therapy Clinic | Uni. Clinics | 249 | Various or Not Specific | CBT | Modified ITT | 6 | |
| Fortune et al., 2005 | England | Clinical Psychology Service with Two Strand - Primary & Secondary | Mixed | 52 | Various or Not Specific | CBT | Modified ITT | 4 | |
| Fowler et al., 2017 | USA | Specialised Psychiatric Hospital | Residential | 994 | Various or Not Specific | Other | Modified ITT | 7 | |
| Fowler et al., 2018 | USA | Specialised Psychiatric Hospital | Residential | 245 | Personality Disorders | Dynamic | Modified ITT | 6 | |
| Fox et al., 2015 | England | Low Secure Mental Health Hospital | Residential | 18 | Personality Disorders | CBT | Completers | 7 | |
| Frueh et al., 2009 | USA | CMHC | Secondary | 20 | Various or Not Specific | CBT | Completers | 6 | |
| Galili-Weinstock et al., 2018 | Israel | University Outpatient Clinic | Uni. Clinics | 112 | Various or Not Specific | Dynamic | Completers | 3 | |
| Gamble et al., 2013 | USA | Substance Misuse Clinic | Secondary | 14 | Various or Not Specific | Dynamic | ITT | 5 | |
| Ghafoori et al., 2019 | USA | Community Based Mental Health Agency | Secondary | 88 | PTSD | CBT | Completers | 5 | |
| Ghafoori et al., 2019 | USA | Community Based Mental Health Agency | Secondary | 95 | PTSD | Other | Completers | 5 | |
| Ghafoori et al., 2019 | USA | Community Based Mental Health Agency | Secondary | 206 | PTSD | Counselling | Completers | 5 | |
| Ghafoori et al., 2019 | USA | Community Based Mental Health Agency | Secondary | 137 | PTSD | Other | Completers | 5 | |
| Ghilardia et al., 2018 | Italy | University Counselling Centre | University Counselling | 80 | Various or Not Specific | Counselling | Completers | 6 | |
| Gibbard & Hanley, 2008 | England | Counselling Service | Primary | 1098 | Various or Not Specific | Counselling | Completers | 7 | |
| Gibbons et al., 2010 | USA | Outpatient Clinic for Cognitive Therapy | Secondary | 217 | Depression | CBT | ITT | 5 | |
| Gilbert et al., 2005 | England | Trust of Primary Care Services | Primary | 2205 | Various or Not Specific | CBT | Completers | 7 | |
| Gillespie et al., 2002 | Northern Ireland | Community Trauma & Recovery Team | Secondary | 91 | PTSD | CBT | ITT | 8 | |
| Gimeno-Peon et al., 2019 | Spain | Private Practice | Private | 42 | Various or Not Specific | Other | Modified ITT | 5 | |
| Goldberg et al., 2016 | USA | University Counselling Centre | University Counselling | 6591 | Various or Not Specific | Other | Modified ITT | 6 | |
| Gordon, 2001 | USA | Private Practice | Private | 55 | Various or Not Specific | Dynamic | Modified ITT | 6 | |
| Graca et al., 2014 | USA | PTSD Residential Program from VA | Residential | 51 | PTSD | CBT | Assume ITT | 5 | |
| Graca et al., 2014 | USA | PTSD Residential Program from VA | Residential | 51 | PTSD | CBT | Assume ITT | 5 | |
| Greasley & Small, 2005 | England | Primary Care Counselling Service | Primary | 89 | Various or Not Specific | Counselling | Completers | 6 | |
| Gropalis et al., 2012 | Germany | University Outpatient Clinic | Uni. Clinics | 224 | Anxiety | CBT | ITT | 6 | |
| Gropalis et al., 2012 | Germany | University Outpatient Clinic | Uni. Clinics | 65 | Anxiety | CBT | ITT | 6 | |
| Gropalis et al., 2012 | Germany | University Outpatient Clinic | Uni. Clinics | 94 | Check | CBT | ITT | 6 | |
| Guthrie et al., 2004 | England | Check | Primary | 34 | Various or Not Specific | Dynamic | Completers | 3 | |
| Haase et al., 2008 | Germany | Hospital Based Treatment | Residential | 158 | Various or Not Specific | Dynamic | Assume ITT | 4 | |
| Hahlweg et al., 2001 | Germany | Multiple Outpatient Clinics | Uni. Clinics | 416 | Anxiety | CBT | Completers | 6 | |
| Halje et al., 2015 | Sweden | Young Adults Centre | Secondary | 607 | Various or Not Specific | CBT | ITT | 8 | |
| Harnett et al., 2010 | Australia | University Psychology Clinics | Uni. Clinics | 125 | Various or Not Specific | Other | Modified ITT | 5 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | 191 | Depression | CBT | Assume ITT | 6 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | 114 | Depression | CBT | Assume ITT | 6 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | NA | Anxiety | CBT | Assume ITT | 6 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | NA | Anxiety | CBT | Assume ITT | 6 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | NA | Anxiety | CBT | Assume ITT | 6 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | NA | Anxiety | CBT | Assume ITT | 6 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | NA | Anxiety | CBT | Assume ITT | 6 | |
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| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | NA | Anxiety | CBT | Assume ITT | 6 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | NA | Anxiety | CBT | Assume ITT | 6 | |
| Harte & Hawkins, 2016 | USA | Clinical Psychology Training Clinic | Uni. Clinics | NA | Anxiety | CBT | Assume ITT | 6 | |
| Haugen et al., 2017 | USA | World Trade Centre Responder Clinic | Secondary | 32 | PTSD | Other | ITT | 8 | |
| Heins et al., 2011 | Netherlands | Tertiary Care CFS | Secondary | 80 | Health or Medically Unexplained | CBT | ITT | 8 | |
| Heins et al., 2011 | Netherlands | Tertiary Care CFS | Secondary | 136 | Health or Medically Unexplained | CBT | ITT | 8 | |
| Hill et al., 2015 | USA | University Training Clinic | Uni. Clinics | 121 | Various or Not Specific | Dynamic | Modified ITT | 3 | |
| Hilsenroth et al., 2003 | USA | Community Outpatient Clinic | Secondary | 21 | Depression | Dynamic | Completers | 7 | |
| Hiltunen et al., 2013 | Sweden | University Training Clinic | Uni. Clinics | 35 | Various or Not Specific | CBT | Completers | 3 | |
| Hiney-Saunders et al., 2019 | England | Specialist Eating Disorders Unit | Residential | 44 | Eating Disorders | CBT | ITT | 4 | |
| Hirsch et al., 2000 | England | Psychology Service | Secondary | 42 | Anxiety | CBT | Completers | 4 | |
| Hirsch et al., 2000 | England | Psychology Service | Secondary | 52 | Depression | CBT | Completers | 4 | |
| Hitt et al., 2018 | Wales | Occupational Health Service | EAP/OH | 76 | Various or Not Specific | CBT | Completers | 6 | |
| Holmqvist et al., 2013 | Sweden | Primary Care Centres | Primary | 733 | Various or Not Specific | Other | Modified ITT | 6 | |
| Houghton et al., 2010 | England | Psychotherapy Service | Secondary | 37 | OCD | CBT | ITT | 6 | |
| Jakupcak et al., 2010 | USA | Specialty Postdeployment Primary Care Clinic | Primary | 6 | Depression | CBT | Completers | 6 | |
| Jankowski et al., 2019 | USA | Psychodynamic community mental health training clinic | Uni. Clinics | 118 | Various or Not Specific | Dynamic | Modified ITT | NA | |
| Jenkins et al., 2019 | England | Specialist Eating Disorders Service | Secondary | 63 | Eating Disorders | CBT | ITT | 8 | |
| Jepsen et al., 2009 | Norway | Inpatient CSA Program | Residential | 34 | PTSD | Other | Assume ITT | 7 | |
| Jepsen et al., 2014 | Norway | Inpatient CSA Program | Residential | 56 | PTSD | Other | Completers | 7 | |
| Johansson et al., 2014 | Canada | Tertiary Psychotherapy Service | Secondary | 412 | Various or Not Specific | Dynamic | Completers | 6 | |
| Jolley et al., 2015 | England | IAPT SMI | Primary | 221 | Psychosis | CBT | Completers | 6 | |
| Jolley et al., 2015 | England | IAPT SMI | Primary | 20 | Psychosis | CBT | Completers | 1 | |
| Jones et al., 2008 | England | ICU Counselling Service | Primary | 46 | Various or Not Specific | Counselling | Check | 3 | |
| Jones et al., 2012 | England | Eating Disorders Service | Secondary | 48 | Eating Disorders | CBT | Completers | 2 | |
| Jordan et al., 2019 | England | CBT Clinic within Gastro Service | Primary | 27 | Health or Medically Unexplained | CBT | Completers | 7 | |
| Kaplinski, 2014 | USA | University Training Clinic | Uni. Clinics | 213 | Various or Not Specific | Other | Modified ITT | 5 | |
| Karlin et al., 2019 | USA | Non Profit Health Care System | Secondary | 36 | Depression | CBT | ITT | 3 | |
| Kehle et al., 2008 | USA | Frontline Service Settings - Two Clinics | Secondary | 29 | Anxiety | CBT | ITT | 6 | |
| Kellett et al., 2013 | England | Specialist & Tertiary Psychotherapy Services | Residential | 17 | Personality Disorders | Other | Completers | 6 | |
| Kikuchi et al., 2019 | Japan | Inpatients & Outpatients | Mixed | 7 | Health or Medically Unexplained | CBT | Completers | 4 | |
| Knoop et al., 2007 | Netherlands | University Medical Centre | Primary | 96 | Health or Medically Unexplained | CBT | Completers | 6 | |
| Knott et al., 2015 | Wales | Eating Disorders Service | Secondary | 272 | Eating Disorders | CBT | ITT | 7 | |
| Kobori et al., 2014 | Japan | University Outpatient Clinic | Uni. Clinics | 8 | Eating Disorders | CBT | ITT | 6 | |
| Kobori, et al., 2014 | Japan | University Outpatient Clinic | Uni. Clinics | 14 | OCD | CBT | ITT | 6 | |
| Kobori et al., 2014 | Japan | University Outpatient Clinic | Uni. Clinics | 19 | Anxiety | CBT | ITT | 6 | |
| Kolly et al., 2015 | Switzerland | University Hospital | Secondary | 13 | Personality Disorders | Other | Assume ITT | 6 | |
| Kramer et al., 2013 | Switzerland | Diverse Outpatient Settings | Secondary | 13 | Various or Not Specific | Other | Completers | 3 | |
| Kvarsteinet al., 2014 | Norway | Specialist Treatment Uni | Residential | 64 | Personality Disorders | Dynamic | Assume ITT | 5 | |
| Lambert et al., 2001 | USA | Various | Mixed | NA | Various or Not Specific | Other | NA | 7 | |
| Levitt et al., 2007 | USA | Community Outpatient Clinic | Secondary | 59 | PTSD | CBT | ITT | 1 | |
| Liness et al., 2019 | England | IAPT Trainees | Primary | 1927 | Various or Not Specific | CBT | Completers | 8 | |
| Lopez et al., 2011 | USA | CMHC | Secondary | 40 | Depression | CBT | ITT | 4 | |
| Lopez & Basco, 2015 | USA | CMHCs from 39 Local Mental Health Authorities | Secondary | 83 | Depression | CBT | Assume ITT | 6 | |
| LoSavio et al., 2019 | USA | Mental Health Agencies | Secondary | 242 | PTSD | CBT | ITT | 3 | |
| Low et al., 2001 | England | High Secure Hospital | Residential | 10 | Personality Disorders | CBT | Completers | 4 | |
| Lu et al., 2009 | USA | Behavioural Health Organisation | Secondary | 14 | PTSD | CBT | Completers | 6 | |
| Lunnen et al., 2008 | USA | CMHCs | Secondary | 66 | Various or Not Specific | Other | Modified ITT | 5 | |
| Lutz et al., 2002 | USA | Managed Care Companies | Secondary | 75 | Various or Not Specific | Other | Check | 6 | |
| Lutz et al., 2016 | Germany | University Outpatient Clinic | Uni. Clinics | 574 | Depression | CBT | Modified ITT | 2 | |
| Marriott & Kellett, 2009 | England | Psychotherapy Service | Secondary | 27 | Various or Not Specific | Other | Completers | 5 | |
| Marriott & Kellett, 2009 | England | Psychotherapy Service | Secondary | 27 | Various or Not Specific | CBT | Completers | 5 | |
| Marriott & Kellett, 2009 | England | Psychotherapy Service | Secondary | 25 | Various or Not Specific | Counselling | Completers | 5 | |
| Marriott & Kellett, 2009 | England | Psychotherapy Service | Secondary | 38 | Various or Not Specific | Other | Completers | 5 | |
| Marriott & Kellett, 2009 | England | Psychotherapy Service | Secondary | 38 | Various or Not Specific | CBT | Completers | 5 | |
| Marriott & Kellett, 2009 | England | Psychotherapy Service | Secondary | 38 | Various or Not Specific | Counselling | Completers | 5 | |
| Mayy, 1984 | USA | CMHC | Secondary | 131 | Various or Not Specific | Other | Modified ITT | NA | |
| McAleavey et al., 2019 | USA | Practice Research Network for UCCs | University Counselling | 9895 | Various or Not Specific | Counselling | Modified ITT | 5 | |
| McBride et al., 2010 | Canada | University Outpatient Clinic | Uni. Clinics | 74 | Depression | Dynamic | Completers | 5 | |
| McDevitt-Petrovic et al., 2018 | Ireland (Northern) | IAPT | Primary | 211 | Various or Not Specific | CBT | Modified ITT | 5 | |
| McEvoy et al., 2014 | Australia | Community Based Specialist Mental Health Clinic | Secondary | 84 | Various or Not Specific | CBT | Completers | 7 | |
| McHugh et al., 2014 | Ireland | Primary Care Service | Primary | 45 | Various or Not Specific | CBT | Completers | 5 | |
| McHugh et al., 2016 | Ireland | Primary Care Service | Primary | NA | Various or Not Specific | CBT | Completers | 3 | |
| McKenzie & Marks, 2003 | England | Inpatient Behavioural Unit | Residential | NA | OCD | CBT | Completers | 6 | |
| McLeod et al., 2000 | England | EAP | EAP/OH | 235 | Various or Not Specific | Counselling | Completers | 2 | |
| McLeod et al., 2000 | England | Counselling Centre | Primary | 265 | Various or Not Specific | Counselling | Completers | 4 | |
| Mellor-Clark et al., 2013 | England | EAP | EAP/OH | 28476 | Various or Not Specific | Other | Completers | 4 | |
| Merrill et al., 2003 | USA | CMHC | Secondary | 192 | Depression | CBT | ITT | 6 | |
| Minami et al., 2008 | USA | Behavioural Health Organisation | Secondary | 5704 | Depression | Other | Modified ITT | 4 | |
| Mitsopoulou et al., 2020 | Greece | Behavioural Therapy Unit of University | Secondary | 11 | Anxiety | CBT | Completers | 6 | |
| Moorhead & Scott, 1999 | UK | Cognitive Therapy Clinic | Secondary | 20 | Various or Not Specific | CBT | Assume ITT | 5 | |
| Morley et al., 2008 | UK | Tertiary Inpatient Pain Management Service | Residential | 1013 | Health or Medically Unexplained | CBT | Completers | 6 | |
| Mullin et al., 2017 | USA | University Based Outpatient Clinic | Uni. Clinics | 75 | Various or Not Specific | Dynamic | Modified ITT | 5 | |
| Murray et al., 2016 | England | University Counselling Service | University Counselling | 305 | Various or Not Specific | Counselling | Completers | 4 | |
| Murray, 2017 | England | IAPT | Primary | NA | Various or Not Specific | CBT | Check | NA | |
| Nordmo et al., 2020 | Norway | Outpatient Services | Secondary | 370 | Various or Not Specific | Other | Modified ITT | 6 | |
| Ost et al., 2012 | Sweden | University Based Outpatient Clinic | Uni. Clinics | 591 | Various or Not Specific | CBT | ITT | 8 | |
| Owen & Hilsenroth, 2011 | USA | University Based Outpatient Clinic | Uni. Clinics | 68 | Various or Not Specific | Dynamic | Modified ITT | 5 | |
| Owen & Hilsenroth, 2014 | USA | University Based Outpatient Clinic | Uni. Clinics | 70 | Various or Not Specific | Dynamic | Modified ITT | NA | |
| Owen et al., 2015 | USA | University Counselling Centres | University Counselling | 10854 | Various or Not Specific | Other | Modified ITT | NA | |
| Paine et al., 2019 | USA | University Training Clinic In Community Psychodynamic Clinic | Uni. Clinics | 280 | Various or Not Specific | Dynamic | Modified ITT | 6 | |
| Paley et al., 2008 | England | Secondary & Tertiary Psychotherapy Services | Secondary | 67 | Various or Not Specific | Dynamic | ITT | 8 | |
| Pekarik et al., 1996 | USA | 3 CMHCs | Secondary | 152 | Various or Not Specific | Other | Completers | 6 | |
| Pereira et al., 2017 | England | IAPT | Primary | 4980 | Various or Not Specific | Other | ITT | 2 | |
| Persons et al., 1988 | USA | Private Practice | Private | 70 | Depression | CBT | Modified ITT | 7 | |
| Persons et al., 2006 | USA | Private Practice | Private | 58 | Various or Not Specific | CBT | Modified ITT | 7 | |
| Thomas et al., 2019 | USA | Private Practice | Private | 81 | Depression | CBT | Modified ITT | 3 | |
| Pfund et al., 2018 | USA | Private Practice | Private | 334 | Depression | CBT | ITT | 3 | |
| Plagge et al., 2013 | USA | Veterans Service | Veterans | 30 | Various or Not Specific | CBT | Completers | 6 | |
| Prout, 2013 | USA | University Training Clinic | Uni. Clinics | 199 | Various or Not Specific | Other | Modified ITT | 6 | |
| Puschner et al., 2007 | Germany | Psychotherapy Service | Secondary | 116 | Various or Not Specific | Dynamic | Assume ITT | 3 | |
| Puschner et al., 2007 | Germany | Psychotherapy Service | Secondary | 357 | Various or Not Specific | Dynamic | Assume ITT | 3 | |
| Pybis et al., 2017 | England | IAPT | Primary | 33243 | Depression | CBT | Modified ITT | 7 | |
| Pybis et al., 2017 | England | IAPT | Primary | NA | Depression | Counselling | Modified ITT | 7 | |
| Quarmby et al., 2007 | England | CFS Unit | Primary | 384 | Health or Medically Unexplained | CBT | Completers | 6 | |
| Rauch et al., 2009 | USA | PTSD Clinic within VA Centre | Veterans | 10 | PTSD | CBT | Completers | 5 | |
| Reese et al., 2014 | USA | Behavioural Health Organisation | Secondary | 5176 | Various or Not Specific | Other | Modified ITT | 6 | |
| Reiss et al., 2013 | USA | Inpatient | Residential | 41 | Personality Disorders | CBT | Completers | 7 | |
| Reiss et al., 2013 | USA | Inpatient | Residential | 36 | Personality Disorders | CBT | Completers | 7 | |
| Reiss et al., 2013 | Germany | Inpatient | Residential | 15 | Personality Disorders | CBT | Completers | 6 | |
| Renaud et al., 2013 | Canada | University CBT Centre | Uni. Clinics | 53 | Depression | CBT | Completers | 5 | |
| Reuber et al., 2007 | England | Specialist Psychotherapy Service with Health Service | Secondary | 63 | Health or Medically Unexplained | Dynamic | ITT | 8 | |
| Reuter et al., 2016 | Germany | Inpatient | Residential | 546 | Various or Not Specific | Other | Completers | 7 | |
| Richards et al., 2011 | England | IAPT | Primary | 219 | Various or Not Specific | CBT | Completers | 6 | |
| Ritschel et al., 2012 | USA | CMHC | Secondary | 56 | Various or Not Specific | CBT | Modified ITT | 7 | |
| Rizvi et al., 2017 | USA | DBT Training Clinic | Uni. Clinics | 50 | Personality Disorders | CBT | ITT | 8 | |
| Rocco et al., 2014 | Italy | University Outpatient Clinic | Uni. Clinics | 8 | Anxiety | Dynamic | ITT | 4 | |
| Ronnestad et al., 2019 | Norway | Private Practice | Private | 48 | Check | Other | Completers | 5 | |
| Rose & Waller, 2017 | England | IAPT | Primary | 47 | Eating Disorders | CBT | ITT | 7 | |
| Roseborough, 2006 | USA | Outpatient Mental Health Centre | Secondary | 164 | Various or Not Specific | Dynamic | Assume ITT | 6 | |
| Rosenberg et al., 2004 | USA | CMHC | Secondary | 12 | Various or Not Specific | CBT | Completers | 6 | |
| Rothbaum & Shahar, 2000 | USA | Check | Secondary | 23 | OCD | CBT | Completers | 5 | |
| Ryle & Golynkina, 2000 | England | CAT Clinic | Secondary | 27 | Personality Disorders | Other | Completers | 5 | |
| Sadock et al., 2014 | USA | University Based Ambulatory Care Clinic | Uni. Clinics | 452 | Various or Not Specific | Other | Completers | 5 | |
| Samstag & Norlander, 2019 | USA | University Counselling Centre | University Counselling | 30 | Various or Not Specific | Other | Completers | 5 | |
| Sanders et al., 2015 | USA | University Counselling Centre | University Counselling | 304 | Various or Not Specific | Other | Assume ITT | 3 | |
| Sarnholm et al., 2017 | Sweden | Cardiology Service | Primary | 19 | Health or Medically Unexplained | CBT | ITT | 6 | |
| Sauer-Zavala et al., 2019 | USA | Homeless Centre | Secondary | 4 | Various or Not Specific | CBT | ITT | 5 | |
| Scheeres et al., 2008 | Netherlands | CBT for CFS at a MHC | Veterans | 112 | Health or Medically Unexplained | CBT | ITT | 8 | |
| Schindler et al., 2011 | Germany | University Outpatient Clinic | Uni. Clinics | 338 | Depression | CBT | Modified ITT | 8 | |
| Schnicker et al., 2013 | Germany | University Outpatient Clinic | Uni. Clinics | 27 | Eating Disorders | CBT | Completers | 7 | |
| Schnicker et al., 2013 | Germany | University Outpatient Clinic | Uni. Clinics | 41 | Eating Disorders | CBT | Completers | 7 | |
| Schulz et al., 2006 | USA | Community Mental Health Agency for VA | Veterans | 53 | PTSD | CBT | Completers | 6 | |
| Schwartz, 2018 | USA | University Outpatient Clinic | Uni. Clinics | 19 | Depression | CBT | ITT | 6 | |
| Sembill et al., 2019 | Germany | University Outpatient Clinic | Uni. Clinics | 351 | Various or Not Specific | Other | Completers | 5 | |
| Shepherd et al., 2005 | England | Check | Primary | 2291 | Various or Not Specific | Other | Completers | 4 | |
| Signorini et al., 2018 | Australia | Specialist Eating Disorders Service | Secondary | 114 | Eating Disorders | CBT | ITT | 5 | |
| Simons et al., 2010 | USA | Community Mental Health Centre | Secondary | 42 | Depression | CBT | Assume ITT | 5 | |
| Simons et al., 2010 | USA | Community Mental Health Centre | Secondary | 74 | Depression | Other | Assume ITT | 5 | |
| Simpson et al., 2015 | Australia | University Outpatient Clinic | Uni. Clinics | 17 | Various or Not Specific | Other | Modified ITT | NA | |
| Slavin-Mulford et al., 2011 | USA | Community Outpatient Psychology Clinic | Uni. Clinics | 21 | Anxiety | Dynamic | Modified ITT | 7 | |
| Smith et al., 2018 | Australia | Gambling Therapy Service | Secondary | 54 | Addiction | CBT | Check | NA | |
| Smith et al., 2018 | Australia | Gambling Therapy Service | Secondary | 214 | Addiction | CBT | Check | NA | |
| Smout et al., 2019 | Australia | University Training Clinic | Uni. Clinics | 342 | Various or Not Specific | CBT | Modified ITT | 6 | |
| Steinert et al., 2015 | Germany | Inpatient Psychosomatic Service | Residential | 254 | Various or Not Specific | Dynamic | Assume ITT | 6 | |
| Steinert et al., 2019 | Germany | Inpatient & Day patient | Residential | 709 | Health or Medically Unexplained | Dynamic | Completers | 7 | |
| Stiles et al., 2003 | England | Wakefield CMHT | Secondary | 135 | Various or Not Specific | Other | Modified ITT | 8 | |
| Stiles et al., 2015 | UK | Various Sector NHS Services | Mixed | 26430 | Various or Not Specific | Other | Completers | 8 | |
| Strepparava et al., 2016 | Italy | University Counselling Centre | University Counselling | 45 | Various or Not Specific | CBT | Completers | 6 | |
| Stulz et al., 2013 | USA | UCCs, Primary Care & Private Outpatient | Mixed | 6375 | Various or Not Specific | Other | Modified ITT | 5 | |
| Swift et al., 2010 | USA | University Training Clinic | Uni. Clinics | 38 | Various or Not Specific | CBT | Assume ITT | 4 | |
| Swift et al., 2010 | USA | University Training Clinic | Uni. Clinics | 97 | Various or Not Specific | CBT | Assume ITT | 3 | |
| Talbot et al., 2005 | USA | CMHC | Secondary | 25 | Various or Not Specific | Dynamic | Completers | 4 | |
| Timmons, 2013 | USA | University Training Clinic | Uni. Clinics | 46 | Depression | Other | Completers | 5 | |
| Trockel et al., 2015 | USA | Veterans Service | Veterans | 405 | Health or Medically Unexplained | CBT | Completers | 6 | |
| Turner et al., 2015 | England | Specialist Eating Disorders Service | Secondary | 203 | Eating Disorders | CBT | ITT | 6 | |
| Tuschen-Caffier et al., 2001 | Germany | Outpatient Treatment Centre for Eating Disorders | Secondary | 66 | Eating Disorders | CBT | ITT | 4 | |
| van der Lem et al., 2012 | Netherlands | Not Clear | Secondary | 170 | Depression | Other | Modified ITT | 5 | |
| van Rijn et al., 2014 | England | Metatonia Institute | Private | NA | Various or Not Specific | Other | NA | NA | |
| van Rijn et al., 2014 | Spain | Private Practice | Private | 26 | Various or Not Specific | Other | Modified ITT | 2 | |
| van Rijn et al., 2008 | England | Low Cost Counselling Service | Private | 263 | Various or Not Specific | Other | Modified ITT | 4 | |
| Van Woudenberg et al., 2018 | Netherlands | Dutch psychotrauma expertise centre | Residential | 347 | PTSD | CBT | ITT | 6 | |
| Vermote et al., 2009 | Belgium | Hospital Based Treatment Program | Residential | 70 | Personality Disorders | Dynamic | Modified ITT | NA | |
| Vescovelli et al., 2017 | Italy | University Counselling Centre | University Counselling | 149 | Various or Not Specific | Other | Completers | 6 | |
| von Brachel et al., 2019 | Germany | University Training Clinic | Uni. Clinics | 256 | Various or Not Specific | CBT | Modified ITT | 6 | |
| Waller, et al., 2013 | England | Recovery Team & Psychosis Teams | Secondary | 12 | Psychosis | CBT | Completers | 5 | |
| Waller et al, 2014 | England | Outpatient Eating Disorders Service | Secondary | 78 | Eating Disorders | CBT | ITT | 8 | |
| Waller, et al., 2018 | England | Outpatient Eating Disorders Service | Secondary | 93 | Eating Disorders | CBT | ITT | 5 | |
| Walser et al., 2015 | USA | Veterans Service | Veterans | 981 | Depression | CBT | Completers | 4 | |
| Warren & Thomas, 2001 | USA | Private Practice | Private | 19 | OCD | CBT | Completers | 5 | |
| Wattar et al., 2005 | Denmark | Private Cognitive Psychology Clinic | Private | 16 | Anxiety | CBT | ITT | 7 | |
| Werbart et al., 2012 | Sweden | Residential Treatment for Young Adults | Residential | 56 | Various or Not Specific | Dynamic | Completers | 7 | |
| Westbrook et al., 2005 | England | Specialist CBT Clinic | Secondary | 1276 | Various or Not Specific | CBT | Completers | 7 | |
| Wilkinson et al., 2017 | USA | University Counselling Centre | University Counselling | 26 | PTSD | CBT | Modified ITT | 5 | |
| Winter et al, 2003 | England | National Network of Counselling Services | Primary | NA | Various or Not Specific | Other | Completers | 3 | |
| Wiseman, 2014 | Israel | University Counselling Centre | University Counselling | 67 | Various or Not Specific | Dynamic | Completers | 3 | |
| Wolf et al., 2018 | USA | Inpatient, Residential & Outpatient | Mixed | 44 | Various or Not Specific | CBT | ITT | 8 | |
| Worm-Smeitink et al., 2016 | England | Leading Centres for CFS | Primary | 163 | Health or Medically Unexplained | CBT | Completers | 7 | |
| Worm-Smeitink et al., 2016 | Netherlands | Leading Centres for CFS | Primary | 293 | Health or Medically Unexplained | CBT | Completers | 7 | |
| Wright & Abrahams, 2015 | England | IAPT | Primary | 26 | Various or Not Specific | Dynamic | Assume ITT | 6 | |
| Ybrandt et al., 2019 | Sweden | University Training Clinic | Uni. Clinics | 734 | Various or Not Specific | Other | Completers | 6 | |
| Young et al., 2017 | England | IAPT | Primary | 349 | Various or Not Specific | Other | Modified ITT | 6 | |
| Young et al., 2017 | England | IAPT | Primary | 85 | Various or Not Specific | Other | Modified ITT | 6 | |
| Zeeck et al., 2015 | Germany | Psychosomatic Inpatient + Day Hospitals | Mixed | 604 | Depression | Other | Completers | 7 | |
| Zieve et al., 2019 | USA | Private Practice | Private | 1092 | Various or Not Specific | CBT | Completers | 5 | |
| *Note.* |  |  |  |  |  |  |  |  |

# Table 5:

## Effect size data for the studies included in the meta-analysis.

|  | **Depression** | | | **Anxiety** | | | **Miscellaneous** | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Citation** | **Measure** | **N** | **d** | **Measure** | **N** | **d** | **Measure** | **N** | **d** |
| Abbass, 2002 | BDI | 101 | 1.12 | BAI | 94 | 1.04 | BSI-GSI | 89 | 1.23 |
| Abbass, 2006 | BSI (Depression) | 10 | 2.12 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Abbass et al., 2008 | BSI (Depression) | 30 | 0.62 | BSI (Anxiety) | 30 | 0.79 | BSI-GSI | 30 | 0.68 |
| Abbass, 2013 | BSI (Depression) | 23 | 0.70 | BSI (Anxiety) | 23 | 0.75 | BSI-GSI | 23 | 0.72 |
| Archer et al., 2000 | GHQ (Depression) | 89 | 0.58 | GHQ (Anxiety & Insomnia) | 89 | 0.41 | GHQ | 89 | 0.59 |
| Ashworth et al., 2015 | HADS (Depression) | 12 | 1.13 | HADS (Anxiety) | 12 | 0.98 | No Miscellaneous Measure Used | NA | NA |
| Askey-Jones et al., 2013 | HADS (Depression) | 20 | 0.99 | HADS (Anxiety) | 20 | 1.14 | No Miscellaneous Measure Used | NA | NA |
| Asnaani et al., 2020 | BDI | 453 | 0.87 | BAI | 146 | 1.22 | SDS | 442 | 1.14 |
| Back et al., 2020 | PHQ-9 | 31 | 1.52 | No Anx Measure | NA | NA | EDEQ | 31 | 1.52 |
| Back et al., 2017 | PHQ-9 | 16 | 1.68 | No Anx Measure | NA | NA | REDS | 16 | 1.22 |
| Bados et al., 2007 | DASS (Depression) | 38 | 0.82 | DASS (Anxiety) | 38 | 0.67 | No Miscellaneous Measure Used | NA | NA |
| Bales et al., 2012 | BDI | 45 | 1.19 | No Anx Measure | NA | NA | SCL (Global) | 45 | 1.36 |
| Ballesteros & Labrador, 2014 | BDI-II | 23 | 0.99 | BSQ | 15 | 1.08 | No Miscellaneous Measure Used | NA | NA |
| Beard et al., 2016 | CESD-10 | 956 | 1.60 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Ben-Porath et al., 2004 | SCL (Depression) | 23 | 0.60 | SCL (Anxiety) | 23 | 0.25 | SCL (Global) | 23 | 0.57 |
| Bjorgvinsson et al., 2014 | CESD-10 | 951 | 1.08 | PSWQ | 951 | 0.46 | SOS | 951 | 0.93 |
| Buckley et al., 2006 | BDI-II | 60 | 0.71 | No Anx Measure | NA | NA | BSI-GSI | 60 | 0.49 |
| Buckley et al., 2006 | BDI-II | 60 | 0.93 | No Anx Measure | NA | NA | BSI-GSI | 60 | 0.66 |
| Byrne et al., 2011 | DASS (Depression) | 125 | 0.40 | DASS (Anxiety) | 125 | 0.29 | EDEQ | 125 | 0.75 |
| Cahill et al., 2003 | BDI | 58 | 1.99 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Carney et al., 2011 | BDI-II | 24 | 1.41 | No Anx Measure | NA | NA | PSQI | 24 | 0.36 |
| Chase et al., 2015 | BDI-II | 134 | 1.99 | No Anx Measure | NA | NA | Y-BOCS | 134 | 1.71 |
| Christiansen et al., 2015 | CESD-10 | 85 | 0.08 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Clapp et al., 2013 | BDI | 1084 | 1.33 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Douglas et al., 2016 | PHQ-9 | 28 | 0.72 | GAD-7 | 28 | 0.76 | CORE-OM | 17 | 1.22 |
| Ehlers et al., 2013 | BDI-II | 330 | 0.97 | BAI | 330 | 1.02 | PDS | 330 | 1.88 |
| Puig et al., 2012 | BDI-II | 69 | 2.06 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Falkenstrom, 2010 | SCL (Depression) | 56 | 1.10 | SCL (Anxiety) | 56 | 0.99 | SCL (Global) | NA | NA |
| Fizke et al., 2002 | SCL (Depression) | 234 | 1.12 | No Anx Measure | NA | NA | SCL (Global) | 234 | 0.86 |
| Fizke et al., 2010 | SCL (Depression) | 514 | 1.20 | No Anx Measure | NA | NA | SCL (Global) | 514 | 1.00 |
| Forand et al., 2011 | BDI-II | 249 | 0.95 | BAI | 249 | 0.57 | No Miscellaneous Measure Used | NA | NA |
| Fortune et al., 2005 | BDI | 48 | 0.93 | BAI | 48 | 0.73 | BSI-GSI | 48 | 0.73 |
| Fowler et al., 2017 | PHQ-9 | 994 | 1.17 | GAD-7 | 994 | 1.08 | No Miscellaneous Measure Used | NA | NA |
| Fowler et al., 2018 | PHQ-9 | 245 | 1.19 | GAD-7 | 245 | 1.05 | WHO-DAS | 245 | 1.00 |
| Galili-Weinstock et al., 2018 | BDI-II | 112 | 0.29 | No Anx Measure | NA | NA | OQ-45 | 112 | 0.38 |
| Gamble et al., 2013 | BDI-II | 14 | 1.49 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Ghafoori et al., 2019 | BSI (Depression) | 88 | 0.61 | No Anx Measure | NA | NA | PCL | 88 | 1.11 |
| Ghafoori et al., 2019 | BSI (Depression) | 95 | 2.27 | No Anx Measure | NA | NA | PCL | 95 | 0.94 |
| Ghafoori et al., 2019 | BSI (Depression) | 206 | 0.86 | No Anx Measure | NA | NA | PCL | 206 | 0.95 |
| Ghafoori et al., 2019 | BSI (Depression) | 137 | 1.06 | No Anx Measure | NA | NA | PCL | 137 | 1.28 |
| Gibbons et al., 2010 | BDI-II | 217 | 1.06 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Gillespie et al., 2002 | BDI | 33 | 1.69 | No Anx Measure | NA | NA | GHQ | 37 | 1.75 |
| Gordon, 2001 | MMPI (Depression) | 55 | 1.05 | MMPI (Anxiety) | 55 | 1.19 | No Miscellaneous Measure Used | NA | NA |
| Graca et al., 2014 | BDI-II | 17 | 0.38 | BAI | 17 | -0.01 | PCL | 17 | 1.06 |
| Graca et al., 2014 | BDI-II | 17 | 0.47 | BAI | 17 | 0.27 | PCL | 17 | 1.15 |
| Hahlweg et al., 2001 | BDI | 400 | 0.92 | BAI | 399 | 1.06 | SCL (Global) | 401 | 0.83 |
| Harte & Hawkins, 2016 | BDI | 32 | 0.90 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Harte & Hawkins, 2016 | BDI | 28 | 0.85 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Hilsenroth et al., 2003 | SCL (Depression) | 20 | 1.25 | No Anx Measure | NA | NA | SCL (Global) | 20 | 0.93 |
| Hirsch et al., 2000 | BDI | 37 | 0.38 | BAI | 41 | 0.22 | No Miscellaneous Measure Used | NA | NA |
| Hirsch et al., 2000 | BDI | 32 | 0.66 | BAI | 37 | 0.82 | No Miscellaneous Measure Used | NA | NA |
| Hitt et al., 2018 | PHQ-9 | 76 | 3.08 | HADS (Anxiety) | 76 | 2.10 | WSAS | 74 | 2.15 |
| Jepsen et al., 2009 | BDI | 34 | 0.22 | SCL (Anxiety) | 34 | 0.12 | Check | 34 | 0.39 |
| Jepsen et al., 2014 | BDI-II | 56 | 0.47 | No Anx Measure | NA | NA | SCL (Global) | 56 | 0.45 |
| Jolley et al., 2015 | BDI-II | 9 | 0.16 | BAI | 9 | 0.26 | CORE-OM | 9 | 0.75 |
| Jones et al., 2012 | BDI-II | 17 | 1.24 | No Anx Measure | NA | NA | WSAS | 17 | 0.87 |
| Jordan et al., 2019 | PHQ-9 | 27 | 1.83 | GAD-7 | 27 | 1.97 | No Miscellaneous Measure Used | NA | NA |
| Karlin et al., 2019 | PHQ-9 | 36 | 1.22 | GAD-7 | 36 | 1.26 | No Miscellaneous Measure Used | NA | NA |
| Kehle et al., 2008 | BDI | 29 | 0.13 | PSWQ | 29 | 0.22 | No Miscellaneous Measure Used | NA | NA |
| Kikuchi et al., 2019 | CESD-10 | 7 | 0.89 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Knott et al., 2015 | BDI-II | 246 | 0.82 | BAI | 246 | 0.47 | EDEQ | NA | NA |
| Kobori et al., 2014 | PHQ-9 | 10 | 0.47 | GAD-7 | 10 | 0.47 | BITE-SS | 10 | 1.23 |
| Kobori, et al., 2014 | PHQ-9 | 14 | 0.81 | GAD-7 | 14 | 0.68 | OCI | 14 | 1.05 |
| Kobori et al., 2014 | PHQ-9 | 19 | 0.59 | GAD-7 | 19 | 0.59 | LSAS | 19 | 1.08 |
| Kolly et al., 2015 | BDI-II | 13 | 0.59 | No Anx Measure | NA | NA | OQ-45 | 13 | 0.09 |
| Lopez et al., 2011 | BDI | 40 | 1.20 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| LoSavio et al., 2019 | PHQ-9 | 232 | 0.92 | No Anx Measure | NA | NA | PCL | 232 | 1.57 |
| Low et al., 2001 | BDI | 10 | 0.70 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Lu et al., 2009 | BDI-II | 14 | 0.37 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Marriott & Kellett, 2009 | BDI-II | 27 | 1.56 | No Anx Measure | NA | NA | BSI-GSI | 27 | 1.03 |
| Marriott & Kellett, 2009 | BDI-II | 27 | 2.30 | No Anx Measure | NA | NA | BSI-GSI | 27 | 1.39 |
| Marriott & Kellett, 2009 | BDI-II | 25 | 1.12 | No Anx Measure | NA | NA | BSI-GSI | 25 | 0.89 |
| Marriott & Kellett, 2009 | BDI-II | 38 | 1.46 | No Anx Measure | NA | NA | BSI-GSI | 38 | 0.96 |
| Marriott & Kellett, 2009 | BDI-II | 38 | 2.14 | No Anx Measure | NA | NA | BSI-GSI | 38 | 1.89 |
| Marriott & Kellett, 2009 | BDI-II | 38 | 1.24 | No Anx Measure | NA | NA | BSI-GSI | 38 | 0.76 |
| McAleavey et al., 2019 | CCAPS (Depression) | 9895 | 0.64 | CCAPS (Anxiety) | 9895 | 0.46 | No Miscellaneous Measure Used | NA | NA |
| McBride et al., 2010 | BDI-II | 74 | 1.64 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| McDevitt-Petrovic et al., 2018 | PHQ-9 | 163 | 1.29 | GAD-7 | 163 | 1.74 | No Miscellaneous Measure Used | NA | NA |
| McEvoy et al., 2014 | BDI-II | 85 | 1.03 | BAI | 83 | 0.87 | No Miscellaneous Measure Used | NA | NA |
| Merrill et al., 2003 | BDI | 160 | 1.41 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Mitsopoulou et al., 2020 | BDI-II | 11 | 0.93 | BAI | 11 | 1.14 | WSAS | 11 | 1.19 |
| Morley et al., 2008 | BDI | 833 | 0.63 | HADS (Anxiety) | 720 | 0.48 | PSEQ | 831 | 0.82 |
| Ost et al., 2012 | BDI | 546 | 0.74 | BAI | 546 | 0.98 | No Miscellaneous Measure Used | NA | NA |
| Paine et al., 2019 | TOP (Depression) | 269 | 0.44 | TOP (Anxiety) | 269 | 0.40 | No Miscellaneous Measure Used | NA | NA |
| Paley et al., 2008 | BDI-II | 62 | 0.88 | No Anx Measure | NA | NA | CORE-OM | 62 | 0.92 |
| Pereira et al., 2017 | PHQ-9 | 4980 | 0.57 | GAD-7 | 4976 | 0.55 | WSAS | 4980 | 0.36 |
| Persons et al., 1988 | BDI | 70 | 1.38 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Persons et al., 2006 | BDI | 38 | 1.40 | Burns AS | 56 | 0.96 | No Miscellaneous Measure Used | NA | NA |
| Thomas et al., 2019 | BDI | 82 | 1.93 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Pfund et al., 2018 | BDI-II | 334 | 0.70 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Plagge et al., 2013 | PHQ-9 | 30 | 0.82 | No Anx Measure | NA | NA | PCL | 30 | 0.84 |
| Pybis et al., 2017 | PHQ-9 | 23595 | 0.94 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Pybis et al., 2017 | PHQ-9 | 9648 | 0.95 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Rauch et al., 2009 | BDI-II | 7 | 1.06 | No Anx Measure | NA | NA | Check | 10 | 2.14 |
| Renaud et al., 2013 | BDI-II | 51 | 1.25 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Richards et al., 2011 | PHQ-9 | 219 | 1.19 | GAD-7 | 219 | 1.31 | No Miscellaneous Measure Used | NA | NA |
| Ritschel et al., 2012 | BDI | 55 | 0.47 | SAS | 56 | 0.37 | No Miscellaneous Measure Used | NA | NA |
| Rizvi et al., 2017 | BDI-II | 50 | 0.90 | No Anx Measure | NA | NA | BSI-GSI | 50 | 1.10 |
| Rocco et al., 2014 | SCL (Depression) | 8 | 0.44 | SCL (Anxiety) | 8 | 1.76 | SCL (Global) | 8 | 1.76 |
| Rose & Waller, 2017 | PHQ-9 | 47 | 1.09 | No Anx Measure | NA | NA | EDEQ | 47 | 0.38 |
| Ryle & Golynkina, 2000 | BDI | 26 | 0.76 | No Anx Measure | NA | NA | SCL (Global) | 27 | 0.63 |
| Sadock et al., 2014 | PHQ-9 | 26 | 0.33 | GAD-7 | 10 | 0.80 | No Miscellaneous Measure Used | NA | NA |
| Sarnholm et al., 2017 | PHQ-9 | 19 | 0.60 | GAD-7 | 19 | 0.75 | No Miscellaneous Measure Used | NA | NA |
| Sauer-Zavala et al., 2019 | PHQ-9 | 6 | -0.23 | GAD-7 | 6 | 0.43 | No Miscellaneous Measure Used | NA | NA |
| Schindler et al., 2011 | BDI | 338 | 1.42 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Schnicker et al., 2013 | BDI | 21 | 1.05 | BSI (Anxiety) | 17 | 0.88 | BSI-GSI | 23 | 0.64 |
| Schnicker et al., 2013 | BDI | 28 | 2.07 | BSI (Anxiety) | 21 | 1.13 | BSI-GSI | 32 | 1.14 |
| Schwartz, 2018 | PHQ-9 | 19 | 1.03 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Signorini et al., 2018 | DASS (Depression) | 111 | 0.34 | DASS (Anxiety) | 111 | 0.24 | EDEQ | 108 | 0.72 |
| Simons et al., 2010 | BDI-II | 42 | NA | BAI | 42 | NA | No Miscellaneous Measure Used | NA | NA |
| Simons et al., 2010 | BDI-II | 74 | NA | BAI | 74 | NA | No Miscellaneous Measure Used | NA | NA |
| Slavin-Mulford et al., 2011 | BSI (Depression) | 21 | 0.66 | BSI (Anxiety) | 21 | 0.89 | BSI-GSI | 21 | 0.82 |
| Smout et al., 2019 | BDI-II | 342 | 0.90 | PSWQ | 93 | 1.04 | K10 | 210 | 0.89 |
| Stiles et al., 2003 | BDI | 119 | 1.12 | BAI | 117 | 0.68 | CORE-OM | 135 | 0.83 |
| Strepparava et al., 2016 | SCL (Depression) | 45 | 0.50 | SCL (Anxiety) | 45 | 0.59 | CORE-OM | 45 | 0.86 |
| Talbot et al., 2005 | BDI-II | 25 | 1.15 | No Anx Measure | NA | NA | SAS-SR | 25 | 0.49 |
| Trockel et al., 2015 | BDI-II | 405 | 0.59 | No Anx Measure | NA | NA | ISI | 405 | 2.25 |
| Turner et al., 2015 | HADS (Depression) | 116 | 0.51 | HADS (Anxiety) | 116 | 0.38 | No Miscellaneous Measure Used | NA | NA |
| van Rijn et al., 2014 | PHQ-9 | 263 | 0.68 | Check | 263 | 0.77 | CORE 10 | 263 | 0.75 |
| von Brachel et al., 2019 | BDI | 193 | 0.88 | No Anx Measure | NA | NA | BSI-GSI | 216 | 0.63 |
| Waller, et al., 2013 | CESD-10 | 12 | 0.89 | No Anx Measure | NA | NA | CORE-OM | 12 | 1.02 |
| Waller et al, 2014 | BDI-II | 78 | 1.03 | No Anx Measure | NA | NA | EDI | 78 | 0.61 |
| Waller, et al., 2018 | PHQ-9 | 93 | 0.91 | GAD-7 | 93 | 0.86 | EDEQ | 93 | 1.65 |
| Walser et al., 2015 | BDI-II | 981 | 1.01 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Westbrook et al., 2005 | BDI | 776 | 0.68 | BAI | 423 | 0.54 | No Miscellaneous Measure Used | NA | NA |
| Wolf et al., 2018 | BDI-II | 44 | 1.41 | No Anx Measure | NA | NA | PCL | 44 | 2.89 |
| Wright & Abrahams, 2015 | PHQ-9 | 24 | 0.46 | GAD-7 | 24 | 0.65 | No Miscellaneous Measure Used | NA | NA |
| Young et al., 2017 | PHQ-9 | 429 | 1.16 | GAD-7 | 428 | 1.10 | No Miscellaneous Measure Used | NA | NA |
| Young et al., 2017 | PHQ-9 | 116 | 1.03 | GAD-7 | 116 | 0.87 | No Miscellaneous Measure Used | NA | NA |
| Zieve et al., 2019 | BDI | 410 | 0.72 | Burns AS | 358 | 0.68 | No Miscellaneous Measure Used | NA | NA |
| Aazh & Moore, 2018 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | ISI | 55 | 0.57 |
| Abbass et al., 2009 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BSI-GSI | 23 | 0.58 |
| Abramowitz et al., 2003 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | Y-BOCS | 132 | 3.07 |
| Adamson et al., 2020 | HADS (Depression) | NA | NA | HADS (Anxiety) | NA | NA | WSAS | 989 | 0.94 |
| Andrews et al., 2011 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE (10/OM) | 108 | 1.49 |
| Andrews et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-10 | 3885 | 1.21 |
| Armstrong, 2010 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 118 | 0.71 |
| Asay et al., 2002 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 28 | NA |
| Baldwin et al., 2009 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 4676 | 0.66 |
| Banham & Schweitzer, 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | NA | NA |
| Barkham et al., 2001 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 224 | 0.87 |
| Barkham et al., 2012 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 16145 | 0.81 |
| Barnitcot & Crawford, 2018 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BEST | 58 | 0.98 |
| Barnitcot & Crawford, 2018 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BEST | 32 | 0.45 |
| Baronian & Leggett, 2020 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 53 | 1.27 |
| Beail et al., 2005 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BSI-GSI | 20 | 0.54 |
| Birtchnell et al., 2005 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 31 | 0.73 |
| Bitran et al., 2008 | No Depression Measure Used | NA | NA | PSDD | 32 | 1.84 | No Miscellaneous Measure Used | NA | NA |
| Blainey et al., 2017 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 81 | 0.39 |
| Boettcher et al., 2019 | BDI-II | 105 | 1.01 | SPS | 105 | 0.98 | BSI-GSI | 105 | 1.11 |
| Bradshaw et al., 2009 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 78 | 0.84 |
| Brand, 2020 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 2151 | 0.92 |
| Briggie et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BSI-GSI | 243 | 0.51 |
| Brunnbauer et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-10 | 74 | 0.90 |
| Budge et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BHM | 169 | 0.60 |
| Budge et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BHM | 33 | 0.82 |
| Budge et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BHM | 403 | 0.76 |
| Budge et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BHM | 713 | 0.67 |
| Buckley et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE 10 | NA | NA |
| Burlingame et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 1557 | NA |
| Burlingame et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 11764 | NA |
| Butler et al., 2020 | No Depression Measure Used | NA | NA | SIAS-S | 93 | 0.87 | No Miscellaneous Measure Used | NA | NA |
| Callahan et al., 2005 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 61 | NA |
| Carr et al., 2017 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 132 | NA |
| Carter, 2005 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | GHQ | NA | NA |
| Connell et al., 2008 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 323 | 1.55 |
| Cooper et al., 2017 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | PHQ-15 | 37 | 0.36 |
| Daig et al., 2009 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BMM | 992 | 0.60 |
| Davis et al., 2008 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 58 | 0.97 |
| Davis et al., 2010 | BDI-II | NA | NA | DASS (Anxiety) | NA | NA | WSAS | NA | NA |
| de Jongh et al., 2011 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | HADS | 125 | 1.13 |
| de Jongh et al., 2011 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | HADS | 59 | 1.12 |
| Delgadillo et al., 2020 | PHQ-9 | 1435 | NA | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Dennhag & Armelius, 2012 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL | 187 | 0.60 |
| Dickson & Gullo, 2015 | PHQ-9 | 48 | NA | GAD-7 | 48 | NA | No Miscellaneous Measure Used | NA | NA |
| Doorn et al., 2014 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 31 | 2.36 |
| Ellison et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | TOP | NA | NA |
| Erekson et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 3092 | NA |
| Erekson et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 3092 | NA |
| Evans et al., 2017 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 925 | 0.79 |
| Falkenstein et al., 2019 | HRSD-6 | NA | NA | No Anx Measure | NA | NA | YBOCS | NA | NA |
| Flo et al., 2014 | HADS (Depression) | NA | NA | HADS (Anxiety) | NA | NA | WSAS | NA | NA |
| Flygare et al., 2020 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | YBOCS | 19 | 1.98 |
| Fox et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | ZAN-BPD | 18 | 1.28 |
| Frueh et al., 2009 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SF-36 | 13 | 0.96 |
| Ghilardia et al., 2018 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | GHQ | 39 | 1.61 |
| Gibbard & Hanley, 2008 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 697 | 1.24 |
| Gilbert et al., 2005 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 553 | 1.35 |
| Gimeno-Peon et al., 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | ORS | 42 | 1.45 |
| Goldberg et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 6591 | 0.94 |
| Greasley & Small, 2005 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 16 | 0.11 |
| Gropalis et al., 2012 | No Depression Measure Used | NA | NA | BSI (Anxiety) | 224 | 0.62 | BSI-GSI | 224 | 0.58 |
| Gropalis et al., 2012 | No Depression Measure Used | NA | NA | BSI (Anxiety) | 65 | 0.44 | BSI-GSI | 65 | 0.44 |
| Gropalis et al., 2012 | No Depression Measure Used | NA | NA | BSI (Anxiety) | 94 | 0.50 | BSI-GSI | 94 | 0.72 |
| Guthrie et al., 2004 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 41 | 1.29 |
| Haase et al., 2008 | SCL (Depression) | 158 | 1.22 | SCL (Anxiety) | 158 | 1.00 | SCL (Global) | 158 | 1.16 |
| Halje et al., 2015 | HADS (Depression) | 607 | 0.58 | HADS (Anxiety) | 607 | 0.58 | GHQ | 604 | 0.64 |
| Harnett et al., 2010 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 125 | NA |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | PSWQ | 22 | 1.80 | No Miscellaneous Measure Used | NA | NA |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | PSWQ | 17 | 2.03 | No Miscellaneous Measure Used | NA | NA |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | Y-BOCS | 20 | 1.13 |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | Y-BOCS | 4 | -0.57 |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | PAI | 53 | 1.02 | No Miscellaneous Measure Used | NA | NA |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | PAI | 22 | 1.15 | No Miscellaneous Measure Used | NA | NA |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | BAI | 14 | 1.27 | No Miscellaneous Measure Used | NA | NA |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | BAI | 5 | 0.30 | No Miscellaneous Measure Used | NA | NA |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | ASC | 50 | 1.67 | No Miscellaneous Measure Used | NA | NA |
| Harte & Hawkins, 2016 | No Depression Measure Used | NA | NA | ASC | 38 | 2.19 | No Miscellaneous Measure Used | NA | NA |
| Haugen et al., 2017 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 32 | 0.59 |
| Heins et al., 2011 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 80 | NA |
| Heins et al., 2011 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 136 | NA |
| Hill et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | NA | NA |
| Hiltunen et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL | NA | NA |
| Hiney-Saunders et al., 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | EDEQ | 44 | 1.33 |
| Holmqvist et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 667 | 1.36 |
| Houghton et al., 2010 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | YBOCS | 37 | 1.20 |
| Jakupcak et al., 2010 | BDI-II | 6 | 1.28 | No Anx Measure | NA | NA | PCL | 6 | 1.87 |
| Jankowski et al., 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | TOP | NA | NA |
| Jenkins et al., 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 63 | 1.29 |
| Johansson et al., 2014 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 412 | 0.91 |
| Jolley et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-10 | 45 | 0.57 |
| Jones et al., 2008 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | NA | NA |
| Kaplinski, 2014 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 213 | 0.44 |
| Kellett et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 17 | 0.75 |
| Knoop et al., 2007 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SF-36 | 96 | 1.27 |
| Kramer et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 13 | 0.63 |
| Kvarsteinet al., 2014 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BSI-GSI | 64 | 1.48 |
| Lambert et al., 2001 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | NA | NA |
| Levitt et al., 2007 | BDI | 59 | 0.73 | No Anx Measure | NA | NA | SAS | 59 | 0.54 |
| Liness et al., 2019 | PHQ-9 | 488 | 1.80 | GAD-7 | 1089 | 1.38 | OCI | 191 | 1.46 |
| Lopez & Basco, 2015 | BDI-II | 83 | 1.00 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Lunnen et al., 2008 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 66 | -0.04 |
| Lutz et al., 2002 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | GHQ | NA | NA |
| Lutz et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BSI-GSI | 574 | 0.88 |
| Mayy, 1984 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | PAL-C | NA | NA |
| McHugh et al., 2014 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 31 | 0.83 |
| McHugh et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 48 | 1.35 |
| McKenzie & Marks, 2003 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | Y-BOCS | 51 | 1.27 |
| McLeod et al., 2000 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | MHI-5 | 235 | 0.69 |
| McLeod et al., 2000 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | MHI-5 | 262 | 0.96 |
| Mellor-Clark et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 17520 | 1.43 |
| Minami et al., 2008 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-30 | 5704 | 0.74 |
| Moorhead & Scott, 1999 | BDI | 20 | 1.34 | STAI | 20 | 0.93 | No Miscellaneous Measure Used | NA | NA |
| Mullin et al., 2017 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 75 | 0.77 |
| Murray et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 305 | 1.24 |
| Murray, 2017 | PHQ-9 | NA | NA | GAD-7 | NA | NA | IES-R | NA | NA |
| Nordmo et al., 2020 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 362 | 0.85 |
| Owen & Hilsenroth, 2011 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 68 | 1.19 |
| Owen & Hilsenroth, 2014 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BSI-GSI | NA | NA |
| Owen et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BHM | NA | NA |
| Pekarik et al., 1996 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BSI-GSI | NA | NA |
| Prout, 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 199 | 0.71 |
| Puschner et al., 2007 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | Check | NA | NA |
| Puschner et al., 2007 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | Check | NA | NA |
| Quarmby et al., 2007 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | WSAS | NA | NA |
| Reese et al., 2014 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | ORS | 5176 | 0.71 |
| Reiss et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 41 | 2.36 |
| Reiss et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 36 | 1.70 |
| Reiss et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BSL | 15 | 0.72 |
| Reuber et al., 2007 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 63 | 0.33 |
| Reuter et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 546 | 1.20 |
| Ronnestad et al., 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 48 | 0.93 |
| Roseborough, 2006 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 164 | 0.41 |
| Rosenberg et al., 2004 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | PCL | 13 | 0.96 |
| Rothbaum & Shahar, 2000 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | Y-BOCS | 23 | 2.43 |
| Samstag & Norlander, 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 30 | 0.62 |
| Sanders et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CA-COM (Distress) | 304 | 1.10 |
| Scheeres et al., 2008 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SF-36 | 112 | 0.67 |
| Schulz et al., 2006 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | PSS | 53 | 3.29 |
| Sembill et al., 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | FEP | 313 | 1.09 |
| Shepherd et al., 2005 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 458 | 1.17 |
| Simpson et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-10 | NA | NA |
| Smith et al., 2018 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | K10 | NA | NA |
| Smith et al., 2018 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | K10 | NA | NA |
| Steinert et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 254 | 0.90 |
| Steinert et al., 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 709 | 1.00 |
| Stiles et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 26430 | 1.89 |
| Stulz et al., 2013 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | BHM | 6375 | 1.26 |
| Swift et al., 2010 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | NA | NA |
| Swift et al., 2010 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | NA | NA |
| Timmons, 2013 | BDI | 46 | 0.96 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| Tuschen-Caffier et al., 2001 | BDI-II | 71 | 0.64 | HADS (Anxiety) | 116 | 0.37 | CORE-OM | 110 | 0.61 |
| van der Lem et al., 2012 | BDI-II | 170 | 0.85 | No Anx Measure | NA | NA | No Miscellaneous Measure Used | NA | NA |
| van Rijn et al., 2014 | PHQ-9 | NA | NA | GAD-7 | NA | NA | CORE 10 | NA | NA |
| van Rijn et al., 2008 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | NA | NA |
| Van Woudenberg et al., 2018 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | PSS | 315 | 2.09 |
| Vermote et al., 2009 | BDI | NA | NA | STAI | NA | NA | SCL-90 | NA | NA |
| Vescovelli et al., 2017 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 149 | 1.03 |
| Warren & Thomas, 2001 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | Y-BOCS | 19 | 1.94 |
| Wattar et al., 2005 | BDI | 16 | NA | BAI | 16 | NA | No Miscellaneous Measure Used | NA | NA |
| Werbart et al., 2012 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 14 | 1.37 |
| Wilkinson et al., 2017 | PHQ-9 | 26 | 0.48 | No Anx Measure | NA | NA | PCL | 26 | 1.15 |
| Winter et al, 2003 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 232 | 1.06 |
| Wiseman, 2014 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | OQ-45 | 58 | 0.86 |
| Worm-Smeitink et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | WSAS | 129 | 0.66 |
| Worm-Smeitink et al., 2016 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | WSAS | 217 | 1.82 |
| Ybrandt et al., 2019 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | CORE-OM | 734 | 1.07 |
| Zeeck et al., 2015 | No Depression Measure Used | NA | NA | No Anx Measure | NA | NA | SCL (Global) | 478 | 0.90 |
| *Note.* Abbreviations:Beck’s Depression Inventory (BDI); Patient Health Questionnaire-9 (PHQ-9); Brief Symptom Invetory (BSI); Symptom Checklist 90 Revised (SCL90R); Centre for Epidemiological Studies Depression Scale (CESD10); Depression Anxiety and Stress Scale (DASS); Hospial Anxiety & Depression Scale (HADS) Short Form-36 (SF36); Beck’s Anxiety Inventory BAI); Miscellaneous ised Anxeity Disorder-7 (GAD7); Penn-State Worry Questionnaire (PSWQ); CORE Outcome Measurement (CORE-OM); Outcome Questionnaire-45 (OQ45); PTSD Checklist (PCL); Work and Social Adjustment Scale (WSAS); Yale-Brown Obsessive Compulsive Scale (Y-BOCS); Eating Disorder Examination Questionnaire (EDEQ); Behavioural Health Measure (BHM); Miscellaneous Health Questionnaire (GHQ); Short Form-36 (SF36); Appraisal of Social Concerns Scale (ASC); Counseling Center Assessment of Psychological Symptoms (CCAPS Anxiety Index); Burns Anxiety Inventory (Burns AI); Minnesota Multi-Phasic Inventory (MMPI-Anxiety); Panic Appraisal Inventory (PAI); Panic Disorder Severity Scale (PDSS); Social Interaction Anxiety Scale (SIAS); Social Phobia Scale (SPS); State-Trait Anxiety Inventory (STAI); Zung Self-Rating Anxiety Scale (SAS) | | | | | | | | | |

| Supplementary Table 9 **Findings from the primary meta-analyses.** | | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
|  | **k** | **ES** | **Lower** | **Upper** | **p** | **I2** | **Q** |
| Depression | 140 | 0.98 | 0.90 | 1.06 | < 0.001 | 98.40 | 3037.46 |
| Anxiety | 84 | 0.83 | 0.73 | 0.92 | < 0.001 | 97.52 | 1488.88 |
| Miscellaneous | 184 | 1.01 | 0.93 | 1.08 | < 0.001 | 98.92 | 15685.18 |

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