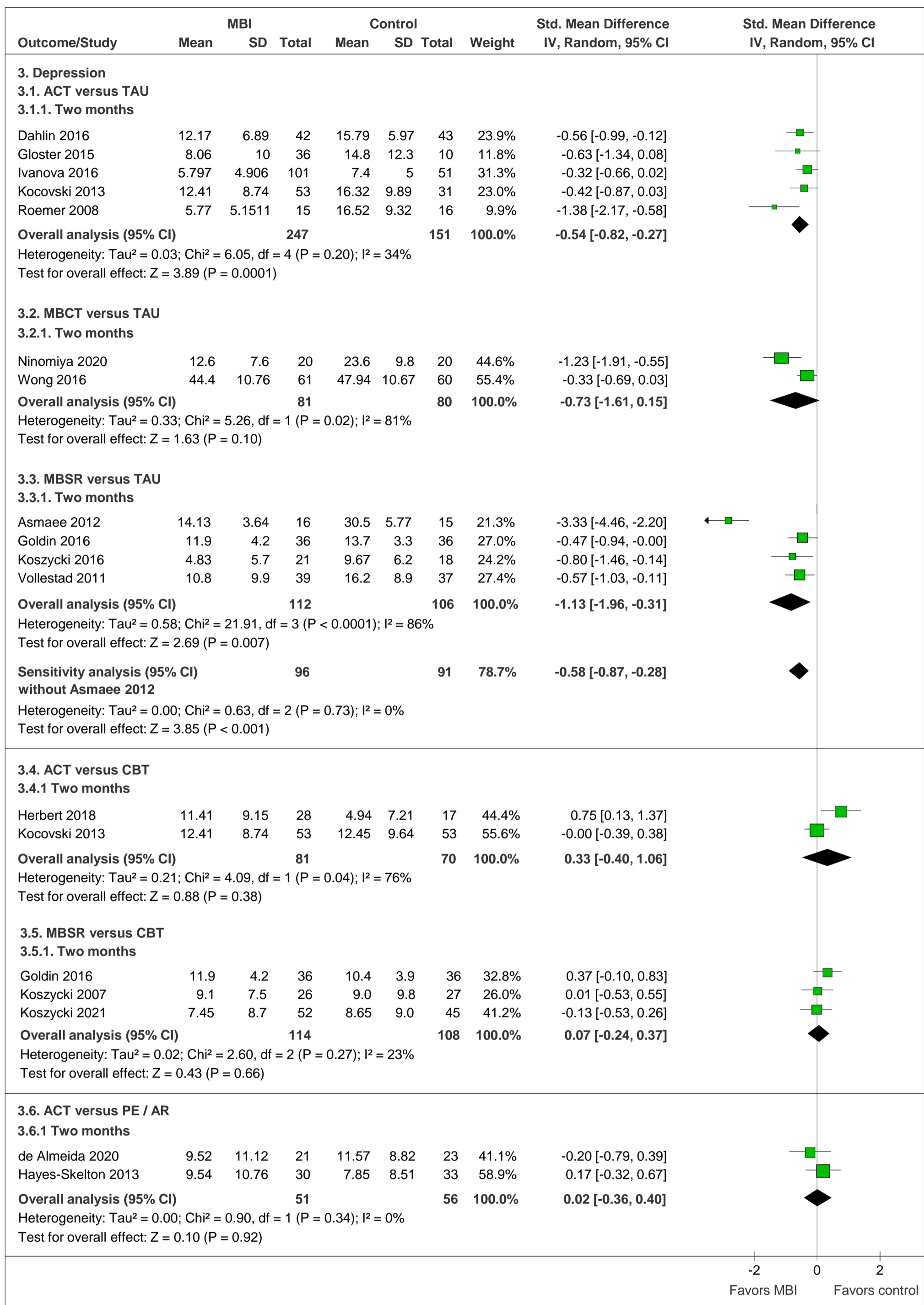
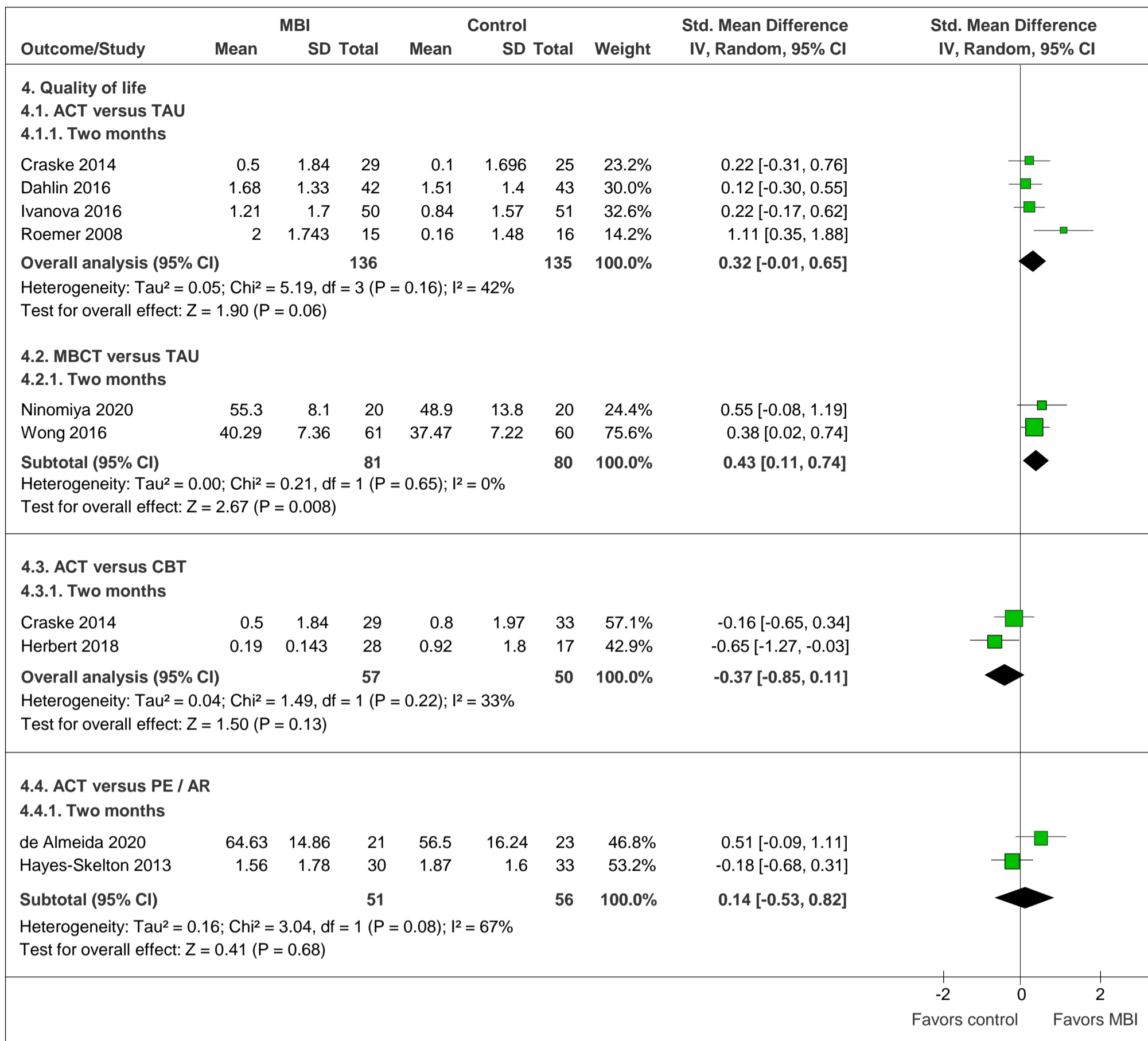


Supplementary Fig. 2 Forest plot of the effects on patient-rated anxiety. Legend. ACT: Acceptance and Commitment Therapy; AR: Applied relaxation; CBT: Cognitive Behavioral Therapy; CI: Confidence interval; I²: Measure of statistical heterogeneity; IV: Inverse variance; MBCT: Mindfulness-based Cognitive Therapy; MBSR: Mindfulness-based stress reduction; PE: Psychoeducation; TAU: Treatment as usual



Supplementary Fig. 3 Forest plot of the effects on depression. Legend. ACT: Acceptance and Commitment Therapy; AR: Applied relaxation; CBT: Cognitive Behavioral Therapy; CI: Confidence interval; I²: Measure of statistical heterogeneity; IV: Inverse variance; MBCT: Mindfulness-based Cognitive Therapy; MBSR: Mindfulness-based stress reduction; PE: Psychoeducation; TAU: Treatment as usual



Supplementary Fig. 4 Forest plot of the effects on quality of life. Legend. ACT: Acceptance and Commitment Therapy; AR: Applied relaxation; CBT: Cognitive Behavioral Therapy; CI: Confidence interval; I²: Measure of statistical heterogeneity; IV: Inverse variance; MBCT: Mindfulness-based Cognitive Therapy; PE: Psychoeducation; TAU: Treatment as usual