Supplementary Material 1

*Effect Sizes of Anxiety and Depression Measures at Post-Intervention*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **95% CI** | |  |  |
| **Study** | | **Hedge’s g** | ***SE*** | **Lower** | **Upper** | ***z*** | ***p*** |
| **Anxiety outcome measures** | | | | | | | |
| Ahlen et al. 2018 | | 0.049 | 0.079 | -0.106 | 0.204 | 0.621 | 0.534 |
| Barrett et al. 2001 | | 0.325 | 0.136 | 0.057 | 0.592 | 2.382 | 0.017 |
| Essau et al. 2012 | | 0.199 | 0.079 | 0.043 | 0.354 | 2.504 | 0.012 |
| Gallegos et al. 2013 | | 0.087 | 0.065 | -0.040 | 0.213 | 1.337 | 0.181 |
| Lowry-Webster et al. 2001 | | 0.653 | 0.101 | 0.456 | 0.850 | 6.494 | 0.000 |
| Pattison & Lynd-Stevenson 2001 | | 0.135 | 0.250 | -0.355 | 0.625 | 0.541 | 0.588 |
| Pophillat et al. 2016 | | -0.260 | 0.153 | -0.560 | 0.041 | -1.691 | 0.091 |
| Roberts et al. 2010 | | -0.191 | 0.097 | -0.381 | 0.000 | -1.960 | 0.050 |
| Rooney et al. 2006 | | 0.147 | 0.188 | -0.221 | 0.515 | 0.784 | 0.433 |
| Rooney et al. 2013a | | -0.178 | 0.067 | -0.310 | -0.047 | -2.655 | 0.008 |
| **Depression outcome measures** | | | | | | | |
| Ahlen et al. 2018 | | 0.108 | 0.080 | -0.049 | 0.265 | 1.349 | 0.177 |
| Barrett et al. 2001 | | 0.086 | 0.136 | -0.180 | 0.351 | 0.631 | 0.528 |
| Essau et al. 2012 | | 0.383 | 0.080 | 0.226 | 0.540 | 4.791 | 0.000 |
| Gallegos et al. 2013 | | 0.279 | 0.065 | 0.152 | 0.407 | 4.293 | 0.000 |
| Lowry-Webster et al. 2001 | | 0.177 | 0.099 | -0.017 | 0.370 | 1.788 | 0.074 |
| Pattison & Lynd-Stevenson 2001 | | -0.013 | 0.247 | -0.498 | 0.472 | -0.054 | 0.957 |
| Pophillat et al. 2016 | | 0.095 | 0.290 | -0.475 | 0.664 | 0.326 | 0.745 |
| Roberts et al. 2010 | | -0.141 | 0.097 | -0.331 | 0.050 | -1.446 | 0.148 |
| Rooney et al. 2006 | | 0.570 | 0.191 | 0.195 | 0.944 | 2.982 | 0.003 |
| Rooney et al. 2013a | | 0.141 | 0.067 | 0.009 | 0.272 | 2.094 | 0.036 |

Supplementary Material 2

*Effect Sizes for Anxiety and Depression Outcome Measures at Short-Term Follow-Up*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **95% CI** | |  |  |
| **Study** | | **Hedge’s g** | ***SE*** | **Lower** | **Upper** | ***z*** | ***p*** |
| **Anxiety outcome measures** | | | | | | | |
| Essau et al. 2012 | | 0.467 | 0.115 | 0.242 | 0.693 | 4.061 | 0.000 |
| Gallegos et al. 2013 | | 0.102 | 0.069 | -0.032 | 0.237 | 1.493 | 0.135 |
| Pattison & Lynd-Stevenson 2001 | | 0.057 | 0.270 | -0.472 | 0.586 | 0.211 | 0.833 |
| Roberts et al. 2010 | | 0.002 | 0.101 | -0.197 | 0.201 | 0.017 | 0.986 |
| Rooney et al. 2006 | | 0.216 | 0.188 | -0.152 | 0.584 | 1.151 | 0.250 |
| Rooney et al. 2013a | | -0.032 | 0.069 | -0.166 | 0.102 | -0.469 | 0.639 |
| **Depression outcome measures** | | | | | | | |
| Essau et al. 2012 | | 0.492 | 0.115 | 0.266 | 0.718 | 4.273 | 0.000 |
| Gallegos et al. 2013 | | 0.097 | 0.069 | -0.038 | 0.232 | 1.408 | 0.159 |
| Pattison & Lynd-Stevenson 2001 | | 0.489 | 0.294 | -0.088 | 1.066 | 1.662 | 0.097 |
| Roberts et al. 2010 | | -0.122 | 0.102 | -0.321 | 0.077 | -1.199 | 0.231 |
| Rooney et al. 2006 | | 0.252 | 0.188 | -0.117 | 0.620 | 1.339 | 0.181 |
| Rooney et al. 2013a | | 0.065 | 0.069 | -0.069 | 0.200 | 0.952 | 0.341 |

Supplementary Material 3

*Effect sizes of Anxiety and Depression measures at Long-Term Follow-Up*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **95% CI** | |  |  |
| **Study** | | **Hedge’s g** | ***SE*** | **Lower** | **Upper** | ***z*** | ***p*** |
| **Anxiety outcome measures** | | | | | | | |
| Ahlen et al. 2018 | | 0.020 | 0.082 | -0.141 | 0.181 | 0.243 | 0.808 |
| Essau et al. 2012 | | 0.688 | 0.117 | 0.459 | 0.917 | 5.888 | 0.000 |
| Lowry-Webster et al. 2003 | | 0.685 | 0.105 | 0.479 | 0.891 | 6.516 | 0.000 |
| Roberts et al. 2010 | | -0.166 | 0.103 | -0.368 | 0.036 | -1.612 | 0.107 |
| Rooney et al. 2006 | | -0.077 | 0.203 | -0.475 | 0.322 | -0.378 | 0.706 |
| Rooney et al. 2013a/b | | 0.030 | 0.055 | -0.077 | 0.137 | 0.548 | 0.584 |
| Stallard et al., 2014 | | 0.148 | 0.070 | 0.010 | 0.285 | 2.104 | 0.035 |
| **Depression outcome measures** | | | | | | | |
| Ahlen et al. 2018 | | 0.032 | 0.084 | -0.132 | 0.196 | 0.380 | 0.704 |
| Essau et al. 2012 | | 0.642 | 0.116 | 0.414 | 0.870 | 5.518 | 0.000 |
| Lowry-Webster et al. 2003 | | 0.338 | 0.103 | 0.135 | 0.540 | 3.270 | 0.001 |
| Roberts et al. 2010 | | -0.055 | 0.103 | -0.256 | 0.146 | -0.534 | 0.593 |
| Rooney et al. 2006 | | 0.062 | 0.205 | -0.339 | 0.464 | 0.305 | 0.760 |
| Rooney et al. 2013a/b | | 0.078 | 0.130 | -0.178 | 0.334 | 0.598 | 0.550 |
| Stallard et al., 2014 | | 0.122 | 0.070 | -0.015 | 0.260 | 1.742 | 0.082 |