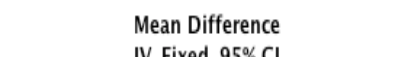
Study or Subgroup	Cognitive Therapy Mean	SD	Total	Exposure Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
Clark 2006	52.96	41.68	21	88.8	39.16	21	45.3%	-35.84 [-60.30, -11.38]
Hofmann 2004	84.46	33.81	17	109	35.17	20	54.7%	-24.54 [-46.81, -2.27]
Total (95% CI)			**38**			**41**	**100.0%**	**-29.66 [-46.13, -13.19]**

Heterogeneity: $Chi^2 = 0.45$, df = 1 (P = 0.50); $I^2 = 0\%$

Test for overall effect: Z = 3.53 (P = 0.0004)