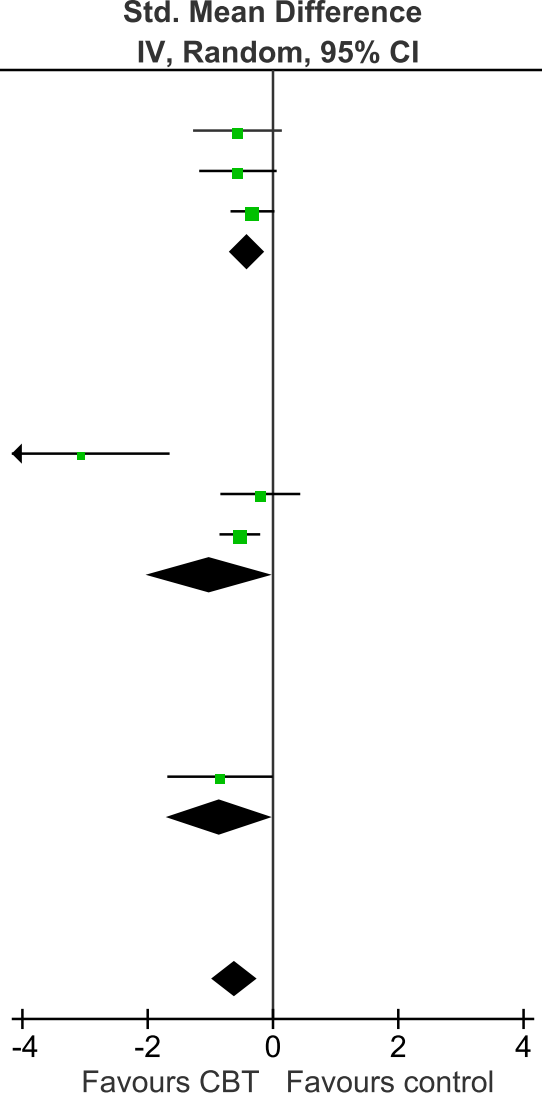Study or Subgroup	CBT Mean	CBT SD	CBT Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.1.1 Individual therapy								
Mohr 2000 (8w/8w)	18.7	13.8	16	26.7	13.7	16	12.8%	-0.57 [-1.28, 0.14]
Mohr 2001 (16w/16w)	12.9	8.6	20	18.9	12	22	14.6%	-0.56 [-1.18, 0.06]
Mohr 2005 (16w/16w)	15	10.83	62	18.48	10.28	65	21.2%	-0.33 [-0.68, 0.02]
Subtotal (95% CI)			**98**			**103**	**48.5%**	**-0.41 [-0.69, -0.13]**
Heterogeneity: Tau² = 0.00; Chi² = 0.62, df = 2 (P = 0.73); I² = 0%								
Test for overall effect: Z = 2.89 (P = 0.004)								
1.1.2 Group therapy								
Larcombe 1984 (6w/7w)	8.11	5.04	9	33.4	9.72	10	5.0%	-3.07 [-4.49, -1.65]
Forman 2010 (12w/12w)	8.1	4.5	19	9	4.2	19	14.2%	-0.20 [-0.84, 0.44]
Lincoln 2011 (12w/16w)	17.3	10.1	72	22.4	9.1	79	21.8%	-0.53 [-0.85, -0.20]
Subtotal (95% CI)			**100**			**108**	**41.0%**	**-1.00 [-2.00, 0.01]**
Heterogeneity: Tau² = 0.62; Chi² = 13.26, df = 2 (P = 0.001); I² = 85%								
Test for overall effect: Z = 1.94 (P = 0.05)								
1.1.3 Computerised therapy								
Cooper 2011 (8w/8w)	14.8	7.5	12	22.1	9.1	12	10.5%	-0.85 [-1.69, -0.00]
Subtotal (95% CI)			**12**			**12**	**10.5%**	**-0.85 [-1.69, -0.00]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.97 (P = 0.05)								
Total (95% CI)			**210**			**223**	**100.0%**	**-0.61 [-0.96, -0.26]**
Heterogeneity: Tau² = 0.12; Chi² = 15.10, df = 6 (P = 0.02); I² = 60%								
Test for overall effect: Z = 3.41 (P = 0.0006)								
Test for subgroup differences: Chi² = 1.95, df = 2 (P = 0.38), I² = 0%