

Table 1. Summary of findings table for the intervention ‘psychoeducation’

Outcome	Time	Type of intervention	Author (year)	N studies in meta-analysis	Effect measure (95%CI)	Figure for meta-analysis (see appendix)	Certainty
Efficacy							
Efficacy*	Short-term	Self-administered psychological treatments	Koechlin (2021)	12	SMD 1.44 (95%CI -0.26 to 2.26)	Figure 1A	⊕⊕⊕ low
		Biofeedback	Koechlin (2021)	12	SMD 1.41 (95%CI -0.64 to 2.17)		⊕⊕⊕ low
		Psychological treatments	Koechlin (2021)	12	SMD 1.36 (95%CI -0.15 to 2.57)		⊕⊕⊕ low
Efficacy*	Long term	Self-administered psychological treatments	Koechlin (2021)	12	SMD 1.40 (95%CI -0.28 to 2.52)	Figure 1B	⊕⊕⊕ low
		Biofeedback	Koechlin (2021)	12	SMD 1.21 (95%CI -0.47 to 1.94)		⊕⊕⊕ low
		Psychological treatments	Koechlin (2021)	12	SMD 1.33 (95%CI -0.18 to 2.47)		⊕⊕⊕ low
Pain							
Pain intensity	Post intervention	Cognitive behaviour therapy	Abbott (2017)	7	SMD -0.33 (95%CI -0.74 to 0.08)	Figure 2	⊕⊕⊕ low
		Cognitive behaviour therapy	Abbott (2018)	4	OR 5.67 (95%CI 1.18 to 27.32), NNTB=4	Figure 3	⊕⊕⊕ low
	After 3-6 months follow-up	Cognitive behaviour therapy	Abbott (2018)	3	OR 3.08 (95%CI 0.93 to 10.16), NNTB=5	Not provided	
	After 3-12 months follow-up	Cognitive behaviour therapy	Abbott (2017)	4	SMD -0.32 (95%CI -0.85 to 0.20)	Figure 4	⊕⊕⊕ low
	After ≥12 months follow-up	Cognitive behaviour therapy	Abbott (2017)	3	SMD -0.04 (95%CI -0.39 to 0.31)	Figure 5	⊕⊕⊕ low
		Cognitive behaviour therapy	Abbott (2018)	2	OR 1.29 (95%CI 0.50 to 3.33)	Not provided	⊕⊕⊕ low
		Cognitive behaviour therapy	Gordon (2022)	6	SMD -0.58 (95%CI -0.83 to -0.32)	Figure 6	⊕⊕⊕ moderate
Pain duration		Cognitive behaviour therapy	Abbott (2017)	1	No difference	NA	
Pain frequency		Cognitive behaviour therapy	Gordon (2022)	7	SMD -0.36 (95%CI -0.63 to -0.09)	Figure 7	⊕⊕⊕ moderate
Functioning							
Social or psychological functioning		Cognitive behaviour therapy	Abbott (2017)	3	No difference	Not performed	
Functional impairment of daily activities		Cognitive behaviour therapy	Abbott (2017)	4	SMD -0.57 (95%CI -1.34 to 0.19)	Figure 8	⊕⊕⊕ very low

Quality of life							
Physical quality of life		Cognitive behaviour therapy	Abbott (2017)	3	SMD 0.71 (95%CI -0.25 to 1.66)	Figure 9	⊕○○○ very low
Psychosocial quality of life		Cognitive behaviour therapy	Abbott (2017)	3	SMD 0.43 (95%CI -0.21 to 1.06)	Figure 10	⊕⊕○○ low

Green represents in favour of the intervention. Red represents in favour of the control. Yellow represents no significant difference between intervention and control. Grey represents no conclusions could be drawn.

SMD: standardized mean difference, 95%CI: 95% confidence interval, RR: risk ratio, OR: odds ratio, HRQoL: health-related quality of life, IG: intervention group, CG: control group