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

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

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

*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