

	Pre-treatment			Post-treatment			Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	
Ellison et al. 2009/Goldman et al. 2005	1.49	0.58	29	0.99	0.54	29	5.6%	0.88 [0.34, 1.42]		
Ellison et al. 2009/Goldman et al. 2005	1.54	0.4	27	0.97	0.53	27	5.2%	1.20 [0.61, 1.78]		
Greenberg & Watson 1998	1.86	0.43	17	1.31	0.45	17	4.0%	1.22 [0.48, 1.96]		
Greenberg & Watson 1998	1.64	0.37	17	0.81	0.32	17	3.1%	2.34 [1.45, 3.24]		
Klein & Elliot 2006	1.74	0.66	31	1.5	0.62	31	6.0%	0.37 [-0.13, 0.87]	+	
Lindfors et al. 2015	97.2	30.1	97	77.6	36.4	93	8.4%	0.59 [0.30, 0.88]		
Lindfors et al. 2015	92.8	31.4	101	79	35.8	98	8.5%	0.41 [0.13, 0.69]		
Quilty et al. 2013	49.61	17.32	47	44.52	20.38	47	7.0%	0.27 [-0.14, 0.67]	+	
Quilty et al. 2013	54.13	13.53	50	43.69	15.09	50	7.1%	0.72 [0.32, 1.13]		
Renner et al. 2012	1.66	0.53	490	1.15	0.56	354	9.8%	0.94 [0.79, 1.08]	-	
Solbakken & Abbass 2015	1.76	0.33	30	1.44	0.49	30	5.8%	0.76 [0.23, 1.28]		
Steinert et al. 2015	1.66	0.52	151	1.41	0.59	151	9.0%	0.45 [0.22, 0.68]		
Vittengl et al. 2004 & 2003	1.62	0.53	147	1.01	0.55	122	8.7%	1.13 [0.87, 1.39]		
Watson et al. 2003	1.33	0.51	29	1.18	0.53	29	5.9%	0.28 [-0.23, 0.80]	-+	
Watson et al. 2003	1.4	0.38	30	1.05	0.54	30	5.8%	0.74 [0.22, 1.26]		
Total (95% CI)			1293			1125	100.0%	0.74 [0.56, 0.93]	•	
Heterogeneity: Tau ² = 0.09; Chi ² = 55.33	8, df = 14	(P < 0.0	00001)	; l² = 75	%					
Test for overall effect: Z = 7.71 (P < 0.00001)								-2 -1 0 1 2 indicates deterioration indicates improvement		
,	,								indicates deterioration indicates improvement	

