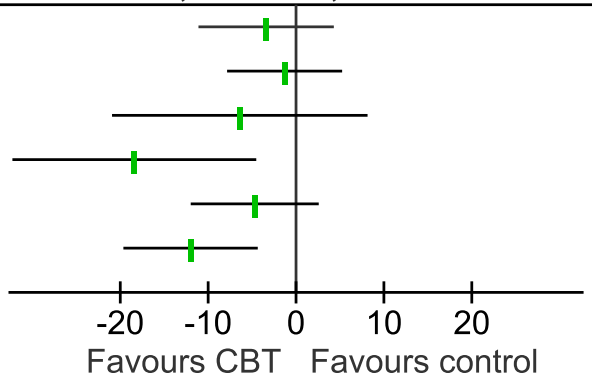Study or Subgroup	CBT Mean	CBT SD	CBT Total	Control Mean	Control SD	Control Total	Mean Difference IV, Random, 95% CI
Cooper 2011 (08w/08w)	23.4	10.3	12	26.8	8.9	12	-3.40 [-11.10, 4.30]
Cooper 2011 (08w/21w)	24.4	6.6	12	25.7	9.5	12	-1.30 [-7.84, 5.24]
Forman 2010 (12w/12w)	49.4	21.1	19	55.8	24.5	19	-6.40 [-20.94, 8.14]
Forman 2010 (12w/26w)	44	19.9	20	62.4	24	19	-18.40 [-32.28, -4.52]
Lincoln 2011 (12w/16w)	45.2	25.1	72	49.9	20	79	-4.70 [-11.98, 2.58]
Lincoln 2011 (12w/32w)	40.6	25.1	72	52.6	22.6	79	-12.00 [-19.65, -4.35]