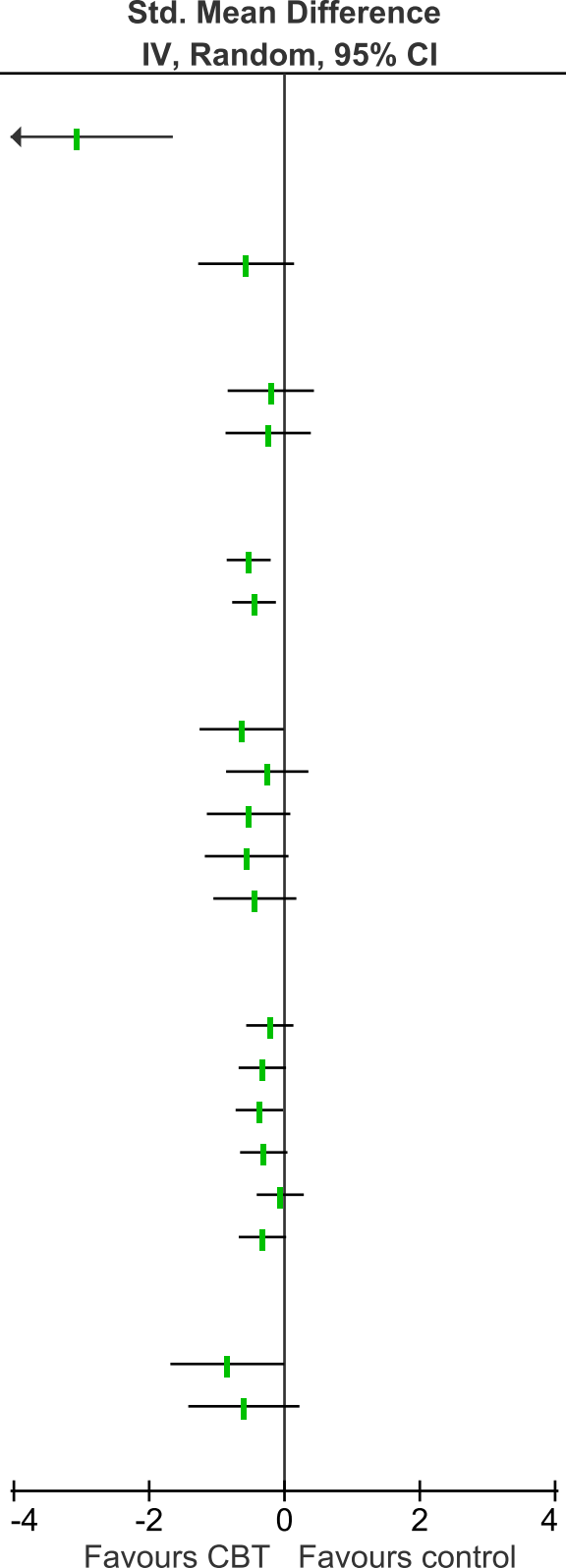Study or Subgroup	CBT Mean	CBT SD	CBT Total	Control Mean	Control SD	Control Total	Std. Mean Difference IV, Random, 95% CI
1.4.1 Larcombe 1984 (Group Therapy)							
Larcombe 1984 (6w/7w)	8.11	5.04	9	33.4	9.72	10	-3.07 [-4.49, -1.65]
1.4.2 Mohr 2000 (Individual Therapy)							
Mohr 2000 (8w/8w)	18.7	13.8	16	26.7	13.7	16	-0.57 [-1.28, 0.14]
1.4.3 Forman 2010 (Group Therapy)							
Forman 2010 (12w/12w)	8.1	4.5	19	9	4.2	19	-0.20 [-0.84, 0.44]
Forman 2010 (12w/26w)	8.5	3.9	20	9.6	5	19	-0.24 [-0.87, 0.39]
1.4.4 Lincoln 2011 (Group Therapy)							
Lincoln 2011 (12w/16w)	17.3	10.1	72	22.4	9.1	79	-0.53 [-0.85, -0.20]
Lincoln 2011 (12w/32w)	16.3	9.9	72	20.9	10.4	79	-0.45 [-0.77, -0.13]
1.4.5 Mohr 2001 (Individual Therapy)							
Mohr 2001 (16w/4w)	17.7	7.8	20	23.3	9.4	22	-0.63 [-1.26, -0.01]
Mohr 2001 (16w/8w)	16.7	7.2	20	19	10.1	22	-0.26 [-0.86, 0.35]
Mohr 2001 (16w/12w)	14.3	6.6	20	19.3	11.1	22	-0.53 [-1.15, 0.09]
Mohr 2001 (16w/16w)	12.9	8.6	20	18.9	12	22	-0.56 [-1.18, 0.06]
Mohr 2001 (16w/26w)	12.1	7.4	20	16.6	12	22	-0.44 [-1.05, 0.18]
1.4.6 Mohr 2005 (Individual Therapy)							
Mohr 2005 (16w/8w)	19.76	9.28	62	21.8	9.39	65	-0.22 [-0.57, 0.13]
Mohr 2005 (16w/16w)	15	10.83	62	18.48	10.28	65	-0.33 [-0.68, 0.02]
Mohr 2005 (16w/28w)	13.56	11.02	62	17.68	11.03	65	-0.37 [-0.72, -0.02]
Mohr 2005 (16w/40w)	15.78	10.3	62	19.03	10.76	65	-0.31 [-0.66, 0.04]
Mohr 2005 (16w/52w)	15.8	12.22	62	16.48	9.15	65	-0.06 [-0.41, 0.29]
Mohr 2005 (16w/64w)	15.02	9.79	62	18.25	9.9	65	-0.33 [-0.68, 0.02]
1.4.7 Cooper 2011 (Computerised Therapy)							
Cooper 2011 (8w/8w)	14.8	7.5	12	22.1	9.1	12	-0.85 [-1.69, -0.00]
Cooper 2011 (8w/21w)	18.3	7.9	12	24.4	11.4	12	-0.60 [-1.42, 0.22]