**Raw data for Meta-analysis of pre-post outcomes**







**Raw data for studies including a control group**







**Raw data for moderator analysis of Age**

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**Raw Outputs for Follow-up Time-point – 3 months**









**Raw output for Cumulative Analysis of Sample Size largest to smallest**

**Raw Outputs for cumulative analysis publication year oldest to most recent**



**Raw data for sub-group analysis on Depression**

**Raw data for sub-group analysis on Anxiety**

