

Table 5. Summary of findings table for ‘other non-farmacological interventions’

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	Relaxation*	Koechlin (2021)	12	SMD 1.38 (95%CI 0.61 to 2.14)	Figure 1A	⊕⊕○○ low
		Relaxation stress management, relaxation education, biofeedback stress management, biofeedback relaxation education, transcendental meditation, autogenic feedback, autogenic training, progressive muscle relaxation, education, and hypnotherapy**	Koechlin (2021)	12	No differences with waiting list control	Figure 13C	⊕⊕○○ low
Efficacy	Long-term	Relaxation*	Koechlin (2021)	12	SMD 1.35 (95%CI 0.60 to 2.09)	Figure 2A	⊕⊕○○ low
		Relaxation stress management, relaxation education, biofeedback stress management, biofeedback relaxation education, transcendental meditation, autogenic feedback, autogenic training, progressive muscle relaxation, education, and hypnotherapy**	Koechlin (2021)	12	No differences with waiting list control	Figure 13D	⊕⊕○○ low
Pain							
Pain frequency	Post-intervention	Written self-disclosure	Abbott (2017)	1	No difference	NA	
	After 3 months follow-up	Written self-disclosure	Abbott (2017)	1	No difference	NA	

	After 6 months follow-up	Written self-disclosure	Abbott (2017)	1	IG mean 1.35 ± SD 1.39 vs CG mean 2.32 ± SD 1.72	NA	
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*Lumping approach

**Splitting approach

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