

| Study name | Outcome | Data format | Pre Mean | Pre SD | Post Mean | Post SD | Pre Post Correlation | Sample size | Effect direction | Std diff in means | Std Err | Hedges's g | Std Err | Difference in means | Std Err |
|-------------------|-----------|--------------------------------|----------|--------|-----------|---------|----------------------|-------------|------------------|-------------------|---------|------------|---------|---------------------|---------|
| 1 Bansal 2013 | GHQ-28 | Paired groups (means, I) | | | | | | | | 0.338 | 0.114 | 0.335 | 0.112 | 7.207 | 2.356 |
| 2 Bond 2013 | PSS | Paired groups (difference, SD) | | | | | | | | 0.081 | 0.204 | 0.078 | 0.198 | 0.050 | 0.127 |
| 3 Bughi 2006 | GWBS | Paired groups (means, SD) | 9.180 | 2.460 | 10.210 | 2.520 | 0.500 | 104 | Positive | 0.414 | 0.102 | 0.411 | 0.101 | 1.030 | 0.244 |
| 4 Dyrbye - 2014 | PSS | Paired groups (difference, SD) | | | | | | | | -0.759 | 0.164 | -0.747 | 0.161 | -4.220 | 0.803 |
| 5 Dyrbye - 2015 | PSS | Paired groups (difference, SD) | | | | | | | | -0.510 | 0.155 | -0.502 | 0.153 | -3.620 | 1.036 |
| 6 Gagneau 2013 | PSS | Paired groups (means, I) | | | | | | | | 0.301 | 0.134 | 0.297 | 0.132 | 2.150 | 0.939 |
| 7 Greeson 2015 | PSS | Paired groups (means, I) | | | | | | | | 1.191 | 0.197 | 1.170 | 0.194 | 9.480 | 1.200 |
| 8 Hassad 2009 | GSI | Paired groups (means, I) | | | | | | | | 0.150 | 0.065 | 0.150 | 0.065 | 0.090 | 0.039 |
| 9 Kakoschke 2021 | PSS | Paired groups (means, SD) | 28.200 | 5.590 | 26.700 | 5.400 | 0.500 | 205 | Positive | 0.273 | 0.071 | 0.272 | 0.071 | 1.500 | 0.384 |
| 10 Kemper 2014 | PSS | Paired groups (means, SD) | 13.300 | 8.300 | 11.800 | 7.800 | 0.500 | 5 | Positive | 0.186 | 0.451 | 0.149 | 0.361 | 1.500 | 3.605 |
| 11 Moore 2020 | PSS | Paired groups (means, SD) | 17.700 | 5.500 | 15.400 | 6.200 | 0.500 | 34 | Positive | 0.391 | 0.178 | 0.382 | 0.174 | 2.300 | 1.009 |
| 12 Molz 2012 | PSS | Paired groups (means, p) | | | | | | | | 0.486 | 0.125 | 0.481 | 0.123 | 4.100 | 0.994 |
| 13 Parshad 2011 | Systolic | Paired groups (means, I) | | | | | | | | -0.101 | 0.125 | -0.100 | 0.124 | -0.900 | 1.115 |
| 14 Parshad 2011 | Diastolic | Paired groups (means, I) | | | | | | | | 0.160 | 0.126 | 0.158 | 0.124 | 1.400 | 1.093 |
| 15 Parshad 2011 | MAP | Paired groups (means, I) | | | | | | | | 0.082 | 0.125 | 0.081 | 0.124 | 0.700 | 1.072 |
| 16 Parshad 2011 | HR | Paired groups (means, I) | | | | | | | | -0.269 | 0.127 | -0.266 | 0.126 | -3.300 | 1.535 |
| 17 Parshad 2011 | SV | Paired groups (means, I) | | | | | | | | 0.355 | 0.129 | 0.350 | 0.127 | 5.900 | 2.079 |
| 18 Parshad 2011 | CO | Paired groups (means, I) | | | | | | | | 0.511 | 0.133 | 0.505 | 0.131 | 0.700 | 0.171 |
| 19 Parshad 2011 | TPR | Paired groups (means, I) | | | | | | | | 0.460 | 0.131 | 0.454 | 0.130 | 0.150 | 0.041 |
| 20 Parshad 2011 | IBI | Paired groups (means, I) | | | | | | | | 0.299 | 0.128 | 0.296 | 0.126 | 0.040 | 0.017 |
| 21 Parshad 2011 | LVET | Paired groups (means, I) | | | | | | | | 0.105 | 0.125 | 0.104 | 0.124 | 0.020 | 0.024 |
| 22 Parshad 2011 | AACI | Paired groups (means, I) | | | | | | | | 0.436 | 0.131 | 0.431 | 0.129 | 2.070 | 0.593 |
| 23 Parshad 2011 | TAC | Paired groups (means, I) | | | | | | | | 0.396 | 0.130 | 0.391 | 0.128 | 0.090 | 0.028 |
| 24 Prasad 2016 | PSS | Paired groups (means, p) | | | | | | | | 0.608 | 0.209 | 0.590 | 0.203 | 3.920 | 1.241 |
| 25 Simard 2009 | GHQ-12 | Paired groups (means, I) | | | | | | | | 0.980 | 0.304 | 0.930 | 0.289 | 4.220 | 1.077 |
| 26 Simard 2009 | PSS | Paired groups (means, I) | | | | | | | | 1.288 | 0.338 | 1.222 | 0.321 | 9.000 | 1.748 |
| 27 Turakitwanakan | Bio | Paired groups (means, SD) | 381.930 | 97.940 | 306.380 | 90.950 | 0.500 | 30 | Positive | 0.798 | 0.210 | 0.777 | 0.204 | 75.550 | 17.279 |
| 28 Turakitwanakan | GHQ-28 | Paired groups (means, SD) | 1.500 | 2.530 | 0.770 | 2.080 | 0.500 | 30 | Positive | 0.312 | 0.187 | 0.304 | 0.182 | 0.730 | 0.427 |
| 29 Williams 2020 | PSS | Paired groups (means, SD) | 14.400 | 6.170 | 14.200 | 4.170 | 0.500 | 17 | Positive | 0.037 | 0.243 | 0.035 | 0.231 | 0.200 | 1.322 |
| 30 Zúñiga 2021 | PSS | Paired groups (means, p) | | | | | | | | 0.461 | 0.104 | 0.457 | 0.103 | 4.810 | 1.034 |

| Study name | Outcome | Data format | Pre Mean | Post Mean | Sample size | Paired groups p-value | Tails | Effect direction | Std diff in means | Std Err | Hedges's g | Std Err | Difference in means | Std Err |
|-------------------|-----------|--------------------------------|----------|-----------|-------------|-----------------------|-------|------------------|-------------------|---------|------------|---------|---------------------|---------|
| 1 Bansal 2013 | GHQ-28 | Paired groups (means, I) | | | | | | | 0.338 | 0.114 | 0.335 | 0.112 | 7.207 | 2.356 |
| 2 Bond 2013 | PSS | Paired groups (difference, SD) | | | | | | | 0.081 | 0.204 | 0.078 | 0.198 | 0.050 | 0.127 |
| 3 Bughi 2006 | GWBS | Paired groups (means, SD) | | | | | | | 0.414 | 0.102 | 0.411 | 0.101 | 1.030 | 0.244 |
| 4 Dyrbye - 2014 | PSS | Paired groups (difference, SD) | | | | | | | -0.759 | 0.164 | -0.747 | 0.161 | -4.220 | 0.803 |
| 5 Dyrbye - 2015 | PSS | Paired groups (difference, SD) | | | | | | | -0.510 | 0.155 | -0.502 | 0.153 | -3.620 | 1.036 |
| 6 Gagneau 2013 | PSS | Paired groups (means, I) | | | | | | | 0.301 | 0.134 | 0.297 | 0.132 | 2.150 | 0.939 |
| 7 Greeson 2015 | PSS | Paired groups (means, I) | | | | | | | 1.191 | 0.197 | 1.170 | 0.194 | 9.480 | 1.200 |
| 8 Hassad 2009 | GSI | Paired groups (means, I) | | | | | | | 0.150 | 0.065 | 0.150 | 0.065 | 0.090 | 0.039 |
| 9 Kakoschke 2021 | PSS | Paired groups (means, SD) | | | | | | | 0.273 | 0.071 | 0.272 | 0.071 | 1.500 | 0.384 |
| 10 Kemper 2014 | PSS | Paired groups (means, SD) | | | | | | | 0.186 | 0.451 | 0.149 | 0.361 | 1.500 | 3.605 |
| 11 Moore 2020 | PSS | Paired groups (means, SD) | | | | | | | 0.391 | 0.178 | 0.382 | 0.174 | 2.300 | 1.009 |
| 12 Molz 2012 | PSS | Paired groups (means, p) | 17.400 | 13.300 | 72 | 0.000 | 2 | Positive | 0.486 | 0.125 | 0.481 | 0.123 | 4.100 | 0.994 |
| 13 Parshad 2011 | Systolic | Paired groups (means, I) | | | | | | | -0.101 | 0.125 | -0.100 | 0.124 | -0.900 | 1.115 |
| 14 Parshad 2011 | Diastolic | Paired groups (means, I) | | | | | | | 0.160 | 0.126 | 0.158 | 0.124 | 1.400 | 1.093 |
| 15 Parshad 2011 | MAP | Paired groups (means, I) | | | | | | | 0.082 | 0.125 | 0.081 | 0.124 | 0.700 | 1.072 |
| 16 Parshad 2011 | HR | Paired groups (means, I) | | | | | | | -0.269 | 0.127 | -0.266 | 0.126 | -3.300 | 1.535 |
| 17 Parshad 2011 | SV | Paired groups (means, I) | | | | | | | 0.355 | 0.129 | 0.350 | 0.127 | 5.900 | 2.079 |
| 18 Parshad 2011 | CO | Paired groups (means, I) | | | | | | | 0.511 | 0.133 | 0.505 | 0.131 | 0.700 | 0.171 |
| 19 Parshad 2011 | TPR | Paired groups (means, I) | | | | | | | 0.460 | 0.131 | 0.454 | 0.130 | 0.150 | 0.041 |
| 20 Parshad 2011 | IBI | Paired groups (means, I) | | | | | | | 0.299 | 0.128 | 0.296 | 0.126 | 0.040 | 0.017 |
| 21 Parshad 2011 | LVET | Paired groups (means, I) | | | | | | | 0.105 | 0.125 | 0.104 | 0.124 | 0.020 | 0.024 |
| 22 Parshad 2011 | AACI | Paired groups (means, I) | | | | | | | 0.436 | 0.131 | 0.431 | 0.129 | 2.070 | 0.593 |
| 23 Parshad 2011 | TAC | Paired groups (means, I) | | | | | | | 0.396 | 0.130 | 0.391 | 0.128 | 0.090 | 0.028 |
| 24 Prasad 2016 | PSS | Paired groups (means, p) | 18.440 | 14.520 | 27 | 0.004 | 2 | Positive | 0.608 | 0.209 | 0.590 | 0.203 | 3.920 | 1.241 |
| 25 Simard 2009 | GHQ-12 | Paired groups (means, I) | | | | | | | 0.980 | 0.304 | 0.930 | 0.289 | 4.220 | 1.077 |
| 26 Simard 2009 | PSS | Paired groups (means, I) | | | | | | | 1.288 | 0.338 | 1.222 | 0.321 | 9.000 | 1.748 |
| 27 Turakitwanakan | Bio | Paired groups (means, SD) | | | | | | | 0.798 | 0.210 | 0.777 | 0.204 | 75.550 | 17.279 |
| 28 Turakitwanakan | GHQ-28 | Paired groups (means, SD) | | | | | | | 0.312 | 0.187 | 0.304 | 0.182 | 0.730 | 0.427 |
| 29 Williams 2020 | PSS | Paired groups (means, SD) | | | | | | | 0.037 | 0.243 | 0.035 | 0.231 | 0.200 | 1.322 |
| 30 Zúñiga 2021 | PSS | Paired groups (means, p) | 19.940 | 15.130 | 102 | 0.000 | 2 | Positive | 0.461 | 0.104 | 0.457 | 0.103 | 4.810 | 1.034 |

Summary Tables

Comprehensive meta analysis - [Analysis]

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Data entry Next table High resolution plot Select by ... Effect measure: Std diff in means

| Model | Study name | Outcome | Statistics for each study | | | | | | | Std diff in means and 95% CI | | | | |
|--------|------------|----------|---------------------------|----------------|----------|-------------|-------------|---------|---------|------------------------------|-------|------|------|------|
| | | | Std diff in means | Standard error | Variance | Lower limit | Upper limit | Z-Value | p-Value | -1.50 | -0.75 | 0.00 | 0.75 | 1.50 |
| | Bansal | GHQ-28 | 0.338 | 0.114 | 0.013 | 0.115 | 0.560 | 2.975 | 0.003 | | | | | |
| | Bond 2013 | PSS | 0.081 | 0.204 | 0.042 | -0.320 | 0.481 | 0.394 | 0.693 | | | | | |
| | Bughi 2006 | GWBS | 0.414 | 0.102 | 0.010 | 0.213 | 0.614 | 4.048 | 0.000 | | | | | |
| | Dyrbye - | PSS | -0.759 | 0.164 | 0.027 | -1.080 | -0.438 | -4.633 | 0.000 | | | | | |
| | Dyrbye - | PSS | -0.510 | 0.155 | 0.024 | -0.814 | -0.206 | -3.288 | 0.001 | | | | | |
| | Garneau | PSS | 0.301 | 0.134 | 0.018 | 0.038 | 0.564 | 2.240 | 0.025 | | | | | |
| | Greeson | PSS | 1.191 | 0.197 | 0.039 | 0.805 | 1.577 | 6.043 | 0.000 | | | | | |
| | Hassad | GSI | 0.150 | 0.065 | 0.004 | 0.023 | 0.278 | 2.307 | 0.021 | | | | | |
| | Kakoschke | PSS | 0.273 | 0.071 | 0.005 | 0.133 | 0.412 | 3.836 | 0.000 | | | | | |
| | Kemper | PSS | 0.186 | 0.451 | 0.203 | -0.698 | 1.070 | 0.413 | 0.680 | | | | | |
| | Moore 2020 | PSS | 0.391 | 0.178 | 0.032 | 0.042 | 0.740 | 2.198 | 0.028 | | | | | |
| | Motz 2012 | PSS | 0.486 | 0.125 | 0.016 | 0.242 | 0.730 | 3.899 | 0.000 | | | | | |
| | Parshad | Combined | 0.221 | 0.128 | 0.016 | -0.030 | 0.473 | 1.726 | 0.084 | | | | | |
| | Prasad | PSS | 0.608 | 0.209 | 0.044 | 0.197 | 1.018 | 2.901 | 0.004 | | | | | |
| | Simard | Combined | 1.134 | 0.322 | 0.103 | 0.503 | 1.764 | 3.526 | 0.000 | | | | | |
| | Turakitwan | Combined | 0.555 | 0.199 | 0.039 | 0.166 | 0.945 | 2.795 | 0.005 | | | | | |
| | Williams | PSS | 0.037 | 0.243 | 0.059 | -0.439 | 0.512 | 0.151 | 0.880 | | | | | |
| | Zúñiga | PSS | 0.461 | 0.104 | 0.011 | 0.256 | 0.665 | 4.423 | 0.000 | | | | | |
| Random | | | 0.291 | 0.084 | 0.007 | 0.127 | 0.455 | 3.471 | 0.001 | | | | | |

Comprehensive meta analysis - [Analysis]

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Data entry Next table High resolution plot Select by ... Effect measure: Std diff in means

| Model | Effect size and 95% confidence interval | | | | | | Test of null (Z-Tail) | | Heterogeneity | | | Tau-squared | | | | |
|--------|---|----------------|----------------|----------|-------------|-------------|-----------------------|---------|---------------|--------|---------|-------------|-------------|----------------|----------|-------|
| | Number Studies | Point estimate | Standard error | Variance | Lower limit | Upper limit | Z-value | P-value | I-squared | df (I) | P-value | I-squared | Tau Squared | Standard Error | Variance | Tau |
| Fixed | 18 | 0.263 | 0.030 | 0.001 | 0.205 | 0.322 | 8.815 | 0.000 | 112.978 | 17 | 0.000 | 84.953 | 0.096 | 0.049 | 0.002 | 0.310 |
| Random | 18 | 0.291 | 0.084 | 0.007 | 0.127 | 0.455 | 3.471 | 0.001 | | | | | | | | |

Subgroup Analyses

1. Home Practice

Comprehensive meta analysis - [Analysis]

File Edit Format View Computational options Analyses Help

Data entry Next table High resolution plot Select by ... Effect measure: Std diff in means

| Model | Group by Home | Study name | Outcome | Statistics for each study | | | | | | | Std diff in means and 95% CI | | | | |
|--------|---------------|------------|----------|---------------------------|----------------|----------|-------------|-------------|---------|---------|------------------------------|-------|------|------|------|
| | | | | Std diff in means | Standard error | Variance | Lower limit | Upper limit | Z-Value | p-Value | -1.50 | -0.75 | 0.00 | 0.75 | 1.50 |
| | | Parshad | Combined | 0.221 | 0.128 | 0.016 | -0.030 | 0.473 | 1.726 | 0.084 | | | | | |
| | | Simard | Combined | 1.134 | 0.322 | 0.103 | 0.503 | 1.764 | 3.526 | 0.000 | | | | | |
| | | Turakitwan | Combined | 0.555 | 0.199 | 0.039 | 0.166 | 0.945 | 2.795 | 0.005 | | | | | |
| Random | | | | 0.562 | 0.232 | 0.054 | 0.106 | 1.017 | 2.416 | 0.016 | | | | | |
| | No | Bansal | GHQ-28 | 0.338 | 0.114 | 0.013 | 0.115 | 0.560 | 2.975 | 0.003 | | | | | |
| | No | Kemper | PSS | 0.186 | 0.451 | 0.203 | -0.698 | 1.070 | 0.413 | 0.680 | | | | | |
| | No | Motz 2012 | PSS | 0.486 | 0.125 | 0.016 | 0.242 | 0.730 | 3.899 | 0.000 | | | | | |
| | No | Prasad | PSS | 0.608 | 0.209 | 0.044 | 0.197 | 1.018 | 2.901 | 0.004 | | | | | |
| Random | No | | | 0.426 | 0.077 | 0.006 | 0.275 | 0.576 | 5.547 | 0.000 | | | | | |
| | Yes | Bond 2013 | PSS | 0.081 | 0.204 | 0.042 | -0.320 | 0.481 | 0.394 | 0.693 | | | | | |
| | Yes | Bughi 2006 | GWBS | 0.414 | 0.102 | 0.010 | 0.213 | 0.614 | 4.048 | 0.000 | | | | | |
| | Yes | Dyrbye - | PSS | -0.759 | 0.164 | 0.027 | -1.080 | -0.438 | -4.633 | 0.000 | | | | | |
| | Yes | Dyrbye - | PSS | -0.510 | 0.155 | 0.024 | -0.814 | -0.206 | -3.288 | 0.001 | | | | | |
| | Yes | Garneau | PSS | 0.301 | 0.134 | 0.018 | 0.038 | 0.564 | 2.240 | 0.025 | | | | | |
| | Yes | Greeson | PSS | 1.191 | 0.197 | 0.039 | 0.805 | 1.577 | 6.043 | 0.000 | | | | | |
| | Yes | Hassad | GSI | 0.150 | 0.065 | 0.004 | 0.023 | 0.278 | 2.307 | 0.021 | | | | | |
| | Yes | Kakoschke | PSS | 0.273 | 0.071 | 0.005 | 0.133 | 0.412 | 3.836 | 0.000 | | | | | |
| | Yes | Moore 2020 | PSS | 0.391 | 0.178 | 0.032 | 0.042 | 0.740 | 2.198 | 0.028 | | | | | |
| | Yes | Williams | PSS | 0.037 | 0.243 | 0.059 | -0.439 | 0.512 | 0.151 | 0.880 | | | | | |
| | Yes | Zúñiga | PSS | 0.461 | 0.104 | 0.011 | 0.256 | 0.665 | 4.423 | 0.000 | | | | | |
| Random | Yes | | | 0.186 | 0.114 | 0.013 | -0.037 | 0.409 | 1.637 | 0.102 | | | | | |
| Random | Overall | | | 0.365 | 0.061 | 0.004 | 0.245 | 0.486 | 5.956 | 0.000 | | | | | |

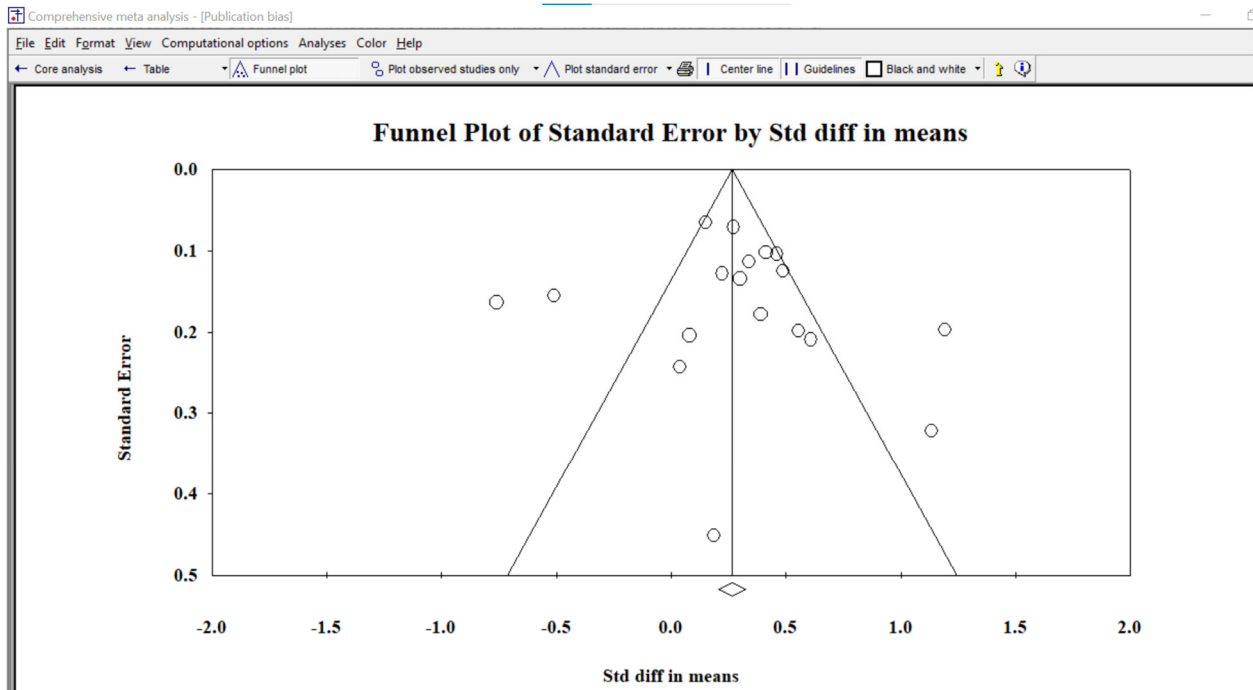
One study removed sensitivity analysis

Comprehensive meta analysis - [Analysis]

File Edit Format View Computational options Analyses Help

Data entry Next table High resolution plot Select by ... Effect measure: Std diff in means

| Model | Study name | Outcome | Statistics with study removed | | | | | | | Std diff in means (95% CI) with study removed | | | | |
|--------|-------------|----------|-------------------------------|----------------|----------|-------------|-------------|---------|---------|---|-------|------|------|------|
| | | | Point | Standard error | Variance | Lower limit | Upper limit | Z-Value | p-Value | -1.50 | -0.75 | 0.00 | 0.75 | 1.50 |
| | Bansal | GHQ-28 | 0.289 | 0.090 | 0.008 | 0.113 | 0.464 | 3.215 | 0.001 | | | | | |
| | Bond 2013 | PSS | 0.302 | 0.087 | 0.008 | 0.132 | 0.473 | 3.477 | 0.001 | | | | | |
| | Bughi 2006 | GWBS | 0.283 | 0.090 | 0.008 | 0.107 | 0.459 | 3.154 | 0.002 | | | | | |
| | Dyrbye - | PSS | 0.348 | 0.072 | 0.005 | 0.208 | 0.488 | 4.857 | 0.000 | | | | | |
| | Dyrbye - | PSS | 0.337 | 0.078 | 0.006 | 0.184 | 0.491 | 4.316 | 0.000 | | | | | |
| | Garneau | PSS | 0.291 | 0.089 | 0.008 | 0.117 | 0.465 | 3.272 | 0.001 | | | | | |
| | Greeson | PSS | 0.240 | 0.079 | 0.006 | 0.086 | 0.394 | 3.050 | 0.002 | | | | | |
| | Hassad | GSI | 0.303 | 0.094 | 0.009 | 0.119 | 0.487 | 3.223 | 0.001 | | | | | |
| | Kakoschke | PSS | 0.294 | 0.094 | 0.009 | 0.109 | 0.479 | 3.117 | 0.002 | | | | | |
| | Kemper | PSS | 0.293 | 0.085 | 0.007 | 0.126 | 0.461 | 3.441 | 0.001 | | | | | |
| | Moore 2020 | PSS | 0.285 | 0.088 | 0.008 | 0.114 | 0.457 | 3.260 | 0.001 | | | | | |
| | Motz 2012 | PSS | 0.278 | 0.088 | 0.008 | 0.106 | 0.451 | 3.158 | 0.002 | | | | | |
| | Parshad | Combined | 0.296 | 0.089 | 0.008 | 0.121 | 0.471 | 3.323 | 0.001 | | | | | |
| | Prasad | PSS | 0.274 | 0.086 | 0.007 | 0.105 | 0.443 | 3.181 | 0.001 | | | | | |
| | Simard | Combined | 0.260 | 0.083 | 0.007 | 0.097 | 0.423 | 3.121 | 0.002 | | | | | |
| | Turekiltwan | Combined | 0.276 | 0.087 | 0.007 | 0.107 | 0.446 | 3.195 | 0.001 | | | | | |
| | Williams | PSS | 0.303 | 0.086 | 0.007 | 0.134 | 0.472 | 3.507 | 0.000 | | | | | |
| | Zúñiga | PSS | 0.280 | 0.089 | 0.008 | 0.105 | 0.454 | 3.141 | 0.002 | | | | | |
| Random | | | 0.291 | 0.084 | 0.007 | 0.127 | 0.455 | 3.471 | 0.001 | | | | | |



Meta regressions

Comprehensive meta analysis - [Meta-regression]

| Covariates | Model 1 | Model 2 | Model 3 | Model 4 | Model 5 |
|--------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Intercept | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| TotalHrs | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| #sessions | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sess Dur | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Frequency | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Duration-wks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |

Main results for Model 1, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|-----------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.5637 | 0.1266 | 0.3155 | 0.8118 | 4.45 | 0.0000 |
| TotalHrs | -0.0117 | 0.0060 | -0.0235 | 0.0000 | -1.95 | 0.0509 |

Statistics for Model 1

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero

Q = 3.81, df = 1, p = 0.0509

Goodness of fit: Test that unexplained variance is zero

Tau² = 0.0302, Tau = 0.1738, I² = 60.50%, Q = 22.78, df = 9, p = 0.0067

Comparison of Model 1 with the null model

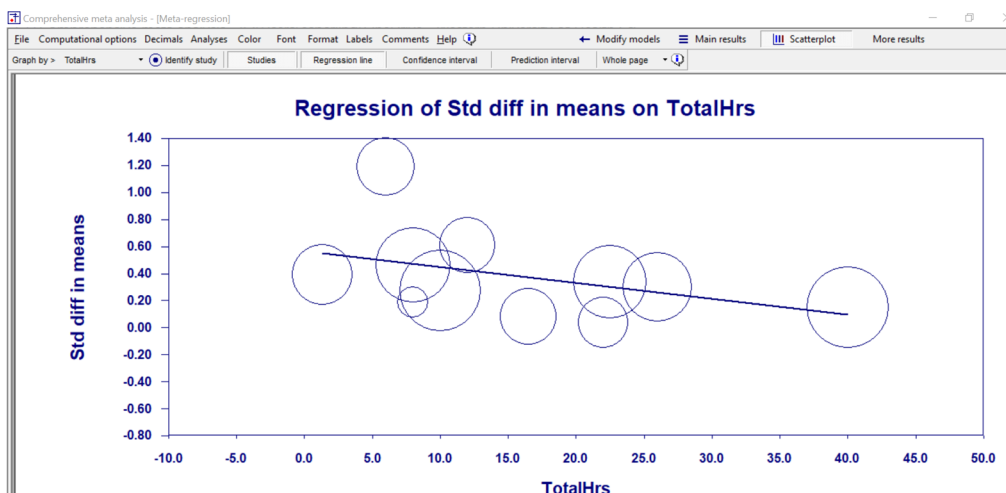
Total between-study variance (intercept only)

Tau² = 0.0364, Tau = 0.1907, I² = 69.88%, Q = 33.20, df = 10, p = 0.0003

Proportion of total between-study variance explained by Model 1

R² analog = 0.17

Number of studies in the analysis 11



Outlier is Hassad

Main results for Model 2, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|-----------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.4326 | 0.1421 | 0.1540 | 0.7112 | 3.04 | 0.0023 |
| #sessions | -0.0065 | 0.0111 | -0.0282 | 0.0151 | -0.59 | 0.5547 |

Statistics for Model 2

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero

Q = 0.35, df = 1, p = 0.5547

Goodness of fit: Test that unexplained variance is zero

Tau² = 0.0443, Tau = 0.2105, I² = 72.88%, Q = 33.19, df = 9, p = 0.0001

Comparison of Model 2 with the null model

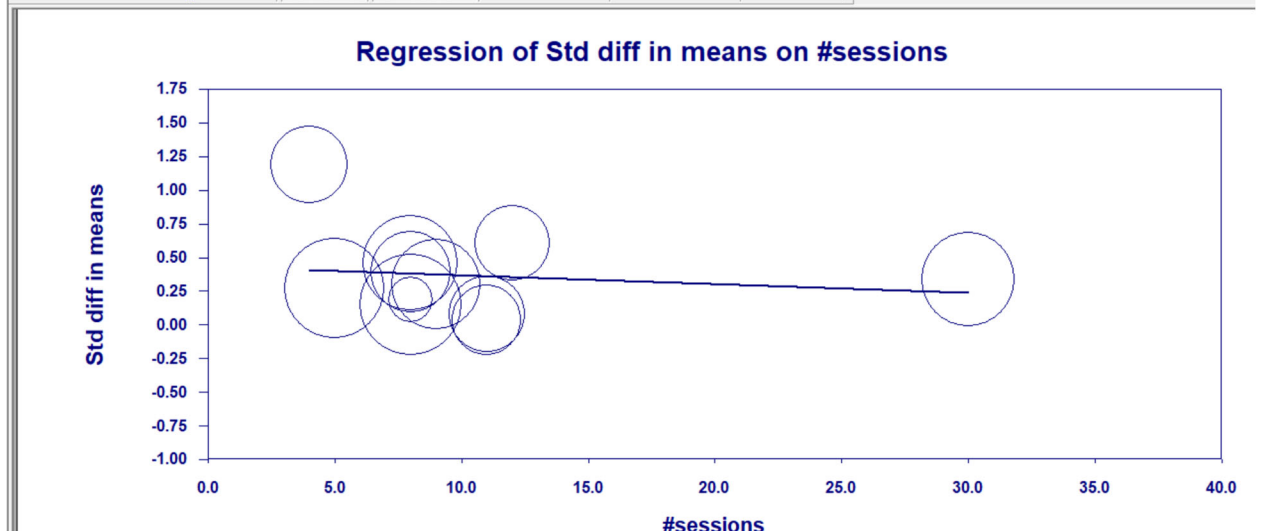
Total between-study variance (intercept only)

Tau² = 0.0364, Tau = 0.1907, I² = 69.88%, Q = 33.20, df = 10, p = 0.0003

Proportion of total between-study variance explained by Model 2

R² analog = 0.00 (computed value is -0.22)

Number of studies in the analysis 11



Outlier is Bansal

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Main results for Model 3, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|-----------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.4930 | 0.1209 | 0.2561 | 0.7299 | 4.08 | 0.0000 |
| Sess Dur | -0.0012 | 0.0008 | -0.0028 | 0.0005 | -1.38 | 0.1687 |

Statistics for Model 3

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero
 $Q = 1.89$, $df = 1$, $p = 0.1687$

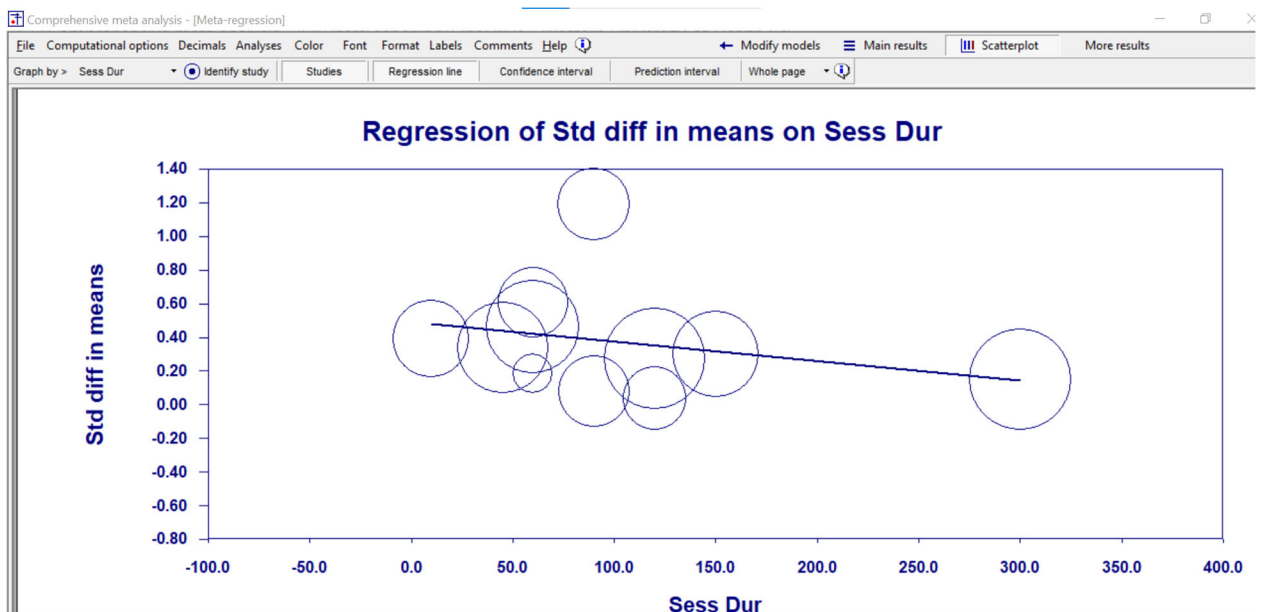
Goodness of fit: Test that unexplained variance is zero
 $\tau^2 = 0.0321$, $\tau = 0.1792$, $I^2 = 62.30\%$, $Q = 23.87$, $df = 9$, $p = 0.0045$

Comparison of Model 3 with the null model

Total between-study variance (intercept only)
 $\tau^2 = 0.0364$, $\tau = 0.1907$, $I^2 = 69.88\%$, $Q = 33.20$, $df = 10$, $p = 0.0003$

Proportion of total between-study variance explained by Model 3
 R^2 analog = 0.12

Number of studies in the analysis 11



Outlier is Hassad

Main results for Model 4, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|-----------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.3634 | 0.1307 | 0.1073 | 0.6195 | 2.78 | 0.0054 |
| Frequency | -0.0001 | 0.0634 | -0.1243 | 0.1241 | -0.00 | 0.9989 |

Statistics for Model 4

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero

Q = 0.00, df = 1, p = 0.9989

Goodness of fit: Test that unexplained variance is zero

Tau² = 0.0435, Tau = 0.2086, I² = 72.62%, Q = 32.87, df = 9, p = 0.0001

Comparison of Model 4 with the null model

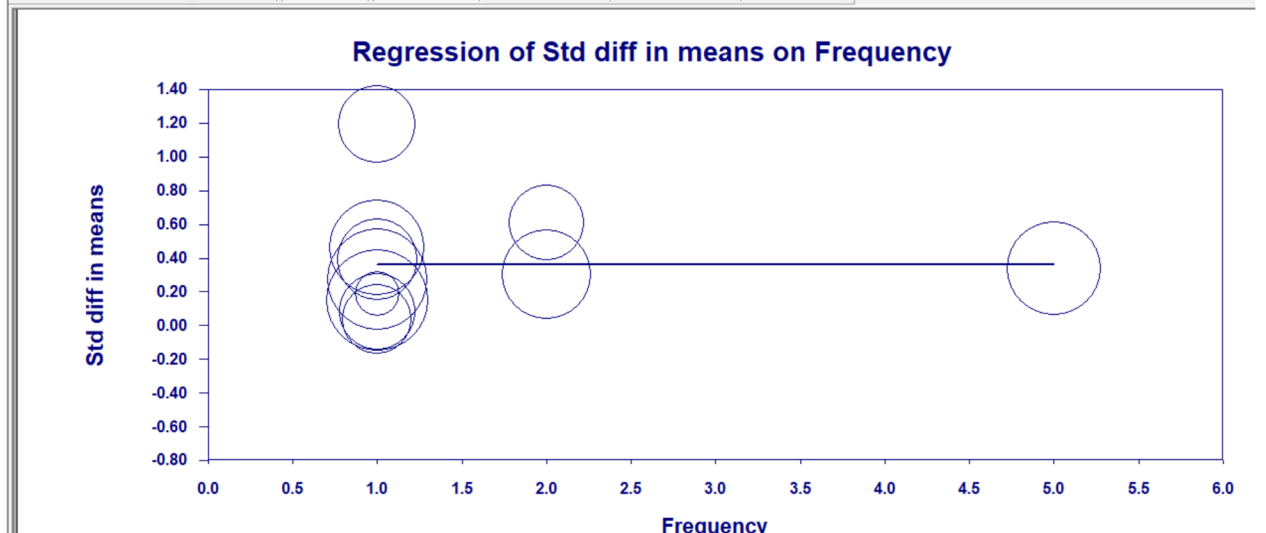
Total between-study variance (intercept only)

Tau² = 0.0364, Tau = 0.1907, I² = 69.88%, Q = 33.20, df = 10, p = 0.0003

Proportion of total between-study variance explained by Model 4

R² analog = 0.00 (computed value is -0.20)

Number of studies in the analysis 11



Outlier is Bansal

Main results for Model 5, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|--------------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.7499 | 0.2211 | 0.3166 | 1.1833 | 3.39 | 0.0007 |
| Duration-wks | -0.0585 | 0.0313 | -0.1198 | 0.0028 | -1.87 | 0.0616 |

Statistics for Model 5

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero

Q = 3.49, df = 1, p = 0.0616

Goodness of fit: Test that unexplained variance is zero

Tau² = 0.0347, Tau = 0.1862, I² = 67.40%, Q = 27.61, df = 9, p = 0.0011

Comparison of Model 5 with the null model

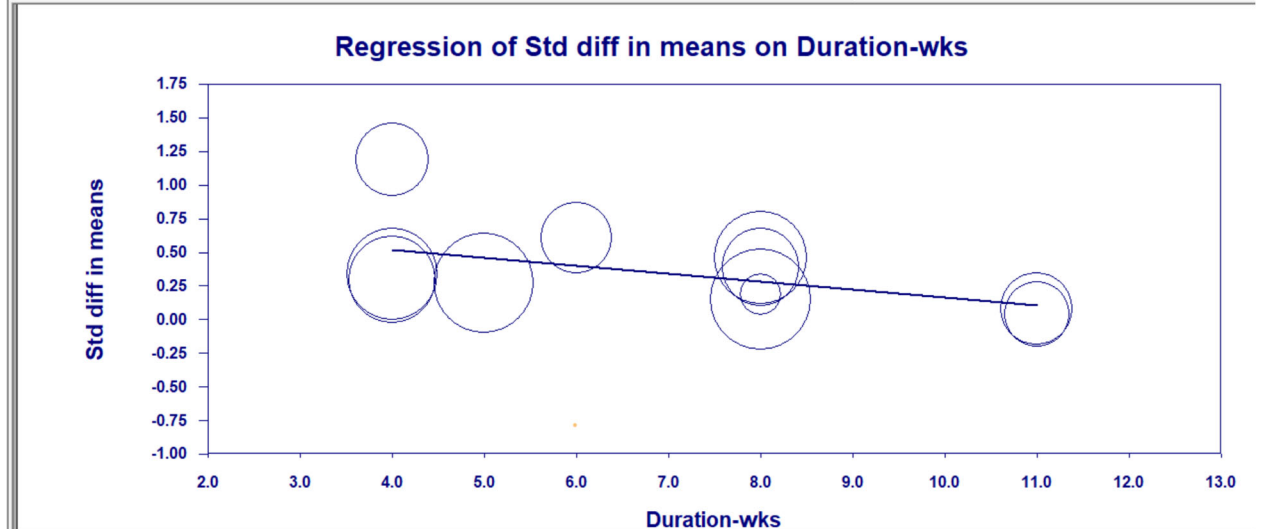
Total between-study variance (intercept only)

Tau² = 0.0364, Tau = 0.1907, I² = 69.88%, Q = 33.20, df = 10, p = 0.0003

Proportion of total between-study variance explained by Model 5


R² analog = 0.05

Number of studies in the analysis 11



With Hassad removed:

Comprehensive meta analysis - [Meta-regression]

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Main results for Model 1, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|-----------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.6168 | 0.1660 | 0.2915 | 0.9422 | 3.72 | 0.0002 |
| TotalHrs | -0.0162 | 0.0106 | -0.0369 | 0.0045 | -1.54 | 0.1241 |

Statistics for Model 1

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero
Q = 2.37, df = 1, p = 0.1241

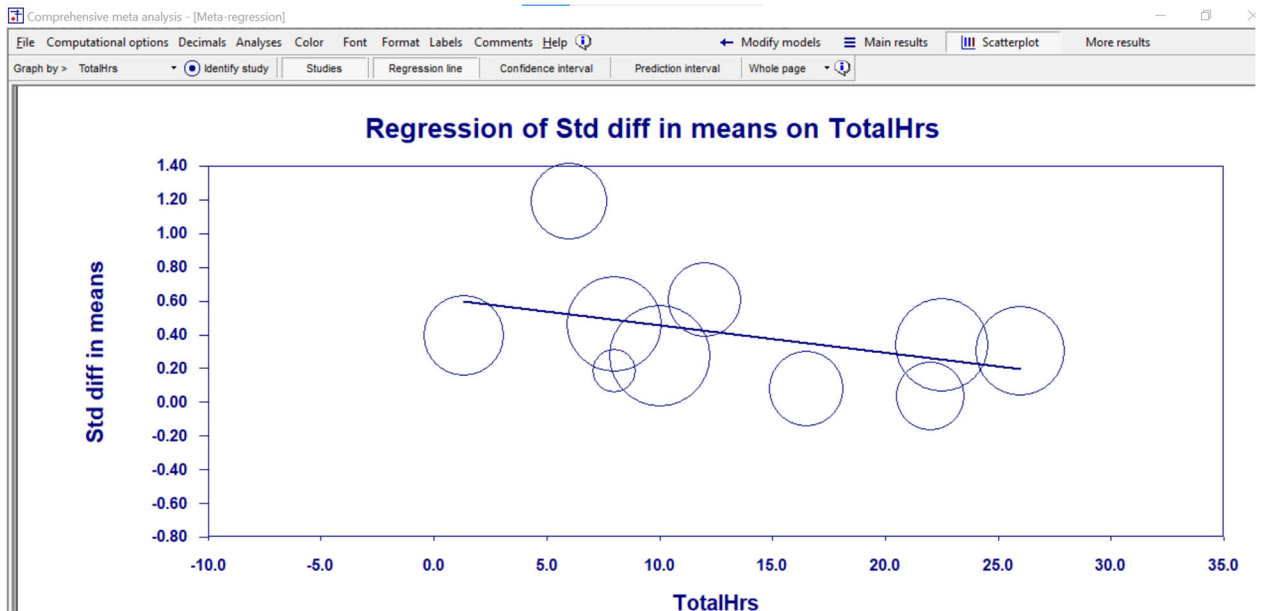
Goodness of fit: Test that unexplained variance is zero
Tau² = 0.0392, Tau = 0.1979, I² = 64.68%, Q = 22.65, df = 8, p = 0.0038

Comparison of Model 1 with the null model

Total between-study variance (intercept only)
Tau² = 0.0379, Tau = 0.1946, I² = 64.92%, Q = 25.66, df = 9, p = 0.0023

Proportion of total between-study variance explained by Model 1
R² analog = 0.00 (computed value is -0.03)

Number of studies in the analysis 10



Main results for Model 2, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|-----------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.5059 | 0.1935 | 0.1267 | 0.8851 | 2.61 | 0.0089 |
| Sess Dur | -0.0013 | 0.0021 | -0.0054 | 0.0028 | -0.63 | 0.5265 |

Statistics for Model 2

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero

Q = 0.40, df = 1, p = 0.5265

Goodness of fit: Test that unexplained variance is zero

$\tau^2 = 0.0441$, $\tau = 0.2101$, $I^2 = 66.22\%$, Q = 23.68, df = 8, p = 0.0026

Comparison of Model 2 with the null model

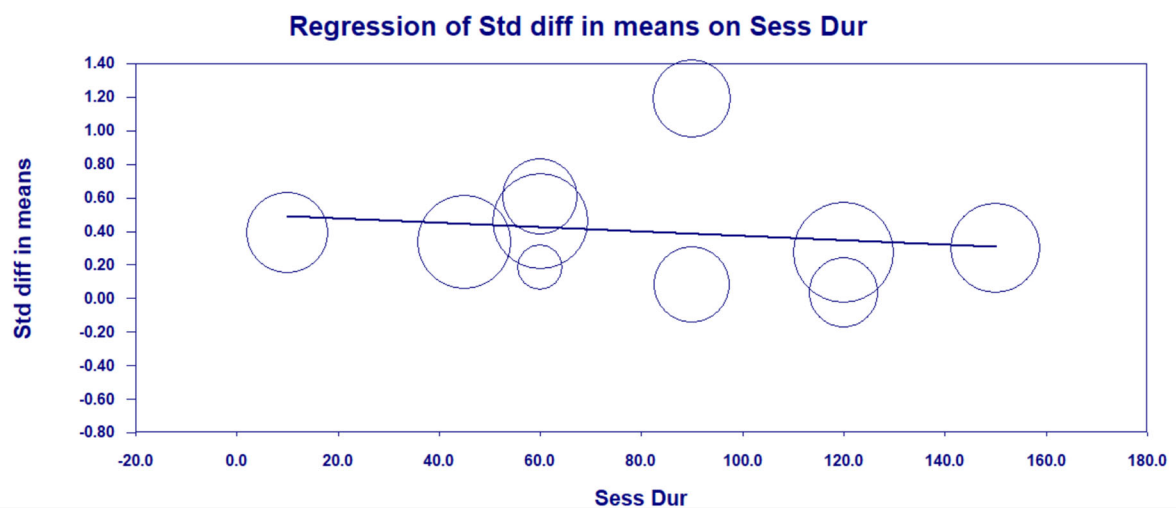
Total between-study variance (intercept only)

$\tau^2 = 0.0379$, $\tau = 0.1946$, $I^2 = 64.92\%$, Q = 25.66, df = 9, p = 0.0023

Proportion of total between-study variance explained by Model 2

R^2 analog = 0.00 (computed value is -0.17)

Number of studies in the analysis 10



With Bansal removed:

Comprehensive meta analysis - [Meta-regression]

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Main results for Model 1, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|-----------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.5915 | 0.1909 | 0.2173 | 0.9657 | 3.10 | 0.0019 |
| #sessions | -0.0304 | 0.0241 | -0.0777 | 0.0168 | -1.26 | 0.2069 |

Statistics for Model 1

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero

Q = 1.59, df = 1, p = 0.2069

Goodness of fit: Test that unexplained variance is zero

Tau² = 0.0390, Tau = 0.1974, I² = 70.93%, Q = 30.95, df = 9, p = 0.0003

Comparison of Model 1 with the null model

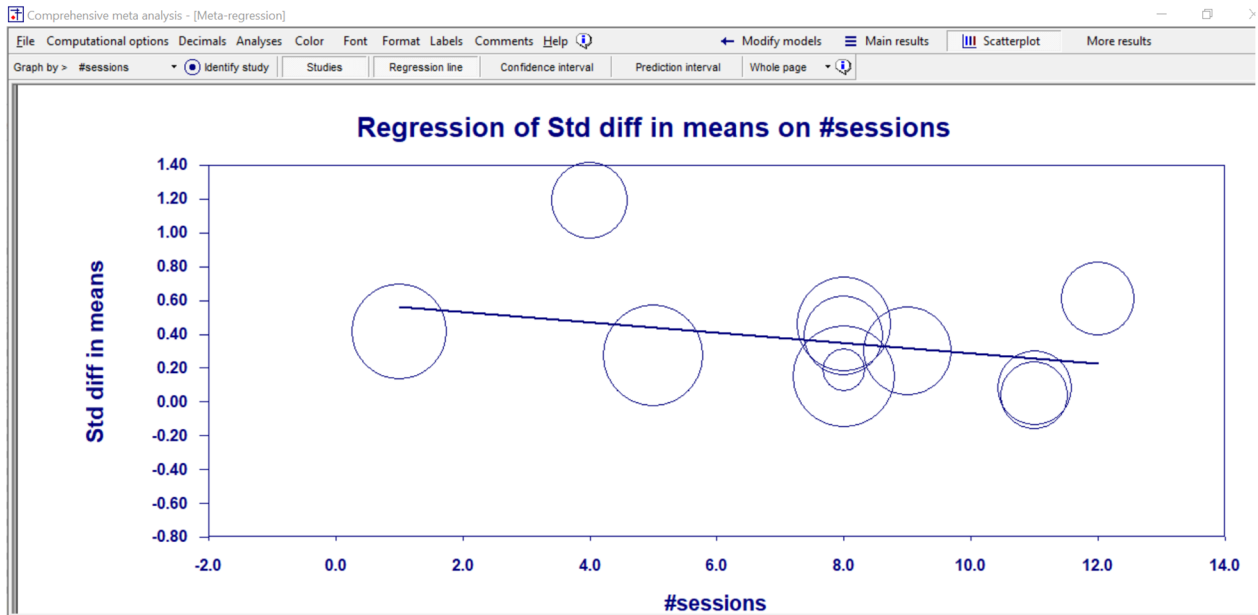
Total between-study variance (intercept only)

Tau² = 0.0370, Tau = 0.1923, I² = 70.80%, Q = 34.25, df = 10, p = 0.0002

Proportion of total between-study variance explained by Model 1

R² analog = 0.00 (computed value is -0.05)

Number of studies in the analysis 11



Comprehensive meta analysis - [Meta-regression]

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Main results for Model 2, Random effects (MM), Z-Distribution, Std diff in means

| Covariate | Coefficient | Standard Error | 95% Lower | 95% Upper | Z-value | 2-sided P-value |
|-----------|-------------|----------------|-----------|-----------|---------|-----------------|
| Intercept | 0.3438 | 0.1949 | -0.0383 | 0.7259 | 1.76 | 0.0778 |
| Frequency | 0.0258 | 0.1638 | -0.2951 | 0.3468 | 0.16 | 0.8747 |

Statistics for Model 2

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero
 $Q = 0.02$, $df = 1$, $p = 0.8747$

Goodness of fit: Test that unexplained variance is zero
 $\tau^2 = 0.0429$, $\tau = 0.2070$, $I^2 = 73.72\%$, $Q = 34.24$, $df = 9$, $p = 0.0001$

Comparison of Model 2 with the null model

Total between-study variance (intercept only)
 $\tau^2 = 0.0370$, $\tau = 0.1923$, $I^2 = 70.80\%$, $Q = 34.25$, $df = 10$, $p = 0.0002$

Proportion of total between-study variance explained by Model 2
 R^2 analog = 0.00 (computed value is -0.16)

Number of studies in the analysis 11

