**Online Supplementary Material 1: Search strategy for PubMed**

("Anxiety Disorders"[Mesh] OR anxiety OR "Agoraphobia"[Mesh] OR agoraphobia\* OR "Neurocirculatory Asthenia"[Mesh] OR neurocirculatory asthenia\* OR “effort syndrome” OR “cardiac neurosis” OR “cardiac neuroses” OR “hyperkinetic heart syndrome” OR "Obsessive-Compulsive Disorder"[Mesh] OR “obsessive-compulsive” OR “obsessive compulsive” OR "Panic Disorder"[Mesh] OR panic OR "Phobic Disorders"[Mesh] OR phobi\* OR "Stress Disorders, Traumatic"[Mesh] OR Traumatic Stress Disorder\* OR "Stress Disorders, Post-Traumatic"[Mesh] OR Post-Traumatic Stress Disorder\* OR Post Traumatic Stress Disorder\* OR Posttraumatic Stress Disorder\* OR PTSD OR Post-Traumatic Neuros\* OR Post Traumatic Neuros\* OR Posttraumatic Neuros\* OR "Stress Disorders, Traumatic, Acute"[Mesh] OR Acute Stress Disorder\*) **AND** ("Relaxation"[Mesh] OR "Relaxation Therapy"[Mesh] OR "Muscle Relaxation"[Mesh] OR relax\* OR "Autogenic Training"[Mesh] OR Autogenic Training\* OR "Mind-Body Therapies"[Mesh] OR mind-body OR “mind body” OR "Spiritual Therapies"[Mesh] OR  Spiritual Therap\* OR “spiritual healing” OR "Breathing Exercises"[Mesh] OR breathing exercise\* OR “respiratory muscle training” OR "Qigong"[Mesh] OR qigong OR “Ch'i Kung” OR “Qi Gong” OR  "Imagery (Psychotherapy)"[Mesh] OR imager\* OR directed reverie therap\* OR "Tai Ji"[Mesh] OR “Tai Ji” OR “Tai-ji” OR “Tai Chi” OR Taiji OR Taijiquan OR "Meditation"[Mesh] OR meditat\* OR "Yoga"[Mesh] OR yoga) **AND** ((clinical[TIAB] AND trial[TIAB]) OR “clinical trials as topic”[MH] OR “clinical trial”[PT] OR random\*[TIAB] OR “random allocation”[MH] OR "therapeutic use"[Subheading])

**Online Supplementary Material 2: Characteristics of the included studies**

| **Study** | **Disorder** | **Age** | **Female** | **(C)BT groups** | **Relaxation groups** | **Setting**  | **Who delivered**  | **Waves** | **CR** | **Outcomes**  |  | **St** | **In** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Al-Kubaisy, 1992UK | PHOB: agora, social, specific phobias | Mn: 35.0 SD: 11.0 | 63.7% | **BT(a): Exposure** (n=30)-In vivo, flooding -Self-exposure -6 weeks: 1.0 hours/week **BT(b): Exposure** (n=31)-Therapist-accompanied, in vivo, flooding self-exposure -6 weeks: 2,5 hours/week | **PR** (n=29)-Muscle relaxation -Self-applied (audio)-6 weeks: 1.0 hours/week  | -IMMs behavioural unit-Individual application | Experienced behaviour therapists  | Post6 weeks | BT(a): 86.7%BT(b): 87.1%PR: 93.1% | -Fear Questionnaire -Spontaneous panics-Free-floating anxiety-Beck Depression Inventory -Hamilton Depression | -Work and Social Adjustment Scale -Global improvement-Global severity | ++-- | +-- |
| Park, 2001UK |  |  |  |  |  |  |  | 96 weeks |   | -Fear Questionnaire-Beck Depression Inventory | -Work and Social Adjustment Scale  |  |  |
| Arntz,1996Netherlands | PANIC (no or mild agoraphobia) | Mn: 34.1 Rg: 21-52  | 38.9% | **CT: Cog. restructuring** (n=18) -Exploration cognitions + change thoughts + behavioral experiments -Therapist-accompanied-12 weeks: 1 hour/week  | **AR** (n=18) -Muscle relaxation + relaxation skills during daily activities-Therapist-accompanied -12 weeks: 1 hour/week  | -Community Mental Health Center-Individual application  | Experienced behaviour therapists | Post 4 weeks 26 weeks | CT: 100%AR: 94.4% | -Panic frequency-Panic-free -Composite: Fear of Fear Questionnaire, Fear Questionnaire, State-Trait  | Anxiety Inventory, BeckDepression Inventory, Depressive Symptoms Inventory, Symptom Checklist | +--- | +++ |
| Arntz, 2003Netherlands | GAD | Mn: 35.9 Rg: 20-60 | 66,7% | **CT: Cog. Restructuring** (n=25)-Exploration cognitions + change thoughts + behavioral experiments -Therapist- accompanied-12 weeks: 1 hour/week  | **AR** (n=20)-Muscle relaxation + relaxation skills during daily activities-Therapist- accompanied-12 weeks: 1 hour/week  | -Community Mental Health Center-Individual application  | Trained therapist | Post 4 weeks26 weeks  | CT: 80.0%AR: 85.0% | -State-Trait Anxiety Inventory -Symptom Checklist-Composite: Fear of Fear Questionnaire, Fear Questionnaire, State-Trait | Anxiety Inventory, Bouman Depression Inventory  | +--+ | +++ |
| Barlow, 1989USA | PANIC (no or mild agoraphobia) | AR:Mn: 38.0 SD: 22.8CBT: Mn: 36.1 SD: 6.8 | 68.0% | **CBT: Cog. Restructuring + Exposure** (n=16)-Exploration cognitions + change thoughts + behavioral experiments  + in vivo, interoceptive, graduated exposure-Therapist- accompanied-15 weeks:1 hour/week  | **AR** (n=15)-Muscle relaxation + discrimination + recall + cue-control + relaxation skills during daily activities-Therapist + self-applied -15 weeks: 1 hour/week | -Phobia and Anxiety Disorders Clinic-Individual application | Trained senior graduate students and psychologists | Post   | CBT: 93.8% AR: 66.7% | -Treatment responder and end-state functioning -Clinical severity -Hamilton Anxiety and Depression Scales-State-Trait Anxiety Inventory -Cognitive-Somatic Anxiety Questionnaire | -Subjective Symptom Scale-Fear Questionnaire-Beck Depression Inventory-Psychosomatic Rating Scale -Self monitoring  | ++-- | +++ |
| Craske, 1991USA |  |  |  |  |  |  |  | 26 weeks104 weeks |  |  |  |  |  |
| Barlow, 1992USA | GAD | AR: Mn: 40.2 CT: Mn: 39.5 | AR: 33.3% CT: 46.2% | **CT: Cog. Restructuring** (n=17)-Exploration cognitions + change thoughts + behavioral experiments -Therapist- accompanied-6 weeks: 1 hour/week | **AR** (n=16) -Muscle relaxation + discrimination + recall + cue-control + relaxation skills during daily activities-Therapist + self-applied -6 weeks: 1 hour/week | -Phobia and Anxiety Disorders Clinic-Individual application | Trained senior doctoral students and psychologists | Post  | CT: 76.5%AR: 62.5% | -Treatment responder and end-state functioning -Clinical severity -Percent of day worrying-Fear Questionnaire-Beck Depression Inventory-Self monitoring  |  -Cognitive-Somatic Anxiety Questionnaire-Subjective Symptoms Scale-State-Trait Anxiety Inventory -Eysenck Personality Inventory-Hamilton Anxiety and Depression Scales  | ++?- | +++ |
| Beck, 1994USA | PANIC (no or mild agoraphobia) | Mn: 37.5 SD: 9.7 | 76,3% | **CT: Cog. Restructuring** (n=22)-Exploration cognitions + change dysfunctional thoughts-Therapist- accompanied-10 weeks: 1.5 hour/week | **PR** (n=20)-Muscle relaxation + breathing + discrimination + relaxation by recall + cue-control-Therapist + self-applied -10 weeks: 1.5 hour/week | -Unrep.-Group application | Advanced students under the supervision of psychologists | Post4 weeks 26 weeks | CT: 77.3%PR: 95.0% | -Panic Symptoms -Clinical severity -Treatment response -Anxiety Sensitivity Inventory -Agoraphobic Cognitions Questionnaire-State-Trait Anxiety Inventory | -Fear Questionnaire-Hamilton Anxiety and Depression Scales -Symptom Checklist-90-Recognition memory -Skin conductance | +--- | +++ |
| Bedell, 1979USA | PHOB: snake **(a)** and social **(b)** phobia | Unrep | 50.0% | **BT: Desensitization** (n=11) -2 sessions of relaxation + Imaging, graduated exposure -Therapist- accompanied-6 weeks: 1 hour/week | **PR** (n=11)-Muscle relaxation + breathing + imagery-Therapist- accompanied-6 weeks: 1 hour/week | -Unrep.-Individual application | Graduate students enrolled in an advanced seminar on behavioral therapies | Post | BT: 100%PR: 100%. | -Achievement Anxiety Test -Fear Survey Schedule-Behavioural Approach Test-Performance measure for Test anxious  |   | ?+-- | +++ |
| Borkovec, 1993USA | GAD | Mn: 37.5SD: 13.1 | 65.5% | **CBT: Desensitization + Cog. Restructuring** (n=23)-Relaxation + imaging, graduated exposure + exploration cognitions + change thoughts + behavioural experiments + decatastrophizing -Therapist- accompanied -6 weeks: 2.3 hour/week | **PR** (n=23)-Muscle relaxation + cue-controlled + breathing + differential relaxation + Imagery-Therapist + self-applied-6 weeks: 2.3 hour/week  | -Unrep.-Unrep. | Two experienced therapist and two advanced clinical graduate students | Post26 weeks52 weeks | CBT: 82.6%PR: 78.3% | -Clinical Severity-Hamilton Anxiety and Depression Scales-State-Trait Anxiety Inventory-Zung self-rating of anxiety scale -Reactions to Relaxation and Arousal Questionnaire-Self monitoring | -Penn State Worry Questionnaire-Medication-Beck Depression Inventory | ++-+ | *+**+**+* |
| Clark, 1994UK | PANIC (no, mild or moderate agoraphobia) | Mn: 34.6SD: 9.2 | 78.0% | **CBT: Cog. Restructuring + Exposure** (n=21)-Exploration cognitions + change misinterpretations + restructuring images + behavioral experiments + stopping safety behaviours + in vivo, interoceptive, graduated exposure.-Therapist + self-applied-12 weeks: 1 hour/week  | **AR** (n=21)-Muscle relaxation + relaxation skills during daily activities with a behavioural approach-Therapist + self-applied-12 weeks: 1 hour/week | -Unrep.-Individual application | Two clinical Psychologists | Post13 weeks52 weeks | CBT: 95.2%AR: 95.2% | -Panic composite-Panic frequency, disability and end-state functioning-Beck Anxiety Inventory-Hamilton Anxiety Scale-Fear Questionnaire-Situational fear-Bodily Sensations Questionnaire | -Bodily Sensations Interpretation Questionnaire-Agoraphobic Cognitions Questionnaire-Beck Depression Inventory | ++-- | *+**+**+* |
| Deffenbacher, 1981USA | PHOB: (social) | Unrep. | 66.0% | **CT: Cognitive coping skills** (n=13)-Exploration cognitions + change dysfunctional self-instructional patterns + writing self-instructions + practice with standardized tests-Therapist + self-applied**-**2 weeks: 1.7 hour/week | **AR** (n=10)-Relaxation coping skills + arousal awareness + cue-controlled + self-instructions -Therapist + self-applied -2 weeks: 1.7 hour/week | -Unrep.-Group application | The authors | Post5 weeks | CT: 100%AR: 100% | -Achievement Anxiety Test-Debilitating trait test anxiety-Wonderlic Personnel Test-Facilitating trait test anxiety-State test anxiety-Digit Symbol Test-Exam scores |  | +--- | *-**-**-* |
| Dugas, 2010Canada | GAD | CBT: Mn: 40.4SD: 12.8Other:Mn: 36.4SD: 12.0 | CBT:64.5%MIX:69.2% | **CBT:** **Exposure + Problem solving + Cog. Restructuring** (n=33)**-**Psychoeducation+ reevaluation of worry + problem solving + imaging and in vivo exposure -Therapist + self-applied-12 weeks: 1 hour/week | **Other** (n=31)-Psychoeducation + muscle relaxation + relaxation by recall + relaxation by counting + conditioned relaxation-Therapist + self-applied -12 weeks: 1 hour/week | -Anxiety Disorders Clinic-Individual application | Trained clinical psychologists | Post26 weeks52 weeks104 weeks | CBT: 93.9%Other: 83.9% | -Clinician severity rating-Penn State Worry Questionnaire -Worry and Anxiety Questionnaire somatic-State-Trait Anxiety Inventory-Diagnostic remission | -Beck Depression Inventory-Clinical Global Impression Improvement scale  | ++-+ | *+**+**+* |
| Donegan, 2012Canada |  |  |  |  |  |  |  | Post |  | -Panic-free  |  |  |  |
| Echeburúa, 1997Spain | PTSD | Mn: 20.0 SD: 7.1 | 100% | **CBT:** **Exposure + Cog. Restructuring** (n=10) -Imaging, graduated exposure + change thoughts + coping strategies-Therapist + self-exposure-6 weeks: 1.2 hour/week | **PR** (n=10)-Muscle relaxation -Therapist + self-applied-6 weeks: 0.7 hour/week | -Psychological Counseling Centers for Women-Individual application | Experienced clinical psychologist | Post4 weeks13 weeks26 weeks52 weeks | CBT: 100%PR: 100% | -Severity of Posttraumatic Stress Disorder Symptoms-Modified Fears Survey-State-Trait Anxiety Inventory -Beck Depression Inventory-Scale of Adaptation |  | +--- | *+**-**-* |
| Fals-Stewar, 1992USA | OCD (dually diagnosed) | Mn: 32.8 SD: 6.9  | 25.8% | **BT: Exposure (+ sustance abuse treatment)** (n=20)-Imaging / in vivo and graduated / flooding + response prevention-Therapist + self-exposure-6 weeks: 3 hours/week | **PR: (+ sustance abuse treatment)** (n=20)-Muscle relaxation-Therapist-applied-6 weeks: 3 hour/week | -Therapeutic community-Mixed application | Experienced Therapist | Post52 weeks | BT: 95.0%PR: 90.0% | -NIMH Obsessive Compulsive Rating Scale-Intake interview |  | +--- | *-**-**-* |
| Fals-Stewar, 1993USA | OCD | Mn: 30.5 SD: 7.9 | 55.0% | **BT(a): Exposure + response prevention (group)** (n=31)-Imaginal / in vivo, graduated / flooding + response prevention-Therapist + self-exposure-12 weeks: 4 hours/week**BT(b): Exposure + response prevention (individual)** (n=34)-Imaginal / in vivo, graduated / flooding + response prevention-Therapist + self-exposure-12 weeks: 2 hours/week | **PR** (n=32)-Muscle relaxation-Therapist-applied-12 weeks: length unrep. | -Unrep.-Group (a), and Individual (b) application | Experienced psychiatric social workers | Post | BT(a): 96.8%BT(b): 91.2%PR: 100% | -Self-Rating Anxiety Scale |  | +--- | *-**-**-* |
| Feldman, 2016USA | PANIC (with or without agoraphobia + asthma) | Other:Mn: 42.6 SD: 12.9CBT: Mn: 43.8 SD: 11.8 | 93.8% | **CBT: CBPT** (n=27)-Emotional reactions to asthma + distinguishing between asthma and panic + adaptive/maladaptive behaviors + psycho-education + activation and empowerment -Therapist + self-applied**-**8 weeks: unrep. hour/week  | **Other** (n=26)-Non-directive counselling + relaxing music + paced breathing + skills to relax -Therapist + self-applied -8 weeks: unrep. hour/week | -Albert Einstein College of Medicine-Unrep.  | A clinical psychology post-doctoral fellow and advanced graduate students | Post13 weeks | CBT: 59.3% Other: 61.5% | -Panic Disorder Severity Scale -Clinical Global Impression-Anxiety Sensitivity Index-Body Sensations Questionnaire-Agoraphobia Cognitions Questionnaire-Beck Depression Inventory -Medication Adherence Report  | -Asthma Control Questionnaire -Pulmonary Function -Mini Asthma Quality of Life Questionnaire -Use of rescue medication-Heart rate (HR)-HR variability-Respiration rate-End-tidal carbon dioxide | ++-+ | *+**+**+* |
| Greist, 2002USA | OCD | Mn: 39.0 SD: 12.0 | 42.0% | **BT(a):** **Exposure + response prevention** (n=74)-In vivo computer-guided self-exposure + response prevention-9 modules (Mn: 140.5 ± 222.4 min.)**BT(b): Exposure + response prevention** (n=69)-In vivo therapist-guided self-exposure + response prevention-11 weeks: 1 hour/week | **PR** (n=75)-Muscle relaxation-Manual + Audio + self-applied-10 weeks: 7 hour/week. | -Unrep.-Individual application | Experienced clinicians | Post | BT(a): 74.3% BT(b): 79.7%PR: 88.0% | -Yale-Brown Obsessive Compulsive Scale -Hamilton Depression Scale-Work and Social Adjustment Scale -Self monitoring-Patient and Clinical Global Impressions Scales |  | ++?+ | *+**-**+* |
| Gross, 1982USA | PHOB: (social) | Unrep. | 73.0% | **CT: Cog. Restructuring** (n=23)-Therapist-applied-2 weeks: 2.5 hour/week | **PR** (n=26)-Muscle relaxation-Therapist-applied-2 weeks: 2.5 hour/week | -Unrep.-Unrep. | Advanced graduate student | Post | 93.7% | -Behavior Checklist for Performance Anxiety-Overall Rating of Anxiety-Self-Reported Behavior-Heart rate and skin conductance-Social Avoidance and Distress Scale | -Autonomic Perception Questionnaire-State Anxiety Scale -Personal Report of Confidence as a Speaker -Fear of Negative Evaluation Scale | +--- | *-**-**-* |
| Hayes Skelton, 2013USA | GAD | AR:Mn: 32.6 SD: 12.1CBT: Mn: 33.3 SD: 12.4 | AR: 70.7% CBT: 60.0% | **CBT: ABBT** (n=40)-Acceptance + values exercises + mindfulness + applying skills-Therapist-applied-16 weeks: 1.13 hour/week  | **AR** (n=41) -Muscle relaxation + cue-controlled, differential, rapid relaxation + diaphragmatic breathing + application skills-Therapist-applied-16 weeks: 1.13 hour/week  | -Unrep.-Unrep. | Post-doctoral or advanced doctoral students | Post26 weeks | CBT: 75.0%AR: 78.1% | -Diagnostic status, responder status, and end-state functioning-Hamilton Anxiety Scale-Penn State Worry Questionnaire-State-Trait Anxiety Inventory | -Depression Anxiety Stress Scale (stress)-Beck Depression Inventory-Quality of Life Inventory-Number of additional diagnoses  | ++-+ | *+**+**+* |
| Millstein, 2015USA |  |  |  |  |  |  |  | Post26 weeks52 weeks |  | -Clinician’s severity rating-Inventory of Interpersonal Problems Circumplex Scales | -Five Facet Mindfulness Questionnaire |  |  |
| Eustis, 2016USA |  |  |  |  |  |  |  | Post |  | -Acceptance and Action Questionnaire |  |  |  |
| Howard, 1983Australia | PHOB(flying) | Mn: 44.6 | 80.4%. | **BT(a): Desensitization** (n=11) -Progressive muscle relaxation + imaging graduated exposure -Therapist-applied -8 weeks: 1 hour/week**BT(b): Flooding** (n=11) -Imaging flooding exposure -Therapist-applied -8 weeks: 1 hour/week **BT(c): Implosion** (n=11) -Imaging flooding exposure incorporating catastrophic consequences -Therapist-applied -8 weeks: 1 hour/week | **Other** (n=13)-Muscle relaxation + meditation -Therapist + Self-applied -8 weeks: 1 hour/week | -Unrep.-Group application | One doctoral student with clinical experience, and one senior undergraduate with limited experience | Post | BT(a): 81.8%BT(b): 90.9%BT(c): 90.9%Other: 92.3% | -Behavioural test (subjects who flew in a half hour flight one week after treatment)  |  | +--- | +-+ |
| Hoyer, 2009Germany | GAD | Mn: 45.4 SD: 12.5 | 52.7% | **BT:** **Exposure** (n=36)-Psychoeducation + self-monitoring of worry + avoidance reduction -Therapist + self-exposure-15 weeks: length unreported | **AR** (n=32)-Muscle relaxation + differential, rapid relaxation + relaxation skills during daily activities -Therapist + self-applied-15 weeks: length unreported | -Dresden University-Unrep. | Clinical psychologists in postgraduate psychotherapy training | Post26 weeks52 weeks | BT: 80.6%AR: 87.5% | -Hamilton anxiety rating scale -State-trait anxiety scale-Penn state worry questionnaire-White bear suppression inventory-Brief Symptom Inventory | -Beck depression inventory -Clinical global impression of Improvement-Hamilton depression scale-Metacognition questionnaire-Treatment Response and End-State Functioning | ++-+ | *+**+**+* |
| Korrelboom, 2014Netherlands | PANIC (with or without agoraphobia) | Mn: 36.1 SD: 11.9 | 64.0% | **CBT:** **COMET** (n=70)-Imaging control situations + formulating positive self-statements + graduated interoceptive exposure-Therapist-applied-7 weeks: 1.5 hour/week | **AR** (n=73)-Muscle relaxation + cue-controlled + differential, rapid relaxation + applied relaxation-Therapist-applied-7 weeks:1.5 hour/week | -Department of Anxiety Disorders-Group application  | Trained psychologist and nurses | Post | CBT: 84.3%AR: 82.2% | -Panic Appraisal Inventory -Mobility Inventory  |  | +--+ | *+**+**+* |
| Kushner, 2013USA | MIXED: (social, GAD, panic) + alcohol use disorder | Mn: 39.8 SD: 10.5 | 40.9% | **CBT:** **Exposure + cognitive restructuring** (n=171)-Psychoeducation + modifying catastrophic thinking + breaking the drinking/anxiety connection-Therapist-applied-6 weeks: 1 hour/week | **PR** (n=173)-Muscle relaxation-Therapist-applied-6 weeks: 1 hour/week | -Community-based residential treatment program-Individual application | Doctoral-level psychologists | Post17 weeks | CBT: 94.2%PR: 96.0% | -Time line follow-back interview-State-Trait Anxiety Inventory |  | ++-- | *+**+**-* |
| Marks, 1993 UK | PANIC (with agoraphobia) | Mn: 35.0 SD: Unrep. | 81.0% | **BT: Exposure + Plc.** (n=38)-Self-exposure + placebo -In vivo and graduated-Therapist-applied -8 weeks: 3.6 hour/week | **PR + Plc.** (n=39) -Muscle relaxation + placebo-Therapist + self-applied -8 weeks: 1 hour/week  | -Unrep.-Individual application | Experienced behavior therapist (psychiatrist, nurse or other) | Post10 weeks15 weeks35 weeks | BT: 82.0%PR: 87.0% | -Four phobic targets -PQ Agoraphobia -Number of major panics-Spontaneous major panics -Hamilton Depression  | -Work/social disability-Clinician's Global impression of Improvement  | +++- | *+**-**+* |
| Curran, 1994UK |  |  |  |  |  |  |  | Post16 weeks |  | -Subjective Assessment of memory | -News Bulletin Recall |  |  |
| Marks, 1998UK | PTSD | CT: Mn: 39.0 SD: 9.0BT: Mn: 39.0 SD: 11.0CBT: Mn: 38.0 SD: 9.0PR: Mn: 36.0 SD: 10.0 | 36.0% | **CT(a): Cog. restructuring** (n=19)-Modifying catastrophic thinking + appraise belief about themselves-10 weeks: 1.5 hour/week**BT(b): Exposure** (n=23)-Imagination + in vivo and graduated therapist + self-exposure by audio-10 weeks: 1.5 hour/week**CBT(c):** **Exposure + cog. restructuring** (n=24)-Imagination + in vivo + modifying thoughts emerged during exposure-10 weeks: 1.75 hour/week | **PR** (n=21)-Muscle relaxation-Therapist + self-applied (audio)-10 weeks: 1.5 hour/week  | -Unrep.-Individual application | A nurse and a clinical psychologist experienced in CBT | Post4 weeks13 weeks | CT: 94.7% BT: 87.0%CBT: 79.2%PR: 95.2% | -Clinician-Administered PTSD Scale (CAPS2) -Work/Social Adjustment -Clinician's Global Impression -Patient's Global Impression-Problems and Targets -Impact of Events Scale -Beck Depression Inventory-PTSD Symptoms Scale-State-Trait Anxiety Inventory |  | ++-+ | *+**+**+* |
| McNamee, 1989UK | PANIC (with agoraphobia) | Mn: 45.0 Rg: 29-60 | 88.9% | **BT: Exposure** (n=13)-In vivo and graduated-Self-exposure (phone)-12 weeks: 8 hour/week | **PR** (n=10)-Muscle relaxation-Self-applied (audio)-12 weeks: 7 hour/week | -Telephoned guidance-Individual application | Therapist | Post 20 weeks | BT: 69.2%PR: 90.0% | -4 Phobic targets-Global Impression-Global phobia-Beck Depression Inventory  | -Weekly diaries-Social adjustment | +++- | *+**-**-* |
| Meuret, 2017USA | PHOB (blood) | BT:Mn: 26.0 BT:Mn: 30.0 Other:Mn: 27.9 | 81.7% | **BT(a): HRT** (n=20)-Psychoeducation + regulating breathing to reduce hyperventilation-Therapist-applied -1 week: 0.30 hours/week**BT(b): SAT** (n=20)-Psychoeducation + tensing muscles + release (not relaxation) -Therapist-applied-1 week: 0.30 hours/week  | **Other** (n=20)-Education about fear and muscle tension + muscle relaxation without the initial tensing that is typical of progressive muscle relaxation -Therapist-applied -1 week: 0.30 hours/week | -Southern Methodist University, Dallas-Group application | A novice ﬁrst-year graduate student | Post  | BT(a): 100% BT(b): 100%Other: 100% | -Application success -Perceived helpfulness-Perceived Anxiety-Heart Rate-End-tidal carbon-dioxide partial pressure  |  | +--- | *+**-**-* |
| Michelson, 1985 USA | PANIC (with agoraphobia) | Mn: 40.0 SD: 10.4 | 87.1% | **CT(a): Paradox. Intention** (n=11)-Welcome/exaggerate fear + humor-Therapist + self-applied-12 weeks: 2 hours/week**BT(b): Exposure** (n=16)-In vivo and graduated-Therapist + self-applied-12 weeks: 2 hours/week | **AR** (n=12)-Muscle + cue-controlled + differential + breathing + imagery + coping skills -Therapist + self-applied -12 weeks: 2 hours/week | -Psychiatric Institute and Clinic of the University of Pittsburgh-Group application | Four licensed clinical psychologists | Post 13 weeks | CT(a): 90.9%BT(b): 68.8%AR: 83.3% | -Global Severity Assessor -Self-Rating Severity-Fear Survey Schedule-Fear Questionnaire -Phobic Anxiety Avoidance -Taylor Manifest Anxiety Scale-Panic Scale -Beck Depression Inventory  | -Locus of Control-Assertiveness Scale-Heart Rate-Subjective Discomfort -Behavioral Avoidance -Spontaneous Panic Attacks-End-state functioning and Improvement | +-+- | *-**-**+* |
| Michelson, 1988 USA | PANIC (with agoraphobia) | Mn: 37.0 SD: 9.4 | 78.0% | **CT(a): Paradox. Intention** (n=31)-Welcome/exaggerate fear + humor-Therapist + self-applied-12 weeks: 2 hours/week**BT(b): Exposure** (n=28)-In vivo and graduated-Therapist + self-applied-12 weeks: 2 hours/week | **AR** (n=29)-Muscle + cue-controlled + differential + breathing + imagery + coping skills -Therapist + self-applied -12 weeks: 2 hours/week | -Psychiatric Institute and Clinic of the University of Pittsburgh-Group application | Three licensed clinical psychologists | Post 13 weeks | CT(a): 83.9%BT(b): 78.6%AR: 86.2% | -Global Severity Assessor -Self-Rating Severity-Phobic Anxiety Avoidance -Fear Questionnaire -Fear Survey Schedule -Taylor Manifest Anxiety Scale-Zung Anxiety/Depression-Beck Depression Inventory-Hopkins Symptom Checklist  | -Panic severity and symptoms-Assertiveness Scale-Locus of Control-Marital Adjustment scale-Behavioral Avoidance -Subjective Discomfort -Spontaneous Panic Attacks-End-state functioning and Improvement  | +-+- | *-**-**+* |
| Michelson,1990 USA |  |  |  |  |  |  |  | Post 13 weeks |  | -Heart Rate |  |  |  |
| Milrod, 2015USA | PANIC(with or without agoraphobia) | Mn: 38.8 SD: 13.2 | 68.0% | **CBT: Exposure + Cog. restructuring** (n=81)-Interoceptive + in vivo + psycho-education + modifying catastrophic thinking + diaphragmatic breathing -Therapist + self-applied-12 weeks: 1.5 hours/week  | **AR** (n=39)-Muscle + discrimination training + generalization + relaxation by recall + cue-controlled relaxation -Therapist + self-applied -12 weeks: 1.5 hours/week  | -Medical College and University of Pennsylvania-Individual application | Thirty Therapist with a mean of 13 years of post-degree experience (SD=8.1)  | Post | CBT: 75.3%AR: 59.0% | -Panic Disorder Severity Scale -Serious adverse events |  | ++++ | *+**+**+* |
| Mühlberger, 2001Germany | PHOB(flying) | BT:Mn: 43.9 SD: 10.6PR: Mn: 42.2 SD: 9.1 | 86.7% | **BT: Exposure** (n=15)-Virtual reality + graduated -Therapist -1 week: 1.1 hours/week | **PR** (n=15)-Muscle relaxation-Self applied (audio)-1 week: 1.1 hours/week | -Institute of Graphic Data-Processing-Group application | Two advanced graduate clinical psychology students | Post | BT: 100%PR: 86.7% | -Subjective Units of Discomfort -Hear Rate-Skin Conductance-Fear of Flying Scale-Fear of flying rating-Avoidance of flying rating-Anxiety Expectancy Scale | -Danger Expectancy Scale-Anxiety Sensitivity Index | +--- | *+**-**-* |
| Norton, 2012USA  | MIXED:social, panic with/without agora, GAD, specific phobia, OCD | Mn: 33.0 SD: 10.7 | 62.1% | **CBT: Transdiagnostic** (n=65)-Psychoeducation + self-monitoring + Cog. restruct. + exposure (in vivo, role-played, imaging, interoceptive, graduated) + beliefs of control-Therapist + self-applied-12 weeks: 2 hours/week | **Other** (n=22)-Muscle + cue-control + imagery + breathing retraining-Therapist + self-applied (audio)-12 weeks: 2 hours/week | -University of Houston Anxiety Disorder Clinic-Group application | Doctoral level graduate students under the supervision of a PhD clinical psychologist | Post | CBT: 98.5%Other: 95.5% | -Anxiety Disorder Diagnostic Questionnaire-Panic Disorder Severity Scale-Social Phobia Diagnostic Questionnaire-Generalized Anxiety Disorder Questionnaire | -Beck Anxiety Inventory | ++++ | *+**+**+* |
| Öst, 1981Sweden  | PHOB: (social) (behav. and physiol. reactors) | Mn: 34.4 Rg: 21-51 | 59.4% | **BT: Social skills** (n=16)-Psychoeducation + rank of situations + role-playing -Therapist + self-applied-12 weeks: 1 hour/week | **AR** (n=16)-Muscle + cue-control + differential + coping skills-Therapist + self-applied-12 weeks: 1 hour/week | -Ulleraker Mental Hospital-Individual application | Two graduate students with 4 years clinical experience  | Post | Unrep. | -Fear Survey Schedule-III-Social Situations Questionnaire (frequency) -Five Individual situations -Frequency Social activities -Frequency Social Contacts | -Fear thermometer -Social Interaction test-Overall change score | ++-- | *+**-**-* |
| Öst, 1982 Sweden  | PHOB (claustro) (behav. and physiol. reactors) | Mn: 36.4 Rg: 20-60 | 88.2% | **BT: Exposure** (n=17)-In vivo + graduated + modeling + prompting + social reinforcement -Therapist + self-applied-10 weeks: 1 hour/week | **AR** (n=17)-Muscle + cue-control + differential + coping skills-Therapist + self-applied-10 weeks: 1 hour/week | -Ulleraker Mental Hospital-Individual application | Two graduate students with 5 years clinical experience  | Post60 weeks | BT: 100%AR: 100% | -Behavioural test-Fear thermometer -Five Individual situations-Claustrophobia Scale-Fear Survey Schedule-III | -Autonomic Perception Questionnaire-Heart rate-Overall change score-Clinical significance | ++-- | *-**-**-* |
| Öst, 1984 (a)Sweden  | PHOB (agora) (behav. and physiol. reactors) | Mn: 36.2 Rg: 25-52 | 95.0% | **BT: Exposure** (n=20)-In vivo + graduated-Therapist + self-applied-12 weeks: 1 hour/week | **AR** (n=20)-Muscle + release + differential + cue-controlled + coping skills-Therapist + self-applied-12 weeks: 1 hour/week | -Ulleraker Mental Hospital-Individual application | Two graduate students with 5 years clinical experience  | Post | BT: 85.0%AR: 95.0% | -Agoraphobia Scale-Agoraphobia Questionnaire -Individual Hierarchy-Acute Panic Inventory-Fear Survey Schedule-III-Beck Depression Inventory-Maudsley Marital Questionnaire | -Autonomic Perception Questionnaire-Specific Negative Thoughts-Behavioural test-Heart rate-Self rating on anxiety-Overall change score-Clinical significance | ++-- | *-**-**-* |
| Öst, 1984 (b)Sweden  | PHOB (blood) | Mn: 31.0Rg: 21-44 | 66.7% | **BT: Exposure** (n=9)-In vivo + graduated + modeling + prompting + social reinforcement -Therapist + self-applied-9 weeks: 1 hour/week  | **Other** (n=9)-Muscle + release + cue-controlled + differential + applied tension + coping skills-Therapist + self-applied -9 weeks: 1 hour/week | -Ulleraker Mental Hospital-Individual application  | Two undergraduate students I-year clinical experience  | Post26 weeks | BT: 100%Other: 77.8% | -Mutilation Questionnaire -Fear Survey Schedule-III-Self-Rating of Anxiety-Rating of fainting behavior -Time watching the film-Adverse reactions | -Diastolic pressure-Overall change score-Blood donor | ++-- | *-**-**-* |
| Öst, 1989Sweden  | PHOB (blood) | Mn: 31.7Rg: 18-51 | 63.3% | **BT: SAT** (n=10)-Tensing the muscles of the arms, the chest, and the legs, until a feeling of warmth is rising in the face-Therapist + self-applied-5 weeks: 1 hour/week  | **AR** (n=10)-Muscle + tension-release + release only + cue-controlled + differential + coping skills-Therapist-applied-9 weeks: 1 hour/week | -Ulleraker Mental Hospital-Individual application  | Two graduate students, 3-year clinical experience  | Post26 weeks | BT: 90.0%AR: 90.0% | -Self-rating of anxiety-Thought index and ratio-Mutilation Questionnaire -Fear Survey Schedule-III-Time watching the film-Rating of fainting behavior  | -ΔHR (hear rate)-Clinically significant improvement  | +--- | *+**+**-* |
| Öst, 1993 Sweden  | PANIC (with agoraphobia)  | Mn: 37.4 SD: 8.4 | 66.7% | **CT(a): Cog. restructuring + self-instructions** (n=15)-Cognitive restructuring + positive self-instructions + cognitive coping -Therapist + self-applied -12 weeks: 1 hour/week**BT(b): Exposure** (n=16)-In vivo and graduated -Therapist + self-applied -12 weeks: 1 hour/week  | **AR** (n=15)-Muscle + release + cue-controlled + differential + rapid + coping skills relaxation-Therapist + self-applied -12 weeks: 1 hour/week | -Ulleraker Mental Hospital-Individual application | Two graduate students with 3 years clinical experience | Post52 weeks | CT(a): 100%BT(b): 93.3%AR: 100% | -Agoraphobia Scale-Mobility Inventory -Fear Questionnaire -Agoraphobic Cognitions Questionnaire-Body Sensations Questionnaire-Blood/Injury Scale-Social Phobia Scale-State Trait Anxiety Inventory  | -Beck Depression Inventory-Self-defeating statements-Positive coping statements-Clinical significance | ++-- | *+**+**-* |
| Öst, 1995Sweden  | PANIC (with no or mild agoraphobia) | Mn: 32.6 SD: 7.1 | 68.4% | **CBT: Cog. restructuring + behavioral experiments** (n=19)-Identifying misinterpretations + generating non catastrophic thoughts + behavioral experiments-Therapist + self-applied -12 weeks: 1 hour/week  | **AR** (n=19)-Muscle + release + cue-controlled + differential + rapid + coping skills relaxation-Therapist + self-applied -12 weeks: 1hour/week | -University Hospital of Uppsala-Individual application | Four therapist with 5-13 year clinical experience  | Post52 weeks | CBT: 100%AR: 89.5% | -Hamilton Anxiety Scale-Beck Anxiety Inventory-State-trait Anxiety Inventory -Self-report Anxiety Scale-Body Sensations Questionnaire-Hamilton Depression Scale | -Beck Depression Inventory-Panic free-End-state functioning-Medication | ++-- | *+**+**-* |
| Öst, 2000Sweden  | GAD | Mn:41.1 SD: 9.7 | 72.2% | **CT: Cog. restructuring** (n=18)-Identifying + questioning thoughts + alternative assumptions + behavioral experiments + coping skills-Therapist + self-applied -12 weeks: 1 hour/week  | **AR** (n=18)-Muscle + release + cue-controlled + differential + rapid + coping skills relaxation-Therapist + self-applied -12 weeks: 1hour/week | -Unrep.-Individual application | Two therapists with 8/16 year clinical experience  | Post52 weeks | CT: 94.4%AR: 88.9% | -Hamilton Anxiety Scale-Hamilton Depression Scale-Severity-Number of worries-Beck Anxiety Inventory-Beck Depression Inventory | -Penn State Worry Questionnaire -Cognitive Somatic Anxiety Questionnaire-State-Trait Anxiety Inventory-Clinical significance | ++-- | *+**-**-* |
| Peal, 1981USA | PHOB: (death) | BT:Mn: 19.5 PR: Mn: 20.6  | 61.5% | **BT: Desensitization** (n=13) -Relaxation + Imaging + graduated exposure -Therapist-accompanied-8 weeks: 0.5 hour/week | **PR** (n=13)-Muscle relaxation -Therapist-accompanied-8 weeks: 0.5 hour/week | -Unrep.-Individual application | Unrep. | Post | Unrep. | -Templer Death Anxiety Scale -Revised Livingston and Zimet Death Anxiety Scale-Feifel and Branscomb’s color-word interference test  |  | +--- | +-- |
| Pendleton, 1983 USA | PHOB: (acro) | Mn: 23.1SD: 5.4   | 74.2% | **BT(a): Desensitization** (n=15) -Breathing + imaging + graduated exposure + relax skills-Therapist-accompanied (audio)-6 weeks: 0.75 hour/week**BT(b): Exposure** (n=15) -Graduated interoceptive exposure-Therapist-accompanied (audio)-6 weeks: 0.75 hour/week | **Other** (n=15)-Muscle + breathing + imagery -Therapist-accompanied (audio)-6 weeks: 0.75 hour/week | -University of Kansas-Individual application | Two female therapists extensively trained | Post | BT(a): 100%BT(b): 86.7%Other: 86.7% | -Acrophobia questionnaire (anxiety and avoidance)-Acrophobia behavioural test-Acrophobia fear thermometer-Improvement rating  |  | +++- | +++ |
| Russell, 1976USA | PHOB: (social)(test) | Unrep. | Unrep. | **BT: Desensitization** (n=7) -Imaging + graduated exposure -Therapist + self-applied -5 weeks: 0.75 hour/week | **Other** (n=9)-Breathing + cue-controlled -Therapist + self-applied -5 weeks: 0.50 hour/week | -Unrep.-Individual application | The authors, who had prior experience with both treatments | Post | BT: 71.4%Other: 77.8% | -Test Anxiety Scale-S-R Inventory of Anxiousness-State-Trait Anxiety Inventory (Trait form) | -Anxiety Differential | ?+-- | ++- |
| Taylor, 2003Canada | PTSD | Mn: 37.0SD: 10.0 | 75.0%. | **BT: Exposure** (n=22) -Imaging + in vivo + graduated exposure -Therapist + self-applied (audio) -8 weeks: 1.5 hour/week | **Other** (n=19)-Three different relaxation exercises to choose -Therapist + self-applied (audio) -8 weeks: 1.5 hour/week | -Unrep.-Individual application | Two therapist under the supervision of a doctoral-level psychologist | Post13 weeks | BT: 68.2%Other: 79.0% | -Remission-Sustained remission  |  | ++++ | +++ |
| Stapleton, 2006Canada |  |  |  |  |  |  |  |  |  | -Trauma-related anger-Trauma-related guilt-Guilt Inventory | -Trait Anger Expression Inventory-Worsening of Anger and Guilt |  |  |
| Thompson, 1999Australia  | GAD | Mn: 21.6 | 84.9% | **CT: Counterfact. reasoning** (n=12) -Generating alternative, optimistic, predictions for future events -Therapist + self-applied -4 weeks: 0.5 hour/week | **Other** (n=12)-Muscle + breathing + concentration techniques-Therapist + self-applied (audio)-4 weeks: 0.5 hour/week | -University of Tasmania-Group application | Unrep. | Post | CT: 83.3%Other: 91.7% | -Penn State Worry Questionnaire -Worry Domains Questionnaire-DP/SO Strategy Prototypes Questionnaire-Optimism-Pessimism Questionnaire-Percentage of Day worrying | -Intrusiveness of worries-Likelihood of worries occurring-Intrusiveness-Likelihood of general worries-Homework motivation-Homework effectiveness-Number of days practice | ++-- | *+**-**-* |
| Vaughan, 1994Australia | PTSD | Mn: 32.0SD: 14.7 | 63.9% | **BT: Exposure** (n=13)-Imaging + listening to audiotaped descriptions of the trauma-Therapist + self-applied (audio)-2 weeks: 1.67 hour/week | **AR** (n=11)-Muscle + release + cue-controlled + differential + rapid -Therapist + self-applied -2 weeks: 1.67 hour/week | -PTSD Clinic-Individual application | Trained Therapist | Post13 weeks  | Unrep. | -PTSD Structured Interview-Hamilton RatingScale for Depression-State-Trait Anxiety Inventory-Beck Depression Inventory  | -Impact of Events Scale | +++- | *+**+**-* |
| Wells, 2010UK | GAD | Mn: 49.1Rg: 25-78 | 60.0% | **CT: Metacognitive therapy** (n=10)-Believes about worry + verbal strategies + behavioral experiments + mindfulness to cope with intrusive thoughts + worry postponement + challenging believes -Therapist + self-applied -10 weeks: 1 hour/week | **AR** (n=10)-Muscle + release + cue-controlled + differential + rapid + coping skills relaxation-Therapist + self-applied -10 weeks: 1 hour/week | -Unrep.-Individual application | Trained Therapist | Post26 weeks52 weeks  | CT: 100%AR: 90.0% | -State-Trait anxiety inventory-Penn-State Worry Questionnaire-Beck Anxiety Inventory-Metacognitions Questionnaire-Recovery and clinically significant change -SCID Diagnosis |  | +++- | *+**+**+* |
| White, 1983USA | PHOB: (death) | BT:Mn: 19.3 PR: Mn: 20.7 | 93.3% | **BT: Desensitization** (n=8)-Muscle relaxation + imaging + graduated exposure-Therapist-applied -10 weeks: 0.58 hour/week | **PR** (n=8)-Muscle relaxation-Therapist-applied -10 weeks: 0.58 hour/week | -University School of Nursing-Group application | Unrep. | Post22 weeks | CT: 100%PR: 87.5% | -Templer DAS-Revised Livingston and Zimet DAS -Feifel CWlT |  | +--- | *+**-**-* |
| Willumsen, 2001Norway | PHOB: (dental) | CBT:Mn: 32.5 SD: 9.8 AR:Mn: 36.4 SD: 10.2  | 64.0% | **CBT: Cog. restructuring + exposure** (n=21)-Identifying, challenging and substituting misinterpretations + exposure of feared situations + testing negative thoughts-Therapist + self-applied-10 weeks: unrep. hour/week | **AR** (n=23)-Muscle relaxation + to learn to recognize early signs of anxiety + to cope with this anxiety by initiating relaxation-Therapist + self-applied (audio)-10 weeks: unrep. hour/week | -Dental Faculty, University of Oslo-Group application | Trained psychologists | Post | CBT: 100%AR: 91.3% | -Sessions before first injection-Sessions before first use of dental drill-Filled tooth surfaces during treatment-Patient’s assessments of Specific treatment method-Predictability | -Control-Pain control-Increased self-efficacy-Dental Anxiety Scale-Dental Belief Scale-Dental Fear Scale (arousal and situations) | +--- | *+**+**+* |
| Willumsen, 2001Norway |  |  |  |  |  |  |  | 52 weeks |  | -Dental treatment sessions attended, non-attended and percentage of non-attended | -Difficulties changing clinic-Evaluation of the treatment |  |  |
| Wolitzi-Taylor, 2010USA | GAD (academic worry) | Unrep. | 75.2% | **BT: Exposure** (n=33)-Imaging + graduate exposure of worry-provoking loop tape -Self-applied (online) -4 weeks: 0.75 hour/week | **Other** (n=29)-Pulsed audio-photic stimulation (brain-wave entrainment)-Self-applied (online) -4 weeks: 1 hour/week | -Online home practice-Unrep. | Web-based | Post13 weeks | BT: 69.7%Other: 82.8% | -Academic Worry Questionnaire-Penn State Worry Questionnaire-Perceived Stress Scale | -Health care utilization-Semester Grade-Reliable change-Maintenance of gains | +--+ | *+**-**-* |
| Zargar, 2013Iran | GAD  | AP:Mn: 42.7SD: 9.4CBT:Mn: 34.5SD: 7.2 | 100% | **CBT: ABBT** (n=11)-Awareness of patterns of anxious responding, emotions, experiential avoidance + formal and informal mindfulness + values-Therapist + self-applied-12 weeks: 1.5 hour/week | **AR** (n=11)-Muscle + rapid relaxation + recognizing signs of anxiety + applying relaxation skills-Therapist + self-applied-12 weeks: 1 hour/week | -Isfahan University of Medical Sciences-Unrep. |  | Post | CBT: 82.0%AR: 82.0% | -Valued Living Questionnaire-Action, and Acceptance Questionnaire-Short‑Form Health Survey‑12 revised Version (SF‑12V2) |  | +--- | *+**-**-* |

GAD: generalized anxiety disorder. PANIC: panic disorder. PHOB: any phobia. PTSD: posttraumatic stress disorder. OCD: obsessive-compulsive disorder. MIXED: mixed disorders. Dashed lines separates the same study analysed by different articles (reporting distinct time measures, outcomes, parameters, etc). (a), (b), and (c), are different comparisons belonging to the same study. CR: completion rate. St: study quality (Higgins et al., 2011): low (-) / high (+) / unclear (?), from top to down: adequate generation of allocation sequence, concealment of allocation to conditions, prevention of knowledge of the allocated intervention, and dealing with incomplete outcome data. In: intervention quality (Chambless, 1998): low (-) / high (+) / unclear (?), from top to down: the study referred to the use of a treatment manual; the therapists who conducted the therapy were trained; treatment integrity was checked during the study. Mn: mean. SD: standard deviation. Rg: range. BT: behavioural therapy. CT: cognitive therapy. CBT: cognitive-behavioural therapy. PR: progressive relaxation. AP: applied relaxation. Other: other different relaxation technique. Unrep.: unreported data. CBPT: cognitive behaviour psychophysiological therapy. ABBT: Acceptance-Based Behaviour Therapy. COMET: Competitive Memory Training. HRT: Hypoventilation Respiratory Training. SAT: Symptom-Associated Tension. Cog. restructuring: cognitive restructuring. Paradox. Intention: Paradoxical intention. Counterfact. reasoning: counterfactual reasoning. Plc: placebo. Behav. and physiol. reactors: behavioural and physiological reactors.

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**Online Supplementary Material 4: Acceptability of relaxation compared with (C)BT for anxiety disorders**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ncomp** | **RR** | **pa** | **95% CI** | **I2** | **95% CI** | **RD** | **NNTb** | **pc** |
| **Overall** | 52 |  1.13 |  0.200 |  0.94 ‒ 1.37 | 0 |  0 ‒ 32 | 0.01 | ‒ |  |
| **Anxiety disorder** |  |  |  |  |  |  |  |  |  |
| *PTSD* | 4 |  1.90 |  0.130 |  0.83 ‒ 4.33 | 0 |  0 ‒ 85 |  0.07 | ‒ | 0.182 |
| *OCD* | 5 |  1.89 |  0.013 |  1.14 ‒ 3.12 | 0 |  0 ‒ 79 |  0.06 | 16.67 |  |
| *PHOBd* | 15 |  1.14 |  0.664 |  0.63 ‒ 2.06 | 0 |  0 ‒ 54 | -0.01 | ‒ |  |
| *PANIC* | 15 |  0.93 |  0.606 |  0.69 ‒ 1.24 | 0 |  0 ‒ 54 | -0.01 | ‒ |  |
| *GAD* | 11 |  1.04 |  0.842 |  0.71 ‒ 1.52 | 0 |  0 ‒ 60 |  -0.01 | ‒ |  |
| *MIX* | 2 |  1.24 |  0.638 |  0.51 ‒ 3.02 | 0 |  ‒g |  0.01 | ‒ |  |
| **Relaxation technique**  |  |  |  |  |  |  |  |  |  |
| *PMR* | 17 |  1.65 |  0.004 |  1.18 ‒ 2.32 | 0 |  0 ‒ 51 |  0.04 | 25.00 | 0.019 |
| *AR* | 22 |  0.89 |  0.381 |  0.67 ‒ 1.16 | 0 |  0 ‒ 46 | -0.02 |  ‒ |  |
| *othere* | 13 |  1.12 |  0.576 |  0.75 ‒ 1.68 | 0 |  0 ‒ 57 | -0.01 |  ‒ |  |
| **(C)BT technique** |  |  |  |  |  |  |  |  |  |
| *cognitive restructuring* | 6 |  0.95 |  0.979 |  0.48 ‒ 1.88 | 0 |  0 ‒ 75 | -0.01 | ‒ | 0.018 |
| *exposure* | 25 |  1.52 |  0.002 |  1.16 ‒ 1.99 | 0 |  0 ‒ 44 |  0.05 | 20.00 |  |
| *cog. restruct. + exposure* | 10 |  0.70 |  0.095 |  0.46 ‒ 1.07 | 5 |  0 ‒ 64 | -0.04 | ‒ |  |
| *otherf* | 11 |  1.05 |  0.825 |  0.69 ‒ 1.60 | 0 |  0 ‒ 60 | -0.01 | ‒ |  |

Ncomp: number of comparisons. RR: risk ratio. a: p-value related to the RR according to the random effects model. 95% CI: 95% conﬁdence interval. I2: heterogeneity. RD: risk difference. NNT: numbers-needed-to-treat. b: NNT for non-significant results are not reported. c: the p-values in this column indicate whether the difference among the ESs in the subgroups is signiﬁcant. d: any phobia. PMR: progressive muscle relaxation. AR: applied relaxation. e: this category includes relaxation techniques such as pulsed audio-photic stimulation, cue-controlled relaxation, relaxing without initial muscle tensing, music relaxation, or mixed techniques. f: this category includes (C)BT techniques such as paradoxical intention, counterfactual reasoning, metacognitive techniques, activation techniques, coping skills, social skills, or acceptance-based behaviour techniques. g: The 95% CI of I2 cannot be calculated when the number of studies is two or smaller.

**Online Supplementary Material 5: Effects of relaxation compared with (C)BT for anxiety disorders: subgroup analyses only using high quality studies (meeting three or four study quality criteria)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ncomp** | **g** | **pa** | **95% CI** | **I2** | **pb** | **NNTc** |
| **Anxiety disorder** |  |  |  |  |  |  |  |
| *GAD* | 5 | -0.07 |  0.587 | -0.34 ‒ 0.19 | 0 | <0.001 | ‒ |
| *PANIC* | 5 | -0.16 |  0.574 | -0.71 ‒ 0.39 | 66\* |  | ‒ |
| *PHOB* | 2 | -0.34 |  0.178 | -0.84 ‒ 0.16 | 0 |  | ‒ |
| *OCD* | 2 | -0.69 | <0.001 | -0.93 ‒ -0.46 | 0 |  | 2.66 |
| *PTSD* | 5 | -0.52 |  0.004 | -0.88 ‒ -0.16 | 0 |  | 3.48 |
| *MIX* | 1 | -1.85 | <0.001 | -2.40 ‒ -1.29 | 0 |  | 1.24 |

Ncomp: number of comparisons. g: Hedges’s g ES measure. 95% CI: 95% conﬁdence interval. a: p-value according to the random effects model. I2: heterogeneity. NNT: numbers-needed-to-treat. b: the p-values in this column indicate whether the difference between the effect sizes in the subgroups is signiﬁcant. C: NNT for non-significant results are not reported. \*p<0.05

**Online Supplementary Material 6: Effects of relaxation compared with (C)BT for anxiety disorders: time-point effects**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ncomp** | **g** | **pa** | **95% CI** | **I2** | **95% CI** | **pb** | **NNTc** |
| **All disorders** |  |  |  |  |  |  |  |  |
| *Post-test* | 65 | -0.23 |  0.001 | -0.36 ‒ -0.10 | 59 | 46 ‒ 69 |  | 7.71 |
| *3-months* | 20 | -0.30 |  0.008 | -0.53 ‒ -0.08 | 51 | 17 ‒ 70 |  | 5.91 |
| *12-months* | 23 | -0.25 |  0.004 | -0.41 ‒ -0.08 | 27 |  0 ‒ 56 |  | 7.24 |
| *>12-months* | 6 | -0.16 |  0.309 | -0.46 ‒ 0.15 | 0 |  0 ‒ 75 |  | ‒ |
| **Post-test** |  |  |  |  |  |  |  |  |
| *PTSD* | 6 | -0.62 | <0.001 | -0.95 ‒ -0.29 | 0 |  0 ‒ 75 | 0.002 | 2.95 |
| *OCD* | 5 | -0.60 | <0.001 | -0.94 ‒ -0.27 | 65 |  9 ‒ 87 |  | 3.04 |
| *PHOBd* | 26 | -0.23 |  0.023 | -0.42 ‒ -0.03 | 30 |  0 ‒ 57 |  | 7.81 |
| *PANIC* | 16 | -0.04 |  0.755 | -0.27 ‒ 0.19 | 52 |  16 ‒ 73 |  | ‒ |
| *GAD* | 10 |  0.02 |  0.834 | -0.18 ‒ 0.22 | 0 |  0 ‒ 62 |  | ‒ |
| *MIX* | 2 | -0.90 |  0.338 | -2.73 ‒ 0.94 | 97 |  ‒ g |  |  ‒ |
| **3-months** |  |  |  |  |  |  |  |  |
| *PTSD* | 6 | -0.56 |  0.001 | -0.90 ‒ -0.22 | 0 |  0 ‒ 75 | <0.001 | 3.25 |
| *OCD* | 0 | ‒ | ‒ | ‒ | ‒ |  ‒g |  | ‒ |
| *PHOBe* | 3 | -0.79 | <0.001 | -1.16 ‒ -0.43 | 0 |  0 ‒ 90 |  | 3.35 |
| *PANIC* | 9 | -0.17 |  0.236 | -0.45 ‒ 0.11 | 35 |  0 ‒ 70 |  | ‒ |
| *GAD* | 2 |  0.37 |  0.089 | -0.06 ‒ 0.80 | 0 |  ‒g |  | ‒ |
| *MIX* | 0 | ‒ | ‒ | ‒ | ‒ |  ‒g |  | ‒ |
| **12-months** |  |  |  |  |  |  |  |  |
| *PTSD* | 1 | -1.36 |  0.005 | -2.30 ‒ -0.41 | 0 |  ‒g | 0.007 | 1.51 |
| *OCD* | 1 | -1.16 |  0.001 | -1.85 ‒ -0.48 | 0 |  ‒g |  | 1.70 |
| *PHOBf* | 4 |  0.02 |  0.927 | -0.41 ‒ 0.45 | 0 |  0 ‒ 85 |  |  ‒ |
| *PANIC* | 9 | -0.31 |  0.017 | -0.56 ‒ -0.06 | 0 |  0 ‒ 65 |  | 5.76 |
| *GAD* | 7 | -0.07 |  0.544 | -0.30 ‒ 0.16 |  0 |  0 ‒ 71 |  |  ‒ |
| *MIX* | 1 | -0.20 |  0.132 | -0.47 ‒ 0.06 | 0 |  ‒g |  | ‒ |
| **>12-months** |  |  |  |  |  |  |  |  |
| *PTSD* | 0 | ‒ | ‒ | ‒ | ‒ |  ‒g | 0.838 | ‒ |
| *OCD* | 0 | ‒ | ‒ | ‒ | ‒ |  ‒g |  | ‒ |
| *PHOBf* | 4 | -0.10 |  0.663 | -0.53 ‒ 0.34 | 0 |  0 ‒ 85 |  |  ‒ |
| *PANIC* | 1 | -0.38 |  0.373 | -1.23 ‒ 0.46 | 0 |  ‒g |  | ‒ |
| *GAD* | 1 | -0.16 |  0.523 | -0.66 ‒ 0.92 |  0 |  ‒g |  |  ‒ |
| *MIX* | 0 | ‒ | ‒ | ‒ | ‒ |  ‒g |  | ‒ |

Ncomp: number of comparisons. g: Hedges’s g ES measure. a: p-value according to the random effects model. 95% CI: 95% conﬁdence interval. I2: heterogeneity. b: the p-values in this column indicate whether the difference among the ESs in the subgroups is signiﬁcant. NNT: numbers-needed-to-treat. c: NNT for non-significant results are not reported. d: any phobia comparisons. f: specific phobia comparisons. g: The 95% CI of I2 cannot be calculated when the number of studies is two or smaller.