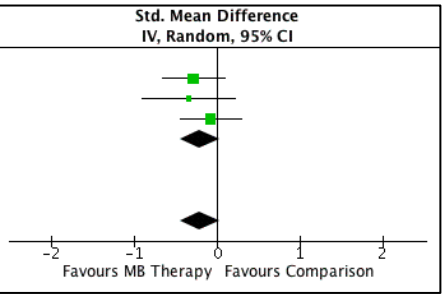
Figure 5

Study or Subgroup	MB Therapy Mean	MB Therapy SD	MB Therapy Total	Comparison Mean	Comparison SD	Comparison Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.8.1 comparison waiting list								
La Cour 2015	8.1	4.4	54	9.4	4.5	55	40.2%	-0.29 [-0.67, 0.09]
Sagula 2004	40.15	10.12	39	43.66	10.11	18	18.1%	-0.34 [-0.90, 0.22]
Schmidt 2011	47.65	8.43	53	48.39	9.92	59	41.6%	-0.08 [-0.45, 0.29]
Subtotal (95% CI)			**146**			**132**	**100.0%**	**-0.21 [-0.45, 0.03]**
Heterogeneity: Tau² = 0.00; Chi² = 0.86, df = 2 (P = 0.65); I² = 0%								
Test for overall effect: Z = 1.73 (P = 0.08)								
Total (95% CI)			**146**			**132**	**100.0%**	**-0.21 [-0.45, 0.03]**
Heterogeneity: Tau² = 0.00; Chi² = 0.86, df = 2 (P = 0.65); I² = 0%								
Test for overall effect: Z = 1.73 (P = 0.08)								
Test for subgroup differences: Not applicable