

Table 1: Meta-analyses of RCT studies of STPP for Somatic Symptom

Comparison	<i>Studies</i>	<i>n</i>	Effect Estimate [95% CI]	Significance
STPP vs Minimal Treatment/TAU/ Waitl				
Pre to < 3 months Post				
Somatic Symptoms	11	895	-0.84 [-1.35, -0.33]	0.001
General Symptoms	5	407	-1.02 [-2.22, 0.17]	0.09
Depression	9	773	-0.74 [-1.27, -0.21]	0.006
Anxiety	9	684	-0.79 [-1.50, -0.08]	0.03
Physical Function	5	515	-1.93 [-3.97, 0.11]	0.06
Pre to 3-6 months Post				
Somatic Symptoms	4	479	-0.45 [-0.69, -0.20]*	0.0003
Depression	4	478	-0.41 [-0.84, 0.02]*	0.07
Anxiety	3	446	-0.19 [-0.50, 0.11]*	0.21
Pre to > 6 months Post				
Somatic Symptoms	7	859	-1.00 [-1.78, -0.22]	0.01
General Symptoms	6	778	-0.93 [-1.75, -0.10]	0.03
Depression	5	649	-1.02 [-1.94, -0.10]	0.03
Anxiety	5	650	-0.96 [-1.86, -0.06]	0.04
Physical Function	3	377	-0.42 [-4.16, 3.32]	0.82

*= $I^2 \leq 50\%$ suggesting lower level of heterogeneity

Table 2: Subgroup Analyses of RCTs of STPP versus Minimal Treatment, TAU or Wait-list Controls

Subgroup	<i>Studies</i>	<i>n</i>	I²	Effect Estimate [95% CI]	Significance
Pre to < 3 months					
Adherence Rated	6	675	74%	-0.44 [-0.48, -0.16]	0.004
Pain Studies	4	452	81%	-0.54 [-1.02, -0.06]	0.02
Audio/Video Review	6	495	46%	-0.38 [-0.67, -0.09]	0.01
Emotion Experiencing	4	258	0%	-0.48 [-0.73, -0.23]	0.0002
<=12 sessions	7	572	94%	-1.01 [-1.81, -0.22]	0.01
Higher Quality (a)	6	672	46%	-0.35 [-0.57, -0.12]	0.004
Pre to 3-6 months Post					
Pain Studies	3	117	49%	-0.56 [-1.01, -0.11]	0.01
Emotion Experiencing	3	117	49%	-0.56 [-1.01, -0.11]	0.01
Pre to > 6 months Post					
Emotion Experiencing	3	132	0%	-0.38 [-0.62, -0.14]	0.002

(a) On a threshold of 3 on the Risk of Bias Tool