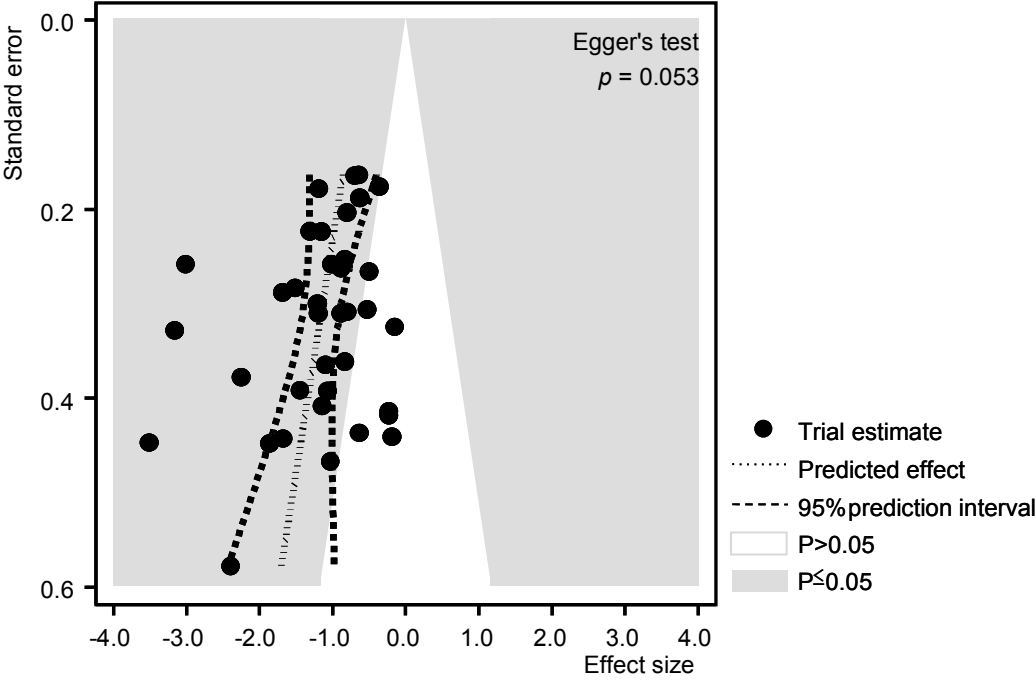**Web-appendix 6:** Funnel plot.

Web-appendix 6: Funnel plot of 37 trials comparing any intervention with wait-list, including prediction lines from univariable meta-regression models with SE as explanatory variable (dashed red) and 5% contour areas to display areas of significance (white) and non-significance (grey). Lines for predicted effects should be interpreted independently of contours delineated by shaded areas. P value derived from Egger's regression test for asymmetry.