

Figure 1: PRISMA Diagram

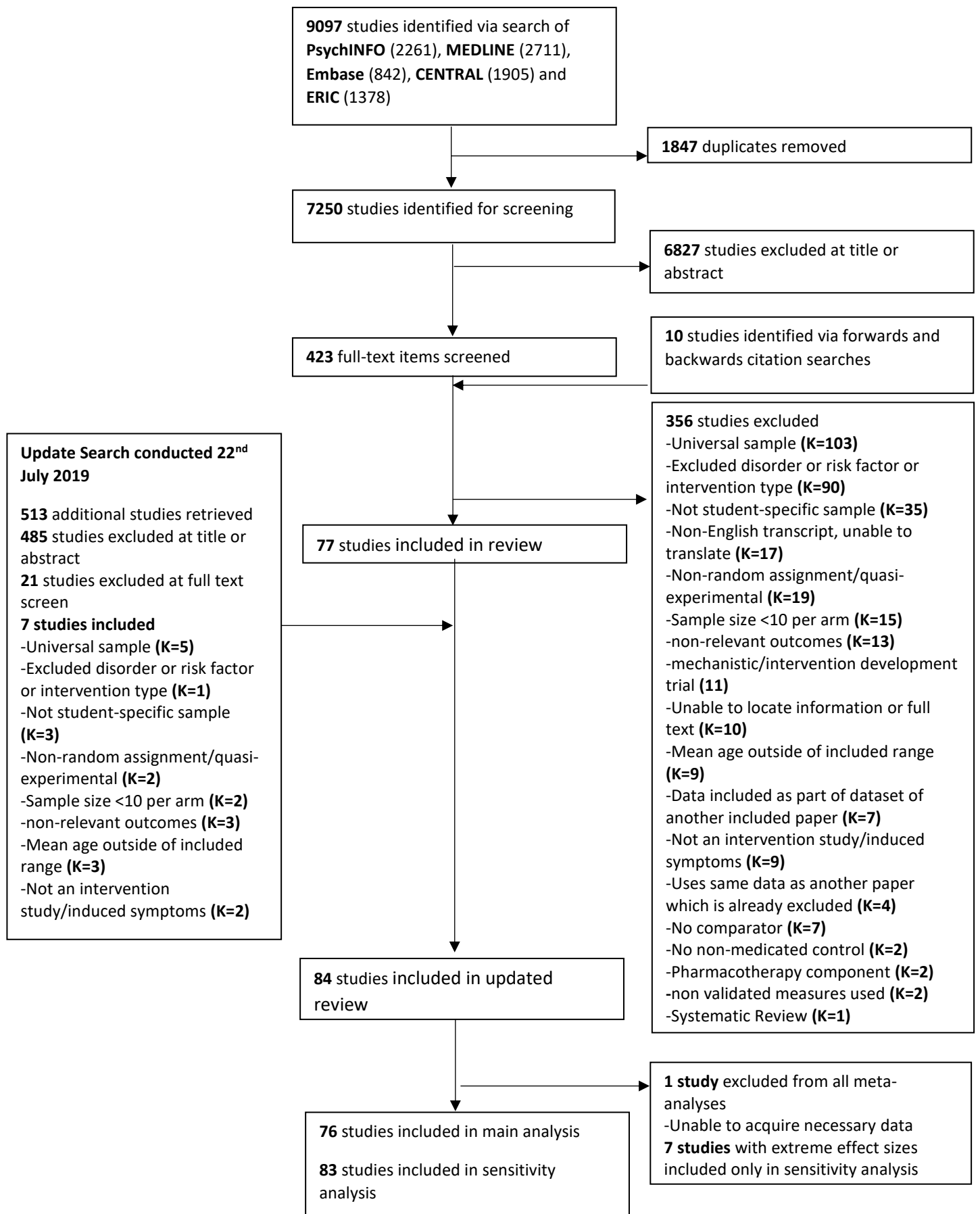


Figure 2: Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

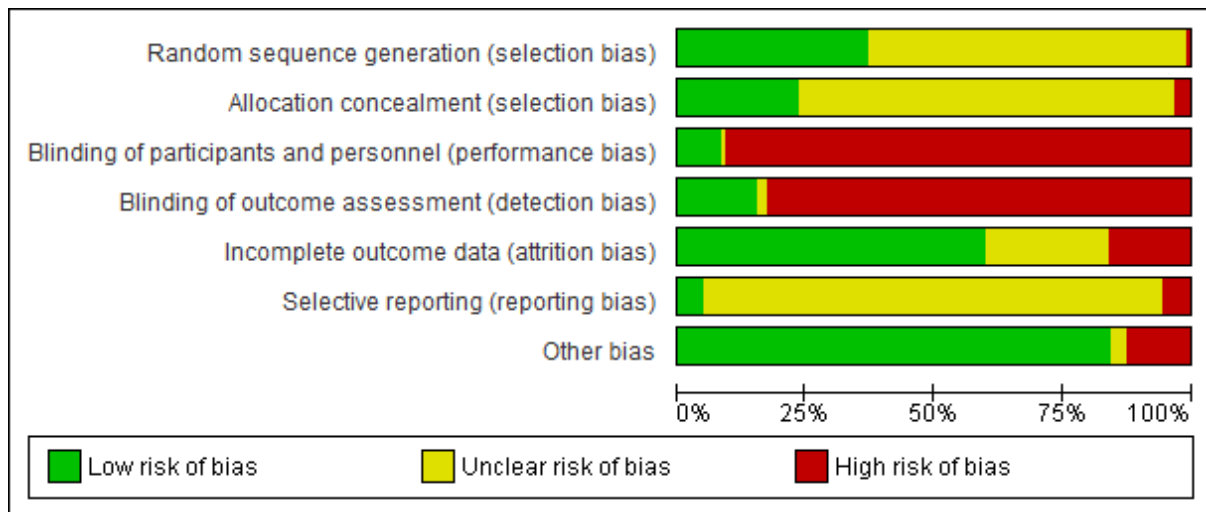
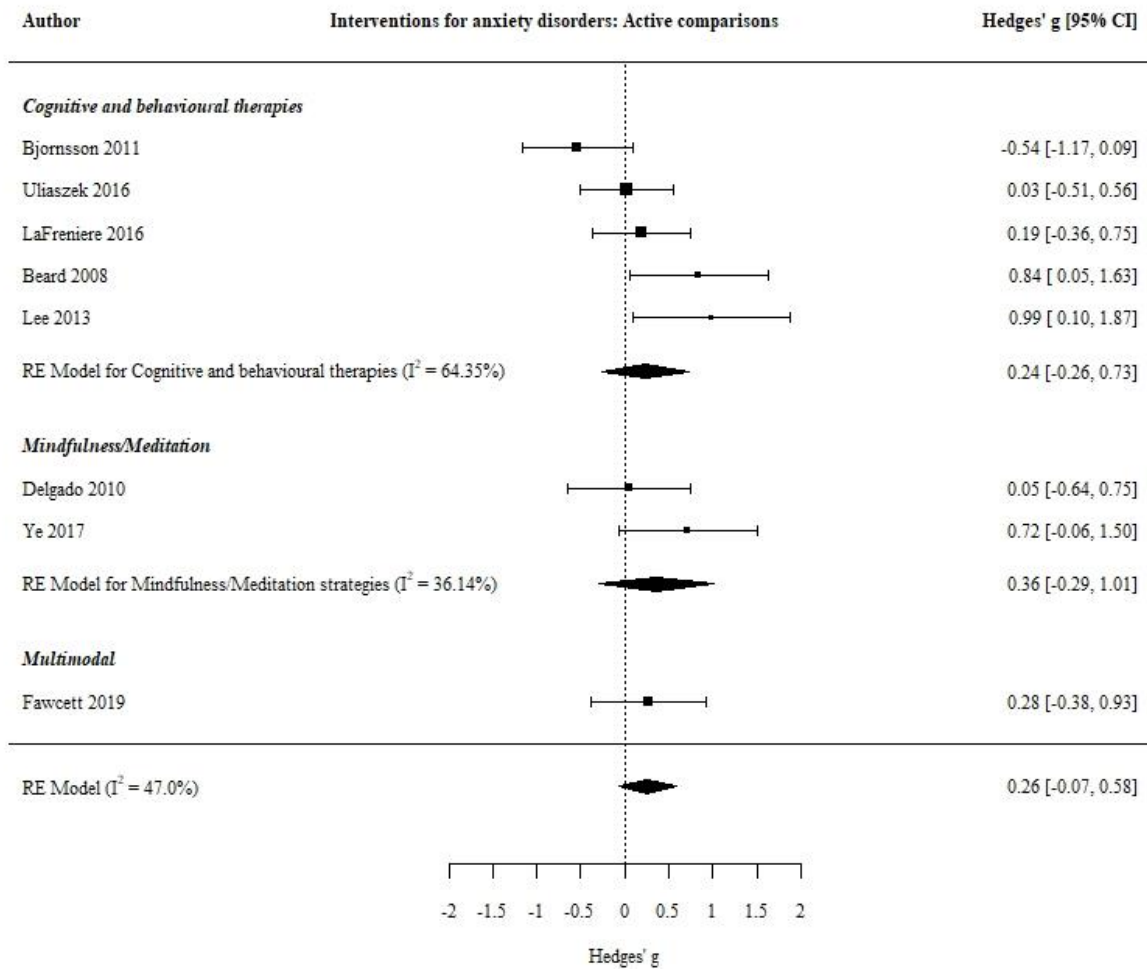
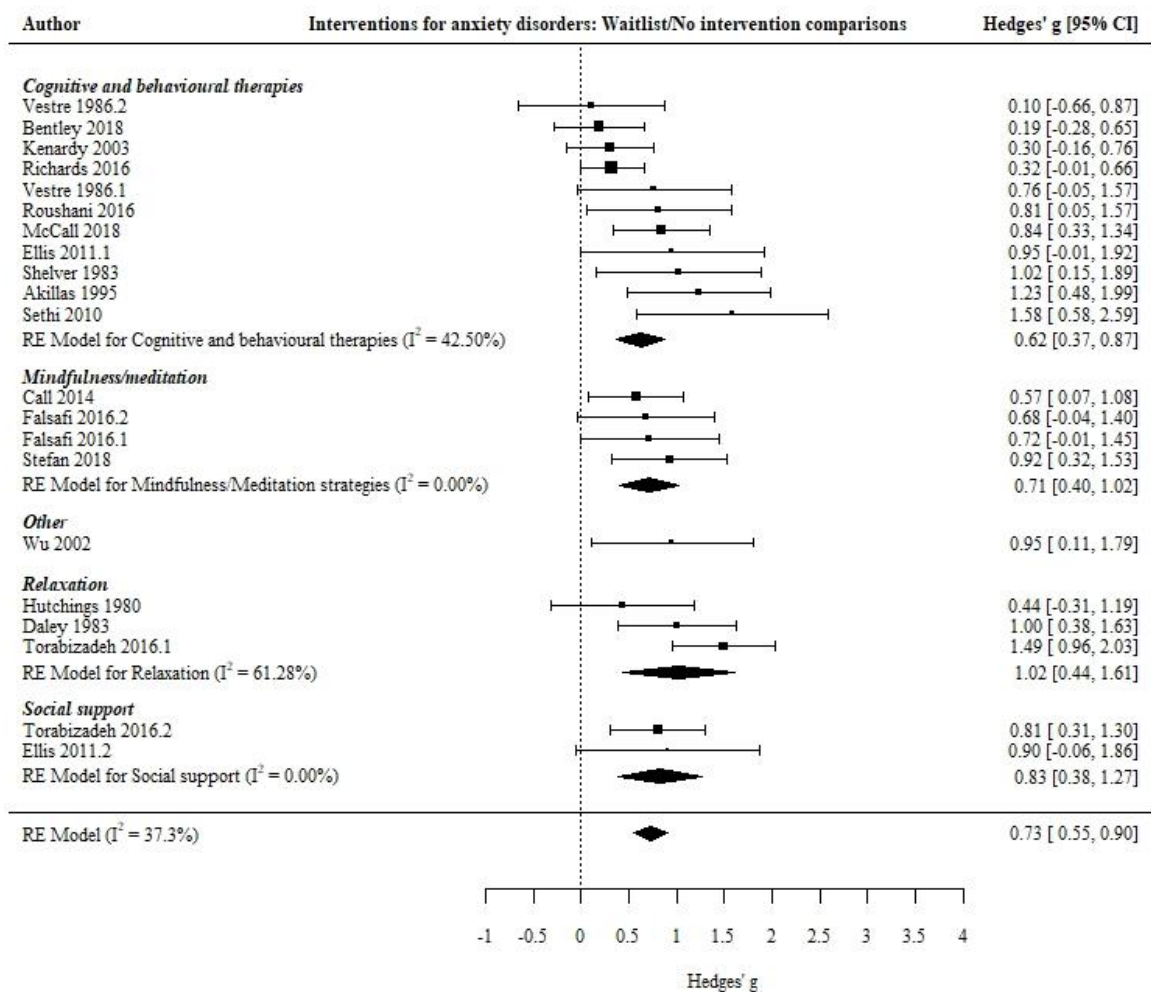


Figure 3a & 3b: Forest plot of all indicated interventions for anxiety





Figures 4a & 4b: Forest plot for all indicated interventions for depression

