**Supplementary Table 3. Multilevel random-effects meta-analyses of pre- to post-intervention symptom changes.**

|  |  |  |
| --- | --- | --- |
|  | Objective Quality of Life | Subjective Quality of Life |
|  | *k* (level 3) | *n* | *I*² | Hedges *g* | *LCI* | *UCI* | *k* (level 3) | *n* | *I*² | Hedges *g* | *LCI* | *UCI* |
| Total symptoms | 7 (7) | 416 | 81.98 | 0.258 | -0.234 | 0.749 | 24 (22) | 2309 | 64.17 | 0.324\*\*\* | 0.171 | 0.478 |
| Positive symptoms | 4 (4) | 254 | 81.54 | 0.514 | -0.135 | 1.164 | 32 (28) | 2999 | 88.54 | 0.383\*\* | 0.137 | 0.630 |
| Negative symptoms | 3 (3) | 204 | 80.52 | 0.372 | ‑0.354 | 1.099 | 29 (27) | 3035 | 96.06 | 0.606\*\* | 0.200 | 1.011 |
| General symptoms | 2 (2) | 120 | 48.36 | 0.551 | -0.056 | 1.158 | 14 (13) | 1996 | 91.45 | 0.263 | -0.074 | 0.600 |
| Functioning | 7 (7) | 446 | 87.88 | 0.539 | -0.059 | 1.137 | 19 (14) | 1858 | 88.39 | 0.468\*\* | 0.138 | 0.797 |

*Note*. Positive signs indicate more beneficial effects of treatment compared to control groups. *I*2 = percentage of variability between effects due to true heterogeneity; *LCI* = Lower bound of 95% confidence interval; *UCI* = Upper bound of 95% confidence interval; \*\* = *p* < .01, \*\*\* = *p* < .001.