

Anexos

Anexo 1.

Estadísticos descriptivos discriminados por grupos en el pre y post de los resultados de los estudios

Código	N GC	N GI	Grupo Control		Grupo de Intervención		d de Cohen
			Pre	Post	Pre	Post	
1. Kitzerow et al. (2019)	20	20	81.64 (23.7)	82.44 (25.8)	71.70 (25.2)	83.75 (27.7)	0.04
			6.50 (1.8)	6.06 (1.0)	7.25 (1.4)	5.95 (1.5)	0.08
			6.75 (1.9)	5.789 (1.05)	7.85 (1.4)	6.50 (1.9)	0.4
			6.75 (1.9)	6.89 (2.4)	5.90 (2.4)	5.65 (1.7)	0.5
			78.40 (13.1)	77.26 (12.6)	77.50 (10.1)	76.33 (11.8)	0.07
			76.20 (10.1)	75.58 (12.2)	71.80 (11.2)	75.50 (11.5)	0.0
			76.10 (12.3)	73.95 (10.4)	72.95 (8.2)	74.50 (10.00)	0.05
			83.40 (14.8)	80.37 (15.7)	81.85 (13.2)	80.28 (14.1)	0.0
			72.30 (13.0)	70.79 (12.1)	75.40 (11.4)	67.56 (12.7)	0.8
			74.70 (15.8)	75.05 (14.1)	72.05 (7.4)	72.17 (9.8)	0.2
			16.35 (5.2)	16.26 (8.0)	17.89 (6.1)	16.35 (6.4)	0.01
			6.00 (2.8)	6.37 (4.2)	7.11 (3.5)	5.53 (3.9)	0.2
			5.80 (2.2)	5.68 (3.0)	6.16 (3.5)	5.65 (2.9)	0.0
			4.40 (2.2)	4.21 (2.5)	4.42 (1.5)	4.94 (2.0)	0.3
			76.58 (14.7)	74.42 (17.0)	68.90 (13.9)	70.75 (14.3)	0.23
			77.84 (15.3)	74.68 (17.1)	69.20 (19.4)	70.55 (15.5)	0.2
			85.63 (14.5)	81.58 (19.3)	74.25 (16.5)	77.40 (18.1)	0.2
			71.74 (16.1)	73.21 (22.2)	66.15 (14)	69.20 (14.4)	0.2
			48.65 (24.3)	52.42 (26.6)	57.40 (27.6)	52.25 (29.1)	0.0
			11.35 (9.0)	13.26 (8.7)	14.30 (9.1)	13.30 (9.0)	0.04
			10.47 (8.0)	9.84 (8.1)	13.15 (9.7)	9.95 (7.2)	0.01
			6.12 (4.8)	6.42 (5.2)	3.75 (3.7)	4.50 (3.6)	0.4

			17.18 (9.6) 3.53 (3.2) 64.65 (11.0) 63.70 (9.5) 62.10 (10.0)	19.26 (10.0) 3.63 (2.7) 67.94 (10.7) 63.00 (9.0) 62.22 (10.4)	21.65 (11.3) 4.55 (2.6) 64.90 (8.9) 64.70 (7.7) 62.90 (10.6)	20.50 (13.3) 4.00 (2.7) 62.26 (10.1) 61.39 (6.8) 60.53 (12.1)	0.1 0.1 0.3 0.2 0.1
2. Duifhuis et al. (2016)	13		6.9 (3.6) 0.4 (1.2) 7.3 (3.8) 87.5 (27.4) 69.9 (9.2) 141.8 (10.5)	8.4 (3.6) 0.6 (0.5) 9.0 (3.6) 88.5 (31.7) 69.0 (10.9) 139.8 (15.4)	13.2 (4.1) 1.6 (1.7) 14.8 (5.0) 71.7 (20.7) 65.6 (6.5) 149.3 (18.6)	11.9 (4.8) 1.3 (1.2) 13.2 (5.0) 75.0 (18.8) 61.6 (6.4) 138.8 (10.4)	0.8 0.7 0.96 0.5 0.8 0.07
3. Mohammadz aheri et al. (2014)	15	15	2.77 (0.5) 118.83 (7.53)	2.79 (0.5) 120.53 (6.99)	2.79 (0.49) 118.96 (6.99)	3.20 (0.78) 133.70 (5.93)	0.6 2.0
4. Yun et al. (2017)	7	8	114.14 (22.02) 117.86 (9.91) 118.71 (14.03) 16.43 (5.32) 12.29 (4.35) 5.43 (1.99) 3.14 (1.35) 11.57 (4.69) 7.86 (2.67) 75.71 (13.82) 7.43 (1.40) 3.57 (0.98) 1.71 (0.76) 1.57 (0.98) 17.14 (12.65)	73.81 (12.79) 90.00 (19.15)	98.13 (20.26) 94.00 (21.21) 96.25 (20.37) 20.00 (5.81) 15.75 (6.04) 7.63 (2.62) 4.13 (1.13) 21.00 (6.87) 12.13 (6.60) 89.13 (25.44) 8.38 (1.92) 4.13 (1.46) 1.13 (0.35) 1.38 (0.92) 20.00 (12.18)	77.92 (18.47) 82.50 (34.54)	0.2 0.2

			14.29 (37.80)		16.25 (25.04)				
5. Van Steensel & Bögels (2015)	95	79	29.47 (20.68)	9.43 (11.17)	35.35 (21.77)		15.66 (17.03)		1.0
			51.53 (23.92)	32.77 (18.82)	51.53 (18.75)		43.43 (18.50)		0.4
			47.13 (21.78)	29.00 (17.28)	58.77 (21.11)		41. 57 (19.53)		0.8
			0.75 (0.24)	0.93 (0.13)	0.75 (0.22)		0.86 (0.17)		0.5
			0.77 (0.22)	0.91 (0.14)	0.71 (0.22)		0.79 (0.18)		0.3
			19.91 (16.27)	14.52 (13.80)	41.05 (18.25)		34.63 (19.19)		0.3
6. Wood et al. (2019)	19	148 71+77			BIACA	CBT	BIACA	CBT	0.7
			3.28 (0.39)	2.93 (0.59)	3.43	3.47	2.13	2.43	0.2
			0.73 (0.28)	0.77 (0.27)	(0.48)	(0.47)	(0.91)	(0.70)	0.0
			0.52 (0.19)	0.50 (0.19)	0.83	0.88	0.51	0.69	0.1
			1.49 (0.28)	1.53 (0.34)	(0.39)	(0.39)	(0.29)	(0.34)	0.3
			1.25 (0.47)	1.16 (0.38)	0.59	0.64	0.37	0.50	0.6
			1.19 (0.70)	1.24 (0.51)	(0.28)	(0.26)	(0.22)	(0.26)	0.2
			0.70 (0.54)	0.80 (0.50)	1.56	1.59	1.32	1.46	0.2
			0.98 (0.44)	0.88 (0.60)	(0.33)	(0.38)	(0.37)	(0.40)	0.2
					1.39	1.51	1.15	1.30	
					(0.44)	(0.43)	(0.45)	(0.46)	
					1.38	1.48	0.77	0.88	
					(0.61)	(0.60)	(0.57)	(0.54)	
					0.97	0.96	0.49	0.65	
		(0.56)	(0.62)	(0.42)	(0.54)				
		1.16	1.12	0.65	0.73				
		(0.63)	90.62)	(0.49)	(0.51)				
7. Klebanoff et al. (2019)	36	64	S/D	36.83 (6.57)	S/D	-	33.49 (6.24)		0.52
				37.60 (7.20)			33.47 (6.50)		0.6
				44.95 (2.85)			36.55 (7.60)		1.4
8. Vause et al. (2018)	18	19	32.50 (13.66)	28.22 (12.76)	36.00	-	19.22 (10.16)		0.7
			15.33 (2.00)	14.78 (2.13)	(12.58)		11.50 (2.66)		1.3
			64.89 (23.38)	66.61 (22.61)	14.89		42.64 (25.51)		0.9
			34.94 (19.27)	32.78 (21.6)	(1.68)		28.33 (16.34)		0.2

					71.57 (18.46)			
					47.69 (15.34)			
9. McBride et al. (2020)	79 46+33	25	NO EXT 15.51 (1.86) 3.59 (0.76) 5.12 (0.74)	S/D	ADHA 16.63 (2.61) 3.84 (0.92) 5.46 (0.91)	EXT 17.28 (1.81) 4.05 (0.69) 5.60 (0.96)	S/D	S/D
10. Weiss et al. (2018)	33	35	1.91 (0.09) 1.79 (0.09) 2.07 (0.09) 2.06 (0.36) 2.25 (0.32) 2.39 (0.07) 2.94 (0.08) 1.90 (0.07) 61.33 (1.96) 62.76 (2.32) 37.36 (1.36) 69.63 (1.66) 2.78 (0.29) 3.97 (0.24) 4.03 (0.27) - (-)	1.84 (0.09) 1.72 (0.07) 2.01 (0.06) 2.10 (0.32) 2.67 (0.30) 2.37 (0.05) 2.97 (0.06) 1.91 (0.06) 58.17 (0.99) 60.79 (1.11) 37.10 (0.69) 68.24 (0.92) 2.06 (0.18) 3.48 (0.33) 3.32 (0.25) 2.52 (0.26)	1.79 (0.07) 1.77 (0.07) 1.96 (0.06) 1.80 (0.26) 2.46 (0.29) 2.44 (0.07) 2.82 (0.08) 1.79 (0.07) 57.71 (1.78) 60.91 (2.09) 36.03 (1.14)	-	1.93 (0.08) 1.78 (0.07) 2.10 (0.06) 2.78 (0.30) 2.47 (0.28) 2.22 (0.04) 3.04 (0.05) 2.16 (0.05) 57.74 (0.94) 58.10 (1.08) 39.84 (0.66) 65.49 (0.91) 1.43 (0.18) 2.69 (0.32) 2.48 (0.24) 1.68 (0.25)	0.18 0.15 0.26 0.38 0.12 0.58 0.22 0.79 0.08 0.43 0.71 0.52 0.61 0.42 0.60 0.57

					68.94 (1.80) 2.63 (0.32) 4.03 (0.31) 3.83 (0.28) - (-)			
11. Lotfizadeh et al. (2018)	73	98	25.62 (16.21) 59.32 (11.54) 60.93 (15.59) 61.54 (13.39) 66.54 (15.2)	S/D	20.87 (13.92) 60.13 (13.89) 63.2 (17.57) 63.38 (11.23) 67.26 (12.97) 5.32 (3.81) 10.6 (1.7)	-	S/D	S/D
12. Kovshoff et al. (2011)	18	23	61 (13.98) 55.28 (7.05) 61.28 (8.63) 53.83 (8.14) 60.11 (7.94) 9.61 (3.50) 8.64 (3.79) 65.61 (18.70) 57.15 (16.23)	61.94 (31.09) 49.5 (17.39) 57.72 (24.54) 43.67 (18.15) 59.33 (15.58) 11.33 (5.26) 11.64 (7.31) 63.56 (26.39) 56.14 (21.22)	73.48 (27.28) 61.48 (15.35) 68.00 (24.01) 59.70 (11.80) 64.04 (14.11)	-	64.65 (33.04) 55.13 (19.40) 62.65 (25.11) 52.35 (19.61) 62.57 (16.93) 14.87 (5.29) 14.73 (6.70) 53.70 (21.13) 48.86 (26.21)	0.08 0.3 0.19 0.4 0.1 0.67 0.44 0.4 0.3

							15.30 (4.69)			
							12.69 (4.06)			
							44.70 (24.20)			
							45.19 (20.94)			
13. Howard et al (2014)	32 16+16	29	AP 53.69 (13.50) 42.95 (15.01) 56.63 (15.54) 58.05 (23.15) 69.81 (10.48) 67 (17.13) 45.44 (15.23) 43.90 (5.80) 89.55 (13.09)	GP 61 (15.27) 47.22 (14.39) 60.30 (17.13) 56.92 (15.50) 69.69 (8.54) 76.65 (13.37) 47.29 (13.59) 50.20 (12.16) 86.96 (13.34)	AP 64.43 (24.84) 49.40 (29.36) 56.11 (19.25) 52.60 (25.56) 58.07 (15.80) 69.33 (22.08) 49.53 (24.61) 47.98 (27.25) 74.00 (13.24)	GP 71.77 (19.45) 57.68 (22.74) 61.92 (13.67) 67.85 (22.40) 65.85 (12.23) 82.20 (21.74) 60.31 (18.75) 62.07 (23.83) 86.31 (15.83)	60.57 (17.48) 49.23 (14.77) 60.65 (16.59) 54.43 (18.00) 72.00 (7.73) 80.44 (12.06) 48.79 (20.87) 49.73 (16.34) 94.65 (17.50)	89.43 (23.99) 72.84 (29.46) 67.13 (15.78) 79.33 (27.48) 76.00 (15.94) 98.05 (17.92) 74.46 (25.08) 83.25 (29.88) 90.17 (12.64)	0.8 0.5 0.3 0.4 0.7 0.7 0.63 0.7 0.2	
14. Warreyn & Roeyers (2014)	18	18	1.65 (0.60) 3.16 (0.65)		1.24 (0.56) 3.42 (0.54)		1.46 (0.60) 3.12 (0.70)	1.81 (0.73) 3.64 (0.61)	0.8 0.3	
15. Maskey et al. (2019)	16	16			5.25 (0.77)			4.17 (1.27)	1.03	

			155.86 (28.91)		5.40 (0.86) 140.17 (22.43) 39.17 (20.37) 33.85 (14.31) 4.23 (1.83) 1.40 (0.71) 23.00 (3.94) 2.85 (0.68)		161.07 (22.46) 47.73 (18.10) 46.87 (15.16) 4.57 (3.37) 1.55 (1.17) 22.50 (4.67) 2.86 (0.63)	3.92 (1.63) 153.14 (29.02) 44.64 (21.91) 37.71 (18.02) 4.07 (2.53) 1.39 (0.84) 22.50 (6.28) 2.68 (0.97)	1.14 0.3 0.1 0.5 0.1 0.1 0.0 0.0
16. Du et al. (2015)	28	32	74.68 (4.47) 37.28 (3.53)		62.88 (4.96) 31.64 (1.72)		75.61 (11.38) 36.39 (3.85)	57.47 (7.19) 30.79 (2.45)	15.3 0.4
17. Lomas et al. (2019)	10	10	*0% (0%) 0% (0%) - -		*0% (0%) 0% (0%) 1 (10%) 9 (90%)		*0 % (0%) 0% (0%) - -	*6 (60%) 0 (0%) 1 (10%) 9 (90%)	S/D
18. Taylor et al. (2017)	33	25	S/D		S/D		S/D	S/D	S/D
19. Sharp et al. (2014)	15	15	79.9 (20.5)		80.3 (24.9)		89.3 (7.8) 51.1 (7.1)	81.0 (14.1) 47.2 (9.6)	0.0 0.0

			52.1 (7.8)		47.2 (12.6)		32.6 (22.3)	38.8 (27.5)	0.05
			37.2 (17.8)		37.2 (25.9)				
Nota. * Datos presentados según frecuencia y porcentaje									