

Search Strategy: Original and update Searches.

ORIGINAL SEARCH

Name of database	Date of search from:	Date of search to:	Records retrieved
MEDLINE	1946	01-11-18	2711
PsycINFO	1806	01-11-18	2261
Embase	1974	02-11-18	842
CENTRAL	All years	02-11-18	1905
ERIC	1981	20-11-18	1378
		Total	9097
		De-duplicated	7250

UPDATE SEARCH

Name of database	Date of search from:	Date of search to:	Records retrieved
MEDLINE	01-11-18	22-07-19	516
PsycINFO	01-11-18	22-07-19	302
Embase	01-11-18	22-07-19	210
CENTRAL	01-11-18	22-07-19	422
ERIC	01-11-18	22-07-19	75
		Total	1526
		De-duplicated	926

MEDLINE

1. Controlled clinical trial.pt
2. Randomized controlled trial.pt
3. (randomi#ed or randomi#ation or randomi#ing).ti,ab,kf.
4. (RCT or "at random" or (random* adj3 (administ* or allocat* or assign* or class* or control* or determine* or divide* or division or distribut* or expose* or fashion or number* or place* or recruit* or split or substitut* or treat*))).ti,ab,kf.
5. Placebo*.ab,ti,kf.
6. Trial.ab,ti,kf.
7. ((single or double or triple or treble) adj2 (blind* or mask* or dummy)).ti,ab,kf.
8. double-blind method/ or random allocation/ or single-blind method/
9. ((crossover* or cross-over*) adj3 (random* or trial or study or control* or group?)).ti,ab,kf.
10. (group? adj3 (random* or administ* or allocat* or assign* or control* or divide* or division or distribut* or place* or split or substitut* or treat*)).ti,ab,kf.
11. (control* and (waitlist* or wait* list* or ((treatment or care) adj2 usual)).ti,ab,kf,hw.
12. Or/1-11

13. (systematic or structured or evidence or trials or studies).ti. and ((review or overview or look or examination or update* or summary).ti. or review.pt.)
14. meta-analysis.pt. or (meta-analys* or meta analys* or metaanalys* or meta synth* or meta-synth* or metasynt*).ti,ab,kf,hw.
15. ((systematic or meta) adj2 (analys* or review)).ti,kf. or ((systematic* or quantitativ* or methodologic*) adj5 (review* or overview*)).ti,ab,kf,sh. or (quantitativ\$ adj5 synthesis\$).ti,ab,kf,hw.
16. (integrative research review* or research integration).tw. or scoping review?.ti,kf. or (review.ti,kf,pt. and (trials as topic or studies as topic).hw.) or (evidence adj3 review*).ti,ab,kf.
17. review.pt. and ((medline or medlars or embase or pubmed or scisearch or psychinfo or psycinfo or psychlit or psyclit or cinahl or electronic database* or bibliographic database* or computeri#ed database* or online database* or pooling or pooled or mantel haenszel or peto or dersimonian or der simonian or fixed effect or ((hand adj2 search*) or (manual* adj2 search*))).tw,hw. or (retraction of publication or retracted publication).pt.
18. or/13-17
19. 12 or 18

20. (undergraduate* or under-graduate* or postgraduate* or post-graduate* or ((college or university) adj3 student* or men or women)).ti,kf,hw,ab.
21. students/ or students, dental/ or students, medical/ or students, nursing/ or students, pharmacy/ or students, premedical/ or students, public health/
22. ((higher or tertiary) adj2 education).ti,kf.
23. 20 or 21 or 22

24. "Feeding and eating disorders of childhood"/ or anorexia nervosa/ or bulimia nervosa/ or hyperphagia/ or pica/
25. Binge-eating disorder/ not obes*.ti.
26. eating disorder* or EDNOS or anorexi* or orthorexi* or bulimi* or diabulimi* or ((binge and (eat* or purg*)) not (obes* or metabolic syndrome)).ti,kf.
27. suicide, attempted/ or self-injurious behaviour/ or self mutilation/ or suicide/
28. Suicidal ideation/ or Crisis intervention/
29. Mood disorders/
30. Depressive disorder, major/ or dysthymic disorder/ or depressive disorder, treatment-resistant/ or depressive disorder/
31. Seasonal affective disorder/
32. Anxiety disorders/ or anxiety, castration/ or obsessive-compulsive disorder/ or panic disorder/ or stress disorders, traumatic, acute/
33. Exp Phobic disorders/ or agoraphobia/ or phobia, social/
34. Adjustment disorders/
35. social adjustment/

36. stress, psychological/
37. Anxiety/ or performance anxiety/ or test anxiety/
38. panic disorder/
39. Somatoform disorders/ or body dysmorphic disorders/ or hypochondriasis/ or neurasthenia/
40. Conversion disorder/
41. Obsessive-compulsive disorder/
42. Trichotillomania/
43. ((self adj (injur* or mutilat*)) or suicide* or suicidal or parasuicid* or para-suicid* or mood disorder* or affective disorder* or cyclothymi* or depression or depressive or dysthymi* or neurotic or neurosis or adjustment disorder* or anxiety disorder* or anxious or EDNOS or health anxiety or agoraphobia or obsess* or compulsi* or panic or phobi* or ptsd or posttrauma* or post trauma* or somatoform or somati#ation or medical* unexplained or body dysmorphi* or conversion disorder or hypochondria* or trichotillomania or anhedonia* or affective symptoms or ((mental* or psychologic*) adj (health or well*))).ti,kf.
44. (mental or psychiatri* or psycholog*) adj3 (illness* or health disorder* or disorder* or problem*).ti,ab,kf.
45. Mental health adj2 (difficult* or problem*).ti,ab,kf.

46. (oppositional adj3 (defian* or disorder?)).ti,kf.
47. Conduct disorder/
48. Personality disorders/ or borderline personality disorder/
49. ((conduct or behave* or antisocial or anti-social or dyssocial or emotional* or internali#ing or externali#ing) adj1 (problem? or difficult* or psychopath*)).ti,kf.
50. ((conduct or behave* or personalit*) adj1 (aggressi* or agressi* or antisocial or anti-social or dyssocial or defian* or delinquen* or disturb* or disrupt* or internali#ing or externali#ing or problem*)).ti,kf.
51. ((substance adj1 ("use" or abuse)) or binge-drinking).mp. or binge drinking.ti,ab.
52. Exp alcohol-related disorders/ or exp substance-related disorders/
53. (or/24-52)
54. 19 and 23 and 53

55. (health promotion not (health promotion and treat*)).ti.
56. Smoking cessation/ or exp tobacco smoking/
57. Condoms/ or safe sex/ or exp sexually transmitted diseases/
58. Unsafe sex/
59. (sex* adj (health or behave* or risk)).ti.
60. (Smoking or tobacco or nicotine).ti.
61. Or/55-60
62. 54 not 61

PsychINFO

1. (randomi#ed or randomi#ation or randomi#ing).ti,ab,id.
2. (RCT or "at random" or (random* adj3 (assign* or allocat* or control* or crossover or cross-over or design* or divide* or division or number))).ti,ab,id.
3. ((control* adj2 (trial or study or group)) and (placebo or waitlist or wait* list* or ((treatment or care) adj2 usual) or (no intervention* or non intervention* or non-intervention* or without any intervention*))).ti,ab,id,hw.
4. ((single or double or triple or treble) adj2 (blind* or mask* or dummy)).ti,ab,id.
5. treatment outcome.md. and "3300".cc.
6. 1 or 2 or 3 or 4 or 5

7. *(literature review or meta analysis or metasynthesis or systematic review).md,sh.*
8. *((systematic* adj2 review*) or meta-analys* or metasynthes* or meta-synthes* or ((literature or scoping) adj2 review?).ti,id.*
9. 7 or 8
10. 6 or 9

11. (student* or undergraduate* or under-graduate* or postgraduate* or post-graduate* or ((college or university) adj3 (student* or women or men)).ti,id,hw,ab.
12. GRADUATE STUDENTS/ or DENTAL STUDENTS/ or NURSING STUDENTS/ or MEDICAL STUDENTS/ or EDUCATION STUDENTS/ or POSTGRADUATE STUDENTS/ or BUSINESS STUDENTS/ or LAW STUDENTS/ or COLLEGE STUDENTS/
13. ((higher or tertiary) adj2 education).ti,id.
14. 11 or 12 or 13
15. 10 and 14

16. eating disorders/ or anorexia nervosa/ or bulimia/ or hyperphagia/ or pica/ or "purging (eating disorders)"/
17. binge eating/ not obes*.ti.
18. eating disorder* or EDNOS or anorexi* or orthorexi* or bulimi* or diabulimi* or ((binge and (eat* or purg*)) not (obes* or metabolic syndrome)).ti,id.
19. Self destructive behaviour/ or attempted suicide/ or self inflicted wounds/ or self injurious behaviour/ or self mutilation/ or suicide/
20. Suicide prevention/
21. Suicidal ideation/
22. Affective disorders/
23. Major depression/ or dysthymic disorder/ or endogenous depression/ or reactive depression/ or recurrent depression/ or treatment resistant depression/
24. Atypical depression/
25. "depresson (emotion)"/
26. Seasonal effective disorder/
27. Anxiety disorders/ or acute stress disorder/ or castration anxiety/ or death anxiety/ or generalized anxiety disorder/ or obsessive compulsive disorder/ or panic disorder/ or posttraumatic stress disorder/ or separation anxiety/
28. Phobias/ or acrophobia/ or agoraphobia/ or claustrophobia/ or ophidiophobia/ or social phobia/
29. "debriefing (psychological)"/
30. Adjustment disorders/
31. Coping behaviour/
32. Emotional trauma/
33. Adjustment/ or exp emotional adjustment/ or occupational adjustment/ or school adjustment/ or social adjustment/

34. Chronic stress/ or environmental stress/ or psychological stress/ or social stress/ or stress reactions/
35. Anxiety/ or computer anxiety/ or mathematics anxiety/ or performance anxiety/ or social anxiety/ or speech anxiety/ or test anxiety/
36. Panic attack/ or panic/ or panic disorder/
37. Somatoform disorders/ or body dismorphic disorder/ or hypochondriasis/ or neurasthenia/ or somatization disorder/ or somatoform pain disorder/
38. Conversion disorder/ or hysterical paralysis/ or hysterical vision disturbances/ or pseudocyesis/
39. Somatization/
40. Compulsions/ or repetition compulsion/
41. Obsessions/
42. Obsessive compulsive personality disorder/
43. Trichotillomania/
44. Neurosis/ or traumatic neurosis/
45. ((self adj (injur* or mutilat*)) or suicid* or suicidal or parasuicid* or para-suicid* or mood disorder* or affective disorder* or cyclothymi* or depression or depressive or dysthymi* or neurotic or neurosis or adjustment disorder* or anxiety disorder* or anxious or EDNOS or health anxiety or agoraphobia or obsess* or compulsi* or panic or phobi* or ptsd or posttrauma* or post trauma* or somatoform or somati#ation or medical* unexplained or body dysmorphi* or conversion disorder or hypochondria* or trichotillomania or anhedonia* or affective symptoms or ((mental* or psychologic*) adj (health or well*))).ti,ab,id.
46. (mental or psychiatri* or psycholog*) adj3 (illness* or health disorder* or disorder* or problem*).ti,ab,id.
47. mental health adj2 (difficult* or problem*).ti,ab,id

48. (oppositional adj3 (defian* or disorder?)).ti,id.
49. Conduct disorder/ or explosive disorder/
50. Personality disorders/ or borderline personality disorder/
51. ((conduct or behav* or antisocial or anti-social or dyssocial or emotional* or internali#ing or externali#ing) adj1 (problem? or difficult* or psychopath*)).ti,id.
52. ((conduct or behave* or personalit*) adj1 (aggressi* or agressi* or antisocial or anti-social or dyssocial or defian* or delinquen* or disturb* or disrupt* or internali#ing or externali#ing or problem*)).ti,id.
53. (substance adj (“use” or abuse)).ti.
54. Exp alcoholism/ or alcohol abuse/ or exp binge drinking/ or alcohol intoxication/ or alcohol withdrawal/
55. (or/16-54)
56. 14 and 55

57. (health promotion not (health promotion and treat*)).ti.
58. Smoking cessation/ or exp tobacco smoking/
59. Condoms/ or safe sex/ or exp sexually transmitted diseases/
60. Exp sexual risk taking
61. (sex* adj (health or behave* or risk)).ti.
62. Smoking or tobacco or nicotine).ti.
63. Or/57-62
64. 56 not 63

Cochrane Library –CENTRAL

1. MeSH descriptor: [Feeding and Eating Disorders] this term only
2. MeSH descriptor: [Anorexia Nervosa] this term only
3. MeSH descriptor: [Bulimia Nervosa] this term only
4. MeSH descriptor: [Binge-Eating Disorder] this term only
5. MeSH descriptor: [Bulimia] this term only
6. ("eating disorder*" or ` (eat* near/3 mood*) or EDNOS or anorexi* or orthorexi* or bulimi* or diabulimi* or (bing* near/2 (eat* or purg*)):ti,ab,kw
7. MeSH descriptor: [Mood Disorders] this term only
8. MeSH descriptor: [Depressive Disorder] this term only
9. MeSH descriptor: [Depressive Disorder, Major] this term only
10. MeSH descriptor: [Seasonal Affective Disorder] this term only
11. MeSH descriptor: [Dysthymic Disorder] this term only
12. MeSH descriptor: [Depression] this term only
13. (mood* or depress* or dysthymi* or "affective disorder*" or "affective symptom*"):ti,ab,kw
14. MeSH descriptor: [Anxiety Disorders] explode all trees
15. (general* near/2 anxi*):ti,ab,kw
16. anxiety:ti
17. ("anxiety disorder*" or "social* anxiety" or phobi* or agoraphobi* or ADNOS or "health anxiety" or hypochondri* or anxious or obsess* or compulsi* or panic or PTSD or "post traumatic stress" or "posttraumatic stress" or "stress disorder*" or ((acute or chronic) near/2 stress*) or neurosis or neuroses or neurotic):ti,ab,kw
18. ((psychological or emotional) near/2 (debrief* or stress* or trauma*)):ti,kw
19. MeSH descriptor: [Adjustment Disorders] explode all trees

20. MeSH descriptor: [Disruptive, Impulse Control, and Conduct Disorders] explode all trees
21. trichotillomani* or ((addicti* or impuls* or compulsi*) near/2 (behavi* or disorder*)):ti,ab,kw
22. MeSH descriptor: [Obsessive Behavior] this term only
23. MeSH descriptor: [Self-Injurious Behavior] explode all trees
24. ((self next (injur* or mutilat*)) or suicide* or suicidal or parasuicid* or para-suicid*):ti,ab,kw
25. MeSH descriptor: [Somatoform Disorders] explode all trees
26. (somatoform or somatization or somatisation or "medical* unexplained" or MUPS or "body dysmorphi*"):ti,ab,kw
27. MeSH descriptor: [Conduct Disorder] this term only
28. (oppositional near/3 (defian* or disorder*)):ti,ab,kw
29. ((conduct or behavi* or antisocial or anti-social or dyssocial or emotional* or internalizing or internalising or externalizing or externalising) near/2 (disorder* or problem* or difficult* or disturb* or psychopath*)):ti,ab,kw
30. ((conduct or behavi* or personalit*) near/2 (aggressi* or agres* or antisocial or anti-social or dyssocial or defiant* or deliquen* or disturb* or disrupt* or internalizing or internalising or externalizing or externalising or problem*)):ti,ab,kw
31. MeSH descriptor: [Personality Disorders] explode all trees
32. (BPD or personality disorder*):ti,ab,kw
33. MeSH descriptor: [Substance-Related Disorders] explode all trees
34. addict*:ti,kw
35. ((alcohol or drug* or substance) near/2 (abus* or misus* or use or user* or depend* or disorder)):ti,ab,kw
36. ((addict* or dependen* or abuse or abuser or misuse*) near (adinazolam or aerosol* or alcohol* or alprazolam or amphetamin* or anthramycin or anxiolytic* or ativan or barbituat* or bentazepam or benzodiazepin* or bromazepam or brotizolam or buprenorphin* or camazepam or cannabi* or chlordiazepoxid* or cinolazepam or clobazam or clonazepam or clorazepam or clotiazepam or cloxazolam or cocaine* or codeine or crack or crystal or cyprazepam or depressant* or diacetylmorphin* or diazepam* or doxefazepam or ecstasy or estazolam or etizolam or fentanyl or flunitrazepam or flurazepam or flutazoram or flutoprazepam or fosazepam or gases or GHB or girisopam or halazepam or hallucinogen* or haloxazepam or heroin* or hydromorphone or hydroquinone or hypnotic* or inhalant* or ketamin* or ketazolam or librium or loflazepate or loprazolam or lorazepam or lormetazepam or LSD or marihuana* or marijuana* or MDMA or meclonazepam or medazepam or meperidine or mephedrone or mescaline* or metaclazepam or methadone or methamphetamin* or methaqualone or mexazolam or midazepam or midazolam or

- morphine* or narcotic* or nerisopam or nimetazepam or nitrazepam or nitrites or "nitrous oxide" or "n-methyl-3,4-methylenedioxyamphetamine" or nordazepam or opiate* or opioid* or opium or oxazepam or oxazolam or oxazepam or oxycodone or oxzepam or painkiller* or "pain killer*" or PCP or pethidin* or phencyclidin* or pinasepam or prazepam or propazepam or propoxyphene or psilocybin or psychedelic* or psychoactive* or psychostimulant* or quinazolinone or ripazepam or ritalin or sedative* or serazepin* or solvent* or steroid* or stimulant* or temazepam or tetrazepam or tofisopam or tramadol or triazolam or triflubazam or valium or vicodin)):ti,ab
37. ("legal high*" or recreational or party or illicit*) next (drug* or substance*)):ti,ab,kw (Word variations have been searched)
 38. #1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11 or #12 or #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26 or #27 or #28 or #29 or #30 or #31 or #32 or #33 or #34 or #35 or #36 or #37 or #37
 39. (undergraduate* or under-graduate* or postgraduate* or post-graduate* or ((college or university) near/3 student* or women or men)):ti,ab,kw
 40. #38 and #39

Embase

1. (randomi#ed or randomi#ation or randomi#ing).ti,ab,kw.
2. (RCT or "at random" or (random* adj3 (assign* or allocat* or control* or crossover or cross-over or design* or divide* or division or number))).ti,ab,kw.
3. ((control* adj2 (trial or study or group)) and (placebo or waitlist or wait* list* or ((treatment or care) adj2 usual) or (no intervention* or non intervention* or non-intervention* or without any intervention*))).ti,ab,kw,hw.
4. ((single or double or triple or treble) adj2 (blind* or mask* or dummy)).ti,ab,kw.
5. 1 or 2 or 3 or 4

6. (student* or undergraduate* or under-graduate* or postgraduate* or post-graduate* or ((college or university) adj3 (student* or women or men)).ti,kw,hw,ab.
7. exp PhD student/ or exp dental student/ or exp postgraduate student/ or exp nursing student/ or exp physical therapy student/ or exp graduate nursing student/ or exp medical student/ or exp non-medical student/ or exp undergraduate student/ or student/ or exp university student/ or exp midwifery student/ or exp male nursing student/ or exp graduate student/ or exp premedical student/ or exp college student/
8. ((higher or tertiary) adj2 education).ti,kw.
9. 6 or 7 or 8
10. 5 and 9

11. eating disorder/ or anorexia nervosa/ or bulimia/ or pica/
12. binge eating disorder/ not obes*.ti.
13. eating disorder* or EDNOS or anorexi* or orthorexi* or bulimi* or diabulimi* or ((binge and (eat* or purg*)) not (obes* or metabolic syndrome)).ti,kw.
14. suicide/ or suicide attempt/ or suicidal ideation/ Suicide prevention/
15. mood disorder/
16. depression/ or adolescent depression/ or atypical depression/ or chronic depression/ or dysthymia/ or endogenous depression/ or major depression/ or reactive depression/ or seasonal affective disorder/
17. anxiety disorder/ or anxiety neurosis/ or cardiac anxiety/ or generalized anxiety disorder/ or exp obsessive compulsive disorder/ or panic/ or exp phobia/ or posttraumatic stress disorder/ or separation anxiety/ or exp anxiety/
18. Adjustment disorder/
19. Coping behaviour/
20. psychotrauma/
21. Adjustment/
22. chronic stress/ or emotional stress/ or interpersonal stress/ or mental stress/
23. Panic/
24. somatoform disorder/ or body dysmorphic disorder/ or hypochondriasis/ or somatic delusion/ or somatization/
25. Conversion disorder/
26. Compulsion/
27. Obsession/
28. compulsive personality disorder/
29. Trichotillomania/
30. Neurosis/ or affective neurosis/ or anxiety neurosis/
31. ((self adj (injur* or mutilat*)) or suicid* or suicidal or parasuicid* or para-suicid* or mood disorder* or affective disorder* or cyclothymi* or depression or depressive or dysthymi* or neurotic or neurosis or adjustment disorder* or anxiety disorder* or anxious or EDNOS or health anxiety or agoraphobia or obsess* or compulsi* or panic or phobi* or ptsd or posttrauma* or post trauma* or somatoform or somati#ation or medical* unexplained or body dysmorphi* or conversion disorder or hypochondria* or trichotillomania or anhedonia* or affective symptoms or ((mental* or psychological*) adj (health or well*))).ti,ab,kw.
32. (mental or psychiatri* or psycholog*) adj3 (illness* or health disorder* or disorder* or problem*).ti,ab,kw.

33. mental health adj2 (difficult* or problem*).ti,ab,kw
34. (oppositional adj3 (defian* or disorder?)).ti,kw.
35. Conduct disorder/
36. Personality disorder/
37. ((conduct or behav* or antisocial or anti-social or dyssocial or emotional* or internal#ing or external#ing) adj1 (problem? or difficult* or psychopath*)).ti,kw.
38. ((conduct or behave* or personalit*) adj1 (aggressi* or agressi* or antisocial or anti-social or dyssocial or defian* or delinquen* or disturb* or disrupt* or internal#ing or external#ing or problem*)).ti,kw.
39. (substance adj (“use” or abuse)).ti.
40. Exp alcoholism/ or alcohol abuse/ or binge drinking/ or college drinking/
41. (or/11-40)
42. 10 and 41
43. (health promotion not (health promotion and treat*)).ti.
44. Smoking cessation/ or smoking/
45. Condom/ or “condom use”/ or safe sex/ or exp sexually transmitted disease/
46. (sex* adj (health or behave* or risk)).ti.
47. Smoking or tobacco or nicotine.ti.
48. Or/43-47
49. 42 not 48
50. ((university or college) adj (psychologists or counsellors)).ti,kf,ab.
51. ((Psychotherapy or ((cognitive or behavi*) adj2 therapy*) or CBT) and (treat* or intervention or effect? or efficacy or effectiveness or compar* or versus)).ti,ab.
52. exp psychotherapy/ or exp psychodynamic psychotherapy/ or exp short term psychotherapy/
53. 50 or 51 or 52
54. 49 and 53

ERIC EBSCO

1. DE "Eating Disorders"
2. ("eating disorder*" or ` (eat* N3 mood*) or EDNOS or anorexi* or orthorexi* or bulimi* or diabulimi* or (bing* N3 eat*) or (bing N3 purg*))
3. DE "Depression (Psychology)"
4. mood* or depress* or dysthymi* or "affective disorder*" or "affective symptom*"
5. DE "Separation Anxiety" OR DE "Fear" OR DE "Posttraumatic Stress Disorder"
6. DE "Anxiety Disorders"
7. DE "Anxiety"
8. ((adolesc* or general*) N2 anxi*)
9. TI anxiety
10. ("anxiety disorder*" or "social* anxiety" or phobi* or agoraphobi* or ADNOS or "health anxiety" or hypochondri* or obsess* or compulsi* or panic or PTSD or "post traumatic stress" or "posttraumatic stress" or "stress disorder*" or neurosis or neuroses or neurotic)
11. ((acute or chronic) N2 stress*)
12. ((psychological or emotional) N2 (debrief* or stress* or trauma*))
13. DE "Adjustment (to Environment)" OR DE "Social Adjustment"
14. ((mental* or psychologic*) N2 (health or well*))
15. ((psychologic* or social) N2 (adapt* or adjust*))
16. DE "Self Destructive Behavior"
17. ((addicti* or impuls* or compulsi*) N2 (behavi* or disorder*))
18. DE "Suicide"
19. "self injur*" or "self mutilat*" or suicide* or suicidal or parasuicid* or para-suicid*
20. (somatoform or somatization or somatisation or "medical* unexplained" or MUPS or "body dysmorphi*")
21. (oppositional N3 (defian* or disorder*))
22. ((conduct or behavi* or antisocial or anti-social or dyssocial or emotional* or internalizing or internalising or externalizing or externalising) N2 (disorder* or problem* or difficult* or disturb* or psychopath*))
23. ((conduct or behavi* or personalit*) N2 (aggressi* or agressi* or antisocial or anti-social or dyssocial or defiant* or deliquen* or disturb* or disrupt* or internalizing or internalising or externalizing or externalising or problem*))
24. DE "Personality Problems"
25. "personality disorder*"
26. DE "Substance Abuse" OR DE "Alcohol Abuse" OR DE "Drug Abuse" OR DE "Addictive Behavior"
27. TI addict*
28. ((alcohol or drug* or substance) N2 (abus* or misus* or use or user* or depend* or disorder))
29. ((addict* or dependen* or abuse or abuser or misuse*) N2 (aerosol* or alcohol* or amphetamin* or cannabi* or cocaine* or codeine or ecstasy or gases or GHB or heroin* or LSD or marihuana* or marijuana* or MDMA or methadone or methamphetamin* or morphine* or narcotic* or opiate* or opiod* or opium or psilocybin or psychedelic* or psychoactive* or psychostimulant* or solvent* or steroid* or stimulant*))
30. DE "At Risk Persons" OR DE "At Risk Students"
31. (((accident or emergency) N2 (department or ward))) AND ((drinking or alcohol or drugs or crime or violence)) AND brief
32. DE "university students" or DE "college students" or DE "undergraduate students"
33. DE "higher education" or DE college or DE university or DE "post secondary" or DE postsecondary
34. (student* or undergraduate* or under-graduate* or postgraduate* or post-graduate* or ((college or university) N3 (student* or women or men))
35. ((higher or tertiary) N2 education)
36. (randomi#ed or randomi#ation or randomi#ing)
37. (RCT or "at random" or (random* N3 (assign* or allocat* or control* or crossover or cross-over or design* or divide* or division or number)))
38. ((single or double) N1 blind*)

39. ((control* N2 (trial or study or group)) and (placebo or waitlist* or wait* list* or ((treatment or care) N2 usual) or ("no intervention*" or "non intervention*" or non-intervention* or "without any intervention*"))))
40. (ZT "journal article*") or (ZT "article")
41. (S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17 OR S18 OR S19 OR S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31)
42. S32 OR S33 OR S34 OR S35
43. S36 OR S37 OR S38 OR S39
44. S40 AND S41 AND S42 AND S43

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Akillas 1995	NR	47	Anxiety-Social	Treatment	Undergraduate	22.53 (18-41)	0	NR
Allan 2015	USA	82	PTSD	Indicated	Undergraduate	18.84 (18-28)	82.9	84% White 6% African American 5% Asian 2% Other
Armento 2012	USA	50	Depression	Indicated	Undergraduate	20.00 (18-NR)	62	88% Caucasian 8% African American 2% Latino 2% American Indian or Alaskan Native
Beard 2008	USA	27	Anxiety-Social	Indicated	Student unspecified	20.00 (NR)	93	78% Caucasian 7% African American 15% Asian 47.1% White
Bentley 2018	USA	138	Anxiety, Depression	Indicated	Undergraduate	18.25 (18-NR)	75.4	39.9% Pacific Islander 2.9% Black/African American 1.4% American Indian/Alaskan Native 4.3% Other
Bjornsson 2011	USA	45	Anxiety-Social	Treatment	Student unspecified	19.80 (18-25)	46.7	40% White
Braithwaite 2009	USA	77	Anxiety, Depression	Selective	First year undergraduate	19.4 (18-25)	71	76% White 10% African American 7% Hispanic 7% Other
Call 2014	USA	91	Anxiety-Generalised	Indicated	Undergraduate	22.73 (18-NR)	100	69% White 19% Black 7% Asian 1% American Indian 3% Other
Chen 2015	Taiwan	71	Depression	Indicated	Nursing College Students	18.56 (16-20)	NR	2% No Response 67.6% Taiwanese 16% Chinese 21% Ha-Kai 7% Aboriginal
Conoley 1985	USA	57	Depression	Indicated	Undergraduate	NR	100	NR

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Cook 2019	UK	159	Depression	Indicated	Student unspecified	20.35 (18-24)	83	92.5% White
Coughlin 2006	USA	135	Eating Disorder	Indicated	Undergraduate	19.89 (18-26)	100	NR
Cui 2016	China	180	Depression	Indicated	First year undergraduate	19.42 (NR)	38.8	NR
Daley 1983	USA	67	Anxiety-Generalised	Indicated	Student unspecified	NR	NR	NR
Delgado 2010	Spain	36	Anxiety-Generalised	Indicated	Student unspecified	NR (18-24)	100	NR
Diaz-Ferrer 2017	Spain	35	Eating Disorder	Indicated	Student unspecified	19.85 (18-30)	100	NR
Ellis 2011	Australia	39	Anxiety, Depression	Indicated	Undergraduate	19.67 (18-25)	77	NR
Ezegbe 2019	Nigeria	55	Depression	Indicated	Student Unspecified	20.93 (NR)	63.64	NR
Falsafi 2016	USA	90	Anxiety, Depression	Treatment	Undergraduate	22.10 (18-50)	86.4	90% White
Fawcett 2019	Canada	41	Anxiety, Depression	Indicated	Undergraduate	22.29 (17-41)	73.17	NR
Fitzpatrick 2017	USA	70	Anxiety, Depression	Selective	Student unspecified	22.20 (NR)	81.03	79% Caucasian 7% Asian 9% Mixed Race 2% African American 2% Native American 73% White
Franko 2005	USA	240	Eating Disorder	Indicated	First year undergraduate	18.20 (18-22)	100	7% Asian 11% Black 3% Latino/Hispanic 6% Other 39% Caucasian
Gardenswartz & Craske 2001	USA	121	Anxiety-Panic	Indicated	Student unspecified	20.30 (18-39)	68.6	30% Asian American 11% Hispanic 6% African American 11% Other
Gawrysiak 2009	USA	30	Depression	Indicated	Student unspecified	18.40 (18-NR)	80	70% Caucasian 13% African American 7% Latino 7% Asian American 3% Other

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Geisner 2006	USA	177	Depression	Indicated	Undergraduate	19.28 (18-NR)	70	49% Caucasian 48% Asian 3% Other
Geisner 2015	USA	339	Depression	Indicated	Student unspecified	20.14 (18-24)	62.4	60% Caucasian 19% Asian or Pacific Islander 1% Black or African American 8% Multiracial <1% Native American 78% Anglo origin 8% Asian/Asian-American/Pacific Islander
Gortner 2006	USA	97	Depression	Selective	Student unspecified	19.00 (18-36)	72	12% Latino/Hispanic 2% Other
Guo 2017	China	76	Depression	Indicated	Undergraduate	20.39 (NR)	94.9	NR
Grassi 2009	Italy	120	Anxiety-Generalised	Selective	Student unspecified	23.00 (20-25)	50	NR
Haddock 2017	USA	37	Depression	Indicated	Student unspecified	20.42 (18-27)	100	81% Caucasian 6% American Indian/Hispanic 3% Asian American/Pacific Islander 3% Other
Hamamci 2006	Turkey	31	Depression	Indicated	Undergraduate	19.52 (NR)	48.38	NR
Hamdan-Mansour 2009	Jordan	84	Depression	Indicated	Undergraduate	NR (17-24)	45	NR
Hutchings 1980	USA	70	Anxiety-Generalised	Indicated	Student unspecified	NR	68.57	NR
Kaminski 1996	USA	29	Eating Disorder	Indicated	Undergraduate	18.30 (NR)	100	92% White 4% Latina 4% Asian American
Kang 2009	South Korea	32	Anxiety, Depression	Selective	Undergraduate	22.47 (NR)	100	NR

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Kanji 2006	UK	93	Anxiety-Generalised	Selective	Undergraduate	NR (19-49)	90.32	NR
Kass 2014	USA	151	Eating Disorder	Indicated	Student unspecified	21.00 (18-25)	100	60% White 9% Black/African American 7% Chinese 7% Hispanic/Latina
Kenardy 2003	Australia	83	Anxiety-Generalised	Indicated	First year undergraduate	19.92 (17-51)	68.4	NR
Khumar 1993	India	50	Depression	treatment	Postgraduate	NR (20-25)	100	NR
Kovac 2002	USA	121	Self-harm-suicide	Indicated	Undergraduate	23.12 (18-42)	72.73	74% White 22% African American 3% Other
LaFreniere 2016	USA	51	Anxiety-Generalised	Treatment	Undergraduate	NR (18-NR)	84.31	77% White 8% Asian 6% Black 4% Hispanic 2% Middle Eastern 4% Other
Lange 2001	The Netherlands	25	PTSD	Indicated	Student unspecified	22.00 (18-37)	64	NR
Lee 2013	South Korea	23	Anxiety-Social	Treatment	Student unspecified	23.23 (NR)	52.17	NR
Levin 2017	USA	79	Anxiety, Depression	Selective	Student unspecified	20.51 (18-NR)	66	88% White 3% Asian 3% Hispanic 3% Multiracial 1% African American 1% Native Hawaiian or other pacific islander 14% Hispanic/Latino

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Littleton 2016	USA	87	PTSD	Treatment	Student unspecified	22.00 (18-42)	100	46% White/European American 25% Black/African American 7% Asian/Asian American 1% Native American 14% Multi-ethnic
McCall 2018	Canada	101	Anxiety-Social	Indicated	Student unspecified	21.86 (17-46)	72	18% White 62% Asian 20% Other
McIndoo 2016	USA	50	Depression	Indicated	Student unspecified	19.20 (NR)	62	76% Caucasian 10% Mixed Race 4% Black/African American 4% Asian American 4% Indian/Middle Eastern 2% Hispanic
Mogoase 2013	Romania	42	Depression	Indicated	Undergraduate	22.87 (NR)	95.23	NR
Mohammadi 2011	Iran	28	Depression	Indicated	Student unspecified	20.12 (18-22)	100	NR
Moldovan 2013	Romania	96	Depression	Indicated	First year undergraduate	23.58 (NR)	87.5	NR
Noormohamadi 2019	Iran	30	Anxiety-Generalised	Selective	Student Unspecified	NR (18-28)	NR	NR
Pace 1993	USA	74	Depression	Indicated	Undergraduate	22.13 (NR)	78.38	NR
Peden 2000	USA	92	Depression	Indicated	Student unspecified	19.20 (18-34)	100	NR
Pennesi 2018	Australia	115	Eating Disorder	Indicated	First year undergraduate	20.27 (17-28)	100	70% Caucasian 22% Asian 3% African 3% Indian 2% Middle Eastern

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Phimarn 2015	Thailand	68	Depression	Indicated	Student unspecified	19.95 (18-35)	35.29	NR
Rasanen 2016	Finland	68	Anxiety, Depression	Selected	Student unspecified	24.29 (19.32)	85.3	NR
Rezvan 2008	Iran	36	Anxiety-Generalised	Treatment	Undergraduate	20.30 (NR)	100	NR
Richards 2016	Ireland	137	Anxiety-Generalised	Indicated	Student unspecified	23.82 (17-58)	77	NR
Robatmili 2015	Iran	20	Depression	indicated	Student unspecified	NR	NR	NR
Rohde 2014	USA	82	Depression	Indicated	Undergraduate	19.00 (17-22)	69.5	81% Caucasian 11% Asian American 3% African American 5% Other
Rohde 2016	USA	59	Depression	Indicated	Student unspecified	21.80 (18-28)	68	70% Caucasian 9% Asian American 3% Hispanic 2% Native American 16% Other
Roushani 2016	Iran	32	Anxiety-Social	Indicated	Student unspecified	NR (20-35)	100	NR
Sadeghi 2016	Iran	46	Depression	treatment	Undergraduate	21.03 (NR)	21.74	NR
Sanchez-Ortiz 2011	UK	76	Eating Disorder	Treatment	Student unspecified	23.90 (NR)	NR	NR
Saravanan 2017	Malaysia	74	Depression	Indicated	First year undergraduate	20.38 (18-23)	9.3	8% Nigerian 5% Zimbabwe 5% Sudan 21% Iran 12% Iraq 7% Saudi Arabia 7% Sri Lanka 7% Pakistan 12% Egypt 2% Bangladesh 7% Jordan 9% Yemen

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Schelver 1983	USA	45	Anxiety-Social	Indicated	Undergraduate	NR	NR	NR
Seligman 1999	USA	231	Depression	Indicated	First year undergraduate	NR	52	NR
Seligman 2007	USA	240	Depression	Indicated	First year undergraduate	NR	65	NR
Sethi 2010	Australia	38	Anxiety, Depression	Indicated	Undergraduate	19.47 (18-23)	65.79	NR
Sloan 2011	USA	47	PTSD	Treatment	Undergraduate	18.90 (NR)	NR	57% Caucasian 21% African American 9% Hispanic 7% Asian American 5% Other
Song 2015	South Korea	50	Anxiety, Depression	Selective	Undergraduate	19.55 (NR)	81.82	NR
Stallman 2016*	Australia	107	Anxiety, Depression	Indicated	Student unspecified	23.00 (17-48)	92	NR
Stefan 2018	Romania	71	Anxiety-Social	Indicated	Student Unspecified	18.92 (NR)	92.9	NR
Taylor 2006	USA	480	Eating Disorder	Indicated	Undergraduate	20.80 (17-31)	100	60% White 2% African American 10% Hispanic 17% Asian 11% Other

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Taylor 2016	USA	206	Eating Disorder	Indicated	Student unspecified	20.00 (18-25)	100	51% Caucasian 11% African American 10% Hispanic 21% Asian/Asian American 7% Other
Torabizadeh 2016	Iran	150	Anxiety-Generalised	Indicated	Undergraduate	NR	66.7	NR
Uliaszek 2016	Canada	54	Anxiety, Depression	Indicated	Student unspecified	22.17 (18-46)	78	9% African America 37% Asian American 4% Multiracial 28% Caucasian 6% Hispanic 15% Other
Vasquez 2012	Spain	133	Depression	Indicated	Student unspecified	23.30 (NR)	82	NR
Vestre 1986	USA	81	Anxiety-Social	Indicated	Student unspecified	NR	71.6	NR
Wu 2002	Taiwan	24	Anxiety, Depression	Indicated	Undergraduate	NR (19-21)	50	NR
Xu 2019	China	101	Anxiety, Depression	Selective	First year undergraduate	19.79 (NR)	47.13	NR
Yang 2015	China	77	Depression	Indicated	Undergraduate	19.48 (NR)	68.52	NR
Yang 2018	China	74	Depression	Treatment	First year undergraduate	18.50 (16-21)	59.5	NR
Ye 2017	China	27	Anxiety-Social	Treatment	First year undergraduate	25.08 (16-40)	37.03	11% Black African 55% White 11% Indian or Pakistani 7% other
Zabinski 2001	USA	62	Eating Disorder	Indicated	Undergraduate	19.30 (17-24)	100	66% Caucasian 27% Latina/Hispanic 2%% Asian 5% Other

Appendix 2a: Further Study Characteristics

Study ID	Country	Sample Size	Diagnosis	Intervention Type	Student Status	Age Mean (Range)	Gender (% female)	Ethnicity
Zabinski 2004	USA	60	Eating Disorder	Indicated	Undergraduate	18.90 (17-33)	100	65% Caucasian 19% Latino 8% Asian/Pacific Islander 3% African American 5% Other
Zemestani 2016	Iran	45	Depression	Treatment	Undergraduate	24.20 (18-30)	60.98	NR

Note: NR = Not recorded

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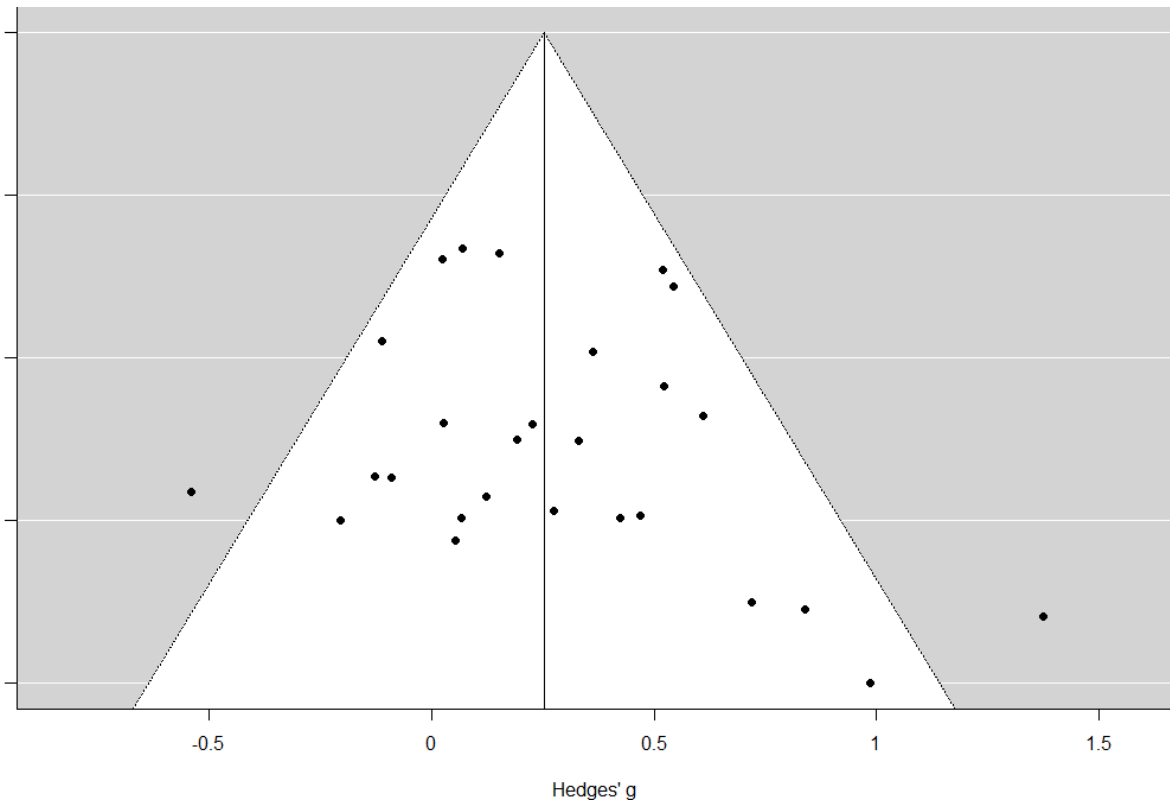
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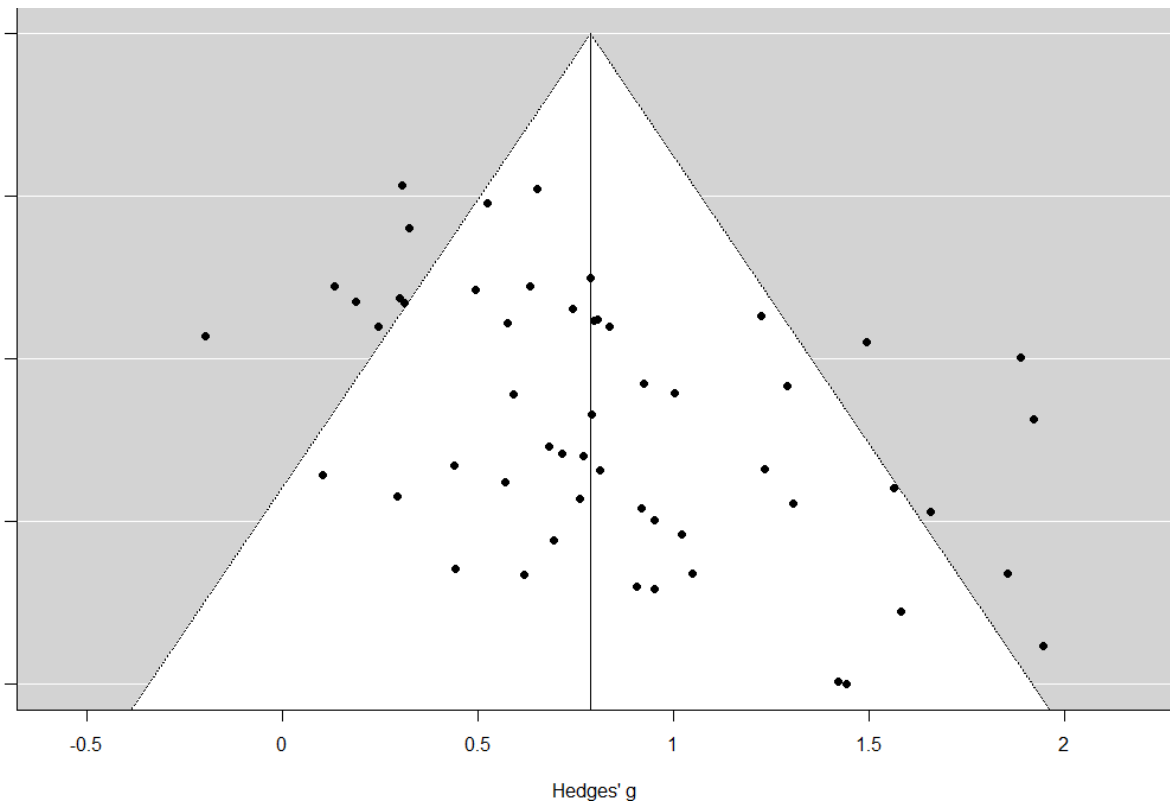
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Appendix 3: Funnel Plots

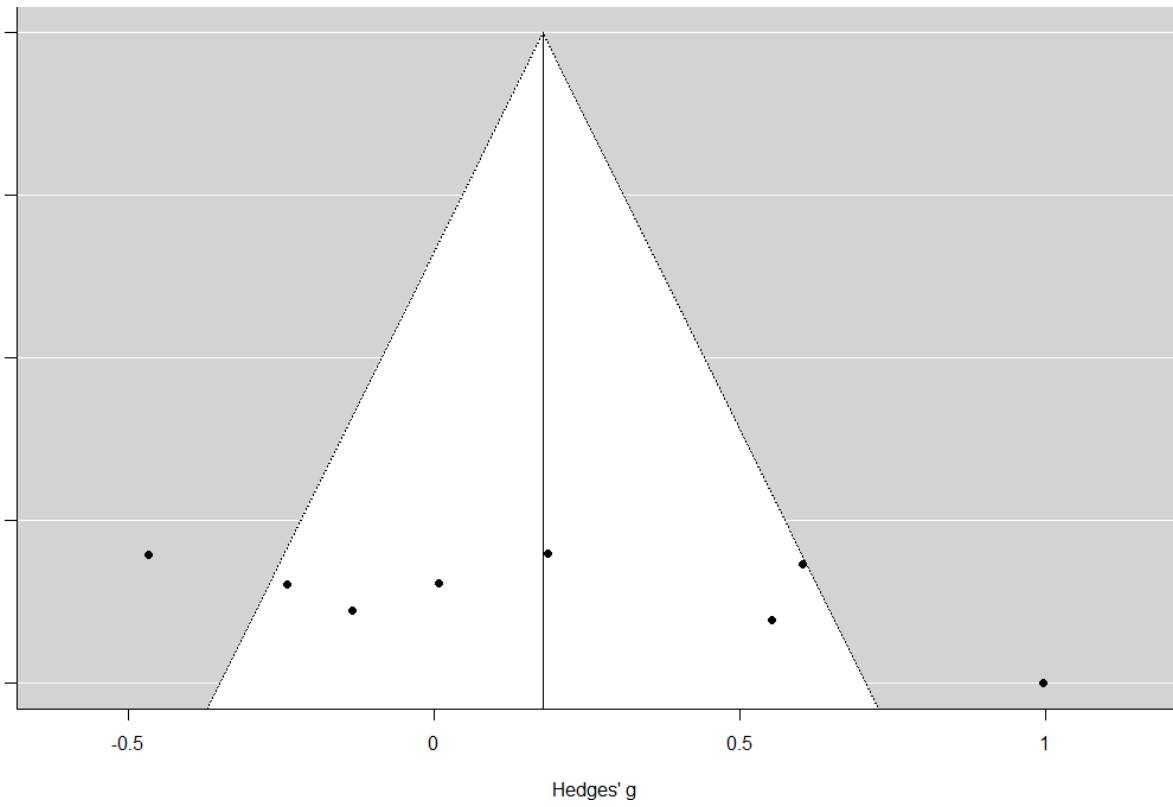
Indicated Interventions, Active comparisons



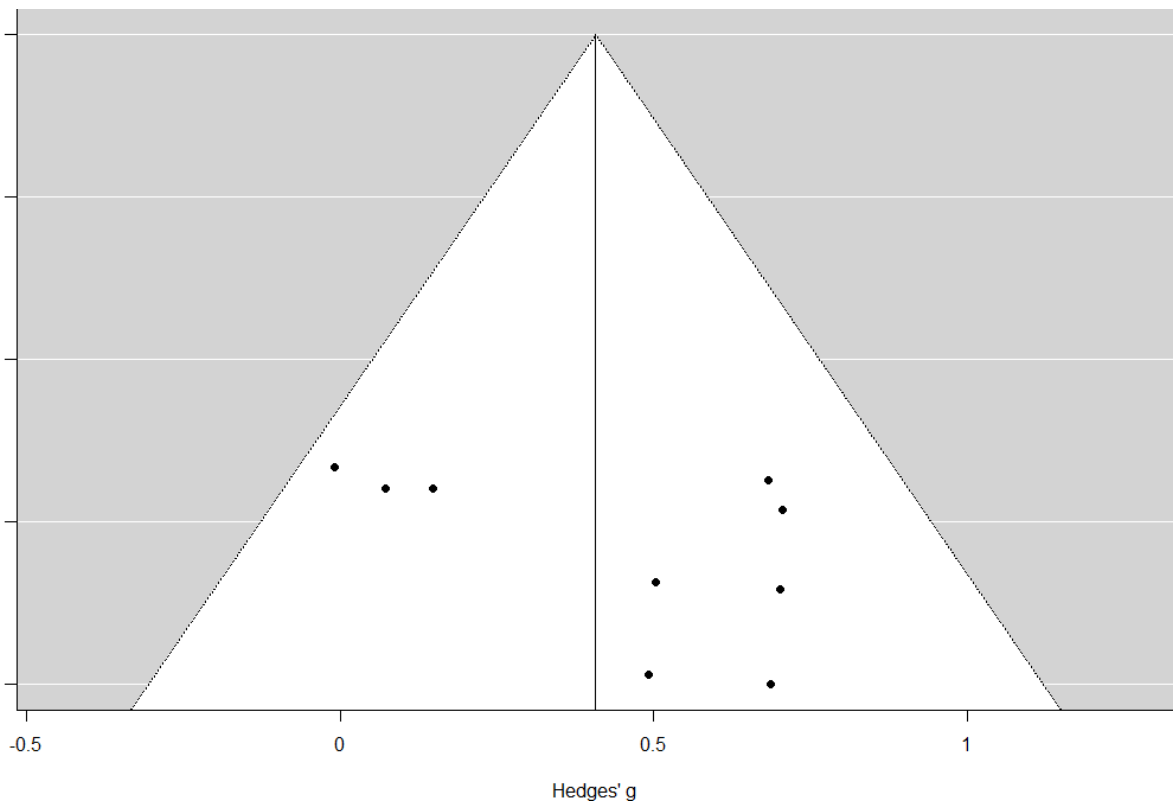
Indicated Interventions, Waitlist comparisons



Selective Interventions, Active Comparisons



Selective Interventions, Waitlist Comparisons



Appendix 4: Analyses including additional studies with extreme effect sizes

Depression- Indicated treatments only.

Comparison	Timepoint	Sensitivity analysis ^a				Main Analysis			
		K (interventions)	Hedges' g (CI)	p	I ²	K (interventions)	Hedges' g (CI)	p	I ²
Active	End of Treatment	14 (15)	0.68 (0.31, 1.04)	<.001	88.30%	12 (13)	0.30 (0.14, 0.47)	<.001	38.18%
Waitlist/No intervention	End of Treatment	24 (30)	1.21 (0.92, 1.50)	<.001	84.79%	21 (26)	0.87 (0.67, 1.07)	<.001	66.52%
	1-3 month FU	9 (12)	1.35 (0.80, 1.90)	<.001	84.01%	7 (9)	0.66 (0.44, 0.87)	<.001	2.82%

^aStudies removed: Saravanan 2017, Ezegbe 2019, Zemestani 2016, Robamili 2015, Guo 2017

Comparison	Main strategy	Sensitivity analysis ^a				Main Analysis			
		K (interventions)	Hedges' g (CI)	p	I ²	K (interventions)	Hedges' g (CI)	p	I ²
Active	All Strategies	14 (15)	0.68 (0.31, 1.04)	<.001	88.30%	12 (13)	0.30 (0.14, 0.47)	<.001	38.18%
	Cognitive and behavioural	9 (9)	0.71 (0.20, 1.22)	.006	87.97%	7 (8)	0.35 (0.08, 0.61)	.010	54.08%
Waitlist/No intervention	All Strategies	24 (30)	1.21 (0.92, 1.50)	<.001	84.79%	21 (26)	0.87 (0.67, 1.07)	<.001	66.52%
	Cognitive and behavioural	18 (19)	1.17 (0.83, 1.51)	<.001	85.14%	15 (16)	0.71 (0.53, 0.88)	<.001	42.08%
	Mindfulness/Meditation	3 (4)	1.84 (1.52, 3.16)	.006	87.42%	2 (3)	1.02 (0.47, 1.56)	<.001	28.49%

^aStudies removed: Saravanan 2017, Ezegbe 2019, Zemestani 2016, Robamili 2015, Guo 2017

Anxiety-EOT only, Waitlist comparisons only

Intervention Type	Strategy	Sensitivity analysis ^{a,b}				Main analysis			
		K (interventions)	Hedges' g (CI)	p	I ²	K (interventions)	Hedges' g (CI)	p	I ²
Selective ^a	End of Treatment	6 (6)	0.70 (0.11, 1.29)	.021	82.82%	5 (5)	0.33 (0.06, 0.61)	.016	19.85%
Indicated ^b	End of Treatment	19 (24)	0.91 (0.68, 1.15)	<.001	67.37%	17 (21)	0.73 (0.55, 0.90)	<.001	37.25%
	Cognitive and behavioural	12 (13)	0.92 (0.54, 1.29)	<.001	76.65%	10 (11)	0.62 (0.37, 0.87)	<.001	42.50%

^aStudies removed: Noormohamadi 2019, ^bStudies removed: Ezegbe 2019, Rezvan 2008

Appendix 5: metaregression of additional predictors of intervention effectiveness

K	Variable	Unadjusted			Adjusted for disorder, control type, intervention type		
		Coefficient	95% CI	P-value	Coefficient	95% CI	p-value
80	Age	0.02	-0.04, 0.08	.530	0.05	-0.01, 0.10	.128
93	Gender	-0.00	-0.01, 0.00	.598	0	-0.00, 0.01	.731
41	Ethnicity	0	-0.01, 0.01	.701	0.01	0.00, 0.01	.238
98	Transdiagnostic	0.28	0.10, 0.47	.003	0.35	0.12, 0.58	.003
98	Individual format	-0.19	-0.38, 0.00	.052	-0.06	-0.25, 0.12	.506
92	Number of sessions	0.03	0.01, 0.05	.005	0.03	0.01, 0.05	.004
77	Professional treatment provider	0.14	-0.09, 0.37	.240	0.08	-0.15, 0.32	.492
98	High study quality	0.19	-0.04, 0.43	.104	0.11	-0.11, 0.33	.320

Appendix 6: All meta-analyses for the effectiveness of interventions in improving measures of wellbeing at end of treatment.

Control Type	Main Strategy	K (Number of interventions)	Hedges' g (95% CI)	p	I ²
Selective: Waitlist/No Treatment	All Strategies	4 (4)	0.33 (-0.05, 0.72)	.092	0%
Indicated: Active	All Strategies	4 (5)	0.25 (-0.01, 0.51)	.060	0%
	Cognitive and behavioural	3 (4)	0.35 (0.03, 0.66)	.031	0%
Indicated: Waitlist/No Treatment	All Strategies	9 (10)	0.45 (0.21, 0.70)	<.001	40.18%
	Cognitive and behavioural	6 (6)	0.53 (0.18, 0.88)	.003	62.06%
	Mindfulness/Meditation	2 (3)	0.37 (-0.03, 0.78)	.073	0%

Thirteen studies reported wellbeing outcomes for indicated interventions. Interventions with active controls demonstrated no significant improvement in wellbeing at end of treatment (K=5, g=0.25, CI: -0.01, 0.51, p=.060). There was limited report of follow up wellbeing outcomes, and none remained significant. When analysed separately, cognitive and behavioural interventions (K=4, g=0.35, 95% CI: 0.03, 0.66, p=.031) displayed small effects in improving student wellbeing. Interventions with waitlist controls showed a small effect at end of treatment (K=10, g= 0.45, CI: 0.21, 0.70, p<.001). Subgroup analyses indicated that cognitive behavioural interventions (K= 6, g=0.53, CI: 0.18, 0.88, p=.003) demonstrated significant medium effects on wellbeing, and mindfulness/meditation interventions (K=3, g=0.37, CI: -0.03, 0.78, p=.073) showed no significant benefit. Four studies (5 interventions) reported 3 months follow up, which retained a medium significant effect on wellbeing outcomes (g=0.69, CI: 0.24, 1.15, p=.003).

Five studies reported wellbeing outcomes for selective interventions. Meta-analysis of the four interventions with waitlist controls demonstrated no significant improvement in wellbeing at the end of treatment (K=4, g=0.33, CI: -0.05, 0.72, p=.092). The fourth study (Xu, Wu, Yu, & Li, 2019) reported a significant medium effect compared to an attentional control (g=0.57, CI: 0.14, 1.00).

Appendix 7a: Attrition meta-regression of adaption on odds of drop-out

Model	K	Variable	OR	95% CI	p-value
1	66	Adapted intervention	0.72	0.45, 1.13	0.154
2	66	Adapted intervention	0.94	0.57, 1.54	0.809
		Diagnosis ^a			
		Anxiety, Depression	0.47	0.24, 0.92	0.026
		Depression	1.15	0.61, 2.18	0.672
		ED	0.70	0.38, 1.29	0.253
		PTSD	0.87	0.32, 2.35	0.785
		Waitlist/No intervention	1.11	0.72, 1.72	0.634
		Selective Intervention	1.10	0.56, 2.16	0.791
3		Adapted intervention	1.11	0.54, 2.26	.780
		Diagnosis ^a			
		Anxiety, Depression	0.63	0.23, 1.73	.372
		Depression	1.09	0.50, 2.38	.827
		ED	0.48	0.22, 1.06	.070
		PTSD	1.02	0.27, 3.90	.979
		Waitlist/No intervention	0.95	0.53, 1/70	.867
		Selective Intervention	0.91	0.40, 2.08	.827
		Delivered face-to-face	0.59	0.23, 1.55	.285
		Transdiagnostic	0.65	0.30, 1.42	.281
		Individual format	0.46	0.20, 1/03	.058
		Number of sessions	1.03	0.92, 1.15	.629
		Treatment provider	2.06	0.99, 5.30	.054
		High study quality	0.65	0.34, 1.24	.192
4		Adapted intervention	1.23	0.54, 2.80	.615
		Diagnosis ^a			
		Anxiety, Depression	0.37	0.08, 1.70	.202
		Depression	1.19	0.42, 3.38	.750
		ED	0.61	0.18, 2.11	.438
		PTSD	1.60	0.31, 8.14	.572
		Waitlist/No intervention	1.13	0.57, 2.22	.723
		Selective Intervention	1.71	0.38, 7.65	.481
		Delivered face-to-face	0.62	0.21, 1.87	.398
		Transdiagnostic	0.68	0.19, 2.40	.550
		Individual format	0.43	0.17, 1.07	.069
		Number of sessions	1.00	0.87, 1.16	.979
		Treatment provider	2.52	1.09, 5.85	.031
		High study quality	0.79	0.35, 1.75	.558
		Age	1.07	0.82, 1.39	.626
		Gender	1.00	0.97, 1.02	.745

^a Reference category for diagnosis=Anxiety

Appendix 7b: meta-regression additional predictors of attrition

K	Variable	Unadjusted			Adjusted for disorder, control type, intervention type		
		OR	95% CI	p-value	OR	95% CI	p-value
56	Age	0.91	0.79, 1.05	.210	0.89	0.78, 1.02	.088
62	Gender	1.00	0.99, 1.01	.953	1.00	0.99, 1.02	.698
33	Ethnicity	1	0.98, 1.01	.617	1.01	1.00, 1.03	.165
66	Transdiagnostic	0.73	0.48, 1.10	.127	1.02	0.56, 1.85	.957
66	Individual format	0.75	0.50, 1.15	.189	0.73	0.48, 1.09	.121
63	Number of sessions	0.99	0.92, 1.07	.863	0.99	0.93, 1.07	.878
55	Professional treatment provider	1.41	0.87, 2.28	.162	1.73	1.01, 2.96	.046
66	High study quality	0.87	0.52, 1.45	.587	0.75	0.45, 1.27	.286

Appendix 8: PRISMA checklist

Section/topic	#	Checklist item	Reported on page #
TITLE			
Title	1	Identify the report as a systematic review, meta-analysis, or both.	Title
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	abstract
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known.	1
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	1/2
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	2
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	2
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	2
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	Appendix1
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	2
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	3
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	3

Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	3
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	3
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I^2) for each meta-analysis.	3

Section/topic	#	Checklist item	Reported on page #
Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	4
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	3/4
RESULTS			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	4
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	Table 1/Appendix2
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	4
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	Figure3/4
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	5/6/7/8
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	4
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	4/8/9
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	11

Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	11/12
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	12
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	12