Table S1

Characteristics of the included meta-analyses

Article	*k*	Model	Effect size	Mental disorder	PB method	Number of methods
Acarturk et al, 2009	47	RE	0.70 [0.56, 0.83]	Social anxiety	FP, FSN, TAF	3
Althobaiti et al, 2020	10	RE	-0.44 [-0.69, -0.19]	PTSD	FP, ER	2
Anderson et al, 2015	4	RE	-0.59 [-0.95, -0.23]	Depression	FP	1
Bahji et al, 2020	5	RE	RR= 3.47 [1.70, 7.06]	PTSD	FP	1
Bisson et al, 2007	14*		-1.40 [-1.89, -0.91]	PTSD		0
Blanck et al, 2018	14	RE	0.39 [0.22, 0.56]	Depression, anxiety	FP, ER, FSN, TAF	4
Bortolotti et al, 2008	12***	RE	-0.42 [-0.59, -0.26]	Depression		0
Braun, et al, 2013	41	RE	-0.01[-0.10, 0.08]	Depression	FP, TAF	2
Carl et al, 2020	39	RE	0.76 [0.61, 0.91]	GAD	FP, ER, TAF	3
Castro et al, 2020	6	RE	-0.18 [-0.45, 0.09]	Depression	FP, ER, RK	3
Chen et al, 2015	11	RE	-0.43 [-0.86, -0.01]	PTSD	FP, ER, RK	3
Cuijpers, Ciharova et al, 2021	37	RE	0.42 [0.26, 0,54]	Depression	FP, ER, TAF	3
Cuijpers, Clignet et al, 2011	15	RE	0.29 [0.13, 0.44]	Depression	FP, TAF	2
Cuijpers, Cristea et al, 2015	22	RE	0.89 [0.66, 1.11]	Depression, anxiety	FP, ER, TAF	3
Cuijpers, Dekker et al, 2009	25	RE	0.31 [0.20, 0.43]	Depression	FP, TAF	2
Cuijpers, Donker et al, 2010	24	RE	-0.02 [-0.2, 0.15]	Depression, anxiety	FP, TAF	2
Cuijpers, Driessen et al, 2012	31***	RE	0.58 [0.45, 0,72]	Depression	FP, ER, TAF	3
Cuijpers, Geraedts et al, 2011	16	RE	0.63 [0.36, 0,90]	Depression	FP, TAF	2

Cuijpers, Huibers et al, 2013	92	RE	0.59 [0.50, 0.67]	Depression	FP, ER, TAF	3
Cuijpers, Karyotaki et al, 2018	35	RE	1.10 [0.91, 1.30]	Depression	FP, ER, TAF	3
Cuijpers, Koole et al, 2014	14	RE	0.35 [0.23, 0.47]	Depression (sub)	FP, ER, TAF	3
Cuijpers, Marks et al, 2009	21	RE	1.08 [0.84, 1.32]	Anxiety	FP, FSN (Orwin), TAF	3
Cuijpers, Sijbrandij et al, 2014	38	RE	0.84 [0.71, 0.97]	GAD	FP, ER, TAF	3
Cuijpers, van Straten et al, 2007	13	RE	0.83 [0.45, 1,21]	Depression		0
Cuijpers, van Straten et al, 2008	135	RE	0.69 [0.60, 0.79]	Depression		0
Cuijpers van Straten et al, 2009	19	RE	0.35 [0.24, 0.45]	Depression	FP, FSN (Orwin), TAF	3
Cuijpers, van Straten, Hollon et al, 2010	16	RE	0.25 [0.03, 0,46]	Depression	FP, TAF	2
Cuijpers, van Straten, Schuurmans et al, 2010	10	RE	-0.31 [-0.53, -0.09]	Depression, dystymia	FP, TAF	2
Cuijpers, van Straten, Smith et al, 2007	6	FE	0.42 [0.23, 0.60]	Depression, minor	FP, TAF	2
Cuijpers, Turner et al, 2014	12	RE	0.25[0.14, 0.36]	Depression	FP, ER, FSN, TAF	4
Cuijpers, Quero et al, 2021	158	RE	0.61 [0.52, 0.70]	Depression	FP, ER, TAF	3
Cuijpers, de Wit et al, 2018	27	RE	0.79 [0.57, 1.01]	Depression	FP, ER, TAF	3
Cusack et al, 2016	14	RE	-1.09 [-1.4, 0.78]	PTSD		0
de Maat et al, 2007	7	FE	RR=1.32 [1.12, 1,56]	Depression		0
de Mello et al, 2005	9*	RE	RR=2.01 [0.00, 4.05]	Depression		0
Diehle et al, 2014	9*	RE	1.56 [1.05, 2.07]	PTSD	FSN (Orwin)	1
Driessen et al, 2020	7		0.26 [-0.064, 0.45]	Depression		0

Edwards, 2011	57	RE	0.61 [0.52, 0.71]	Social anxiety	FP, FSN, TAF	3
Ekers et al, 2008	16	RE	-0.70 [-1,00, -0.39]	Depression	FP, ER	2
Fortin et al, 2021	7	RE	0.63 [0.43, 0.82]	PTSD	FP, RK, FSN, TAF	4
Guidi et al, 2016	13***		0.78 [0.67, 0.90]	Depression	FP, ER	2
Guzick et al, 2018	25	RE	0.29 [0.08, 0.49]	OCD	TAF	1
Huang et al, 2020	10	FE	-0.25 [-0.40, -0,09]	Postpartum depression	FP	1
Illingworth et al, 2020	3	RE	MD =-20.98 [-34.35, -7.61] US	PTSD		0
Imel et al, 2008	39	RE	$\lambda (29) = 0.01$[missing]	Depression, dystymia		0
Ince et al, 2014	77	RE	0.50 [0.41, 0.58]	Depression	FP, ER, TAF	3
Jakobsen et al, 2011 CBT	6	FE	-1.29 [-2.73, 0.14]	Depression (major)		0
Jakobsen et al, 2011 psychodynamic	5	FE	-3.12 [-4.39, -1,86]	Depression (major)		0
Jia et al, 2018	9	RE	-0.61 [-0.95, -0.27]	Depression	FP	1
Jia et al, 2020	11	RE	0.19 [-0.11, 0.48]	Depression	ER, TAF	2
Kamenov et al, 2017	52	RE	0.43 [0.33, 0.54]	Depression	FP, TAF	2
Karatzias et al, 2019	27	RE	-0.90 [-1.11, -0.68]	PTSD	FP, ER, TAF	3
Karyotaki, Smith, Henningsen et al, 2016	13	RE	OR = 1.92 [1.59, 2,31]	Depression	FP, ER, TAF	3
Karyotaki, Smith, de Beurs et al, 2016	55	RE	OR=1.92 [1.59, 2.31]	Depression	FP, ER, TAF	3
Keefe et al, 2014	13	RE	0.024 [-0.21, 0.26]	Anxiety	FP, ER, H&C	3

Kishita, Naoko and Laidlaw, 2017	8*	RE	0.94 [0.52, 1.36]	GAD	FSN, TAF	2
Kolovos et al, 2016	31	RE	0.33 [0.24, 0.42]	Depression	FP, TAF	2
Lely et al, 2018	17	RE	0.69 [0.33, 1.06]	PTSD	FP, ER, TAF	3
Marker & Norton, 2018	12	RE	0.59 [0.41, 0.78]	Anxiety	FP, ER, TAF	3
Milling et al, 2018	13	FE	0.71 [missing]	Depression	FSN (Orwin)	1
Nieuwsma et al, 2012	7		-0.42 [-0.74, -0.10]	Depression	FP	1
Oestergaard & Moldrup, 2011	12	RE	OR= 1.75 [1.40, 2.18]	Depression		0
Osenbach et al, 2013	14	RE	0.14 [-0.03, 0.30]	Depression		0
Park et al, 2014	15	RE	0.38 [0.29, 0.48]	Depression	FP, ER, TAF	3
Podina et al, 2019	20	RE	0.13 [0.001, 0.25]	Anxiety	FP, RK, ER	3
Renner et al, 2014	39	RE	0.46 [0.32, 0.60]	Depression	FP, TAF	2
Schefft et al, 2019	19	RE	0.24 [0.12, 0.37]	Depression (major)	FP, RK, TAF	3
Seekles et al, 2013	12	RE	0.57 [0.29, 0.84]	Anxiety	FP, ER, TAF	3
Sherman, 1998	17		0.54 [0.39, 0.68]	PTSD		0
Sonis & Cook, 2019	2***	RE	0.08 [-0.48, 0.64]	PTSD, trauma		0
Souter & Miller, 2007	5	RE	0.61 [0.03, 1.19]	Depression	FSN	1
Spielmans et al, 2011	19	RE	-0.19 [missing]	Depression		0
Stephens et al, 2016	14	FE	-0.38 [-0.49, -0.27]	Depression		0
Tran & Gregor, 2016	15	RE	-0.02 [-0.17, 0.14]	PTSD	TAF	1
van Bronswijk et al, 2018	22	RE	0.42 [0.29, 0.54]	Treatment resistant depression	FP, ER	2
van Emmerik et al, 2013	5	RE	0.80 [0.57, 1.03]	PTSD	FP, TAF	2

van´t Hof et al, 2011	22	RE	1.02 [0.76, 1.28]	Depression, anxiety	FP, TAF	2
von Wolff et al, 2012	9	RE	BR= 1.20 [0.98, 1,48]	Depression, dystymia	FP, ER	2
Wampold et al, 2011	14	RE	0.45 [missing]	Depression, anxiety		0
Wang et al, 2020	7	RE	-2.04 [missing]	Depression, anxiety	FP, ER	2
Watts et al, 2013	76	RE	1.14 [0.97, 1.3]	PTSD	FP	1
Wei & Chen, 2021	18	RE	-0.57 [-0.87, -0.28]	PTSD	FP, TAF	2
Weitz et al, 2018	62	RE	0.52 [0.44, 0.66]	Depression	FP, ER, TAF	3
Wolitzky-Taylor et al, 2008	58	FE	1.03 [0.91, 1.16]	Spesific fobia		0
Yunitri et al, 2020	14	RE	-0.71 [-0.95, -0.46]	Anxiety	FP, RK, ER	3
Zhang et al, 2019	198	RE	0.47 [0.35, 0.58]	Depression, anxiety	FP	1

Note: RE = random-effects model. FE = fixed-effects model. PB = publication bias. FP= funnel plot, ER= Egger´s regression, RK= Rank correlation, FSN= Fail safe N (normal), FSN (Orwin) = Fail safe N, Orwin. TAF= trim and fill. H&C= Hemni & Copas. Effect sizes: RR= relative risiko, OR= odds ratio, BR= benefit ratio, MD= unstandardized mean difference. λ =Lambda coefficient. Effect sizes with no further specification has standardized mean difference measures.

*= Number of comparisons for meta-analysis not obtained. Number reported is number of studies. **= Number of comparisons for meta-analysis not obtained. Number reported is number of comparisons for all meta-analyses. ***= Number of comparisons not obtained. Number reported is number of studies in all meta-analyses.