| Author | Session number | Session duration | Session frequency | Modality | Group Size | Supervision |
| --- | --- | --- | --- | --- | --- | --- |
| Cazzell et al (2017) | 14 - 17 | 30 | 3 | Individual | - | Supervised |
| Chai (2017) | Not reported | 13 | 3 - 4 | Group | 3 | Supervised |
| Comaskey et al (2009) | 40 | 15 | 3 | Group | 4 | Supervised |
| Ecalle et al (2009) | 12 | 30 | 5 | Individual | - | Supervised |
| Ecalle et al (2013) | 6 | 30 | 4 | Group | Not reported | Supervised |
| Ecalle et al (2013) | 20 | 30 | 4 | Group | Not reported | Supervised |
| Fan et al (2018) | 8 | 5 | 3 - 4 | Individual | - | Supervised |
| Gustafson et al (2015) | 25 | 15 - 25 | Not reported | Individual | - | Supervised |
| Karemaker et al (2010) | Not reported | 60 | 5 | Individual | - | Supervised |
| Kleinsz et al (2017) | Not reported | 30 | 4 | Group | Not reported | Supervised |
| Kyle et al (2013) | 60 | 10 - 15 | 5 | Group | Not reported | Supervised |
| Messer et al (2018) | 110.2 | 10 - 15 | 2 - 3 | Group | 2 - 3 | Supervised |
| Moser et al (2017) | Not reported | 10 - 15 | 5 | Group | Not reported | Supervised |
| O’Callaghan et al (2016) | Not reported | 20 - 30 | 5 | Individual | - | Supervised |
| Pindiprolu et al (2019) | 40 | 25 - 30 | Not reported | Individual | - | Not supervised |
| Potocki et al (2015) | Not reported | 30 | 4 | Individual | - | Supervised |
| Rosas et al (2017) | 27 | 30 | 3 | Individual | - | Supervised |
| Saine et al (2010) | Not reported | 15 | 4 | Group | 2 - 3 | Supervised |
| Schmitt et al (2018) | Not reported | Not reported | Not reported | Individual | - | Not supervised |
| Solheim et al (2018) | 93.4 | 45 | 4 | Individual | 3 - 7 | Supervised |
| Wood et al (2013) | 25 | 7 | 3 | Group | 2 | Supervised |