



**Fig. 1 | PRISMA flowchart of the literature search and screening procedure.**

Three studies could not be included in the meta-analysis because either no self-report of anxiety or depression was available<sup>29</sup> or no data were available<sup>27,28</sup>. For one study<sup>106</sup>, treatment effects at 12 months follow-up were reported in a

separate publication<sup>118</sup> which was not included in the final number of studies as this reflects the number of RCTs identified. However, we included the follow-up values in our meta-analysis.