

**Table S2***Characteristics of the included meta-analyses for reanalysis*

Article	<i>k</i>	Model	Effect size	Mental disorder(s)	PB method	Number of methods
Acarturk et al, 2009	47	RE	0.70 [0.56, 0.83]	Social anxiety	FP, FSN, TAF	3
Braun, et al, 2013	41	RE	-0.01[-0.10, 0.08]	Depression	FP, TAF	2
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, 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, van Straten et al, 2007	13	RE	0.83 [0.45, 1,21]	Depression		0
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, 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
Ekers et al, 2008	16	RE	-0.70 [-1.00, -0.39]	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
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
Keefe et al, 2014	13	RE	0.024 [-0.21, 0.26]	Anxiety	FP, ER, H&C	3
Kolovos et al, 2016	31	RE	0.33 [0.24, 0.42]	Depression	FP, TAF	2
Milling et al, 2018	13	FE	0.71 [missing]	Depression	FSN (Orwin)	1
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
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
Stephens et al, 2016	14	FE	-0.38 [-0.49, -0.27]	Depression		0
van Bronswijk et al, 2018	22	RE	0.42 [0.29, 0.54]	TRD	FP, ER	2
Wampold et al, 2011	14	RE	0.45 [missing]	Depression, anxiety		0
Wei & Chen, 2021	18	RE	-0.57 [-0.87, -0.28]	PTSD	FP, TAF	2
Yunitri et al, 2020	14	RE	-0.71 [-0.95, -0.46]	Anxiety	FP, RK, ER	3

*Note:* FP = funnel plot. ER = Egger's regression. RK = Rank correlation. TAF = Trim-and-fill. H&C = Hemni & Copas. TRD = treatment resistant depression.

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