

Supporting Table 2.
 Standardized mean differences (SMD), 95% confidence intervals, and heterogeneity analyses for between-group and within-subject outcomes.

		Between-group outcomes							Within-subject outcomes						
Outcome	Therapy	χ^2 test (p value)							χ^2 test (p value)						
		PT ^a	FU ^b	Studies	N	SMD	95% CI	Heterogeneity (I ²)	PT ^a	FU ^b	Studies	N	SMD	95% CI	Heterogeneity (I ²)
Depression symptoms	CBT	PT ^a		8	344	0.27	0.02 to 0.52	52%			14	363	0.54	0.35 to 0.72	72%
		FU ^b		3	131	0.52	0.24 to 0.80	0%			5	117	0.72	0.48 to 0.96	42%
	DBT	PT ^a		3	282	-0.06	-0.21 to 0.10	0%			6	342	0.36	0.24 to 0.48	33%
		FU ^b		3	278	-0.04	-0.23 to 0.14	0%			4	221	0.33	0.13 to 0.53	63%
	MBT	PT ^a		3	212	0.14	-0.24 to 0.52	68%	<0.01	0.06*	5	171	0.33	0.17 to 0.50	31%
		FU ^b	0.43 <0.01	2	196	0.00	-0.60 to 0.06	77%			2	60	0.53	-0.46 to 1.52	94%
	NFB	PT ^a		2	108	0.03	-0.35 to 0.40	32%			5	145	0.85	0.62 to 1.08	10%
		FU ^b		2	99	-0.12	-0.67 to 0.44	63%			3	70	0.65	0.43 to 0.86	0%
	CT	PT ^a		1	19	0.01	-0.70 to 0.72	-			1	9	0.26	-0.29 to 0.81	-
	HYPN	PT ^a		1	20	0.09	-0.60 to 0.78	-			1	10	0.21	-0.30 to 0.72	-
Anxiety symptoms	CBT	PT ^a		7	325	0.31	0.01 to 0.62	64%			12	325	0.49	0.25 to 0.72	82%
		FU ^b		3	133	0.73	0.45 to 1.02	0%			5	117	0.74	0.28 to 1.21	84%
	DBT	PT ^a		1	32	0.41	-0.14 to 0.96	-			2	88	0.14	-0.02 to 0.30	0%
		FU ^b	0.49 <0.01	1	33	0.31	-0.24 to 0.86	-	<0.01	<0.01	2	65	0.11	-0.11 to 0.33	17%
	MBT	PT ^a		3	212	0.43	-0.30 to 1.16	91%			5	171	0.64	0.32 to 0.96	77%
		FU ^b		2	196	0.50	-0.47 to 1.47	91%			2	60	0.59	-0.51 to 1.68	95%
	NFB	PT ^a		2	108	0.05	-0.24 to 0.34	26.8%			3	77	0.72	0.23 to 1.21	80%

				FU ^b	2	99	-0.16	-0.47 to 0.15	87.7%				3	69	0.85	0.59 to 1.10	10%
Self-esteem	CBT	PT ^a		2	124	0.42	-0.33 to 1.17	84%					5	180	0.62	0.31 to 0.92	80%
		FU ^b		-	-	-	-	-					2	60	1.04	0.45 to 1.64	74%
	DBT	PT ^a		2	341	-0.11	-0.28 to 0.06	0%					2	171	0.27	-0.04 to 0.57	83%
		FU ^b	0.05 0.02	2	243	-0.08	-0.31 to 0.14	0%	<0.01	0.16	2	126	0.48	0.34 to 0.63	2%		
	NFB	PT ^a		1	37	0.48	-0.03 to 0.99	-					1	18	0.47	0.06 to 0.88	-
		FU ^b		1	29	0.70	0.09 to 1.31	-					1	15	0.68	0.19 to 1.17	-
	PsyEd	PT ^a		-	-	-	-	-					1	9	-0.65	-1.30 to 0.00	-
	QoL	CBT	PT ^a		4	152	0.07	-0.18 to 0.32	0%					4	75	0.28	0.09 to 0.48
FU ^b				1	57	0.39	0.01 to 0.78	-					1	25	0.57	0.22 to 0.92	-
DBT		PT ^a		1	32	0.84	0.25 to 1.43	-					2	60	0.61	0.06 to 1.16	73%
		FU ^b	0.07 0.63	1	33	0.23	-0.30 to 0.76	-	0.01	0.44	2	52	0.40	0.17 to 0.64	0%		
MBT		PT ^a		-	-	-	-	-					1	21	1.44	0.85 to 2.03	-
CT		PT ^a		2	58	0.11	-0.31 to 0.54	0%					2	35	0.27	0.00 to 0.55	0%
HYPN		PT ^a		-	-	-	-	-					1	10	0.43	-0.12 to 0.98	-
ED		CBT	PT ^a		2	102	0.21	-0.09 to 0.52	0%					2	51	0.38	0.16 to 0.60
	FU ^b		0.27 -	2	88	0.64	0.30 to 0.98	0%	0.40	-	2	39	0.73	0.42 to 1.03	0%		
	MBT	PT ^a		2	52	0.46	0.15 to 0.76	0%					2	52	0.44	0.28 to 0.61	22%

^aPost-treatment, ^bFollow-up