

Multimedia Appendix 7. Meta-regression and subgroup analyses

Results of meta regression analyses with sample characteristics

	Association with effect size
Age	WLC: slope=0.02, $P=.14$ F2f CBT: slope=0.00, $P=.92$
Gender	WLC: slope=-0.01, $P=.22$, F2f CBT: slope=0.00, $P=.37$
Baseline BAI score	WLC: slope = -0.00, $P=.69$ F2f CBT: slope=-0.02, $P=.35$
Baseline SPS score	WLC: slope= 0.03, $P=.60$
Treatment dose	WLC: slope=0.10, $P=.003$ F2f CBT: slope=0.05, $P=.42$
Treatment adherence	WLC: slope=0.01, $P<.001$ F2f CBT: slope=-0.00, $P=.81$

Results of subgroup analysis based on exclusion of severely depressed patients

	N _{co}	g (95% CI)	<i>P</i> -value	I ²	NNT	Between-groups Q (<i>P</i> -value)
WLC						
No exclusion of depressive patients	16	0.50 (0.39-0.62)	<.001	46	3	8.06 (.005)
Exclusion of depressive patients	25	0.84 (0.75-0.94)	<.001	47	2	
F2f CBT						
No exclusion of depressive patients	10	0.09 (-0.07-0.24)	.28	0	19	0.46 (.50)
Exclusion of depressive patients	2	0.20 (-0.09-0.50)	.18	0	8	