| Author, Yearand Quality | Subgroup | Outcome | Timepoint(months) | Group | Baseline | Results at Followup | Between Group Difference |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **General Adults** |
| Jarjoura, 2004165Fair | All participants | SF-36 total score, mean | 6 | IG | NR | NR | Mean Difference -7.6 (95% CI, -15 to -0.44), p=NR |
| CG | NR | NR |
| 12 | IG | NR | NR | Mean Difference -6.5 (95% CI, -14 to 1.2), p=NR |
| CG | NR | NR |
| Rost, 200173Good | New treatment episode | SF-36 emotional, mean | 6 | IG | 35 | 65 | NR |
| CG | 38 | 58 |
| 12 | IG | 35 | 69 | NR |
| CG | 38 | 57 |
| 24 | IG | 35 | 73 | Mean Difference 24 (3.13), p=0.002 |
| CG | 38 | 49 |
| SF-36 physical, mean | 6 | IG | 50 | 56 | NR |
| CG | 50 | 51 |
| 12 | IG | 50 | 60 | NR |
| CG | 50 | 51 |
| 24 | IG | 50 | 63 | Mean Difference 17 (2.8), p=0.005 |
| CG | 50 | 46 |
| Wells, 2000163Fair | All participants | MCS-12 score, mean (95% CI) | 6 | IG1 | 35.6 (0.41) | 41.6 (0.47) | IG1 vs. CG: NR, p=0.009\*IG2 vs. CG: NR, p<0.05† |
| IG2 | 35.3 | 41.9 |
| IG3 | 35.3 | 40.9 |
| CG | 36.1 (0.52) | 39.8 (0.57) |
| 12 | IG1 | 35.6 (0.41) | 40.9 (0.48) | IG1 vs. CG: NR, p=0.04\*IG2 vs. CG: NR, p<0.05† |
| IG2 | 35.3 | 42.2 |
| IG3 | 35.3 | 40.9 |
| CG | 36.1 (0.52) | 39.3 (0.62) |
| 24 | IG2 | 35.3 | 42.7 | IG2 vs. CG: NR, p<0.05IG3 vs. CG: NSD |
| IG3 | 35.3 | 40.8 |
| CG | 35.3 | 40.6 |
| 57 | IG2 | 34.6 (10.0) | 44.3 (95% CI, 42.5 to 46.0) | IG2 vs. CG: NR, p=0.14IG3 vs. CG: NR, p=0.21 |
| IG3 | 35.6 (10.7) | 43.9 (95% CI, 42.5 to 45.3) |
| CG | 36.9 (11.4) | 42.6 (95% CI, 40.9 to 44.3) |
| PCS-12 score, mean (95% CI) | 6 | IG1 | 45.2 (0.41) | 43.9 (0.45) | NR, p=0.72 |
| CG | 44.6 (0.53) | 43.7 (0.52) |
| 12 | IG1 | 45.2 (0.41) | 44.1 (0.43) | NR, p=0.38 |
| CG | 44.6 (0.53) | 44.6 (0.50) |
| African American and Latino | MCS-12 score, mean (95% CI) | 57 | IG2 | NR | 44.5 (95% CI, 41.6 to 47.5) | IG2 vs. CG: NR, p=0.03IG3 vs. CG: NR, p=0.35 |
| IG3 | NR | 41.6 (95% CI, 39.5 to 43.8) |
| CG | NR | 40.0 (95% CI, 37.2 to 42.8) |
| White | MCS-12 score, mean (95% CI) | 57 | IG2 | NR | 44.6 (95% CI, 42.9 to 46.3) | IG2 vs. CG: NR, p=0.92IG3 vs. CG: NR, p=0.45 |
| IG3 | NR | 45.4 (95% CI, 43.5 to 47.3) |
| CG | NR | 44.5 (95% CI, 42.9 to 46.1) |
| **Older Adults** |
| Bijl, 2003167Fair | All participants | EuroQoL, mean | 6 | IG | 62.0 | 64.9 | NSD |
| CG | 62.3 | 65.9 |
| 12 | IG | 62.0 | 62.4 | NSD |
| CG | 62.3 | 62.9 |
| SF-36 MCS, mean | 2 | IG | 47.0 | 54.4 | NSD |
| CG | 50.2 | 54.6 |
| 6 | IG | 47.0 | 58.4 | NSD |
| CG | 50.2 | 57.6 |
| 12 | IG | 47.0 | 59.2 | NSD |
| CG | 50.2 | 60.6 |
| SF-36 PCS, mean | 2 | IG | 60.5 | 60.7 | NSD |
| CG | 61.2 | 63.5 |
| 6 | IG | 60.5 | 61.4 | NSD |
| CG | 61.2 | 63.1 |
| 12 | IG | 60.5 | 60.7 | NSD |
| CG | 61.2 | 63.6 |
| Callahan, 1994161Fair | All participants | SIP score, mean (SD) | 6 | IG | 33 | 29.4 | NSD |
| CG | 29.9 | 25.0 |
| 9 | IG | 33 | 27.5 (NR) | NSD |
| CG | 29.9 | 23.9 |

\*Adjusted for probability of enrollment, attrition, wave response, clusters.

†Adjusted for age, sex, education, wealth, ethnicity, marital status, count of chronic medical conditions, depression diagnostic status at BL, presence of comorbid anxiety disorder, clusters.

**Abbreviations:** CG = control group; CI = confidence interval; EuroQoL = European Quality of Life; IG = intervention group; MCS = mental component score; NR = not reported; NSD = no significant difference; PCS = physical component score; SD = standard deviation; SF = Short Form; SIP = Sickness Impact Profile; vs = versus.