

Meta-analysis – BT vs Control Groups

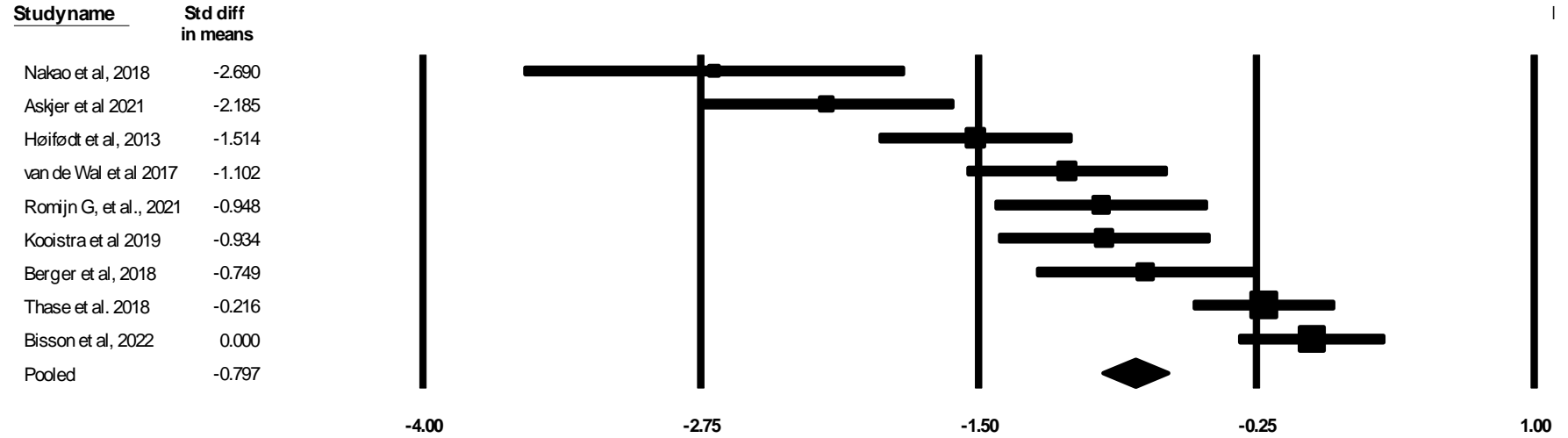
1.1 Depression treatment outcomes – BT vs Control groups

- Stats, ordered by effect size (the more negative, the larger the effect)

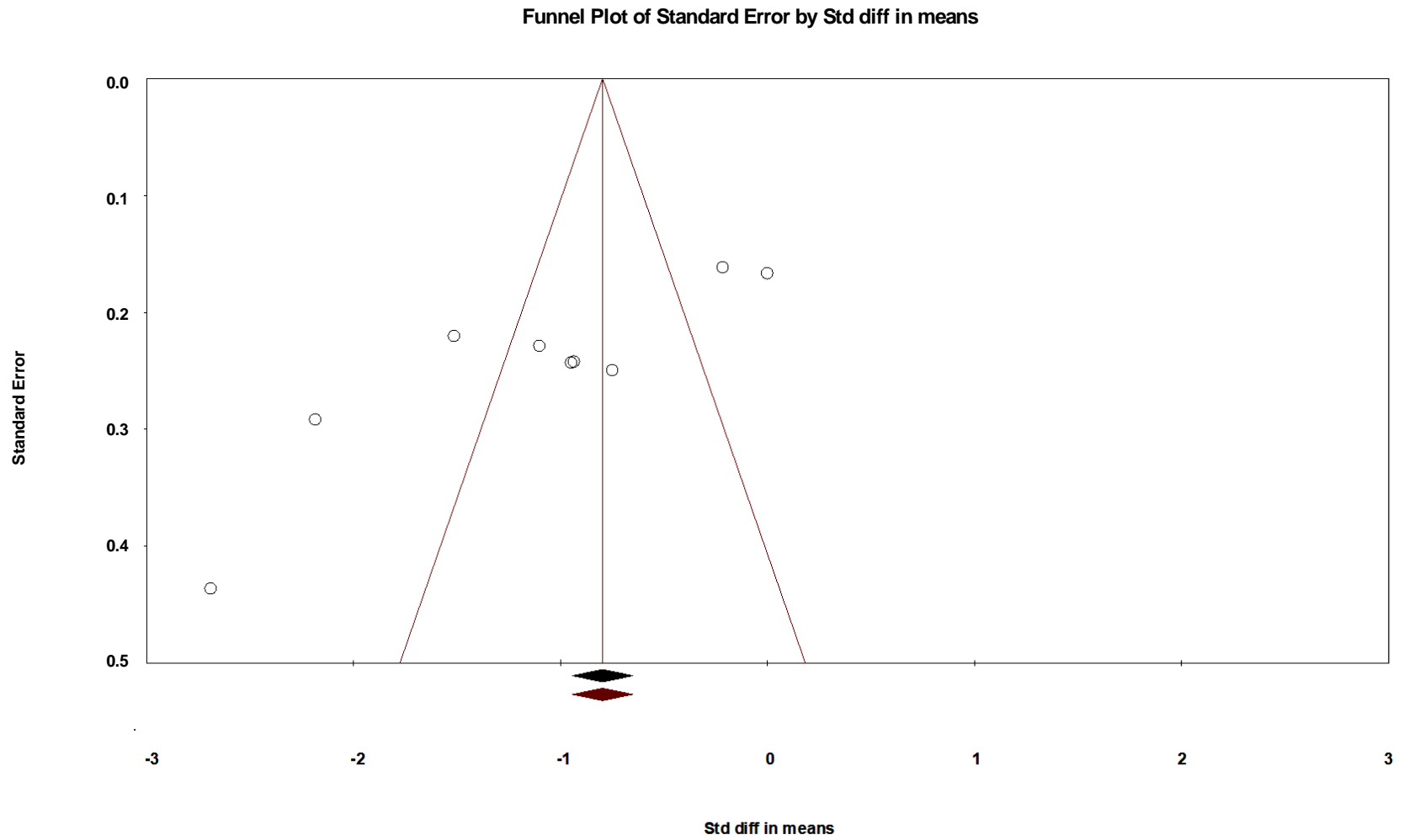
<u>Studyname</u>	<u>Statistics for each study</u>						<u>Weight (Random)</u>		<u>Residual (Random)</u>		
	Standard error	Variance	Upper limit	Lower limit	Z-Value	p-Value	Relative weight	Relative weight	Std Residual	Std Residual	Std Residual
Nakao et al, 2018	0.436	0.190	-1.835	-3.545	-6.164	0.000	9.17		-1.97		12.000
Askjer et al 2021	0.292	0.085	-1.613	-2.757	-7.487	0.000	10.74		-1.47		12.000
Høifødt et al, 2013	0.220	0.049	-1.082	-1.946	-6.870	0.000	11.42		-0.58		7.000
van de Wal et al 2017	0.229	0.052	-0.653	-1.550	-4.813	0.000	11.35		-0.00		12.000
Romijn G, et al., 2021	0.243	0.059	-0.471	-1.425	-3.898	0.000	11.22		0.21		15.000
Kooistra et al 2019	0.242	0.059	-0.459	-1.409	-3.856	0.000	11.22		0.23		10.000
Berger et al, 2018	0.250	0.062	-0.259	-1.238	-2.999	0.003	11.15		0.48		12.000
Thase et al. 2018	0.162	0.026	0.101	-0.532	-1.334	0.182	11.88		1.26		16.000
Bisson et al, 2022	0.167	0.028	0.327	-0.327	0.000	1.000	11.85		1.57		16.000
Pooled	0.074	0.006	-0.651	-0.943	-10.722	0.000					

1.2 Depression treatment outcomes – BT vs Control groups

- Forest Plot, ordered by effect size (the more negative, the larger the effect)



2 Depression treatment outcomes – BT vs Control groups – Funnel Plot



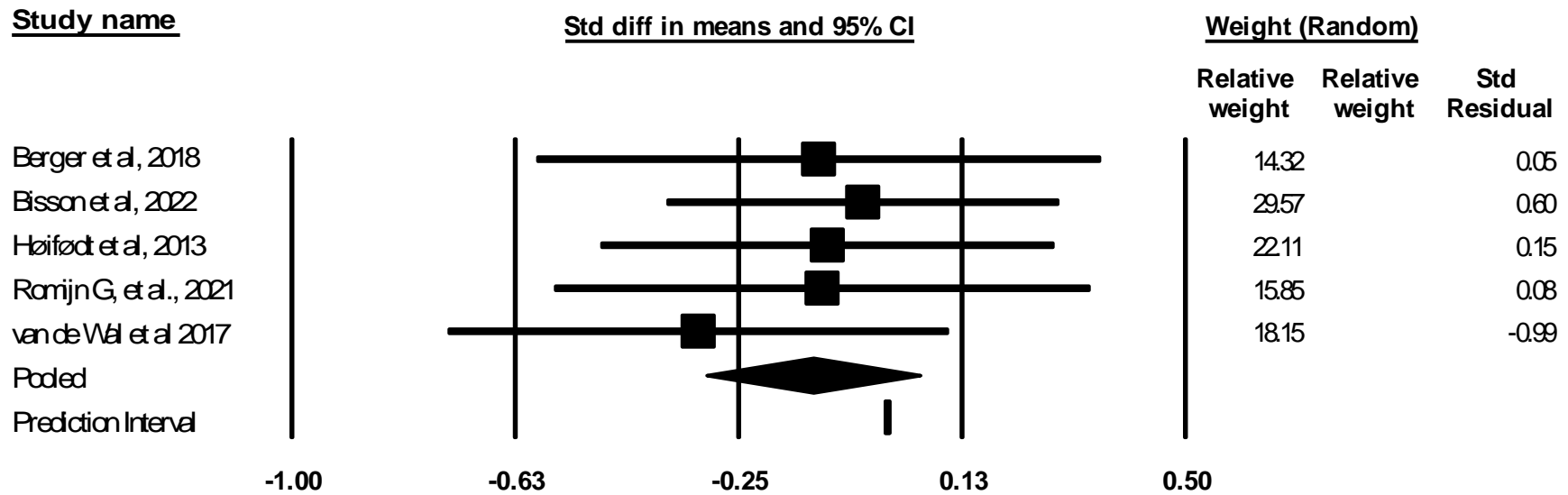
3.1 Anxiety treatment outcomes – BT vs Control groups

- Stats; ordered by author name (alphabetically)

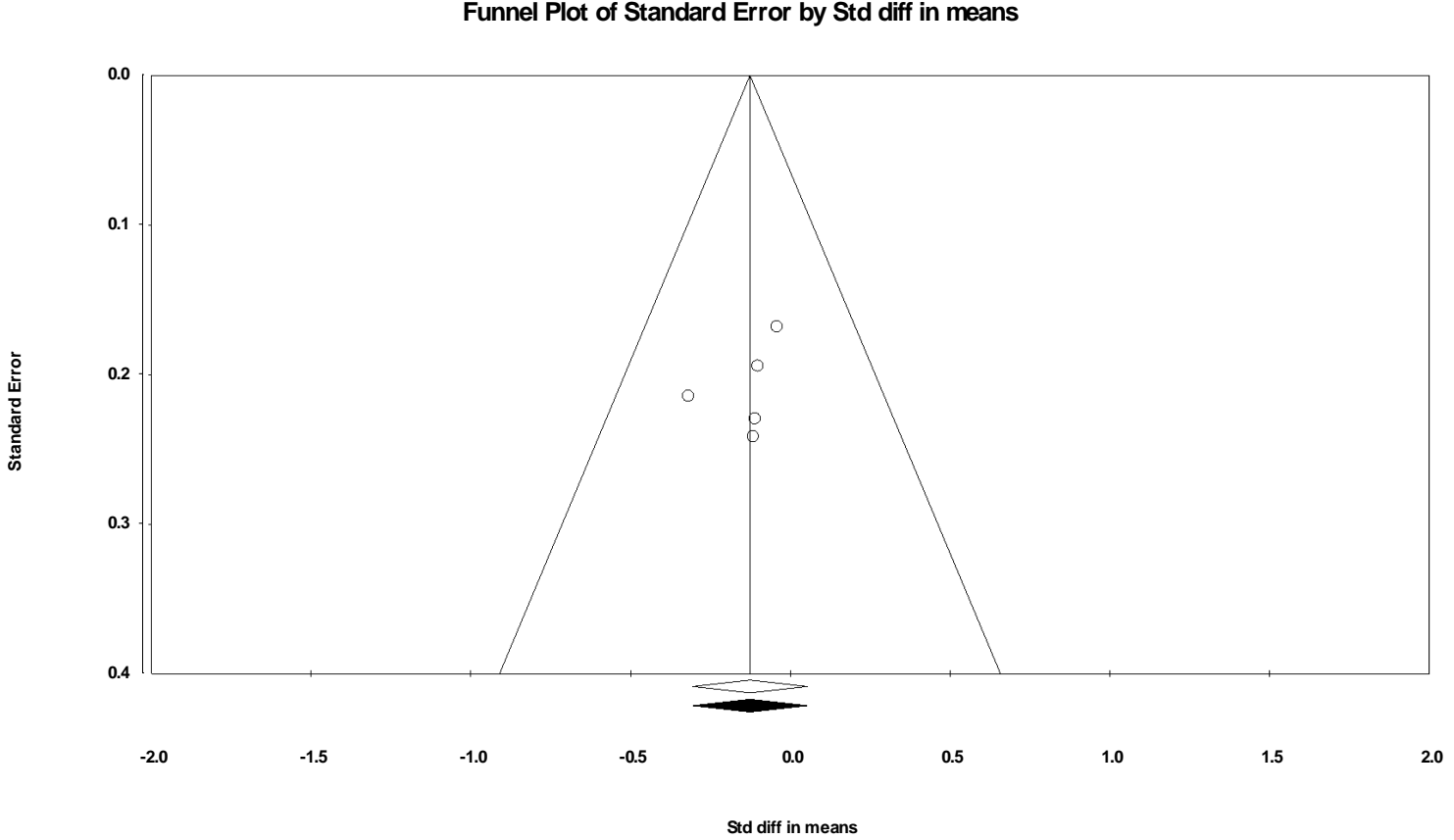
<u>Study name</u>	<u>Statistics for each study</u>						
	Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
Berger et al, 2018	-0.116	0.242	0.058	-0.589	0.358	-0.479	0.632
Bisson et al, 2022	-0.041	0.168	0.028	-0.371	0.288	-0.246	0.806
Høifødt et al, 2013	-0.101	0.194	0.038	-0.482	0.280	-0.520	0.603
Romijn G, et al., 2021	-0.110	0.230	0.053	-0.560	0.341	-0.477	0.633
vandeWâl et al 2017	-0.110	0.230	0.053	-0.560	0.341	-0.477	0.633
Pooled	-0.318	0.215	0.046	-0.738	0.103	-1.481	0.139
Prediction Interval	-0.126	0.091	0.008	-0.305	0.053	-1.380	0.167

3.2 Anxiety treatment outcomes – BT vs Control groups

- Forest Plot; ordered by author name (alphabetically)



4. Anxiety treatment outcomes – BT vs Control groups – Funnel Plot

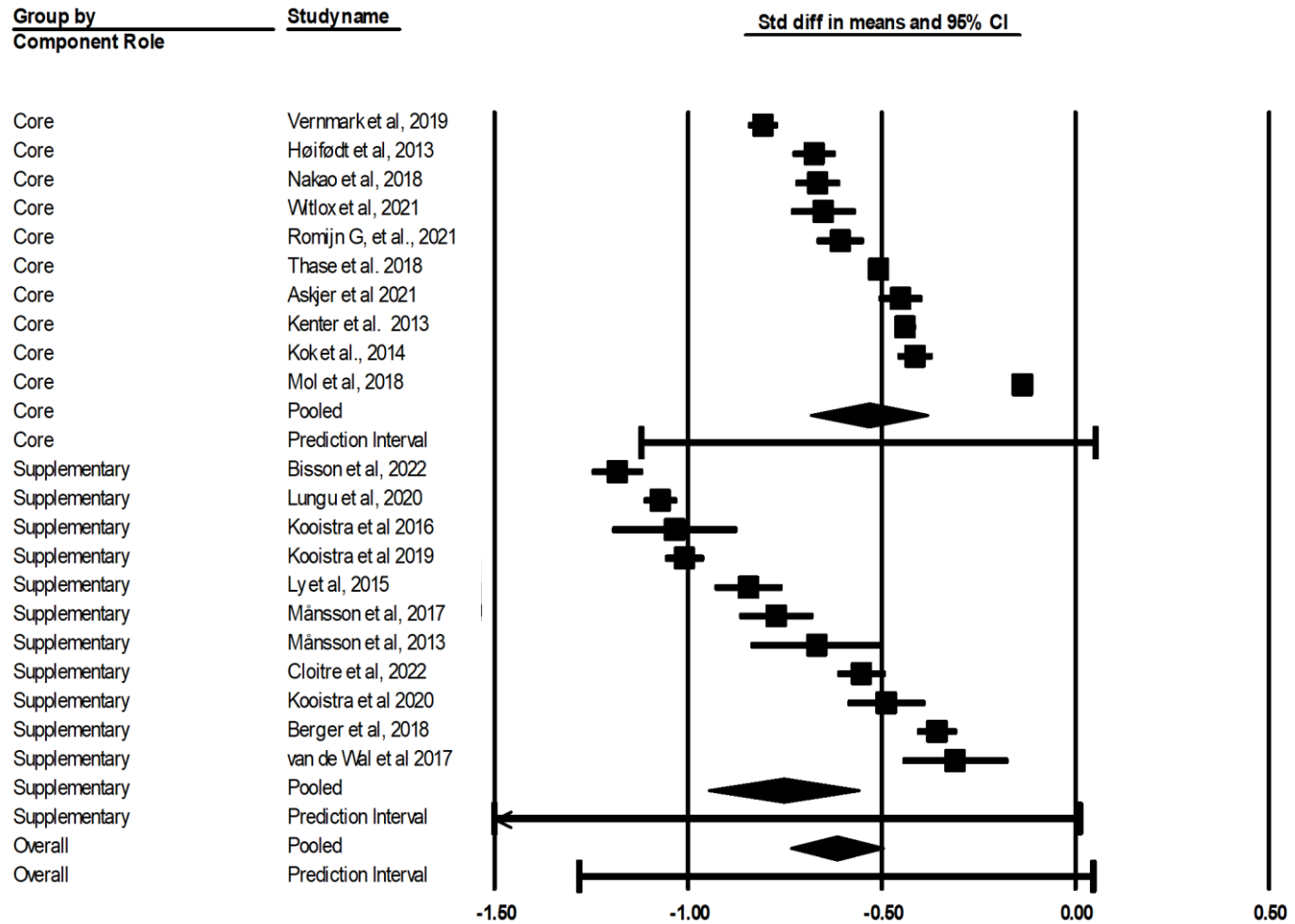


Subgroup Meta-analysis – BT structure vs effect size (ES) outcomes

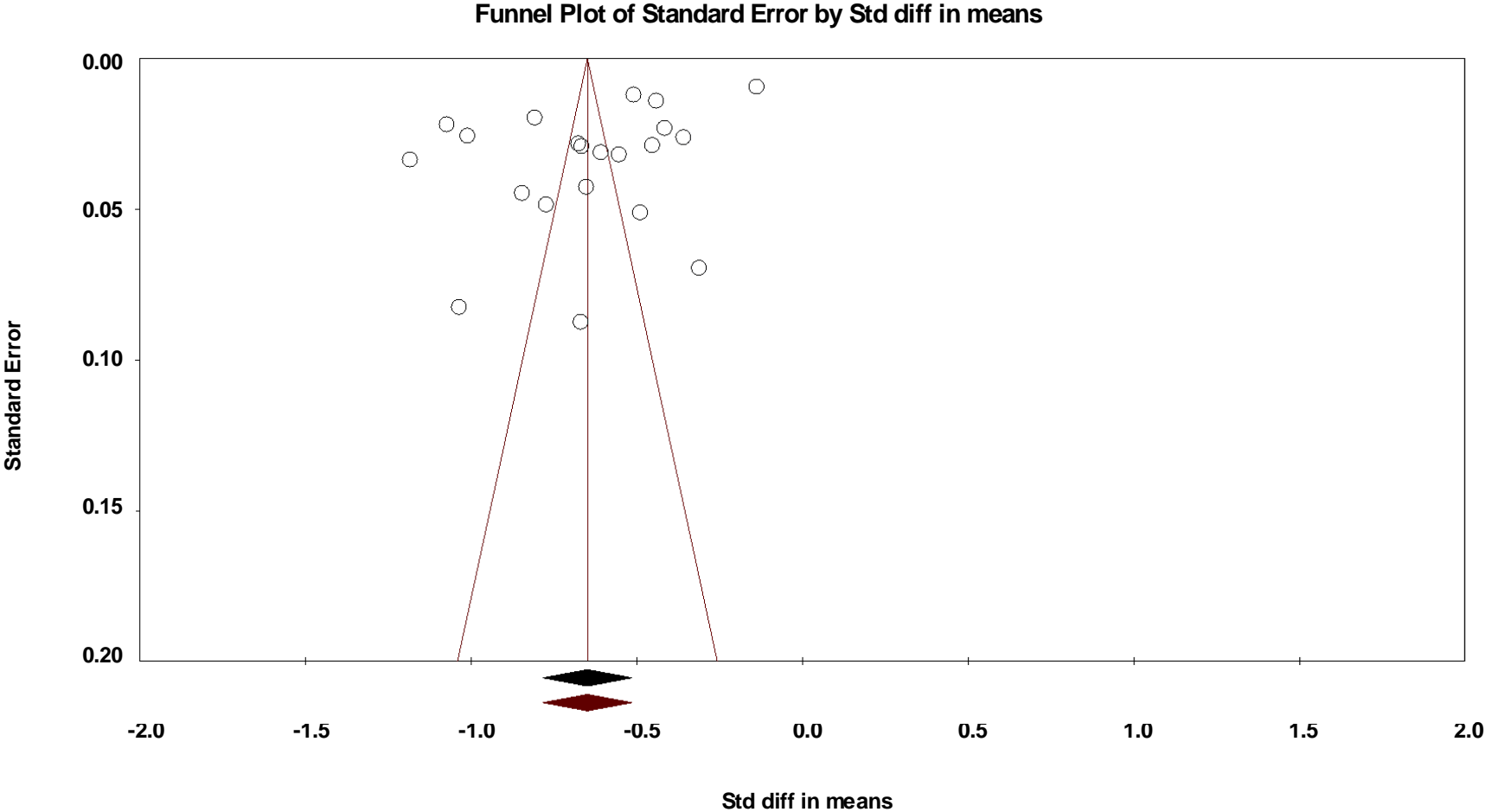
5. Depression - Stats - ES per design; ordered by design (core vs supplementary), then by effect size (the more negative, the larger the effect)

Study	Mean - F2F	Mean - Online	Group by	Model	Statistics per study						
					Std diff in means	Standard error	Variance	Upper limit	Lower limit	Z-Value	p-Value
Vernmark et al, 2019	4	10	Core	Random	-0.81	1.97E-02	3.89E-04	-0.77	-0.84	-40.90	0.00
Høifødt et al, 2013	7.2	3.8	Core		-0.67	2.83E-02	8.03E-04	-0.62	-0.73	-23.81	0.00
Nakao et al, 2018	11.65	11.65	Core		-0.67	2.92E-02	8.55E-04	-0.61	-0.72	-22.75	0.00
Witlox et al, 2021	3.5	nd	Core		-0.65	4.27E-02	1.82E-03	-0.57	-0.73	-15.24	0.00
Romijn G, et al., 2021	6.7	6	Core		-0.61	3.12E-02	9.75E-04	-0.55	-0.67	-19.43	0.00
Thase et al. 2018	11	8.1	Core		-0.51	1.21E-02	1.47E-04	-0.48	-0.53	-41.94	0.00
Askjer et al 2021	5	4	Core		-0.45	0.02887	8.34E-04	-0.39	-0.51	-15.64	0.00
Kenter et al. 2013	nd	5	Core		-0.44	1.41E-02	1.99E-04	-0.41	-0.47	-31.13	0.00
Kok et al., 2014	nd	nd	Core		-0.41	2.32E-02	5.38E-04	-0.37	-0.46	-17.86	0.00
Mol et al, 2018	7.1	6.3	Core		-0.14	9.47E-03	8.97E-05	-0.12	-0.16	-14.43	0.00
			Core	Pooled	-0.53	7.71E-02	5.94E-03	-0.38	-0.69	-6.94	0.00
			Core	Pred Int	-0.53			0.05	-1.12		
Bisson et al, 2022	5	8	Supplementary		-1.18	3.37E-02	1.13E-03	-1.12	-1.25	-35.13	0.00
Lungu et al, 2020	5.2	nd	Supplementary		-1.07	2.20E-02	4.82E-04	-1.03	-1.11	-48.79	0.00
Kooistra et al 2016	7.11	8.6	Supplementary		-1.03	8.26E-02	6.82E-03	-0.87	-1.20	-12.53	0.00
Kooistra et al 2019	10	9.6	Supplementary		-1.01	2.57E-02	6.63E-04	-0.96	-1.06	-39.21	0.00
Ly et al, 2015	4	nd	Supplementary		-0.84	4.48E-02	2.00E-03	-0.76	-0.93	-18.85	0.00
Månsson et al, 2017	nd	14	Supplementary		-0.77	4.86E-02	2.36E-03	-0.68	-0.87	-15.89	0.00
Månsson et al, 2013	9	nd	Supplementary		-0.67	8.75E-02	7.66E-03	-0.50	-0.84	-7.62	0.00
Cloitre et al, 2022	7.5	7	Supplementary		-0.55	3.19E-02	1.02E-03	-0.49	-0.61	-17.30	0.00
Kooistra et al 2020	11.1	10.3	Supplementary		-0.49	5.12E-02	2.62E-03	-0.39	-0.59	-9.53	0.00
Berger et al, 2018	11.4	9	Supplementary		-0.36	2.63E-02	6.90E-04	-0.31	-0.41	-13.60	0.00
van de Wal et al 2017	6	nd	Supplementary		-0.31	6.96E-02	4.84E-03	-0.17	-0.45	-4.46	0.00
			Supplementary	Pooled	-0.75	0.098994	9.80E-03	-0.56	-0.95	-7.62	0.00
			Supplementary	Pred Int	-0.75			0.01	-1.52		
			Overall	Pooled	-0.62	6.08E-02	3.70E-03	-0.50	-0.74	-10.16	0.00
			Overall	Pred Int	-0.62			0.05	-1.28		

6. Depression - Forest Plot - ES per design, ordered by effect size (the more negative, the larger the effect)



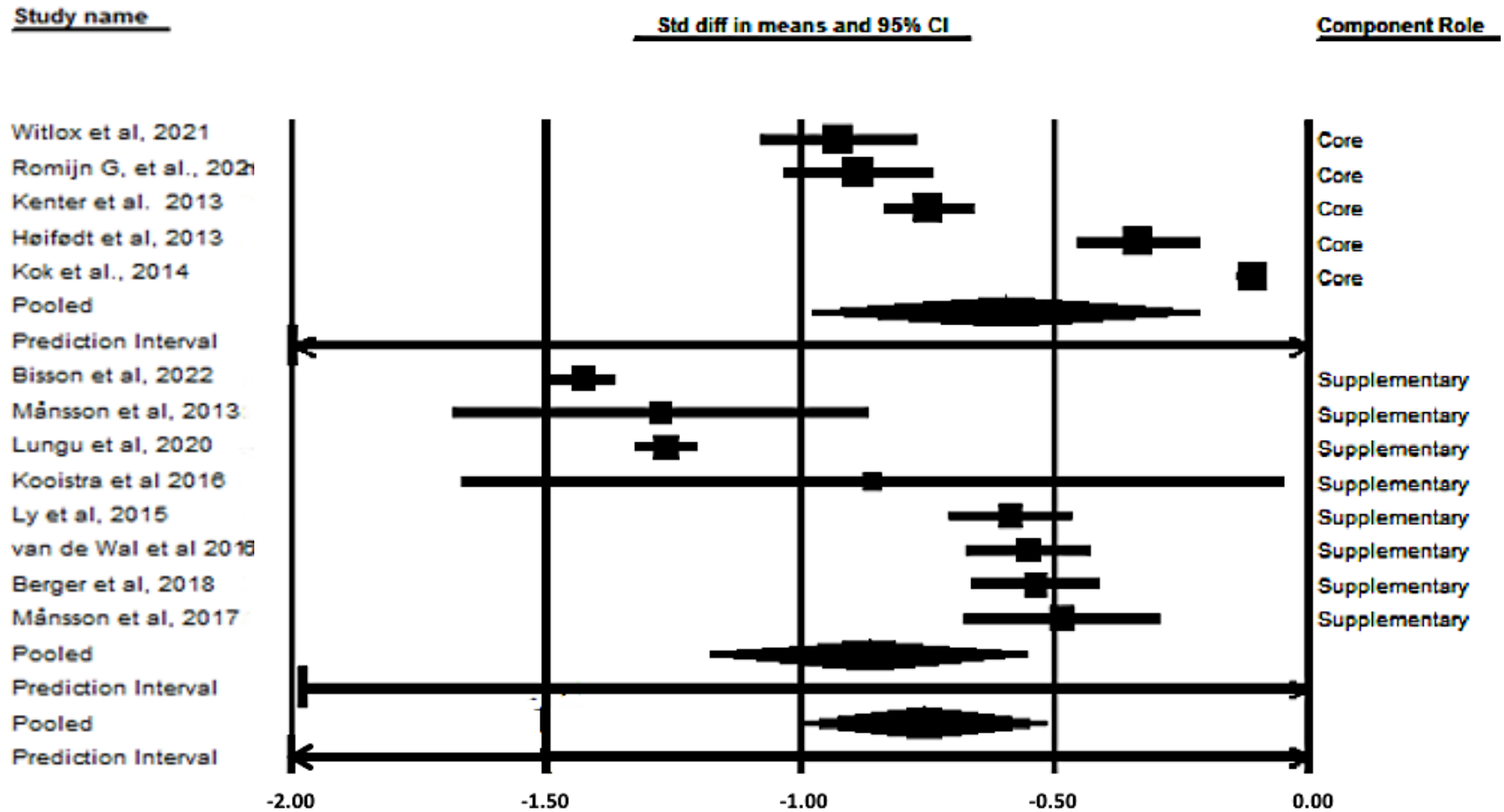
7. Depression - BT interventions - Funnel Plot



8. Anxiety - Stats per design

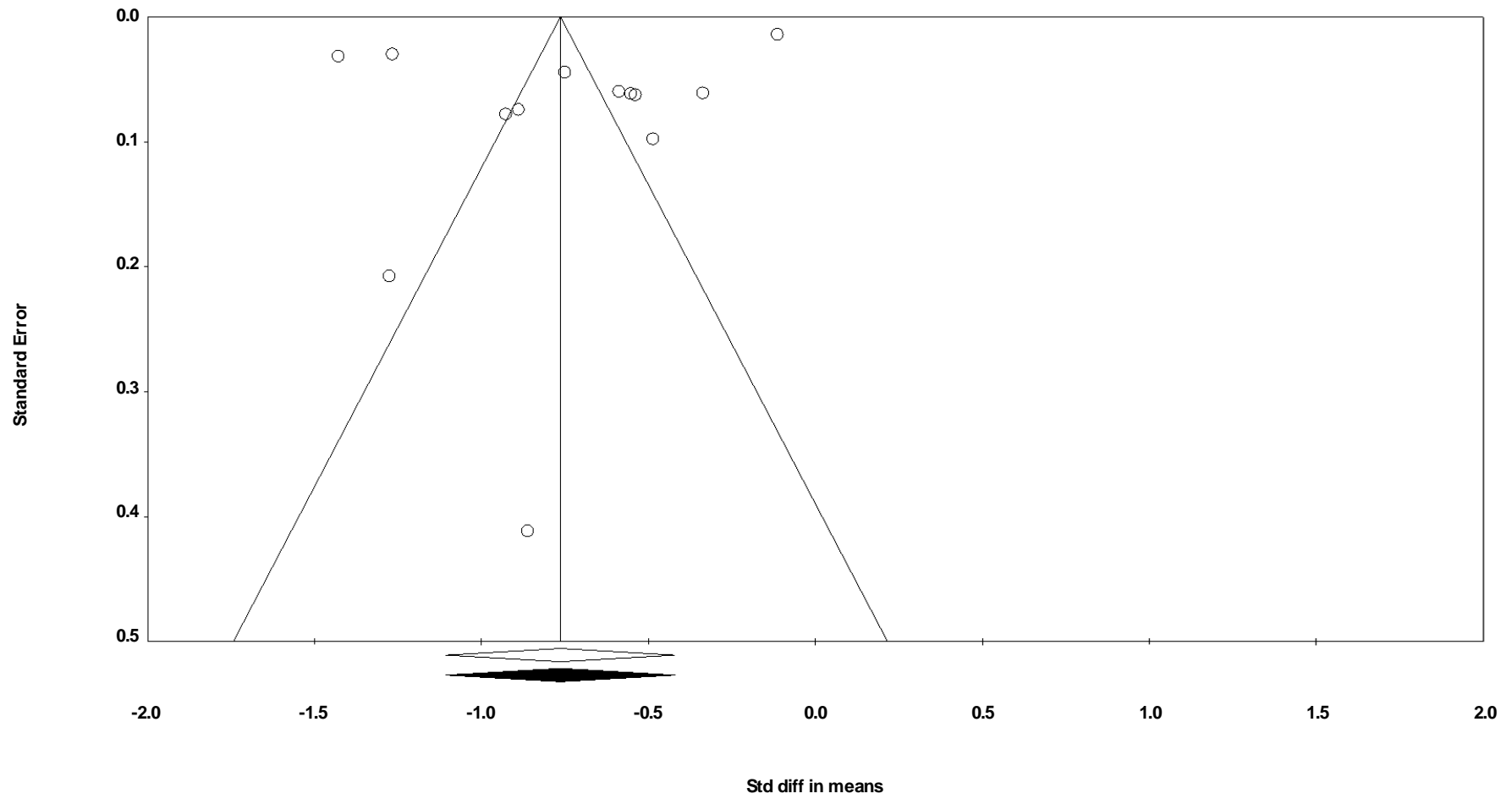
<u>Component Role</u>	<u>Study name</u>	<u>Statistics for each study</u>						
		Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
Core	Witlox et al, 2021	-0.926	0.078	0.006	-1.079	-0.772	-11.814	0.000
Core	Romijn G, et al., 2021	-0.888	0.075	0.006	-1.034	-0.741	-11.888	0.000
Core	Kenter et al. 2013	-0.749	0.045	0.002	-0.837	-0.661	-16.678	0.000
Core	Høifødt et al, 2013	-0.335	0.061	0.004	-0.456	-0.215	-5.458	0.000
Core	Kok et al., 2014	-0.112	0.015	0.000	-0.141	-0.084	-7.686	0.000
	Pooled	-0.599	0.193	0.037	-0.978	-0.220	-3.100	0.002
	Prediction Interval	-0.599			-2.094	0.896		
Supplementary	Bisson et al, 2022	-1.427	0.032	0.001	-1.490	-1.365	-44.596	0.000
Supplementary	Månsson et al, 2013	-1.275	0.208	0.043	-1.682	-0.867	-8.129	0.000
Supplementary	Lungu et al, 2020	-1.266	0.030	0.001	-1.325	-1.207	-41.803	0.000
Supplementary	Kooistra et al 2016	-0.860	0.412	0.170	-1.667	-0.053	-2.089	0.037
Supplementary	Ly et al, 2015	-0.587	0.060	0.004	-0.705	-0.469	-9.755	0.000
Supplementary	van de Wal et al 2016	-0.552	0.062	0.004	-0.673	-0.430	-8.901	0.000
Supplementary	Berger et al, 2018	-0.537	0.063	0.004	-0.661	-0.414	-8.541	0.000
Supplementary	Månsson et al, 2017	-0.485	0.098	0.010	-0.677	-0.293	-4.942	0.000
	Pooled	-0.869	0.159	0.025	-1.180	-0.557	-5.472	0.000
	Prediction Interval	-0.869			-1.981	0.244		
	Pooled	-0.760	0.123	0.015	-1.000	-0.520	-8.196	0.000
	Prediction Interval	-0.760			-2.147	0.627		

9. Anxiety - Forest Plot per design



10. Anxiety - BT interventions - Funnel Plot

Funnel Plot of Standard Error by Std diff in means



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