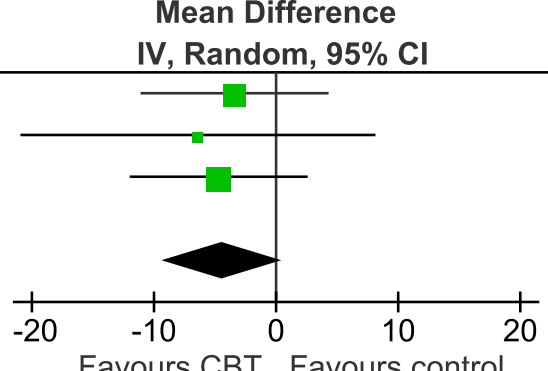
Study or Subgroup	CBT Mean	CBT SD	CBT Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
Cooper 2011 (08w/08w)	23.4	10.3	12	26.8	8.9	12	41.7%	-3.40 [-11.10, 4.30]
Forman 2010 (12w/12w)	49.4	21.1	19	55.8	24.5	19	11.7%	-6.40 [-20.94, 8.14]
Lincoln 2011 (12w/16w)	45.2	25.1	72	49.9	20	79	46.6%	-4.70 [-11.98, 2.58]
Total (95% CI)			**103**			**110**	**100.0%**	**-4.36 [-9.33, 0.62]**

Heterogeneity: Tau² = 0.00; Chi² = 0.14, df = 2 (P = 0.93); I² = 0%

Test for overall effect: Z = 1.72 (P = 0.09)