

Potentially relevant references identified and screened for retrieval ($n=38000$)

Excluded on the basis of title and abstract because clearly not relevant ($n=37241$)

References retrieved for more detailed evaluation ($n=759$)

Excluded ($n=721$):
Not meeting inclusion criteria ($n=705$)
Further reports of an included study ($n=16$)

Studies of psychological therapies in primary care ($n=38$)

Excluded as psychological therapy was ten sessions or more ($n=4$)

Included studies ($n=34$)