

	subjects were randomly allocated to groups	allocation was concealed	the groups were similar at baseline regarding the most important prognostic indicators	there was blinding of all subjects	there was blinding of all therapists who administered the therapy	there was blinding of all assessors who measured at least one key outcome	measures of at least one key outcome were obtained from more than 85% of the subjects initially allocated to groups	all subjects for whom outcome measures were available received the treatment or control condition as allocated	the results of between-group statistical comparisons are reported for at least one key outcome	the study provides both point measures and measures of variability for at least one key outcome	Total score
Abdelaziz, et al., 2022	1	1	1	0	1	0	1	1	1	1	8
Ahorsu, et al., 2020	1	1	1	0	0	0	1	1	0	1	6
Arnedt, et al., 2013	1	1	1	1	1	0	1	1	1	1	9
Arnedt, et al., 2021	1	0	1	0	0	0	0	1	1	1	5
Blom, et al., 2015	1	1	1	1	1	1	1	1	0	1	9
Brenes, et al., 2012	1	1	1	1	1	1	1	0	1	1	9
Chan, et al., 2023	1	1	1	0	1	1	1	0	1	1	8
Chapoutot, et al., 2021	1	1	0	1	1	0	1	0	1	1	7
Cheng, et al., 2019	1	1	1	0	1	1	1	1	1	1	9
Espie, et al., 2012	1	1	1	1	1	0	1	1	1	1	9
Freeman, et al., 2015	1	0	1	0	0	1	0	0	1	1	5
Freeman, et al., 2017	1	0	1	1	0	1	0	0	1	1	6
Gieselmann et al., 2019	1	0	1	0	0	1	1	0	1	1	6
Glozier, et al., 2019	1	0	1	0	0	1	0	0	1	1	5
Godzic, et al., 2021	1	1	1	0	1	0	1	0	1	1	7
Hagatun, et al., 2019	1	1	1	0	1	1	1	1	1	1	9
Ho, et al., 2014	1	1	1	1	1	1	1	0	1	1	9
Horsch, et al., 2017	1	0	1	0	1	0	0	0	1	1	5
Hürlimann, et al., 2023	1	1	0	0	1	1	1	0	1	1	6
Jernelöv, et al., 2012	1	1	1	1	0	1	0	1	0	1	7
Kaldo, et al., 2015	1	0	1	0	1	0	1	0	1	1	6
Kalmbach, et al., 2020	1	0	1	0	0	1	0	1	1	1	6
Lancee, et al., 2016	1	0	1	0	1	1	0	0	1	1	6
Lokman, et al., 2017	1	1	1	1	1	1	0	1	1	1	9
Lorenz, et al., 2019	1	0	1	0	0	0	0	1	1	1	5
McCurry, et al., 2016	1	1	1	1	1	1	1	1	0	1	9
McCurry, et al., 2021	1	1	1	1	1	1	1	0	1	1	9
Morris, et al., 2016	1	1	1	0	1	1	0	1	0	1	7
Oswald, et al., 2022	1	1	0	1	1	1	0	0	1	1	7
Rajabi Majd, et al., 2020	1	1	1	0	1	1	1	1	1	1	9
Ritterband, et al., 2009	1	1	1	1	1	1	0	1	1	1	9
Ritterband, et al., 2017	1	1	1	1	1	1	1	1	0	1	9
Siebmans, et al., 2021	1	1	1	1	1	1	1	0	1	1	9
Thorndike, et al., 2013	1	1	0	1	1	0	1	0	1	1	7
van der Zweerde, et al., 2019	1	1	1	0	1	1	0	1	1	1	8
van der Zweerde, et al., 2020	1	0	1	0	1	1	0	0	1	1	6
van Straten, et al., 2014	1	1	1	1	1	0	1	1	1	1	9
Vedaa, et al., 2020	1	0	1	0	1	0	0	1	1	1	6
Vincent & Lewycky, 2009	1	1	1	1	1	1	1	1	0	1	9
Yeung, et al., 2022	1	1	1	0	0	1	1	0	1	1	6
Zachariae, et al., 2018	1	1	1	0	1	1	1	1	1	1	9
Zhang, et al., 2023	1	1	1	1	1	1	1	0	1	1	9