

## Multimedia Appendix 6. Secondary outcomes

Main effects of OR trials and CSR trials comparing iCBT to WLC and iCBT to f2f CBT at post-test, secondary outcomes

	n <sub>co</sub>	n	g (95% CI)	P-value	I <sup>2</sup>	NNT	Between-groups Q (P-value)
<b>Depressive symptoms</b>							
<b>WLC control</b>							
Open recruitment	32	2293	0.60 (0.51-0.68)	<.001	60	3	1.43 (.23)
Clinical recruitment	4	446	0.36 (0.17-0.54)	<.001	25	4	
<b>F2f CBT</b>							
Open recruitment	5	286	-0.05 (-0.29-0.18)	.65	34	-35	0.85 (.36)
Clinical recruitment	4	392	0.12 (-0.08-0.31)	.25	0	14	
<b>Quality of life</b>							
<b>WLC control</b>							
Open recruitment	15	1167	0.43 (0.31-0.55)	<.001	0	4	0.05 (.83)
Clinical recruitment	2	167	0.47 (0.16-0.77)	.003	80	3	
<b>F2f CBT</b>							
Open recruitment	2	298	0.09 (-0.24-0.43)	.59	0	19	0.48 (.49)
Clinical recruitment	2	163	0.25 (-0.06-0.56)	.11	0	7	

Note. WLC=wait list control; F2f CBT=face-to-face cognitive behavioural therapy; n<sub>comp</sub>=number of comparisons;

n=number of respondents;