

Statistical values

4 outcome measures = 4 Tables

1. HADS total scale (Hospital Anxiety and Depression Scale)
2. Depression (HADS Depression dimension, BDI I and BDI II)
3. Anxiety (HADS-Anxiety, Anxiety POMS)
4. Distress (VAS-Scales from 0-7 and 0-10)

Table S1. HADS total (composed of HADS Anxiety and Depression) = 6 studies

| | BASELINE Intervention group | | | BASELINE Control group | | | POST Intervention group | | | POST Control group | | |
|-----------------------|--|-------------------|------------------|--|-------------------|------------------|--|------------------|---------------|--|-------------------|------------------|
| Study | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD |
| Juliao et al. 2014 | HADS Anxiety: 39 HADS Depression : 39 | 9.67 12.87 | 4.77 4.79 | HADS Anxiety: 41 HADS Depression: 41 | 8.88 13.20 | 4.36 3.91 | HADS Anxiety: 31 HADS Depression: 31 | 5.17 9.76 | 0 3.45 | HADS Anxiety: 37 HADS Depression: 37 | 8.89 13.68 | 3.58 4.27 |
| Ando et al. 2010 | HADS total: 38 | 17.01 | 5.6 | HADS total: 39 | 20.1 | 8.5 | HADS total : 34 | 10.3 | 3.2 | HADS total : 34 | 21.2 | 8.3 |
| Kwan et al. 2019 | HADS total: 54 | 11.83 | 6.68 | HADS : 55 | 12.38 | 5.82 | HADS total: 49 | 10.73 | 6.91 | HADS total: 40 | 12.18 | 6.44 |

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|-------------------------|----------------------------|-------|------|----------------------------|-------|-------|---------------------------|------|------|---------------------------|------|------|
| Do Carmo et al. 2017 | HADS Anxiety : 19 | 5.79 | 3.92 | HADS Anxiety: 22 | 6.27 | 4.84 | HADS Anxiety: 18 | 7.35 | 3.09 | HADS Anxiety: 19 | 7.16 | 4.37 |
| | HADS Depression : 19 | 5.11 | 4.51 | HADS Depression: 22 | 7.18 | 4.92 | HADS Depression: 17 | 5.76 | 3.12 | HADS Depression: 19 | 9.29 | 3.73 |
| Greer et al. 2012 | HADS Anxiety: 20 | 8.79 | 4.64 | HADS Anxiety: 20 | 7.93 | 4.45 | * | * | * | * | * | * |
| | HADS Depression : 20 | 9.11 | 5.83 | HADS Depression: 20; | 7.73 | 3.80 | | | | | | |
| Savard et al. 2006 | HADS Anxiety: 21 | 10.95 | 3.57 | HADS Anxiety: 16 | 12.36 | 3. 80 | HADS Anxiety: 15 | 6.23 | 3.49 | HADS Anxiety: 13 | 9.51 | 3.57 |
| | HADS Depression : 21 | 9.42 | 2.43 | HADS Depression: 16 | 8.87 | 2.6 | HADS Depression: 15 | 5.19 | 2.44 | HADS Depression: 13 | 5.83 | 2.45 |

Table S2. Depression (composed of HADS Depression, Depression CESD, BDI & BDI II) = 7 studies, 8 measures (see Savard et al.)

| | BASELINE Intervention group | | | BASELINE Control group | | | POST Intervention group | | | POST Control group | | |
|-----------------------|-----------------------------|-------|------|------------------------|-------|------|-------------------------|-------|------|---------------------|-------|------|
| Study | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD |
| Juliao et al. 2014 | HADS Depression : 39 | 12.87 | 4.79 | HADS Depression: 41 | 13.20 | 3.91 | HADS Depression: 31 | 9.76 | 3.45 | HADS Depression: 37 | 13.68 | 4.27 |
| Kwan et al. 2019 | HADS Depression : 54 | 9.17 | 4.52 | HADS Depression: 55 | 8.98 | 4.87 | HADS Depression : 49 | 8.31 | 5.01 | HADS Depression: 40 | 8.63 | 4.94 |
| Do Carmo et al. 2017 | HADS Depression : 19 | 5.11 | 4.51 | HADS Depression: 22 | 7.18 | 4.92 | HADS Depression: 17 | 5.76 | 3.12 | HADS Depression: 19 | 9.29 | 3.73 |
| Greer et al. 2012 | HADS Depression : 20 | 9.11 | 5.83 | HADS Depression: 20 | 7.73 | 3.80 | * | * | * | * | * | * |
| Steinhaus et al. 2008 | Depression CESD: 26 | 11.8 | 4.6 | Depression CESD: 26 | 10.7 | 5.1 | Depression CESD: 12 | 8.3 | 3.3 | Depression CESD: 18 | 12.3 | 6.0 |
| Rodin et al. 2019 | BDI II: 22 | 10.25 | 8.11 | BDI II: 20 | 13.20 | 8.18 | BDI II: 14 | 10.80 | 7.00 | BDI II: N=18 | 11.19 | 7.76 |
| Savard et al. 2006 | HADS Depression : 21 | 9.42 | 2.43 | HADS Depression: 16 | 8.87 | 2.60 | HADS Depression: 15 | 5.19 | 2.44 | HADS Depression: 13 | 5.83 | 2.45 |

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|--|---------|-------|------|---------|------|------|---------|-------|------|---------|-------|------|
| | BDI: 21 | 21.13 | 5.41 | BDI: 16 | 20.4 | 5.76 | BDI: 15 | 11.52 | 5.42 | BDI: 13 | 15.93 | 5.52 |
|--|---------|-------|------|---------|------|------|---------|-------|------|---------|-------|------|

Table S3. Anxiety (composed of HADS Anxiety (4), Anxiety POMS(1))= 5 studies

| | BASELINE Intervention group | | | BASELINE Control group | | | POST Intervention group | | | POST Control group | | |
|----------------------|-----------------------------|-------|------|------------------------|-------|------|-------------------------|------|------|--------------------|------|------|
| Study | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD |
| Juliao et al. 2014 | HADS Anxiety: 39 | 9.67 | 4.77 | HADS Anxiety: 41 | 8.88 | 4.36 | HADS Anxiety: 31 | 5.17 | 0 | HADS Anxiety: 37 | 8.89 | 3.58 |
| Kwan et al. 2019 | HADS Anxiety : 54 | 2.67 | 3.12 | HADS Anxiety: 55 | 3.40 | 3.12 | HADS Anxiety: 49 | 2.42 | 3.29 | HADS Anxiety: 40 | 3.55 | 3.69 |
| Do Carmo et al. 2017 | HADS Anxiety: 19 | 5.79 | 3.92 | HADS Anxiety: 22 | 6.27 | 4.84 | HADS Anxiety: 18 | 7.35 | 3.09 | HADS Anxiety: 19 | 7.16 | 4.37 |
| Greer et al. 2012 | HADS Anxiety: 20 | 8.79 | 4.64 | HADS Anxiety: 20 | 7.93 | 4.45 | * | * | * | * | * | * |
| Savard et al., 2006 | HADS Anxiety: 21 | 10.95 | 3.57 | HADS Anxiety: 16 | 12.36 | 3.80 | HADS Anxiety: 15 | 6.23 | 3.49 | HADS Anxiety: 13 | 9.51 | 3.57 |

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|-------------------------|------------------|-----|-----|------------------|-----|-----|------------------|-----|-----|------------------|-----|-----|
| Steinhausen et al. 2008 | Anxiety POMS: 26 | 6.4 | 4.7 | Anxiety POMS: 26 | 4.4 | 4.3 | Anxiety POMS: 12 | 4.1 | 3.5 | Anxiety POMS: 18 | 5.8 | 5.3 |
|-------------------------|------------------|-----|-----|------------------|-----|-----|------------------|-----|-----|------------------|-----|-----|

Table S4. Distress VAS= 3 studies

| | BASELINE Intervention group | | | BASELINE Control group | | | POST Intervention group | | | POST Control group | | |
|---|-----------------------------|------|------|------------------------|------|------|-------------------------|------|------|--------------------|------|------|
| Study | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD |
| Ando et al. 2010 VAS from 0-6 | Distress VAS : 38 | 3.4 | 1.5 | Distress VAS: 39 | 3.6 | 1.5 | Distress VAS: 34 | 1.8 | 1.4 | Distress VAS: 34 | 3.7 | 1.6 |
| Warth et al. 2020 VAS from 0-10 | Distress VAS: 42 | 4.17 | 2.04 | Distress VAS: 42 | 3.71 | 2.31 | Distress VAS: 42 | 3.54 | 2.18 | Distress VAS: 42 | 3.78 | 2.06 |
| NG et al. 2016 | Distress VAS: 30 | 6.29 | 1.66 | Distress VAS: 30 | 6.00 | 1.77 | Distress VAS: 30 | 4.71 | 1.57 | Distress VAS: 30 | 5.79 | 2.01 |

*Values were either accessed directly from authors or computed by statistician from other variables