Table 1: Sub-group analyses for HRQoL, Anxiety and Pain outcomes

	HRQoL	Anxiety	Pain
	SMD (95% CI), I ² across	SMD (95% CI), I ² across	SMD (95% CI), I ² across
	conditions [No. meta-	conditions [No. meta-	conditions [No. meta-
	analyses]	analyses]	analyses]
Follow-up			
Long	$0.11 (0.02, 0.20) I^2 = 0\% [9]$	$0.38 (0.15, 0.60), I^2 =$	$0.19 (0.08, 0.31), I^2 = 0\%$
(>=12	MAs]	65.9% [10 MAs]	[2 MAs]
months)			
Short	$0.29 (0.17, 0.42) I^2 = 29.5\%$	$0.27 (0.12, 0.43), I^2 =$	$0.32 (0.04, 0.59), I^2 =$
(<12 months)	[15 MAs]	59.4% [26 MAs]	70.5% [8 MAs]
Interaction	p=0.06	p=0.48	p=0.62
effect			
Age			
<18 years	$0.20 (-0.15, 0.56), I^2 = 0\%$	$0.37 (0.12, 0.62), I^2 =$	Too heterogenous I ² =
	[3 MAs]	67.1% [7 MAs]	86.5% [3 MAs]
18-65 years	$0.23 (0.14, 0.33), I^2 =$	$0.32 (0.15, 0.48) I^2 = 63.6\%$	$0.21 (0.12, 0.31), I^2 = 0\%$
	39.4% [21 MAs]	[26 MAs]	[6 MAs]
>65 years	$0.39 (-0.24, 1.02), I^2 = NA$	$0.06 (-0.30, 0.43), I^2 = 0\%$	No data available*
	[1 MAs]*	[2 MAs]	
Interaction	p=0.86	p=0.69	p=0.68
effect			
CBT intensity			
High	$0.21 (0.11, 0.32), I^2 = 0\%$	$0.28 (0.15, 0.42), I^2 =$	0.19 (0.01, 0.37), I ² =
	[14 MAs]	54.3% [28 MAs]	17.5% [5 MAs]
Low	0.23 (0.03, 0.42) $I^2 = 68.1\%$	Too heterogenous I ² =	Too heterogenous $I^2 =$
	[9 MAs]	78.4% [8 MAs]	84.1% [4 MAs]
Interaction	p=0.99	p=0.62	p=0.87
effect			

Control			
group			
Active	$0.09 (-0.01, 0.19), I^2 = 0\%$	$0.19 (-0.00, 0.37), I^2 =$	$0.14 (-0.11, 0.38) I^2 =$
	[8 MAs]	48.6% [14 MAs]	72.8% [3 MAs]
Not active	$0.31 (0.18, 0.45), I^2 =$	$0.37 (0.19, 0.55), I^2 =$	$0.59 (0.07, 1.11), I^2 =$
	40.3% [14 MAs]	64.3% [20 MAs]	68.8% [5 MAs]
Interaction	p=0.04**	p=0.24	p=0.86
effect			

^{*}older adult category not included in the meta-regression as not enough reviews identified within this category.

^{**} interaction between active and not active comparator groups (HRQoL) outcome significant at p < 0.05