**Identification of studies via databases and registers**

Duplicate records removed before screening (*n* = 2,454)

Records identified from:

Databases (*n* = 4,661)

Reference list search (*n* = 7)

**Identification**

Records screened (*n* = 2,214)

Records excluded (*n* = 2,067)

Full-texts sought for retrieval

(*n* = 147)

Unretrievable full-texts (*n* = 4)

**Screening**

Reports excluded:

* Dependent data (*n* = 28)
* Included patients with several diagnoses (n=19)
* Data unavailable (*n* = 14)
* Authors did not respond (*n* = 5)
* Not involving a therapist (*n* = 6)
* Not QoL instrument (*n* = 4)
* Included patients with substance abuse (*n* = 4)
* Adolescents data (*n* = 1)
* Not a standalone intervention (*n* = 1)
* Not an RCT (*n* = 1)

Full-texts assessed for eligibility

(*n* =143)

Independent studies included in review (*n* = 60)

**Included**