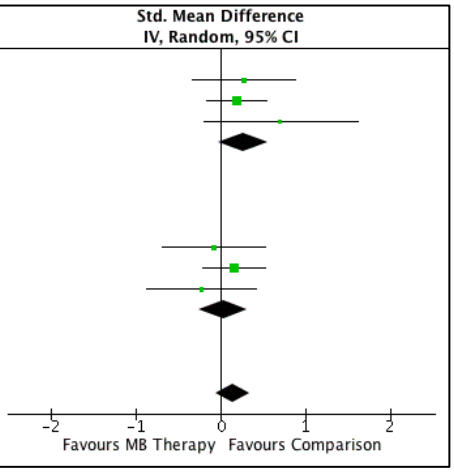
Figure 3

Study or Subgroup	MB Therapy Mean	MB Therapy SD	MB Therapy Total	Comparison Mean	Comparison SD	Comparison Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.2.1 active comparison								
Carson 2005	2	0.77	18	1.78	0.79	25	11.2%	0.28 [-0.33, 0.89]
Dowd 2015	5.64	2.68	62	5.17	2.28	62	33.4%	0.19 [-0.17, 0.54]
Texeira 2010	4.8	3.12	10	2.89	1.96	10	5.0%	0.70 [-0.21, 1.61]
Subtotal (95% CI)			**90**			**97**	**49.6%**	**0.26 [-0.03, 0.55]**
Heterogeneity: Tau² = 0.00; Chi² = 1.07, df = 2 (P = 0.59); I² = 0%								
Test for overall effect: Z = 1.76 (P = 0.08)								
1.2.2 comparison waiting list								
Cathcart 2014	2.16	0.83	22	2.23	0.79	19	11.0%	-0.08 [-0.70, 0.53]
La Cour 2015	18.8	5.9	54	17.9	5.6	55	29.4%	0.16 [-0.22, 0.53]
Morone 2008	13.7	7.9	19	15.7	9.1	18	9.9%	-0.23 [-0.88, 0.42]
Subtotal (95% CI)			**95**			**92**	**50.4%**	**0.03 [-0.26, 0.31]**
Heterogeneity: Tau² = 0.00; Chi² = 1.18, df = 2 (P = 0.55); I² = 0%								
Test for overall effect: Z = 0.18 (P = 0.85)								
Total (95% CI)			**185**			**189**	**100.0%**	**0.14 [-0.06, 0.35]**
Heterogeneity: Tau² = 0.00; Chi² = 3.51, df = 5 (P = 0.62); I² = 0%								
Test for overall effect: Z = 1.37 (P = 0.17)								
Test for subgroup differences: Chi² = 1.25, df = 1 (P = 0.26), I² = 20.2%