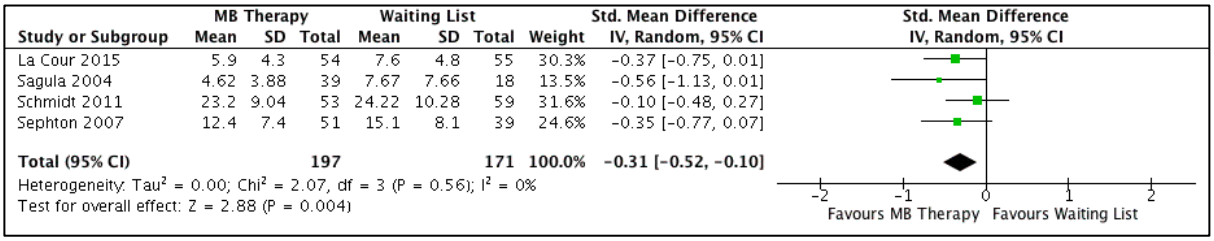
Figure 6



Study or Subgroup	MB Therapy Mean	MB Therapy SD	MB Therapy Total	Waiting List Mean	Waiting List SD	Waiting List Total	Weight	Std. Mean Difference IV, Random, 95% CI
La Cour 2015	5.9	4.3	54	7.6	4.8	55	30.3%	-0.37 [-0.75, 0.01]
Sagula 2004	4.62	3.88	39	7.67	7.66	18	13.5%	-0.56 [-1.13, 0.01]
Schmidt 2011	23.2	9.04	53	24.22	10.28	59	31.6%	-0.10 [-0.48, 0.27]
Sephton 2007	12.4	7.4	51	15.1	8.1	39	24.6%	-0.35 [-0.77, 0.07]
Total (95% CI)			**197**			**171**	**100.0%**	**-0.31 [-0.52, -0.10]**

Heterogeneity: Tau² = 0.00; Chi² = 2.07, df = 3 (P = 0.56); I² = 0%
Test for overall effect: Z = 2.88 (P = 0.004)