**Table 1. Cognitive behavioural therapy with or without exposure vs TAU/WL or non-specific control**

| **Outcome** | **Comparator** | **k included studies** | **Treatment N** | **Control N** | **Hedges’ g (95% CI), p-value** | **Heterogeneity, I2, p-value** | **Publication bias, p-value, adjusted g (95% CI), k imputed studies** | **Quality (GRADE)** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DR | vs TAU/WL | 16 | 485 | 395 | -0.66 (-0.84, -0.48), <0.001 | 45%, 0.021 | 0.007, -0.39 (-0.59, -0.20), 8  | Moderate-1 publication bias |
| DR | vs control | 3 | 128 | 79 | -0.32 (-0.60, -0.03), 0.029 | 0%, 0.402 | - | Moderate-1 imprecision |
| AD | vs TAU/WL | 3 | 54 | 61 | -1.42 (-2.20, -0.65), <0.001 | 71%, 0.033 | - | Moderate-1 imprecision |
| AD | vs control | 2 | 63 | 62 | -0.82 (-2.91, 1.26), 0.440  | 94%, <0.001 | - | Very low-1 inconsistency-2 imprecision |
| NSC | vs TAU/WL | 9 | 320 | 281 | -0.82 (-1.19, -0.44), <0.001 | 79%, <0.001 | - | Moderate-1 inconsistency |
| NSC | vs control | 4 | 207 | 163 | -0.24 (-0.69, 0.21), 0.295 | 75%, 0.008 | - | Low-1 inconsistency-1 imprecision |
| PTSD | vs TAU/WL | 27 | 899 | 773 | -0.90 (-1.11, -0.68), <0.001 | 76%, <0.001 | 0.002, -0.90 (-1.11, -0.68), 0 | Moderate-1 inconsistency |
| PTSD | vs control | 9 | 408 | 323 | -0.37 (-0.66, -0.09), 0.011 | 71%, 0.001 |  | Moderate-1 inconsistency |
| PTSD + 1, 2 or 3 | vs TAU/WL | 27 | 841 | 705 | -0.81 (-1.00, -0.62), <0.001 | 68%, <0.001 | 0.003, -0.81 (-1.00, -0.62), 0 | High |
| PTSD + 2 or 3 | vs TAU/WL | 3 | 92 | 90 | -0.78 (-1.31, -0.24), 0.005 | 68%, 0.043 |  | Moderate-1 imprecision |
| PTSD + 3 | vs TAU/WL | 2 | 58 | 58 | -0.53 (-0.96, -0.09), 0.017 | 28%, 0.239 |  | Low-2 imprecision |
| PTSD + 1, 2 or 3 | vs control | 9 | 398 | 314 | -0.34 (-0.62, -0.06), 0.019 | 68%, 0.001 |  | Low-1 imprecision-1 inconsistency |
| PTSD + 2 or 3 | vs control | 0 | - | - | - | - |  |  |
| PTSD + 3 | vs control | 0 | - | - | - | - |  |  |

Abbreviations: AD=affect dysregulation; CPTSD=complex posttraumatic stress disorder; DR=disturbances in relationships; DSO=disturbances in self-organisation; NSC=negative self-concept; PTSD=posttraumatic stress disorder; PTSD + 1, 2 or 3=PTSD + 1, 2 or 3 CPTSD (DSO) outcomes; PTSD + 2 or 3=PTSD + 2 or 3 CPTSD (DSO) outcomes; PTSD + 3=PTSD + all 3 CPTSD (DSO) outcomes; TAU=treatment as usual; WL=waiting list.

**Table 2. Exposure only vs TAU/WL or non-specific control**

| **Outcome** | **Comparator** | **k included studies** | **Treatment N** | **Control N** | **Hedges’ g (95% CI), p-value** | **Heterogeneity, I2, p-value** | **Publication bias, p-value, adjusted g (95% CI), k imputed studies** | **Quality (GRADE)** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DR | vs TAU/WL | 4 | 158 | 110 | -0.59 (-1.12, -0.07), 0.028 | 73%, 0.011 | - | Moderate-1 imprecision |
| DR | vs control | 1 | 47 | 24 | -0.12 (-0.60, 0.37), 0.642 | - | - | Very low-2 RoB-2 imprecision |
| AD | vs TAU/WL | 0 | - | - | - | - | - | - |
| AD | vs control | 0 | - | - | - | - | - | - |
| NSC | vs TAU/WL | 3 | 131 | 102 | -0.73 (-1.03, -0.43), <0.001 | 21%, 0.283 | - | Moderate-1 imprecision |
| NSC | vs control | 0 | - | - | - | - | - | - |
| PTSD | vs TAU/WL | 6 | 246 | 190 | -1.05 (-1.52, -0.58), <0.001 | 79%, <0.001 | - | Low-2 imprecision |
| PTSD | vs control | 2 | 67 | 42 | -0.08 (-0.47, 0.30), 0.675 | 0%, 0.803 | - | Low-2 imprecision |
| PTSD + 1, 2 or 3 | vs TAU/WL | 6 | 242 | 158 | -0.86 (-1.25, -0.47), <0.001 | 69%, 0.006 | - | High |
| PTSD + 2 or 3 | vs TAU/WL | 1 | 47 | 39 | -0.56 (-0.99, -0.14), 0.009 | - | - | Low-2 imprecision |
| PTSD + 3 | vs TAU/WL | 0 | - | - | - | - | - | - |
| PTSD + 1, 2 or 3 | vs control | 2 | 67 | 42 | -0.19 (-0.57, 0.20), 0.336 | 0%, 0.636 | - | Low-2 imprecision |
| PTSD + 2 or 3 | vs control | 0 | - | - | - | - | - | - |
| PTSD + 3 | vs control | - | - | - | - | - | - | - |

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**Table 3. EMDR vs TAU/WL or non-specific control**

| **Outcome** | **Comparator** | **k included studies** | **Treatment N** | **Control N** | **Hedges’ g (95% CI), p-value** | **Heterogeneity, I2, p-value** | **Publication bias, p-value, adjusted g (95% CI), k imputed studies** | **Quality (GRADE)** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DR | vs TAU/WL | 4 | 94 | 84 | -0.76 (-1.35, -0.16), 0.012 | 70%, 0.019 | - | Moderate-1 imprecision |
| DR | vs control | 2 | 37 | 34 | -0.35 (-1.01, 0.31), 0.312 | 46%, 0.174 | - | Very low-2 RoB-2 imprecision-1 inconsistency |
| AD | vs TAU/WL | 1 | 11 | 12 | -1.64 (-2.56, -0.72), 0.000 | - | - | Very low-2 RoB-2 imprecision |
| AD | vs control | 1 | 11 | 10 | 0.25 (-0.57, 1.08), 0.548 | - | - | Very low-2 RoB-2 imprecision |
| NSC | vs TAU/WL | 1 | 44 | 39 | -0.61 (-1.04, -0.17), 0.006 | - | - | Low-2 imprecision |
| NSC | vs control | 2 | 56 | 53 | -0.78 (-1.56, -0.01), 0.049 | 75%, 0.047 | - | Very low-1 inconsistency-2 imprecision |
| PTSD | vs TAU/WL | 4 | 105 | 92 | -1.26 (-2.01, -0.51), 0.001 | 79%, 0.002 | - | Low-1 inconsistency-1 imprecision |
| PTSD | vs control | 3 | 70 | 65 | -0.69 (-1.35, -0.03), 0.041 | 70%, 0.035 | - | Very low-1 RoB-1 inconsistency-1 imprecision |
| PTSD + 1, 2 or 3 | vs TAU/WL | 4 | 94 | 84 | -1.15 (-1.92, -0.37), 0.004 | 81%, 0.002 | - | Low-1 inconsistency-1 imprecision |
| PTSD + 2 or 3 | vs TAU/WL | 2 | 55 | 51 | -1.36 (-3.13, 0.42), 0.134 | 90%, 0.001 | - | Very low-1 inconsistency-2 imprecision |
| PTSD + 3 | vs TAU/WL | 0 | - | - | - | - | - | - |
| PTSD + 1, 2 or 3 | vs control | 3 | 67 | 61 | -0.52 (-0.97, -0.08), 0.020 | 35%, 0.213 | - | Low-1 RoB-1 imprecision |
| PTSD + 2 or 3 | vs control | 2 | 37 | 34 | -0.44 (-1.31, 0.43), 0.321 | 68%, 0.079 | - | Very low-2 RoB-1 inconsistency-2 imprecision |
| PTSD + 3 | vs control | 0 | - | - | - | - | - | - |

Abbreviations: AD=affect dysregulation; CPTSD=complex posttraumatic stress disorder; DR=disturbances in relationships; DSO=disturbances in self-organisation; EMDR=eye-movement and desensitisation and reprocessing therapy; NSC=negative self-concept; PTSD=posttraumatic stress disorder; PTSD + 1, 2 or 3=PTSD + 1, 2 or 3 CPTSD (DSO) outcomes; PTSD + 2 or 3=PTSD + 2 or 3 CPTSD (DSO) outcomes; PTSD + 3=PTSD + all 3 CPTSD (DSO) outcomes; TAU=treatment as usual; WL=waiting list.

**Table 4. Comparison of CBT, Exposure and EMDR**

| **Outcome** | **Comparison (A vs B)** | **k included studies** | **Group A N** | **Group B N** | **Hedges’ g (95% CI), p-value** | **Heterogeneity, I2, p-value** | **Publication bias, p-value, adjusted g (95% CI), k imputed studies** | **Quality (GRADE)** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DR | CBT vs exposure alone | 3 | 152 | 120 | 0.07 (-0.26, 0.39), 0.689 | 38%, 0.200 | - | Moderate-1 imprecision |
| AD | CBT vs exposure alone | 0 | - | - | - | - | - | - |
| NSC | CBT vs exposure alone | 1 | 62 | 61 | -0.31 (-0.67, 0.04), 0.082  | - | - | Very low-2 RoB-2 imprecision |
| PTSD | CBT vs exposure alone | 4 | 216 | 184 | -0.03 (-0.23, 0.17), 0.784 | 0%, 0.493 | - | Moderate-1 imprecision |
| PTSD + 1, 2 or 3 | CBT vs exposure alone | 4 | 214 | 181 | -0.04 (-0.27, 0.19), 0.719 | 20%, 0.291 | - | Moderate-1 imprecision |
| PTSD + 2 or 3 | CBT vs exposure alone | 0 | - | - | - | - | - | - |
| PTSD + 3 | CBT vs exposure alone | 0 | - | - | - | - | - | - |
| DR | CBT vs EMDR | 2 | 59 | 70 | 0.28 (-0.29, 0.34), 0.338 | 60%, 0.115 | - | Very low-2 imprecision-1 inconsistency |
| AD | CBT vs EMDR | 0 | - | - | - | - | - | - |
| NSC | CBT vs EMDR | 0 | - | - | - | - | - | - |
| PTSD | CBT vs EMDR | 2 | 62 | 75 | 0.37 (0.03, 0.71), 0.031 | 0%, 0.548 | - | Low-2 imprecision |
| PTSD + 1, 2 or 3 | CBT vs EMDR | 2 | 59 | 70 | 0.31 (-0.07, 0.68), 0.111 | 16%, 0.275 | - | Low-2 imprecision |
| PTSD + 2 or 3 | CBT vs EMDR | 0 | - | - | - | - | - | - |
| PTSD + 3 | CBT vs EMDR | 0 | - | - | - | - | - | - |
| DR | EMDR vs exposure alone | 1 | 44 | 47 | -0.10 (-0.51, 0.31), 0.640 | - | - | Low-2 imprecision |
| AD | EMDR vs exposure alone | 0 | - | - | - | - | - | - |
| NSC | EMDR vs exposure alone | 1 | 44 | 47 | 0.16 (-0.25, 0.57), 0.444 | - | - | Low-2 imprecision |
| PTSD | EMDR vs exposure alone | 1 | 55 | 48 | 0.10 (-0.28, 0.49), 0.604 | - | - | Low-2 imprecision |
| PTSD + 1, 2 or 3 | EMDR vs exposure alone | 1 | 44 | 47 | 0.06 (-0.35, 0.46), 0.789 | - | - | Low-2 imprecision |
| PTSD + 2 or 3 | EMDR vs exposure alone | 1 | 44 | 47 | 0.06 (-0.35, 0.46), 0.789 | - | - | Low-2 imprecision |
| PTSD + 3 | EMDR vs exposure alone | 0 | - | - | - | - | - | - |

Abbreviations: AD=affect dysregulation; CPTSD=complex posttraumatic stress disorder; DR=disturbances in relationships; DSO=disturbances in self-organisation; EMDR=eye-movement and desensitisation and reprocessing therapy; NSC=negative self-concept; PTSD=posttraumatic stress disorder; PTSD + 1, 2 or 3=PTSD + 1, 2 or 3 CPTSD (DSO) outcomes; PTSD + 2 or 3=PTSD + 2 or 3 CPTSD (DSO) outcomes; PTSD + 3=PTSD + all 3 CPTSD (DSO) outcomes.