

#### e-Supplement 4. Cochrane Risk-of-Bias Tool for Randomized Trials

Study Name (author, year)	Randomization Process	Deviations From Intended Interventions	Missing Outcome Data	Measurement of the Outcome	Selection of the Reported Result	Overall Bias	z-Score
(Acarturk et al., 2016)	Low	Low	Low	Low	Low	Low	0
(Arabia et al., 2011)	Low	Low	Low	Low	Low	Low	0
(Capezzani et al., 2013)	Low	Low	Low	Low	Low	Low	0
(Carletto et al., 2016)	Low	Low	Low	Low	Low	Low	0
(Carlson et al., 1998)	Low	Low	Low	Low	Low	Low	0
(de Bont et al., 2016)	Low	Low	Low	Low	Low	Low	0
(Demirci et al., 2017)	Low	Low	Low	Low	Low	Low	0
(Deville et al., 1998)	Low	Low	Low	Low	Low	Low	0
(Edmond & Rubin, 2004)	Low	Low	Low	Low	Low	Low	0
(Gauhar, 2016)	Low	Low	Low	Low	Low	Low	0
(Hase et al., 2018)	Low	Low	Low	Low	Low	Low	0
(Hogberg et al., 2007)	Low	Low	Low	Low	Low	Low	0
(Ironson et al., 2002)	Low	Low	Low	Low	Low	Low	0
(Karatzias et al., 2011)	Low	Low	Low	Low	Low	Low	0
(Kohler et al., 2017)	Low	Low	Low	Low	Low	Low	0
(Lee et al., 2002)	Low	Low	Low	Low	Low	Low	0
(Lehnung et al., 2017)	Low	Low	Low	Low	Low	Low	0
(Marcus, 1997)	Low	Low	Low	Low	Low	Low	0
(Minelli et al., 2019)	Low	Low	Low	Low	Low	Low	0
(Moghadam, 2015)	Low	Low	Low	Low	Low	Low	0
(Nijdam et al., 2012)	Low	Low	Low	Low	Low	Low	0
(Novo et al., 2014)	Low	Low	Low	Low	Low	Low	0
(Ostacoli et al., 2018)	Low	Low	Low	Low	Low	Low	0
(Power et al., 2002)	Low	Low	Low	Low	Low	Low	0
(Rothbaum, 1997)	Low	Low	Low	Low	Low	Low	0
(Rothbaum et al., 2005)	Low	Low	Low	Low	Low	Low	0
(Shapiro, 2018a)	Low	Low	Low	Low	Low	Low	0
(Shapiro & Laub, 2015)	Low	Low	Low	Low	Low	Low	0
(van der Kolk et al., 2007)	Low	Low	Low	Low	Low	Low	0
(Yurtsever et al., 2018)	Low	Low	Low	Low	Low	Low	0
(Vaughan et al., 1994)	Low	Low	Low	Low	Low	Low	0

**Note.** We quantified each qualitative rating with a score, low = 3, medium = 2, and high risk of bias = 1; calculated a sum score and then generated a z-score.