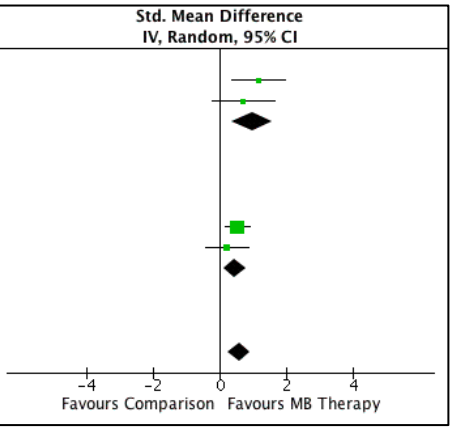
Figure 7

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
1.5.1 active comparison								
Brown 2013	75.3	10.4	15	58.2	17.8	13	14.3%	1.16 [0.35, 1.97]
Kanter 2016	47	8.9	8	40.8	8.1	11	10.8%	0.70 [-0.24, 1.65]
Subtotal (95% CI)			**23**			**24**	**25.1%**	**0.97 [0.35, 1.58]**
Heterogeneity: Tau² = 0.00; Chi² = 0.52, df = 1 (P = 0.47); I² = 0%								
Test for overall effect: Z = 3.07 (P = 0.002)								
1.5.2 comparison waiting list								
La Cour 2015	45.5	12.9	54	38.7	12.7	55	53.1%	0.53 [0.15, 0.91]
Morone 2008	45.7	10.3	19	43.2	12.4	18	21.8%	0.22 [-0.43, 0.86]
Subtotal (95% CI)			**73**			**73**	**74.9%**	**0.45 [0.12, 0.78]**
Heterogeneity: Tau² = 0.00; Chi² = 0.66, df = 1 (P = 0.42); I² = 0%								
Test for overall effect: Z = 2.66 (P = 0.008)								
Total (95% CI)			**96**			**97**	**100.0%**	**0.57 [0.25, 0.89]**
Heterogeneity: Tau² = 0.01; Chi² = 3.31, df = 3 (P = 0.35); I² = 9%								
Test for overall effect: Z = 3.51 (P = 0.0004)								
Test for subgroup differences: Chi² = 2.12, df = 1 (P = 0.14), I² = 52.9%