

Appendix A: *Characteristics of included studies*

Source	CBT Target	Methods	Participants	Intervention	Outcome Measures used in Meta-Analysis (Effect Size)	Follow Up
<u>Studies targeting symptoms of mental disorder: Children and Adolescents</u>						
(Sofronoff, Attwood, & Hinton, 2005)	Anxiety	- Randomised Controlled Trial - CG: WL	- IG: N= 48; Mean Age, 10.55; Age Range, 9-12 - CG: N= 23; Mean Age, 10.75; Age Range, 9-12 - Country: Australia	- Group-based - Child only or Child + Parent sessions (intervention arms pooled to prevent double counting of data) - 6 x 120 minute sessions - Original, manualised program	- Self-Report: None - Informant-Report: Spence Children's Anxiety Scale- Parent Report (0.10) - Clinician-Rated: None - Task-Based: None	- 6 week follow up
(Chalfant, Rapee, & Carroll, 2007)	Anxiety	- Randomised Controlled Trial - CG: WL	- IG: N= 28 - CG: N= 19 - TS: Mean Age, 10.8; Age Range, 8-13 - Country: Australia	- Group-based - 12 x 120 minute sessions - Adapted 'Cool Kids' program (Lyneham, Abbott, Wignall, & Rapee, 2003)	- Self-Report: Spence Children's Anxiety Scale (2.64) - Informant-Report: Spence Children's Anxiety Scale- Parent Report (4.27) - Clinician-Rated: Anxiety Disorders Interview Schedule- Child & Parent:	- None

					Diagnostic Status (2.51)	
					- Task- Based: None	
(Sofronoff, Attwood, Hinton, & Levin, 2007)	Anger	- Randomised Controlled Trial  - CG: WL	- IG: N= 24; Mean Age, 10.79; Age Range, 9-13  - CG: N= 21; Mean Age, 10.77; Age Range, 10-13  - Country: Australia	- Group-based (pairs)  - Parallel parent group  - 6 x 120 minute sessions  - Original, manualised program (built on Sofronoff et al., 2005)	- Self-Report: None  - Informant-Report: Children's Inventory of Anger- parent Report (0.40)  - Clinician-Rated: None  - Task-Based: None	- 6 week follow up (CBT group only)
(Reaven <i>et al.</i> , 2009)	Anxiety	- Pilot study  - Quasi-experimental  - CG:WL	- IG: N= 10  - CG: N= 23  - TS: Mean Age, 11.8; Age Range, 8-14  - Country: USA	- Group-based  - Multi-family sessions  - 12 x 90 minute sessions  - Original, manualised program ('Face your Fears')	- Self-Report: Screen for Child Anxiety and Related Emotional Disorders- Child Report (0.28)  - Informant-Report: Screen for Child Anxiety and Related Emotional Disorders- Parent Report (0.86)  - Clinician-Rated: None  - Task-Based: None	- None

(Wood <i>et al.</i> , 2009)	Anxiety	<ul style="list-style-type: none"> <li>- Randomised Controlled Trial</li> <li>- CG: WL</li> </ul>	<ul style="list-style-type: none"> <li>- IG: <i>N</i>= 17; Mean Age, 9.18; Age Range not reported</li> <li>- CG: <i>N</i>= 23; Mean Age, 9.22; Age Range not reported</li> <li>- TS: Age Range, 7-11</li> <li>- Country: USA</li> </ul>	<ul style="list-style-type: none"> <li>- Individual</li> <li>- Parental involvement in all sessions</li> <li>- 16 x 90 minute sessions (approximately 30 minutes with child and 60 minutes with parents/ family)</li> <li>- Modified 'Building Confidence' program (Wood &amp; McLeod, 2008)</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: Multidimensional Anxiety Scale for Children (-0.03)</li> <li>- Informant-Report: Multidimensional Anxiety Scale for Children- Parent Report (1.21)</li> <li>- Clinician-Rated: Anxiety Disorders Interview Schedule- Child &amp; Parent: Clinical Severity Rating (2.47)</li> <li>- Task-Based: None</li> </ul>	<ul style="list-style-type: none"> <li>- Three month follow up (CBT group only)</li> </ul>
(Scarpa & Reyes, 2011)	Emotional regulation: Anxiety and Anger	<ul style="list-style-type: none"> <li>- Pilot study</li> <li>- Randomised</li> <li>- CG: WL</li> </ul>	<ul style="list-style-type: none"> <li>- IG: <i>N</i>= 5; Mean Age, 5.84; Age Range not reported</li> <li>- CG: <i>N</i>= 6; Mean Age, 5.47; Age Range not reported</li> <li>- TS: Age Range, 4.5-7</li> <li>-Country: USA</li> </ul>	<ul style="list-style-type: none"> <li>- Group-based</li> <li>- Simultaneous psycho-educational parent group</li> <li>- 9 x 60 minute sessions</li> <li>- Modified manualised program used by Sofronoff et al. (2005, 2007) to be developmentally appropriate for younger children</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: None</li> <li>- Informant-Report: Emotion Regulation Checklist- Emotion Regulation subscale (-0.09)</li> <li>- Clinician-Rated: None</li> <li>- Task-Based: None</li> </ul>	<ul style="list-style-type: none"> <li>- None</li> </ul>

(Sung <i>et al.</i> , 2011)	Anxiety	<ul style="list-style-type: none"> <li>- Randomised Controlled Trial</li> <li>- CG: AP (Manualised Social Recreational Program)</li> </ul>	<ul style="list-style-type: none"> <li>- IG: N= 36; Mean Age, 11.33; Age Range not reported</li> <li>- CG: N= 34; Mean Age, 11.09; Age Range not reported</li> <li>- TS: Age Range, 9-16</li> <li>- Country: Singapore</li> </ul>	<ul style="list-style-type: none"> <li>- Group-based</li> <li>- 16 x 90 minute sessions</li> <li>- Original, manualised program</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: Spence Children's Anxiety Scale (0.07)</li> <li>- Informant-Report: None</li> <li>- Clinician-Rated: Clinical Global Impression- Severity (0.46)</li> <li>- Task-Based: None</li> </ul>	<ul style="list-style-type: none"> <li>- Three month follow up</li> <li>- Six month follow up</li> </ul>
(Clarke, 2012)	Anxiety	<ul style="list-style-type: none"> <li>- Cluster randomisation</li> <li>- CG: TAU</li> </ul>	<ul style="list-style-type: none"> <li>- IG: N= 14; Mean Age, 12.64; Age Range not reported</li> <li>- CG: N= 14; Mean Age, 12.86; Age Range not reported</li> <li>- TS: Age Range not reported</li> <li>- Country: UK</li> </ul>	<ul style="list-style-type: none"> <li>- Group-based</li> <li>- No parental involvement in intervention</li> <li>- 6 x 60 minute sessions</li> <li>- Adapted 'Exploring Feelings' program (Attwood, 2004)</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: Spence Children's Anxiety Scale (0.70)</li> <li>- Informant-Report: Spence Children's Anxiety Scale- Parent Report (0.67)</li> <li>- Clinician-Rated: None</li> <li>- Task-Based: None</li> </ul>	<ul style="list-style-type: none"> <li>- Six-eight week follow up</li> </ul>
(Cortesi, Giannotti, Sebastiani, Panunzi, & Valente, 2012)	Insomnia	<ul style="list-style-type: none"> <li>- Randomised Controlled Trial</li> <li>- CG: Placebo drug</li> </ul>	<ul style="list-style-type: none"> <li>- IG: N= 40; Mean Age, 7.1; Age Range not reported</li> </ul>	<ul style="list-style-type: none"> <li>- Individual</li> <li>- Family sessions (child and parents) + maintenance sessions for parents</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: None</li> <li>- Informant-Report: Children's Sleep Habits Questionnaire- Total Score</li> </ul>	<ul style="list-style-type: none"> <li>- None</li> </ul>

		(Trial also included 'melatonin' condition & 'melatonin + CBT' condition)	- CG: <i>N</i> = 40; Mean Age, 6.3; Age Range not reported - TS: Age Range, 4-10  - Country: Italy	- 4 x 50 minute sessions  - Original program. Unclear whether program was manualised.	(completed by parents; 1.01)  - Clinician-Rated: None  - Task-Based: Actigraph data- Total sleep time (0.62)	
(Reaven, Blakeley-Smith, Culhane-Shelburne, & Hepburn, 2012)	Anxiety	- Randomised Controlled Trial  - CG: TAU	- IG: <i>N</i> = 24; Mean Age, 10.5; Age Range, 7-13  - CG: <i>N</i> = 26; Mean Age, 10.4; Age Range, 7-14  - Country: USA	- Group-based  - Multi-family sessions  - 12 x 90 minute sessions  - Original, manualised program ('Face your Fears' - based on 2009 pilot study)	- Self-Report: Screen for Child Anxiety and Related Emotional Disorders- Child Report (0.28)  - Informant- Report: Screen for Child Anxiety and Related Emotional Disorders- Parent Report (0.45)  - Clinician-Rated: Anxiety Disorders Interview Schedule- Parent: No. of Principal Anxiety Diagnoses (0.60)  - Task-Based: None	- Three month follow up  - Six month follow up (CBT group only)
(McNally Keehn, Lincoln,	Anxiety	- Pilot study  - Randomised  - CG: WL	- IG: <i>N</i> = 12; Mean Age, 11.65; Age Range not reported	- Group-based  - 16 x 75 minute sessions	- Self-Report: Spence Children's Anxiety Scale (0.47)	- Two month follow up (CBT group only)

Brown, & Chavira, 2013)			<ul style="list-style-type: none"> <li>- CG: N= 10; Mean Age, 11.02; Age Range not reported</li> <li>- TS: Age Range, 8-14</li> <li>- Country: USA</li> </ul>	<ul style="list-style-type: none"> <li>- Adapted 'Coping Cat' Program (Kendall, 1994)</li> </ul>	<ul style="list-style-type: none"> <li>- Informant-Report: Spence Children's Anxiety Scale- Parent Report (0.91)</li> <li>- Clinician-Rated: Anxiety Disorders Interview Schedule- Parent: Interference Rating (1.35)</li> <li>- Task-Based: None</li> </ul>	
(Storch <i>et al.</i> , 2013)	Anxiety	<ul style="list-style-type: none"> <li>- Randomised Controlled Trial</li> <li>- CG: TAU</li> </ul>	<ul style="list-style-type: none"> <li>- IG: N= 24; Mean Age, 8.83; Age Range not reported</li> <li>- CG: N= 21; Mean Age, 8.95; Age Range not reported</li> <li>- TS: Age Range, 7-11</li> <li>- Country: USA</li> </ul>	<ul style="list-style-type: none"> <li>- Individual</li> <li>- Parallel parent sessions + parental involvement in some child sessions</li> <li>- 16 x 60-90 minute sessions</li> <li>- Manualised, modular treatment approach (Behavioural Interventions for Anxiety in Children with Autism program-BIACA; Wood &amp; Drahotka, 2005)</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: Revised Children's Manifest Anxiety Scale- Total Anxiety: <i>Not included in quantitative synthesis as request for data required to calculate effect size was unsuccessful</i></li> <li>- Informant-Report: Multidimensional Anxiety Scale for Children- Parent Report (0.48)</li> <li>- Clinician-Rated: Anxiety Disorders Interview Schedule- Child &amp; Parent:</li> </ul>	<ul style="list-style-type: none"> <li>- Three month follow up (CBT treatment-responders group only)</li> </ul>

					Highest Clinical Severity Rating (0.89)	
					- Task-Based: None	
(McConachie <i>et al.</i> , 2013)	Anxiety	- Pilot study - Randomised - CG: WL	- IG: <i>N</i> = 17; Mean Age, 11.7; Age Range not reported - CG: <i>N</i> = 15; Mean Age, 11.8; Age Range not reported - TS: Age Range not reported  - Country: UK	- Group-based - Parallel parent group - 7 x 120 minute sessions - Slightly adapted 'Exploring Feelings' program (Attwood, 2004) for UK use	- Self-Report: Spence Children's Anxiety Scale (0.04) - Informant-Report: Spence Children's Anxiety Scale- Parent Report (0.20) - Clinician-Rated: Anxiety Disorders Interview Schedule- Parent: Primary diagnosis Clinical Severity Rating (0.43) - Task-Based: None	- Three month follow up - Six month follow up
(van Steensel, Dirksen, & Bögels, 2014)	Anxiety	- Quasi-experimental - CG: TAU	- IG: <i>N</i> = 24; Mean Age, 11.0; Age Range not reported - CG: <i>N</i> = 25; Mean Age, 10.72; Age Range not reported - TS: Age Range, 8-18	- Individual - Parental attendance at all sessions - 15 sessions (length not reported) - Modified, combined version of individual and family CBT intervention (Bodden, Dirksen, & Bögels, 2008)	- Self-Report: None - Informant-Report: None - Clinician-Rated: Clinician-Rated: Anxiety Disorders Interview Schedule- Child & Parent: Diagnostic Status (0.44)	- Three month follow up

			- Country: The Netherlands		- Task-Based: None	
(Hepburn, Blakeley-Smith, Wolff, & Reaven, 2015)	Anxiety	- Pilot study - Quasi-experimental - CG: WL (not recruited simultaneously with CBT group)	- IG: N= 17; Mean Age, 11.53; Age Range not reported - CG: N= 16; Mean Age, 12.12; Age Range not reported - TS: Age Range not reported  - Country: USA	- Group-based - 'Telehealth'/ videoconferencing intervention designed for delivery in a small, multi-family group format - Parental involvement in all sessions + parent-only time at end of sessions (20-30 minutes) - 10 x 60 minute sessions + 1 'booster' session - Modified version of 'Face Your Fears' program (Reaven et al., 2009, 2011, 2012)	- Self-Report: None - Informant-Report: Screen for Child Anxiety and Related Emotional Disorders (0.48) - Clinician-Rated: None - Task-Based: None	- None
(Storch <i>et al.</i> , 2015)	Anxiety	- Randomised Controlled Trial - CG: TAU	- IG: N= 16; Mean Age, 12.75; Age Range not reported - CG: N= 15; Mean Age, 12.73; Age Range not reported - TS: Age Range, 11-16  - Country: USA	- Individual - Parallel parent sessions + parental involvement in majority of adolescent sessions - 16 x 60-90 minute sessions - Manualised, modular treatment approach (Developmentally modified version of Behavioural Interventions for Anxiety in Children with Autism program-BIACA; Wood & Drahota, 2005)	- Self-Report: Revised Child's Anxiety and Depression Scales (-0.12) - Informant-Report: Multidimensional Anxiety Scale for Children- Parent Report (0.09) - Clinician-Rated: Clinician-Rated: Anxiety Disorders Interview Schedule-	- One month follow up (CBT treatment-responders group only)

					Child & Parent: Primary diagnosis Clinical Severity Rating (1.38)  - Task-Based: None	
(Wood <i>et al.</i> , 2015)	Anxiety	- Randomised Controlled Trial  - CG: WL	- IG: N= 19; Mean Age, 12.4; Age Range not reported  - CG: N= 14; Mean Age, 12.2; Age Range not reported  - TS: Age Range, 11- 15  - Country: USA	- Individual  - Parallel parent sessions + parental involvement in all adolescent sessions  - 16 x 60-90 minute sessions  - Manualised, modular treatment approach (Developmentally modified version of Behavioural Interventions for Anxiety in Children with Autism program- BIACA; Wood & Drahota, 2005)	- Self-Report: Revised Child's Anxiety and Depression Scales (- 0.09)  - Informant-Report: Multidimensional Anxiety Scale for Children- Parent Report (0.71)  - Clinician-Rated: Anxiety Disorders Interview Schedule- Child & Parent: Primary diagnosis Clinical Severity Rating (0.39)  - Task-Based: None	- One month follow up (CBT treatment- responders group only)
<u>Studies targeting symptoms of mental disorder: Adults</u>						
(Russell, Mataix-Cols, Anson, & Murphy, 2009)	Obsessive Compulsive Disorder	- Pilot study  - Quasi- experimental  - CG: TAU	- IG: N= 12; Mean Age, 23.8; Age Range not reported	- Individual sessions  - Mean number of sessions: 27.5; Range: 10-50	- Self-Report: Beck Anxiety Inventory (- 0.39; secondary measure)	- None

			- CG: N= 12; Mean Age, 32.1; Age Range not reported - TS: Age range not reported  - Country: UK	- Treatment not manual or protocol driven	- Informant-Report: None  - Clinician-Report: Yale-Brown Obsessive Compulsive Scale (primary measure; -0.31)  - Task-Based: None	
(Spek, van Ham, & Nyklíček, 2013)	Depression, anxiety and rumination	- Randomised Controlled Trial  - CG: WL	- IG: N= 20; Mean Age, 44.4; Age Range not reported  - CG: N= 21; Mean Age, 40.1; Age Range not reported  - TS: Age range not reported  - Country: The Netherlands	- Group-based  - 9 x 150 minute sessions  - Modified version of Mindfulness Based Therapy (Segal, Williams, & Teasdale, 2002)- cognitive elements omitted	- Self-Report: Symptom Checklist-90-Revised: Anxiety scale (0.85)  - Informant-Report: None  - Clinician-Rated: None  - Task-Based: None	- None
(Hesselmark, Plenty, & Bejerot, 2014)	Self-esteem, quality of life and sense of coherence	- Randomised Controlled Trial  - CG: AP (Recreational Activity)	- IG: N= 34; Mean Age, 31.9; Age Range not reported  - CG: N= 34; Mean Age, 31.8; Age Range not reported  - TS: Age Range, 19-53	- Group-based  - 36 x 180 minute sessions  - Original, manualised, modular program	- Self-Report: Rosenberg Self-Esteem Scale (0.07; primary measure)  - Informant-Report: None	8-57 months after treatment termination

			- Country: Sweden		- Clinician-Rated: None	
					- Task-Based: None	
(Langdon <i>et al.</i> , 2016)	Anxiety	- Randomised Controlled Trial  - CG: WL	- IG: N= 26; Mean Age, 33.1; Age Range, 20-64  - CG: N= 26; Mean Age, 38.7; Age Range, 17-65  - Country: UK	- Predominantly group-based  - 21 x 60 minute group sessions + 3 x 60 minute individual sessions prior to group entry for socialisation to model  - Original manualised program	- Self-Report: Liebowitz Social Anxiety Scale (-0.37; secondary measure)  - Informant-Report: None  - Clinician-Rated: Hamilton Rating Scale for Anxiety (0.10)  - Task-Based: None	- Six month follow (CBT group only)
<u>Studies targeting symptoms of mental disorder: Mixed (Adolescents and Adults)</u>						
(Russell <i>et al.</i> , 2013)	Obsessive Compulsive Disorder	- Randomised Controlled Trial  - CG: AP (Anxiety Management)	- IG: N= 23; Mean Age, 28.6; Age Range, 14-49  - CG: N= 23; Mean Age, 25.2; Age Range, 14-65  - Country: UK	- Individual sessions  - Up to 20 x 60 minute sessions. Mean number of sessions: 17.4  - Original manualised treatment	- Self-Report: Obsessive Compulsive Inventory-Revised (0.28; secondary measure)  - Informant-Report: Children's Obsessive Compulsive Inventory- Parent Version (-0.39)  - Clinician-Rated: Yale-Brown Obsessive	- One month follow up  - Three month follow up  - Six month follow up  - Twelve month follow up (CBT group only)

					Compulsive Scale (0.36)	
					- Task-Based: None	
(McGillivray & Evert, 2014)	Depression, anxiety and stress	- Quasi-experimental  - CG: WL	- IG: N= 26; Mean Age, 20.27; Age Range not reported  - CG: N= 16; Mean Age, 20.5; Age Range not reported  - TS: Age Range, 15-25  - Country: Australia	- Group-based  - 9 x 120 minute sessions  - Original, manualised program ('Think well, Feel well and Be well')	- Self-Report: Depression Anxiety Stress Scales- Anxiety Score (0.06)  - Informant-Report: None  - Clinician-Rated: None  - Task-Based: None	- Three month follow up  - Nine month follow up
(Pahnke, Lundgren, Hursti, & Hirvikoski, 2014)	Stress and emotional distress	- Pilot study  - Cluster randomisation  - CG: WL	- IG: N= 15; Mean Age, 16.2; Age Range not reported  - CG: N= 13; Mean Age, 16.8; Age Range not reported  - TS: Age Range, 13-21  - Country: Sweden	- Group-based  - School-based. No parental involvement in sessions  - 12 x 40 minute sessions + daily 6-12 minute mindfulness exercises in classroom  - Modified an Acceptance and Commitment Therapy protocol (Hayes et al., 2003)	- Self-Report: Strengths and Difficulties Questionnaire (-0.38)  - Informant-Report: Strengths and Difficulties Questionnaire- Teacher Report: <i>Not included in quantitative synthesis as request for data required to calculate effect size was unsuccessful</i>	- Two month follow up

- Clinician-Rated:  
None  
  
- Task-Based: None

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Studies targeting core features of ASD: Children and Adolescents

(Ozonoff & Miller, 1995)	Theory of Mind and social skills	- Quasi-experimental  - CG: No treatment	- IG: N= 5; Mean Age, 13.8; Age Range, 13-14  - CG: N= 4; Mean Age, 13.6; Age Range, 11-16  - Country: USA	- Group-based  - 14 x 90 minute sessions  - Original program. Unclear whether program was manualised	- Self-Report: None  - Informant-Report: None  - Clinician-Rated: None  - Task-Based: Theory of Mind Composite (0.64)	- None
(Provencal, 2003)	Social skills and peer relationships	- Quasi-experimental  - CG: TAU	- IG: N= 10; Mean Age, 14.5; Age Range, 12-16  - CG: N= 9; Mean Age, 14.2; Age Range, 12-16  - Country: USA	- Group-based  - Concurrent parent sessions  - 25 x 75 minute sessions (weekly for eight months)  - Original program. Unclear whether program was manualised	<i>Not included in quantitative synthesis as request for data required to calculate effect sizes was unsuccessful</i>	- None
(Solomon, Goodlin-Jones, & Anders, 2004)	Emotion recognition, theory of mind and problem solving	- Randomised Controlled Trial  - CG: WL	- IG: N= 9; Mean Age, 9.7; Age Range, 7-12  - CG: N= 9; Mean Age, 9.2; Age Range, 7-11	- Group-based  - Concurrent parent training  - 20 x 75 minute sessions	- Self-Report: None  - Informant-Report: None  - Clinician-Rated: None	- None

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			- Country: USA	- Original, modularised program. Unclear whether program was manualised	- Task-Based: Strange Stories Task (ToM; 0.24)	
(Beaumont & Sofronoff, 2008)	Social skills and emotion recognition	- Randomised Controlled Trial - CG: WL	- IG: N= 26; Mean Age, 9.64; Age Range, 7-11  - CG: N= 23; Mean Age, 9.81; Age Range, 8-11  - Country: Australia	- Individual sessions (computer-game based) + group sessions  - Simultaneous parent training sessions + teacher handouts  - 8 x 120 minute sessions  - Original, manualised program ('The Junior Detective Training Program')	- Self-Report: None  - Informant-Report: Social Skills Questionnaire- Parent report (1.42)  - Clinician-Rated: None  - Task-Based: Assessment of Perception of Emotion from Facial Expression (0.07)	- Six week follow up  - Five month follow up
(Laugeson, Frankel, Mogil, & Dillon, 2009)	Social skills and friendship quality	- Randomised Controlled Trial - CG: WL	- IG: N= 17; Mean Age, 14.6; Age Range not reported  - CG: N= 16; Mean Age, 14.6; Age Range not reported  - TS: Age range, 13-17  - Country: USA	- Group-based  - Concurrent parent sessions  - 12 x 90 minute sessions  - Manualised program ('Program for the Education and Enrichment of Relational Skills'; PEERS). Adapted from 'Children's Friendship Training' (Frankel & Myatt, 2003)	- Self-Report: Friendship Qualities Scale (0.14)  - Informant-Report: Social Skills Rating System: Social Skills Scale (0.81)  - Clinician-Rated: None  - Task-Based: None	- None

(Frankel <i>et al.</i> , 2010)	Social skills	- Randomised Controlled Trial - CG: WL	- IG: N= 35; Mean Age, 8.6; Age Range not reported - CG: N= 33; Mean Age, 8.5; Age Range not reported - TS: Age range not reported  - Country: USA	- Group-based - Concurrent parent sessions - 12 x 60 minute sessions - Manualised program: 'Children's Friendship Training' (Frankel & Myatt, 2003)	- Self-Report: The Loneliness Scale (0.67) - Informant-Report: Social Skills Rating System- Assertion Scale (0.40) - Clinician-Rated: None - Task-Based: None	- Twelve week follow up (CBT group only)
(Koenig <i>et al.</i> , 2010)	Social skills	- Randomised Controlled Trial - CG: WL	- IG: N= 25; Mean Age, 9.2; Age Range not reported - CG: N= 19; Mean Age, 9.3; Age Range not reported - TS: Age range, 8-11  - Country: USA	- Group-based - 16 x 75 minute sessions - Original, manualised program - Inclusion of peer mentors	- Self-Report: None - Informant-Report: Social Competence Inventory (0.11) - Clinician-Rated: Clinical Global Impressions Scale-Improvement (2.43) - Task-Based: None	- None
(Lopata <i>et al.</i> , 2010)	Social skills, face-emotion recognition, interest expansion and interpretation of	- Randomised Controlled Trial - CG: WL	- IG: N= 18; Mean Age, 9.39; Age Range not reported - CG: N= 18; Mean Age, 9.56; Age Range not reported	- Group-based - Weekly parent training groups - Summer program: 25 whole day sessions (over 5 weeks) - Manualised program (Lopata <i>et al.</i> , 2006, 2008)	- Self-Report: None - Informant-Report: Social Responsiveness Scale (0.69) - Clinician-Rated: None	- None

	non-literal language		- TS: Age range, 7-12		- Task-Based: None	
			- Country: USA			
(Begeer <i>et al.</i> , 2011)	Theory of Mind	- Randomised Controlled Trial - CG: WL	- IG: N= 19; Mean Age, 10.3; Age Range, 8-13 - CG: N= 17; Mean Age, 10.3; Age Range, 8-12  - Country: The Netherlands	- Group-based - Parental involvement at end of sessions + monthly training for parents - 16 x 90 minute sessions - Manualised program ('Theory of Mind Training', Gevers et al., 2006; Steerneman et al., 1996)	- Self-Report: Index of Empathy for Children and Adolescents (-0.17) - Informant-Report: None - Clinician-Rated: None - Task-Based: Theory of Mind test (0.04)	- None
(DeRosier, Swick, Davis, McMillen, & Matthews, 2011)	Social skills	- Randomised Controlled Trial - CG: 'Social Skills Group Intervention'- not adapted for ASD (S.S.GRIN; DeRosier, 2002, 2007)	- IG: N= 27; Mean Age, 10.2; Age Range not reported - CG: N= 28; Mean Age, 9.9; Age Range not reported - TS: Age Range, 8-12  - Country: USA	- Group-based - 15 x 60 minute sessions, including 4 joint parent-child sessions - Manualised program ('Social Skills Group Intervention- High Functioning Autism'; S.S.GRIN-HFA). Adapted from 'Social Skills Group Intervention' (S.S.GRIN; DeRosier, 2002, 2007)	<i>Not included in quantitative synthesis as request for data required to calculate effect sizes was unsuccessful</i>	- None
(Laugeson, Frankel, Gantman,	Social skills	- Quasi-experimental - CG: WL	- IG: N= 14; Mean Age, 15.0; Age Range not reported	- Group-based - Concurrent parent sessions	- Self-Report: Quality of Play Questionnaire: Host Score (1.07)	- Fourteen week follow up

Dillon, & Mogil, 2012)			- CG: N= 14; Mean Age, 14.3; Age Range not reported  - TS: Age range, 12-17  - Country: USA	- 14 x 90 minute sessions  - Modified version of 'Program for the Education and Enrichment of Relational Skills' (PEERS; Laugeson et al., 2009)	- Informant-Report: Social Skills Rating System- Parent Report: Social Skills Scale (0.94)  - Clinician-Rated: None  - Task-Based: None	(CBT group only)
(Thomeer <i>et al.</i> , 2012)	Social skills, face-emotion recognition, interest expansion and interpretation of non-literal language	- Randomised Controlled Trial  - CG: WL	- IG: N= 17; Mean Age, 9.24; Age Range not reported  - CG: N= 18; Mean Age, 9.39; Age Range not reported  - TS: Age range, 7-12  - Country: USA	- Group-based  - Weekly parent training groups  - Summer program: 25 whole day sessions (over 5 weeks)  - Manualised program (Lopata et al., 2006, 2008, 2010)	- Self-Report: None  - Informant-Report: Social Responsiveness Scale (0.65)  - Clinician-Rated: None  - Task-Based: None	- Two-three month follow up
(Andrews, Attwood, & Sofronoff, 2013)	Affectionate communication and friendship skills	- Randomised Controlled Trial  - CG: WL	- IG: N= 29, Mean Age and Age Range not reported  - CG: N= 29, Mean Age and Age Range not reported  - TS: Mean Age, 9.02; Age Range, 7-12	- Group-based  - 5 x 120 minute sessions  - Original, manualised program	- Self-Report: None  - Informant-Report: Affection for Others Questionnaire for children with Asperger's syndrome (0.43)  - Clinician-Rated: None	- Three month follow up (CBT group only)

			- Country: Australia		- Task-Based: None	
(Baghdadli <i>et al.</i> , 2013)	Perception of facial emotions and quality of life	- Pilot study - Randomised - AP: Leisure Activities	- IG: <i>N</i> = 7; Mean Age, 10.7; Age Range not reported  - CG: <i>N</i> = 7; Mean Age, 11.5; Age Range not reported  - TS: Age range, 8-12  - Country: France	- Group-based  - 20 x 90 minute sessions  - Original, manualised program ('Social Skills Training Group-based program; SST-GP)	- Self-Report: None  - Informant-Report: None  - Clinician-Rated: None  - Task-Based: Diagnostic Analysis of Non Verbal Accuracy 2 (DANVA2)- Adult facial expressions (-0.05)	- None
(Ichikawa <i>et al.</i> , 2013)	Social reciprocity	- Pilot study - Randomised - CG: WL	- IG: <i>N</i> = 5; Mean Age, 5.3; Age Range, 5-5  - CG: <i>N</i> = 6; Mean Age, 5.2; Age Range, 5-5  Country- Japan	- Group-based  - Concurrent parental sessions  - 20 x 120 minute sessions  - Original, manualised program	- Self-Report: None  - Informant-Report: Strengths and Difficulties Questionnaire (-0.44)  - Clinician-Rated: Interaction Rating Scale (0.08)  - Task-Based: None	- None
(Koning, Magill-Evans, Volden, & Dick, 2013)	Social skills	- Pilot study - Randomised - CG: No intervention.	- IG: <i>N</i> = 7; Mean Age, 10.99; Age Range not reported	- Group-based  - 15 x 120 minute sessions  - Original, manualised program, incorporating both structured	- Self-Report: None  - Informant-Report: Social Responsiveness Scale (0.43)	- None

		Nature of control group unclear	<ul style="list-style-type: none"> <li>- CG: N= 8; Mean Age, 11.15; Age Range not reported</li> <li>- TS: Age range, 10-12</li> </ul>	skills building and loosely structured natural situations with fun activities	<ul style="list-style-type: none"> <li>- Clinician-Rated: None</li> <li>- Task-Based: Child and Adolescent Social Perception Measure-Emotion score (0.61)</li> </ul>	
			Country- Canada			
(White <i>et al.</i> , 2013)	Social skills and anxiety (included within core features analysis only to prevent double counting of data)	<ul style="list-style-type: none"> <li>- Pilot study</li> <li>- Randomised</li> <li>- CG: WL</li> </ul>	<ul style="list-style-type: none"> <li>- IG: N= 15; Mean Age, 14.2; Age Range not reported</li> <li>- CG: N= 15; Mean Age, 15.0; Age Range not reported</li> <li>- TS: Age range not reported</li> </ul>	<ul style="list-style-type: none"> <li>- Individual therapy (up to 13 x 60-70 minute sessions) + group therapy (7 x 75 minute sessions)</li> <li>- Parent education and coaching at the end of each individual session</li> <li>- Original, manualised, modular program</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: None</li> <li>- Informant-Report: Social Responsiveness Scale (0.82)</li> <li>- Clinician-Rated: Developmental Disabled Children's Global Assessment Scale (0.17)</li> <li>- Task-Based: None</li> </ul>	- None
			- Country: USA			
(Laugeson, Ellingsen, Sanderson, Tucci, & Bates, 2014)	Social skills	<ul style="list-style-type: none"> <li>- Quasi-experimental</li> <li>- CG: AP: Social skills curriculum based on 'Super Skills' (Coucovanis, 2005)</li> </ul>	<ul style="list-style-type: none"> <li>- IG: N= 40; Mean Age, 12.68; Age Range not reported</li> <li>- CG: N= 33; Mean Age, 12.74; Age Range not reported</li> <li>- TS: Age range, 12-14</li> </ul>	<ul style="list-style-type: none"> <li>- Group-based</li> <li>- Teacher-led</li> <li>- Daily 30 minute sessions x 5 days per week x 14 weeks</li> <li>- Manualised program ('PEERS Curriculum for School-Based Professionals'; Laugeson, 2014) , adapted from 'Program for the Education and Enrichment of</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: Friendship Qualities Scale (0.38)</li> <li>- Informant-Report: Social Responsiveness Scale- Teacher Report (-0.07)</li> <li>- Clinician-Rated: None</li> </ul>	- None
			- Country: USA			

				Relational Skills'; PEERS; Laugeson & Frankel, 2010)	- Task-Based: None	
(Schohl <i>et al.</i> , 2014)	Social skills and friendship quality	- Randomised Controlled Trial - CG: WL	- IG: N= 29; Mean Age, 14.00; Age Range not reported - CG: N= 29; Mean Age, 13.31; Age Range not reported - TS: Age range, 11-16  - Country: USA	- Group-based - Concurrent parent sessions - 14 x 90 minute sessions - Manualised program ('Program for the Education and Enrichment of Relational Skills'; PEERS; Laugeson & Frankel, 2010)	- Self-Report: Friendship Qualities Scale (-0.01) - Informant-Report: Social Skills Rating System: Social Skills Scale (0.44) - Clinician-Rated: None - Task-Based: None	- None
(Wood, Fujii, Renno, & Van Dyke, 2014)	Social communication and anxiety (anxiety outcomes reported in Fujii et al. (2013)	- Pilot study - Randomised - CG: TAU	- IG: N= 7; Mean Age, 8.7; Age Range not reported - CG: N= 6; Mean Age, 8.8; Age Range not reported - TS: Age Range, 7-11  Country- USA	- Individual - Parental involvement in all sessions - 32 x 90 minute sessions (approximately 30 minutes with child, and 60 minutes with parents/ family) - Modified 'Building Confidence' program (Wood & McLeod, 2008)	- Self-Report: None - Informant-Report: None - Clinician-Rated: Bauminger's Observational Measure of Social Communication Behaviour- Positive or Appropriate Interaction with Peers (1.51) - Task-Based: None	- None

(Yoo <i>et al.</i> , 2014)	Social skills	<ul style="list-style-type: none"> <li>- Randomised Controlled Trial</li> <li>- CG: WL</li> </ul>	<ul style="list-style-type: none"> <li>- IG: <i>N</i>= 23; Mean Age, 14.04; Age Range not reported</li> <li>- CG: <i>N</i>= 24; Mean Age, 13.54; Age Range not reported</li> <li>- TS: Age Range, 12-18</li> <li>- Country: South Korea</li> </ul>	<ul style="list-style-type: none"> <li>- Group-based</li> <li>- Concurrent parent sessions</li> <li>- 14 x 90 minute sessions</li> <li>- Modified version of 'Program for the Education and Enrichment of Relational Skills' (PEERS; Laugeson &amp; Frankel. 2010)</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: Korean Version of Social Skills Rating System (-0.23)</li> <li>- Informant-Report: Social Responsiveness Scale (0.16)</li> <li>- Clinician-Rated: Autism Diagnostic Observation Schedule- Reciprocal Social Interaction score (0.62)</li> <li>- Task-Based: None</li> </ul>	- Three month follow up
(Begeer <i>et al.</i> , 2015)	Theory of Mind and social skills	<ul style="list-style-type: none"> <li>- Randomised Controlled Trial</li> <li>- CG: WL</li> </ul>	<ul style="list-style-type: none"> <li>- IG: <i>N</i>= 52; Mean Age, 9.7; Age Range, 7-12</li> <li>- CG: <i>N</i>= 45; Mean Age, 9.5; Age Range, 7-12</li> <li>- Country: The Netherlands</li> </ul>	<ul style="list-style-type: none"> <li>- Group-based</li> <li>- 8 x 60 minutes sessions</li> <li>- Shortened version of ToM training program used in Begeer <i>et al.</i> (2011)</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: None</li> <li>- Informant-Report: Theory of Mind Behaviour Checklist (0.74)</li> <li>- Clinician-Rated: None</li> <li>- Task-Based: Theory of Mind test (0.64)</li> </ul>	- Six month follow up
(Freitag <i>et al.</i> , 2016)	Social skills	<ul style="list-style-type: none"> <li>- Randomised Controlled Trial</li> <li>- Multicentre phase-III trial</li> <li>- CG: TAU</li> </ul>	<ul style="list-style-type: none"> <li>- IG: <i>N</i>= 101; Mean Age, 12.7; Age Range not reported</li> <li>- CG: <i>N</i>= 108; Mean Age, 12.9; Age Range not reported</li> </ul>	<ul style="list-style-type: none"> <li>- Group-based</li> <li>- 12 x 90 minutes sessions</li> <li>- 3 additional parent training sessions</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: None</li> <li>- Informant-Report: Social Responsiveness Scale (0.22)</li> </ul>	- Three month follow up

			- TS: Age Range, 8-19 - Country: Germany	- Original, manualised program ('Social Skills Training Autism-Frankfurt'; SOSTA-FRA)	- Clinician-Rated: None - Task-Based: None	
(Soorya <i>et al.</i> , 2015)	Social behavioural impairments and social cognition	- Randomised Controlled Trial - CG: AP (Facilitated play)	- IG: N= 35; Mean Age, 10.05; Age Range not reported - CG: N= 34; Mean Age, 9.87; Age Range not reported - TS: Age Range, 8-11  - Country: USA	- Group-based - Concurrent parent sessions - 12 x 90 minutes sessions - Original, manualised program ('Seaver Nonverbal communication, Emotion recognition, and Theory of mind Training'; Seaver-NETT)	- Self-Report: None - Informant-Report: Social Behaviour Composite (0.48) - Clinician-Rated: None - Task-Based: None	- Three month follow up (only began part way through trial so follow up data not available for all participants)

Studies targeting core features of ASD: Adults

(Turner-Brown, Perry, Dichter, Bodfish, & Penn, 2008)	Social interaction and social cognition	- Pilot study - Quasi-experimental - CG: TAU	- IG: N= 6; Mean Age, 42.5; Age Range, 25-55 - CG: N= 5; Mean Age, 28.8; Age Range, 27-29  - Country: USA	- Group-based - 18 x 50 minute sessions - Modified version of Social Cognition & Interaction Training (SCIT; Roberts, Penn & Combs, 2004)	- Self-Report: Social Communication Skills Questionnaire (-0.11) - Informant-Report: None - Clinician-Rated: Social Skills Performance Assessment (0.19)  - None	- None
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(Gantman, Kapp, Orenski, & Laugeson, 2012)	Social skills	<ul style="list-style-type: none"> <li>- Pilot study</li> <li>- Randomised</li> <li>- CG: WL</li> </ul>	<ul style="list-style-type: none"> <li>- IG: N= 9; Mean Age, 19.9; Age Range not reported</li> <li>- CG: N= 8; Mean Age, 20.9; Age Range not reported</li> <li>- TS: Age Range, 18-23</li> <li>- Country: USA</li> </ul>	<ul style="list-style-type: none"> <li>- Group-based</li> <li>- Concurrent caregiver sessions</li> <li>- 14 x 90 minute sessions</li> <li>- Modified version of 'Program for the Education and Enrichment of Relational Skills' (PEERS; Laugeson &amp; Frankel. 2010)</li> </ul>	<ul style="list-style-type: none"> <li>- Self-Report: Social and Emotional Loneliness Scale for Adults (0.63)</li> <li>- Informant-Report: Social Responsiveness Scale (0.60)</li> <li>- Clinician-Rated: None</li> <li>- Task-Based: None</li> </ul>	<ul style="list-style-type: none"> <li>- None</li> </ul>
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IG = intervention group; CG = control group; TS = total sample (where group demographics are not reported); WL = waiting list; TAU = treatment as usual; AP = Attention Placebo

Appendix B: Summary of quality assessment

Study	External Validity	Internal Validity	Key Sources of Bias
<u>Studies targeting symptoms of mental disorder: Children and Adolescents</u>			
Sofronoff et al. (2005)	+	+	Small sample; Lack of information on allocation procedure
Chalfant et al. (2007)	+	+	Small sample; Lack of information on allocation procedure; Lack of blinded outcome assessment
Sofronoff et al. (2007)	+	+	Small sample; Lack of information on allocation procedure; Lack of blinded outcome assessment; Drop outs prior to intervention not included in analysis
Reaven et al. (2009): Pilot study	-	+	Small sample; Non-randomised; No allocation concealment; Participants entered in order of expressed interest- possible confound; Lack of blinded outcome assessment
Wood et al. (2009)	+	+	Small sample
Scarpa & Reyes (2011): Pilot study	-	-	Very small sample (< 10 participants per group); Lack of information on allocation procedure; Lack of blinded outcome assessment; Did not adjust for baseline differences between groups
Sung et al. (2011)	+	+	Small sample; No allocation concealment <sup>1</sup> ; Did not adjust for baseline differences between groups
Clarke (2012)	-	-	Small sample; Lack of individual randomisation (cluster); No allocation concealment; Lack of blinded outcome assessment; No formal assessment of anxiety prior to allocation
Cortesi et al. (2012)	+	+	Recruitment method unclear
Reaven et al. (2012)	++	+	Small sample
McNally Keehn et al. (2013): Pilot study	+	+	Small sample; Lack of information on allocation procedure
Storch et al. (2013)	+	+	Small sample
McConachie et al. (2014): Pilot study	+	+	Small sample
Van Steensel et al. (2014)	-	+	Small sample; Non-randomised; No allocation concealment; Lack of blinded outcome assessment; Did not adjust for baseline differences between groups
Hepburn et al. (2015): Pilot study	-	-	Small sample; Non-randomised; No allocation concealment; Control group not recruited simultaneously with CBT group; Lack of blinded outcome assessment; Did not adjust for baseline differences between groups
Storch et al. (2015)	+	+	Small sample
Wood et al. (2015)	+	+	Small sample
<u>Studies targeting symptoms of mental disorder: Adults</u>			
Russell et al. (2009): Pilot study	-	-	Small sample; Non-randomised; No allocation concealment; Lack of blinded outcome assessment;

			CBT group had more severe OCD at baseline- not adjusted for in analysis; Treatment not manualised
Spek et al. (2013)	+	+	Small sample; Lack of blinded outcome assessment
Hesselmark et al. (2014)	-	-	Small sample; Two participants not randomised; No allocation concealment; Lack of blinded outcome assessment; High amount of drop outs/ missing data; Did not adjust for baseline differences between groups
Langdon et al. (2016)	+	+	Small sample; Lack of fidelity checks
<u>Studies targeting symptoms of mental disorder: Mixed (Adolescents and Adults)</u>			
Russell et al. (2013)	+	+	Small sample; No allocation concealment; Possible contamination as crossover between groups and unclear when post-assessments were completed
McGillivray & Evert (2014)	-	-	Small sample; Non-randomised; No allocation concealment; Lack of blinded outcome assessment; Asymptomatic participants included
Pahnke et al. (2014): Pilot study	+	+	Small sample; Lack of individual randomisation (cluster); Lack of blinded outcome assessment; Potential for contamination between groups as all conducted within same school
<u>Studies targeting core features of ASD: Children and Adolescents</u>			
Ozonoff & Miller (1995)	-	-	Very small sample (< 10 participants per group); Non-randomised; No allocation concealment; Recruitment poorly described; Inappropriate analysis
Provencal (2003)	-	-	Small sample; Non-randomised; No allocation concealment; Partial blinded outcome assessment; Inappropriate analysis; Did not adjust for baseline differences between groups
Solomon et al. (2004)	-	-	Very small sample (< 10 participants per group); Lack of information on allocation procedure; Lack of blinded outcome assessment; Inappropriate analysis
Beaumont & Sofronoff (2008)	+	+	Small sample; Lack of information on allocation procedure; Partial blinded outcome assessment
Laugeson et al. (2009)	+	+	Small sample; Lack of information on allocation procedure
Frankel et al. (2010)	+	+	Small sample; Simple randomisation procedure; Lack of blinded outcome assessment
Koenig et al. (2010)	+	+	Small sample; Simple randomisation procedure; No allocation concealment
Lopata et al. (2010)	+	+	Small sample; No allocation concealment; Lack of blinded outcome assessment
Begeer et al. (2011)	+	+	Small sample; Lack of information on allocation procedure; Lack of blinded outcome assessment
DeRosier et al. (2011)	+	+	Small sample; Lack of information on allocation procedure; Lack of blinded outcome assessment
Laugeson et al. (2012)	-	+	Small sample; Non-randomised; No allocation concealment
Thomeer et al. (2012)	+	+	Small sample; Lack of information on allocation procedure; Lack of blinded outcome assessment

Andrews et al. (2013)	+	+	Small sample; Lack of information on allocation procedure; Lack of blinded outcome assessment
Baghdadli et al. (2013): Pilot study	-	-	Very small sample (< 10 participants per group)
Ichikawa et al. (2013): Pilot study	-	-	Very small sample (< 10 participants per group)
Koning et al. (2013): Pilot study	-	-	Small sample; No allocation concealment
White et al. (2013): Pilot study	+	+	Small sample; Simple randomisation procedure
Laugeson et al. (2014)	-	-	Small sample; Non-randomised; No allocation concealment; Lack of blinded outcome assessment
Schohl et al. (2014)	+	+	Small sample; Lack of information on allocation procedure; High number of drop outs
Wood et al. (2014): Pilot study	-	-	Very small sample (< 10 participants per group); Lack of information on allocation procedure; Analysis may be problematic
Yoo et al. (2014)	+	+	Small sample; Lack of information on allocation procedure; Partial blinded outcome assessment
Begeer et al. (2015)	+	+	Lack of blinded outcome assessment
Freitag et al. (2015)	++	++	
Soorya et al. (2015)	++	+	Small sample; Lack of information on allocation procedure; Use of Social Behaviour Composite as primary outcome measure- not validated
<u>Studies targeting core features of ASD: Adults</u>			
Turner-Brown et al. (2008): Pilot study	-	-	Very small sample (< 10 participants per group); Non-randomised; No allocation concealment; Two participants changed groups; Inappropriate analysis
Gantman et al. (2012): Pilot study	-	-	Very small sample (< 10 participants per group); Simple randomisation; No allocation concealment; Lack of blinded outcome assessment; Inappropriate analysis

++ = All or most of the checklist criteria have been fulfilled; where they have not been fulfilled the conclusions are very unlikely to alter; + = Some of the checklist criteria have been fulfilled; where they have not been fulfilled, or not adequately described, the conclusions are unlikely to alter; - = Few or no checklist criteria have been fulfilled and the conclusions are likely or very likely to alter.

<sup>1</sup>Allocation concealment refers to the process or technique used to implement randomisation such that it is concealed from clinicians, participants and researchers. This reduces the chances that the randomisation sequence can be predicted. Allocation concealment is not blinding of treatments.

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