

SUPPLEMENTARY FILE 1: Search Strategies

CENTRAL

1. Self-Help Groups [MeSH descriptor (this term only)]
2. peer* support* or self help group or therapeutic social club* or peer* facilitat* or peer counseling [ti,ab,kw (word variations have been searched)]
3. 1 or 2

CINAHL (via EBSCOhost)

- S1 (MH "Support Groups+")
- S2 (MH "Peer Counseling")
- S3 TX (therapeutic N1 social club*)
- S4 TI ((non medical or non professional* or lay or layperson* or peer* or voluntary or patient) N1 (instructor* or tutor* or educator* or consultant* or leader* or expert* or advisor* or facilitat* or deliver* or mentor* or led or guide* or aide* or run))
- S5 AB ((non medical or non professional* or lay or layperson* or peer* or voluntary or patient) N1 (instructor* or tutor* or educator* or consultant* or leader* or expert* or advisor* or facilitat* or deliver* or mentor* or led or guide* or aide* or run))
- S6 TX randomized
- S7 MH treatment outcomes
- S8 PT clinical trial
- S9 S6 OR S7 OR S8
- S10 S1 OR S2 OR S3 OR S4 OR S5
- S11 S9 AND S10

EMBASE

1. Self Help/
2. Group Support/
3. support* group*.tw.
4. group* support*.tw.
5. peer* support*.tw.
6. self help group*.tw.
7. (therapeutic adj social club*).tw.
8. ((non medical or non professional* or lay or layperson* or peer* or voluntary or patient) adj2 (instructor* or tutor* or educator* or consultant* or leader* or expert* or advisor* or facilitat* or deliver* or mentor* or led or guide* or aide* or run)).tw.
9. or/1-8
10. random*.tw.
11. clinical trial*.mp.
12. exp Health Care Quality/
13. exp Treatment Outcome/
14. double blind*.mp.
15. placebo*.tw.
16. blind*.tw.

17. or/10-16
18. exp animals/ not humans.sh.
19. 17 not 18
20. 9 and 19

MEDLINE (via OvidSP)

1. Self-Help Groups/
2. support* group*.tw.
3. group* support*.tw.
4. peer* support*.tw.
5. self help group*.tw.
6. (therapeutic adj social club*).tw.
7. ((non medical or non professional* or lay or layperson* or peer* or voluntary or patient) adj2 (instructor* or tutor* or educator* or consultant* or leader* or expert* or advisor* or facilitat* or deliver* or mentor* or led or guide* or aide* or run)).tw.
8. or/1-7
9. Randomized controlled trial.pt.
10. controlled clinical trial.pt.
11. randomi#ed.ab.
12. placebo.ab.
13. (clinical trials as topic or controlled clinical trials as topic or randomized controlled trials as topic).sh.
14. randomly.ab.
15. trial.ti.
16. or/9-15
17. exp animals/ not humans.sh.
18. 16 not 17
19. 8 and 18

PsycINFO

1. Support Groups/
2. Social Group Work/
3. peer* support*.tw.
4. Peer Counseling/
5. self help group*.tw.
6. (therapeutic adj social club*).tw.
7. ((non medical or non professional* or lay or layperson* or peer* or voluntary or patient) adj2 (instructor* or tutor* or educator* or consultant* or leader* or expert* or advisor* or facilitat* or deliver* or mentor* or led or guide* or aide* or run)).tw.
8. or/1-7
9. double-blind.tw.
10. random* assigned.tw.
11. control.tw.
12. or/9-11
13. exp animals/ not humans.sh.

14. 12 not 13

15. 8 and 14

Web of Science (via ISI Web of Knowledge)

1. TOPIC: (peer facilitat* or lay person facilitat* or layperson facilitat* or patient facilitat* or peer led or lay person led or layperson led)

2. TITLE: ((self help group* or support* group* or peer* support* or therapeutic social club* or social group work or peer counseling))

3. #2 AND #1

SUPPLEMENTARY FILE 2: Data Extraction Variables

First author's last name
Publication year
Country of study
Funding source
Population
Method of recruitment
Age in years
Gender
Ethnicity/race
Disease duration
Intervention group
N randomized to intervention
Control group
N randomized to control
Length of intervention
Setting of intervention
N analyzed – intervention
N analyzed – control
Outcomes

SUPPLEMENTARY FILE 3: The Cochrane Tool for Assessing Risk of Bias

Sequence Generation: Describe the method used to generate the allocation sequence in sufficient detail to allow an assessment of whether it should produce comparable groups.

Allocation Concealment: Describe the method used to conceal the allocation sequence in sufficient detail to determine whether intervention allocations could have been foreseen in advance of, or during, enrolment.

Blinding of Participants, Personnel, and Outcome Assessors: *Assessments should be made for each main outcome (or class of outcomes).* Describe all measures used, if any, to blind study participants and personnel from knowledge of which intervention a participant received. Provide any information relating to whether the intended blinding was effective.

Incomplete Outcome Data: *Assessments should be made for each main outcome (or class of outcomes).* Describe the completeness of outcome data for each main outcome, including attrition and exclusions from the analysis. State whether attrition and exclusions were reported, the numbers in each intervention group (compared with total randomized participants), reasons for attrition/exclusions where reported, and any re-inclusions in analyses performed by the review authors.

Selective Outcome Reporting: State how the possibility of selective outcome reporting was examined by the review authors, and what was found.

Other Sources of Bias: State any important concerns about bias not addressed in the other domains in the tool. If particular questions/entries were pre-specified in the review's protocol, responses should be provided for each question/entry. Was the study apparently free of other problems that could put it at a high risk of bias?