| Author, Year  and Quality | Subgroup | Outcome | Timepoint  (months) | Group | Baseline | Results at Followup | Between Group Difference |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **General Adults** | | | | | | | |
| Jarjoura, 2004165  Fair | 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, 200173  Good | 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, 2000163  Fair | 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<0.05  IG3 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=0.14  IG3 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=0.03  IG3 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=0.92  IG3 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, 2003167  Fair | 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, 1994161  Fair | 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.