

Online-only supplements

1: Search strategy example (MEDLINE)

MEDLINE

Database & platform:

Ovid MEDLINE(R) Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Ovid MEDLINE(R) Daily and Ovid MEDLINE(R) 1946 to Present

Search filter:

SIGN Systematic Review Search Filter for MEDLINE (OVID) (<http://www.sign.ac.uk/search-filters.html>)

Date search conducted:

Original: 25 April 2018 (for publication years 1992 to Present) [2967 references]

Update: 30 January 2019 (for publication years 2018 to 2019) [359 references]

1. (cognitive adj2 behavio?r adj3 (therap\$ or theor\$ or intervention\$ or train\$ or treatment\$ or psychotherap\$ or programme\$ or program\$ or method\$ or approach\$)).ti,ab,kw.
2. (cognitive adj2 behavio?ral adj3 (therap\$ or theor\$ or intervention\$ or train\$ or treatment\$ or psychotherap\$ or programme\$ or program\$ or method\$ or approach\$)).ti,ab,kw.
3. CBT.ti,ab,kw.
4. Cognitive Therapy/
5. or/1-4
6. Meta-Analysis as Topic/
7. meta analy\$.tw.
8. metaanaly\$.tw.
9. Meta-Analysis/
10. (systematic adj (review\$1 or overview\$1)).tw.
11. exp Review Literature as Topic/
12. or/6-11
13. cochrane.ab.
14. embase.ab.
15. (psychlit or psyclit).ab.
16. (psychinfo or psycinfo).ab.
17. (cinahl or cinhal).ab.
18. science citation index.ab.
19. bids.ab.
20. cancerlit.ab.
21. or/13-20
22. reference list\$.ab.
23. bibliograph\$.ab.
24. hand-search\$.ab.
25. relevant journals.ab.
26. manual search\$.ab.
27. or/22-26
28. selection criteria.ab.
29. data extraction.ab.
30. 28 or 29
31. Review/
32. 30 and 31
33. Comment/
34. Letter/
35. Editorial/
36. animal/
37. human/
38. 36 and 37
39. 36 not 38
40. or/33-35,39
41. 12 or 21 or 27 or 32
42. 41 not 40
43. 5 and 42
44. limit 43 to yr="1992-2018"

2. Data extraction form

	Data Extraction	Notes
Review ID (Surname Year)		
Reviewer completing form		
Date completed		
Reference citation (first author, title, journal, volume, issue)		
Published within last 5 years (Y/N)		
Aim of the review		
Design of included studies [RCT n= [participants n=]]		
Any risk of bias tool employed (Y/N) [Detail]		RoB not just quality assessment tool. Report the actual tool used in 'details'
Primary health problem		Report ICD-11 for every health problem reported
Secondary health problem		
Severity (mild, moderate, Severe, NR)		Select one or many or 'unclear'
Age categories [No.RCTs]		Select one or many of children, adolescents, adults, older adults or 'not reported' or 'unclear'
Other characteristics reported: (1) Gender, (2) ethnicity (3) other specific/unique information		Report top level information on (1) Gender (2) Ethnicity (3) if available other information (but do not need to search)
Where recruited [No.RCTs]		Report as the review has reported: Clinic, University, internet, etc
When delivered [No.RCTs]		Dropdown list [(1) preventative (2) preventative for relapse (3) early intervention (4) standard treatment (5)mixed (6)not reported (7)other (standard treatment is the norm, the others are if review specifies a specific target)
Countries included [No.RCTs]		
CBT high/low/combined: description of CBT		High intensity: Formal psychotherapy delivered by relatively specialist psychological therapist Low intensity: Guided self-help: books, internet, structured exercise, brief interventions can be with relevantly trained individual.
CBT overall no.session, duration and frequency		As much as is available within the review. Can synthesise ourselves but only at this top level.
CBT 1 content description [No.RCTs/Total RCTs]		Report high intensity intervention first then low intensity
CBT description 2 [No.RCTs/Total]		Complete for every type of CBT category the review includes
CBT description 3 [No.RCTs/Total]		
CBT description 4 [No.RCTs/Total]		
CBT description 5 [No.RCTs/Total]		
Control description 1 [No.RCTs]		If review synthesises all no-active/active together then extract as such, if reported as separate control groups then we can extract as such then later we will combine.
Control description 2 [No.RCTs]		
Control description 3 [No.RCTs]		
Control description 4 [No.RCTs]		
Control description 5 [No.RCTs]		
Other details:		Only most pertinent information if required
HRQoL category		Chose (1) category (2)category but no data available (3) not measured. If HRQL emerges at individual RCT level then we extract (but only for HRQL)
How measured [name(s) of instruments/Method]		Specific name of outcome
When measured [pegged timepoint?]		Short (majority is <12 months) Long (majority >= 12 months) or 'unclear' [if the review reports where the follow-up timepoints are pegged to i.e. post-randomisation, post intervention. Then report]
No. RCTs [no. participants]		Number of RCTs [number of participants]
Meta-analysis [Y/N]		If no meta-analysis can we just report direction of results

Depression category		Chose (1) category (2)category but no data available (3) not measured.
How measured [name(s) of instruments/Method]		Specific name of outcome
When measured [pegged timepoint?]		Short (majority is <12 months) Long (majority >= 12 months) or 'unclear' [if the review reports where the follow-up timepoints are pegged to i.e. post-randomisation, post intervention. Then report]
No. RCTs [no. participants]		Number of RCTs [number of participants]
Meta-analysis [Y/N]		If no meta-analysis can we just report direction of results
Anxiety category		Chose (1) category (2)category but no data available (3) not measured.
How measured [name(s) of instruments/Method]		Specific name of outcome
When measured [pegged timepoint?]		Short (majority is <12 months) Long (majority >= 12 months) or 'unclear' [if the review reports where the follow-up timepoints are pegged to i.e. post-randomisation, post intervention. Then report]
No. RCTs [no. participants]		Number of RCTs [number of participants]
Meta-analysis [Y/N]		If no meta-analysis can we just report direction of results
Physical/Physiological category		Chose (1) category (2)category but no data available (3) not measured.
How measured [name(s) of instruments/Method]		Specific name of outcome
When measured [pegged timepoint?]		Short (majority is <12 months) Long (majority >= 12 months) or 'unclear' [if the review reports where the follow-up timepoints are pegged to i.e. post-randomisation, post intervention. Then report]
No. RCTs [no. participants]		Number of RCTs [number of participants]
Meta-analysis [Y/N]		If no meta-analysis can we just report direction of results
Psychosis category		Chose (1) category (2)category but no data available (3) not measured.
How measured [name(s) of instruments/Method]		Specific name of outcome
When measured [pegged timepoint?]		Short (majority is <12 months) Long (majority >= 12 months) or 'unclear' [if the review reports where the follow-up timepoints are pegged to i.e. post-randomisation, post intervention. Then report]
No. RCTs [no. participants]		Number of RCTs [number of participants]
Meta-analysis [Y/N]		If no meta-analysis can we just report direction of results
All other outcomes reported in review		List format e.g. (1) PANSS psychosis
Overall		See AMSTAR 2 pdf
Mechanism data		Extraction of entire section 'How the intervention might work' (for Cochrane Reviews), or similar (other reviews), and/or Direct data: i.e. changes to beliefs such as self-efficacy or hypotheses for mechanisms such as presented in the discussions
Acceptability		
Satisfaction		
Adverse Effects		
Economic analyses		

3. Full list of excluded reviews with reasons.

a. References of studies excluded due to no English full text or translation available (237)

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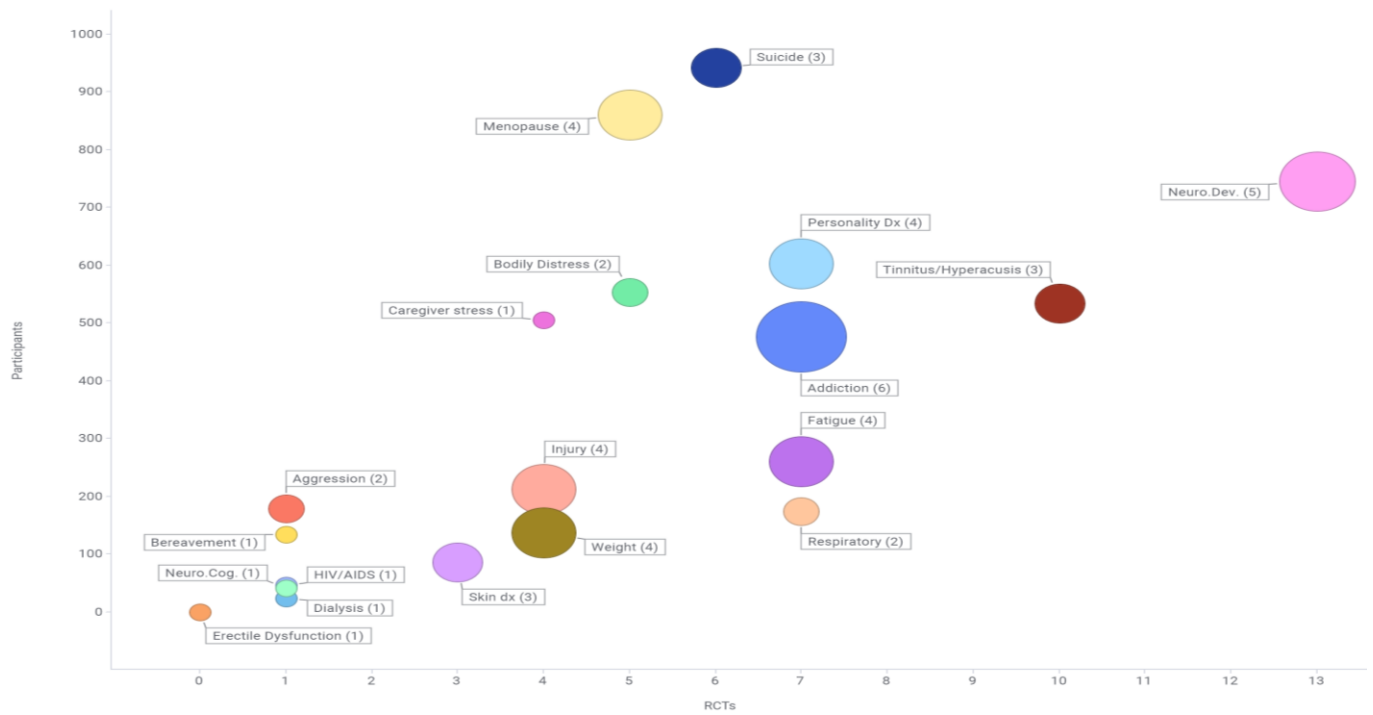
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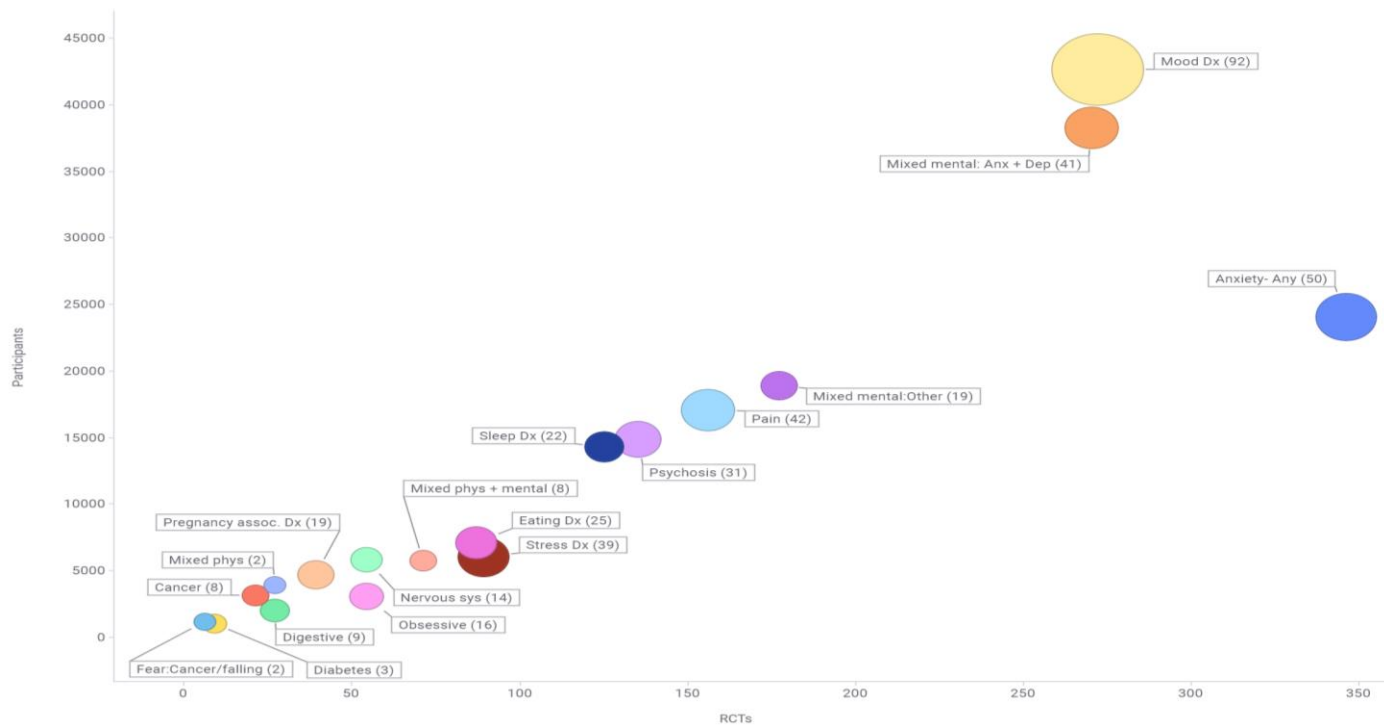
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eFigure 1: Bubble map of CBT systematic review with < 1000 participants



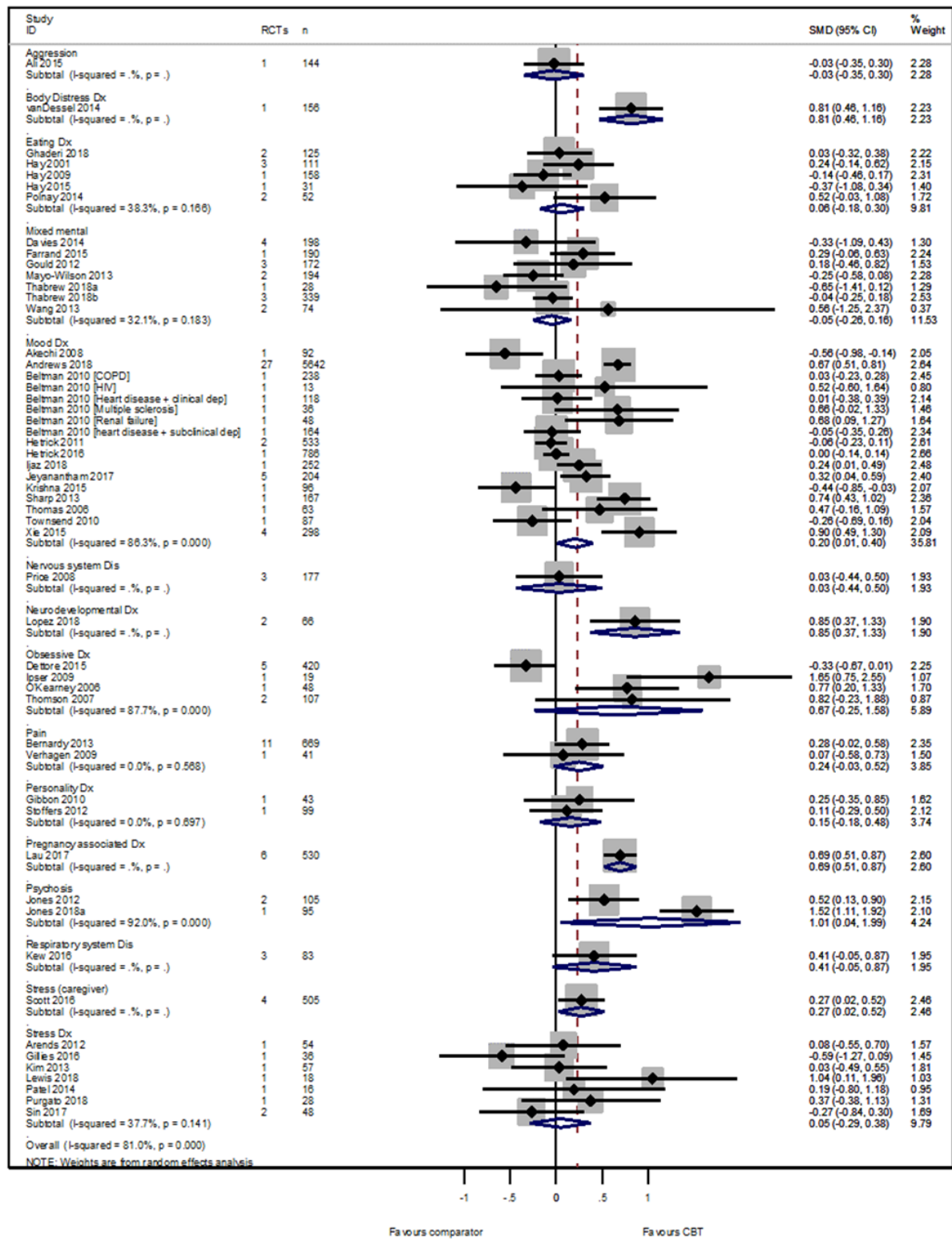
Key: Dx – diseases/disorders, Neuro.Cog – Neurocognitive, Neuro.Dev. – Neurodevelopmental. The size of the bubble represents the number of reviews included in our map. This is also denoted by the number in the brackets following the health condition description label.

eFigure 2: Bubble map of CBT systematic review with >1000 participants



Key: ‘Anx’ – anxiety, ‘Anxiety-any’ – Reviews of RCTs conducted in patients with any anxiety disorder listed under ICD-11 Anxiety or fear related disorders. ‘Dep’ – depression, ‘Dx’ – diseases/disorders, ‘Mixed phys/mixed phys + mental’ – Reviews including trials conducted in different physical and or mental conditions, *The size of the bubble represents the number of reviews included in our map. This is also denoted by the number in the brackets following the health condition description label

eFigure 3: Depression panoramic meta-analysis



eTable 1: Populations characteristics of the mapped reviews

Reviews	Age				Sex				Ethnicity					Countries where the included RCTs were conducted		
	<18 years old	18-65 years old	>65 years old	NR	<50% female sample	>50% female sample	Mixed	NR	<25% white sample	25-75% white sample	>75% white sample	Mixed	NR	Europe, North America, Australia	Africa, Asia, South America	NR
n=494	108	378	30	19	44	167	65	218	9	6	10	11	458	231	45	218
	22%	77%	6%	4%	9%	34%	13%	44%	2%	1%	2%	2%	93%	47%	10%	44%

Key: 'Mixed' – Reviews which include trials which fit into each of our classification strata. 'NR' - Not Reported

Note: Some reviews (and RCTs) included participants across various sub-categories and therefore the total in each category may not always add up to 100% (n=494 reviews).

eTable 2: Context characteristics of the mapped reviews

Reviews	Severity					Intensity			Delivered				Participants recruited						Follow-up			
	Sub-Clinical	Clinical	Chronic	Severe	Not reported	High	Low	Not reported	Preventative	Standard	Relapse	Not reported	Community	GP primary	Outpatients	Inpatients	School/Uni	Institution	Not reported	Short	Long	Not reported
n=494	16	216	19	10	247	397	139	8	29	463	7	0	92	41	114	35	36	4	283	402	130	7
	3%	44%	4%	2%	50%	80%	28%	2%	6%	94%	1%		19%	8%	23%	7%	7%	1%	57%	81%	26%	1%

Key: 'Uni' - University

Note: Some reviews (and RCTs) included participants across various sub-categories and therefore the total in each category may not always add up to 100% (n=494 reviews)

