

Table 4. Summary of findings table for the intervention ‘psychological interventions’

Outcome	Time	Type of intervention	Author (year)	N studies in meta-analysis	Effect measure (95%CI)	Figure for meta-analysis (see appendix)	Certainty
Pain							
Pain intensity	Post-treatment	Psychological therapy	Fisher (2022)	38	SMD -0.29 (95%CI -0.43 to -0.16)	Figure 24	⊕⊕○○ low
	At follow-up	Psychological therapy	Fisher (2022)	21	SMD of -0.14 (95%CI -0.30 to 0.02)	Figure 25	⊕⊕○○ low
Pain intensity	Post intervention	Hypnotherapy	Abbott (2017)	4	SMD -1.01 (95%CI -1.41 to -0.61)	Figure 14	⊕⊕○○ low
		Hypnotherapy	Abbott (2018)	4	OR 6.78 (95%CI 2.41 to 19.07), NNTB = 3	Figure 15	⊕⊕○○ low
	After 5 years follow-up	Hypnotherapy	Abbott (2017)	1	IG mean 2.9 ± SD 4.4 vs CG mean 7.7 ± SD 5.3	NA	
		Hypnotherapy	Gordon (2022)	1	No conclusions could be drawn	NA	⊕○○○ very low
30% pain reduction	Post-treatment	Psychological therapy	Fisher (2022)	1	RR 1.13 (95%CI 0.64 to 2.02)	NA	⊕○○○ very low
	At follow-up	Psychological therapy	Fisher (2022)	1	RR 1.07 (95%CI 0.77 to 1.49)	NA	⊕○○○ very low
50% pain reduction	Post-treatment	Psychological therapy	Fisher (2022)	22	RR 2.11 (95%CI 1.61 to 2.77)	Figure 26	⊕⊕○○ low
	At follow-up	Psychological therapy	Fisher (2022)	9	RR 2.09 (95%CI 1.29 to 3.38)	Figure 27	⊕○○○ very low
Pain frequency	Post-intervention	Hypnotherapy	Abbott (2017)	1	SMD -1.28 (95%CI -1.84 to -0.72)	Figure 16	⊕⊕○○ low

	After 5 years follow-up	Hypnotherapy	Gordon (2022)	1	No conclusions could be drawn	NA	⊕○○○ very low
		Hypnotherapy	Abbott (2017)	1	IG mean 2.3 ± SD 4.0 vs CG mean 7.1 ± SD 6.0	NA	
Pain duration		Hypnotherapy	Abbott (2017)	1	IG mean 1.20 ± SD 1.47 vs CG mean 3.50 ± SD 2.53	NA	
Anxiety							
Anxiety	Post-treatment	Psychological therapy	Fisher (2022)	19	SMD -0.08 (95%CI -0.21 to 0.04)	Figure 28	⊕⊕⊕○ moderate
	At follow-up	Psychological therapy	Fisher (2022)	13	SMD -0.07 (95%CI -0.17 to 0.03)	Figure 29	⊕⊕⊕⊕ high
Functioning							
School absence	Post-treatment	Psychological therapy	Fisher (2022)	9	SMD -0.21 (95%CI -0.52 to 0.10)	Figure 30	⊕○○○ very low
	At follow-up	Psychological therapy	Fisher (2022)	4	SMD 0.14 (95%CI -0.32 to 0.60)	Figure 31	⊕○○○ very low
Activity participation	At follow-up	Psychological therapy	Fisher (2022)	1	SMD -0.99 (95%CI -1.62 to -0.36)	NA	⊕○○○ very low
Functional disability	Post-treatment	Psychological therapy	Fisher (2022)	24	SMD -0.25 (95%CI -0.39 to -0.11)	Figure 32	⊕⊕○○ low
	At follow-up	Psychological therapy	Fisher (2022)	14	SMD -0.23 (95%CI -0.38 to -0.08)	Figure 33	⊕⊕⊕○ moderate
Quality of life							
HRQoL	Post-treatment	Psychological therapy	Fisher (2022)	13	SMD -0.14 (95%CI -0.33 to 0.05)	Figure 34	⊕⊕○○ low

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	At follow-up	Psychological therapy	Fisher (2022)	7	SMD -0.09 (95%CI -0.35 to 0.16)	Figure 35	⊕⊕○○ low
		Hypnotherapy	Abbott (2017)	3	Inconclusive results, one study found a beneficial effect and two studies found no effect	Not performed	

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