

Quality assessment							Number of patients		Effect		Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	relaxation training	control	Relative (95% CI)	Absolute (95% CI)		
Anxiety symptoms (Group relaxation training versus control) (follow up: range 2.29 weeks to unclear; assessed with: various tools)												
2	randomised trials	very serious ¹	not serious	not serious	serious ²	none	35	-	-	SMD 2.31 lower (2.92 lower to 1.7 lower)	⊕○○○ VERY LOW	CRITICAL
Anxiety symptoms (Individual relaxation training versus control) (follow up: 2.29 weeks; assessed with: 5-point scale on 10 ratings; Scale from: relaxed to very anxious)												
2	randomised trials	very serious ³	serious ⁴	not serious	serious ²	none	20	-	-	SMD 2.97 SD lower (4.36 lower to 1.57 lower)	⊕○○○ VERY LOW	CRITICAL
Quality of life (relaxation versus story-telling) – not reported												
-	-	-	-	-	-	-					-	CRITICAL
Community participation and meaningful occupation (relaxation versus story-telling) – not reported												
-	-	-	-	-	-	-					-	CRITICAL

1. Risk of selection, performance and possible detection bias
2. Sample size less than optimal information size (<400 for continuous outcomes or <300 for dichotomous outcomes)
3. Risk of selection bias (no details of allocation method or concealment); Risk of performance bias (no blinding); Possible risk of detection bias (unclear if outcome assessors blind to treatment and confounding)
4. I2 suggests substantial heterogeneity.