

Outcome	No. of studies involved in meta-analysis	Effect size* (95% CI)	Grade of evidence**
Anxiety at 8 weeks	7	0.38 (0.12 - 0.64)	Moderate
Anxiety at 3–6 months	4	0.22 (0.02 - 0.43)	Moderate
Depression at 8 weeks	8	0.30 (0.00 - 0.59)	Moderate
Depression at 3–6 months	5	0.23 (0.05 - 0.42)	Moderate
Pain	4	0.33 (0.03 - 0.62)	Moderate

* Cohen’s d statistic – publication provides guidance for determining clinical significance

** Graded as high, moderate, low or insufficient (unclear)

Moderate indicates moderate confidence that evidence reflects the true effect and further research may change the results.
Low indicates low confidence that evidence reflects the true effect and further research is likely to change the results.