Figure 1: PRISMA Diagram

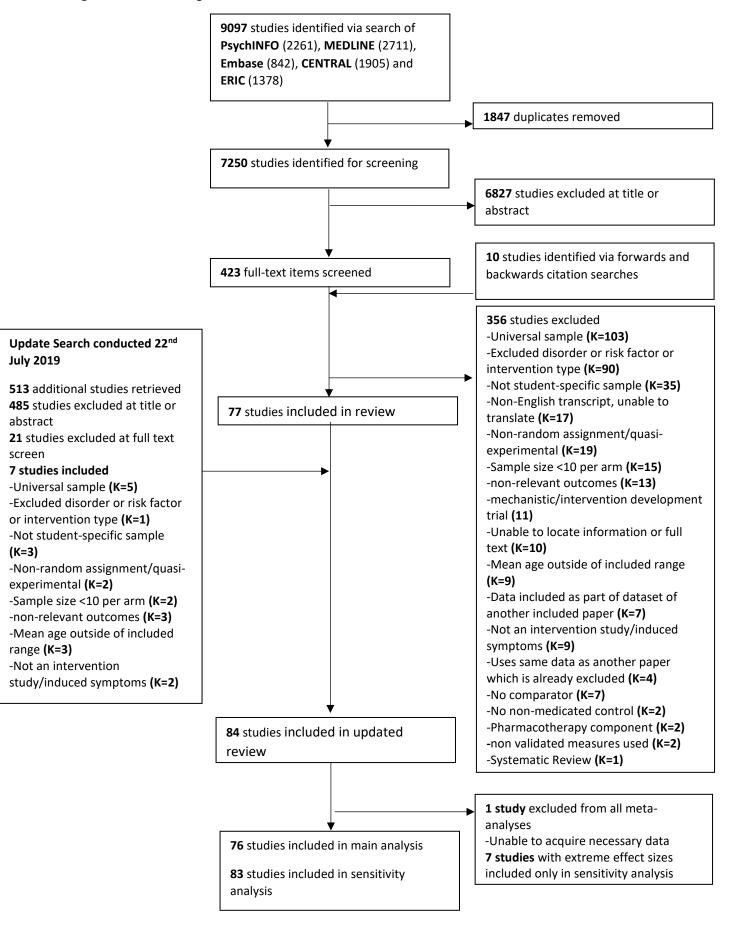


Figure 2: Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

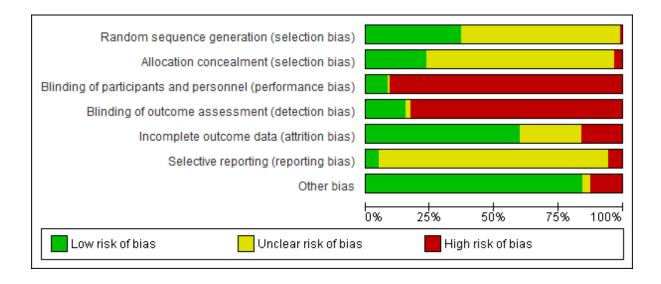
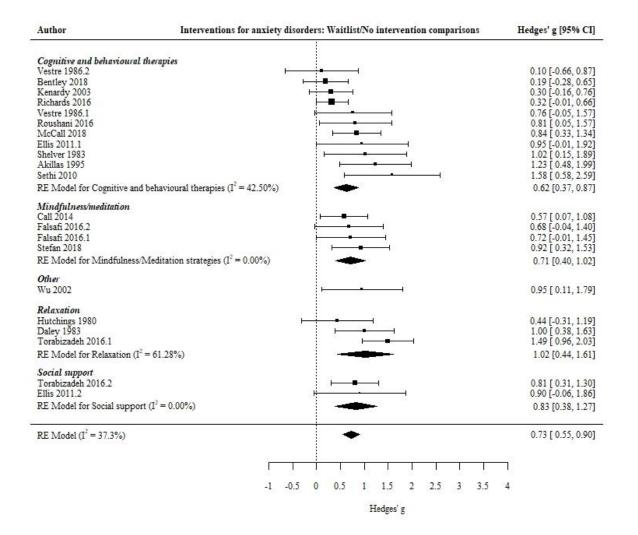


Figure 3a & 3b: Forest plot of all indicated interventions for anxiety

Author	Interventions for anxiety disorders: Active comparisons	Hedges' g [95% CI]
Cognitive and behavioural t	herapies	
Bjornsson 2011	ı— = —-	-0.5 <mark>4</mark> [-1.17, 0.09]
Uliaszek 2016	⊢ •	0.03 [-0.51, 0.56]
LaFreniere 2016	⊢	0.19 [-0.36, 0.75]
Beard 2008	├──-	0.84 [0.05, 1.63]
Lee 2013	⊢	0.99 [0.10, 1.87]
RE Model for Cognitive and	behavioural therapies ($I^2 = 64.35\%$)	0.24 [-0.26, 0.73]
Mindfulness/Meditation		
Delgado 2010	· · ·	0.05 [-0.64, 0.75]
Ye 2017		0.72 [-0.06, 1.50]
RE Model for Mindfulness/N	Meditation strategies (I ² = 36.14%)	0.36 [-0.29, 1.01]
Multimodal		
Fawcett 2019	- •	0.28 [-0.38, 0.93]
RE Model (I ² = 47.0%)	-	0.26 [-0.07, 0.58]
		
	-2 -1.5 -1 -0.5 0 0.5 1 1.5 2	
	Hedges' g	



Figures 4a & 4b: Forest plot for all indicated interventions for depression

Author	Interventions for depression: Active comparisons	Hedges' g [95% CI]
Cognitive and behavioura	ıl therapies	
Rohde 2014.1		-0.09 [-0.70, 0.52]
Cook 2019	⊢	0.02 [-0.29, 0.33]
Rohde 2014.2	<u> </u>	0.12 [-0.51, 0.76]
Uliaszek 2016	⊢	0.23 [-0.31, 0.76]
Armento 2012	 • • • 	0.33 [-0.23, 0.89]
Vasquez 2012	⊢■ →	0.54 [0.20, 0.89]
Rohde 2016	 	0.61 [0.09, 1.13]
Sadeghi 2016	₽ 	1.37 [0.58, 2.17]
RE Model for Cognitive and behavioural therapies (I ² = 54.08%)		0.35 [0.08, 0.61]
Multimodal		
Fawcett 2019	P	0.47 [-0.19, 1.13]
Psychoeducation		
Geisner 2006	⊢,≡	0.07 [-0.22, 0.36]
Geisner 2015	 •	0.15 [-0.15, 0.45]
Phimarn 2015	⊢	0.52 [0.04, 1.00]
RE Model for Psychoeducation (I ² = 19.52%)		0.19 [-0.03, 0.41]
Social skills training		
Haddock 2017		0.42 [-0.24, 1.09]
RE Model (I ² = 38.2%)	•	0.30 [0.14, 0.47]
	-1 -0.5 0 0.5 1 1.5 2 2.5 3	
	-1 -0.3 0 0.3 1 1.3 2 2.3 3	
	Hedges' g	

