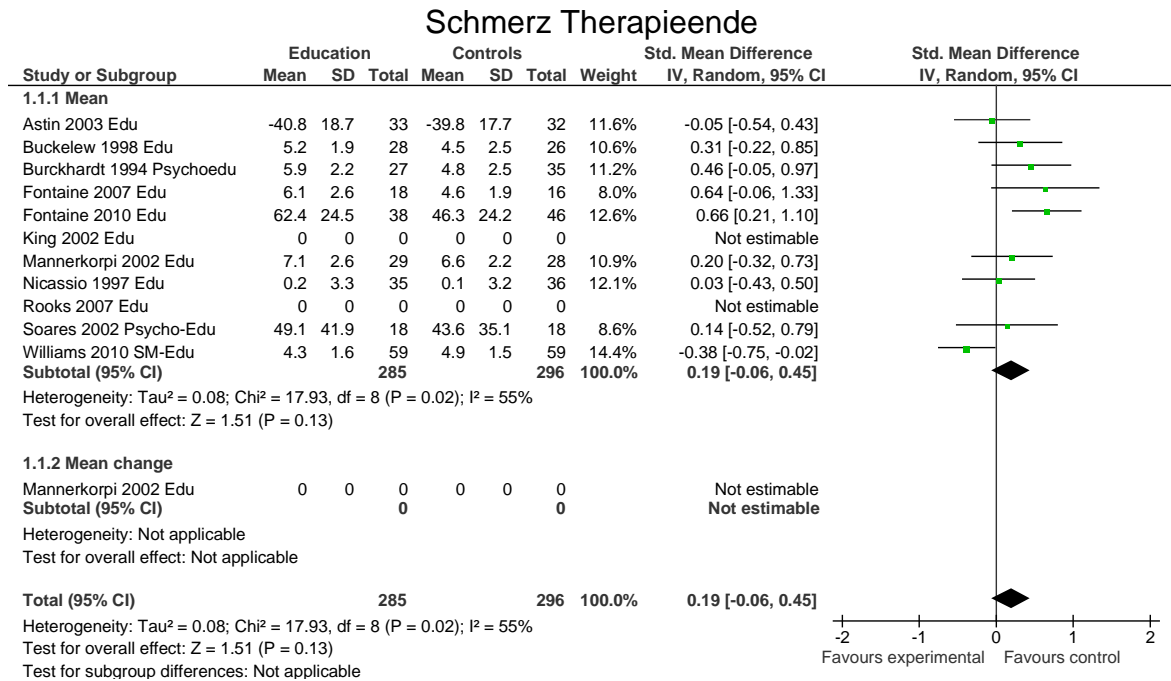


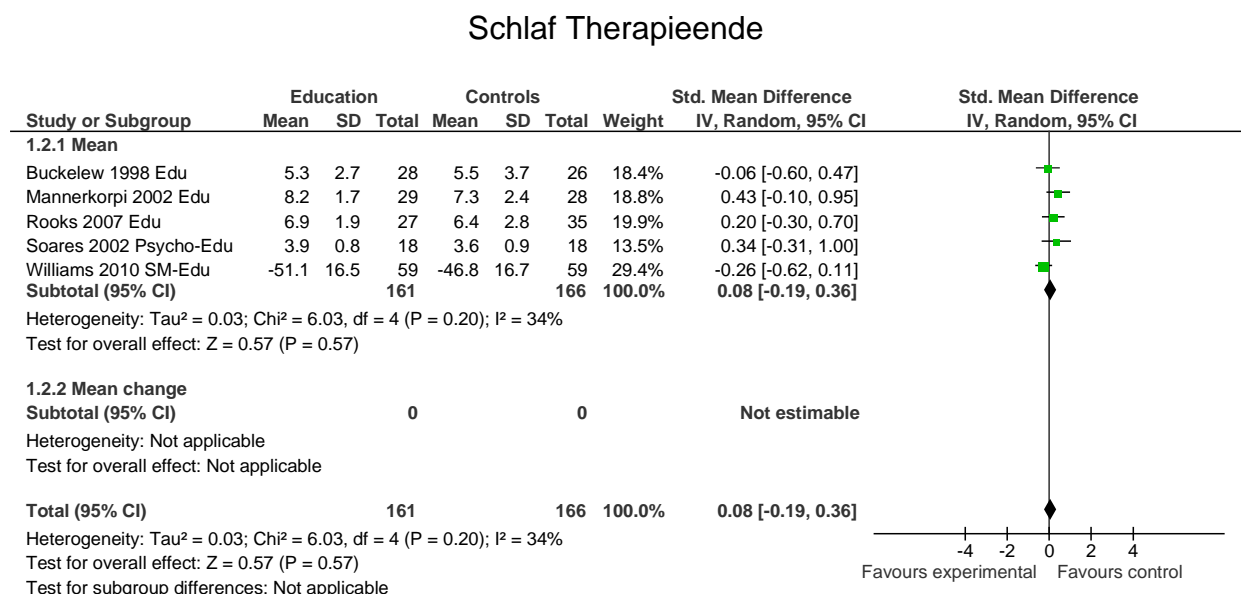
AWMF-Register Nr.	041/004	Klasse:	S3
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## Evidenzbericht – Forest Plots der standardisierten Mittelwertdifferenzen von experimenteller Gruppe versus Kontrollgruppe bei ausgewählten Zielvariablen am Therapieende und bei Nachuntersuchungen

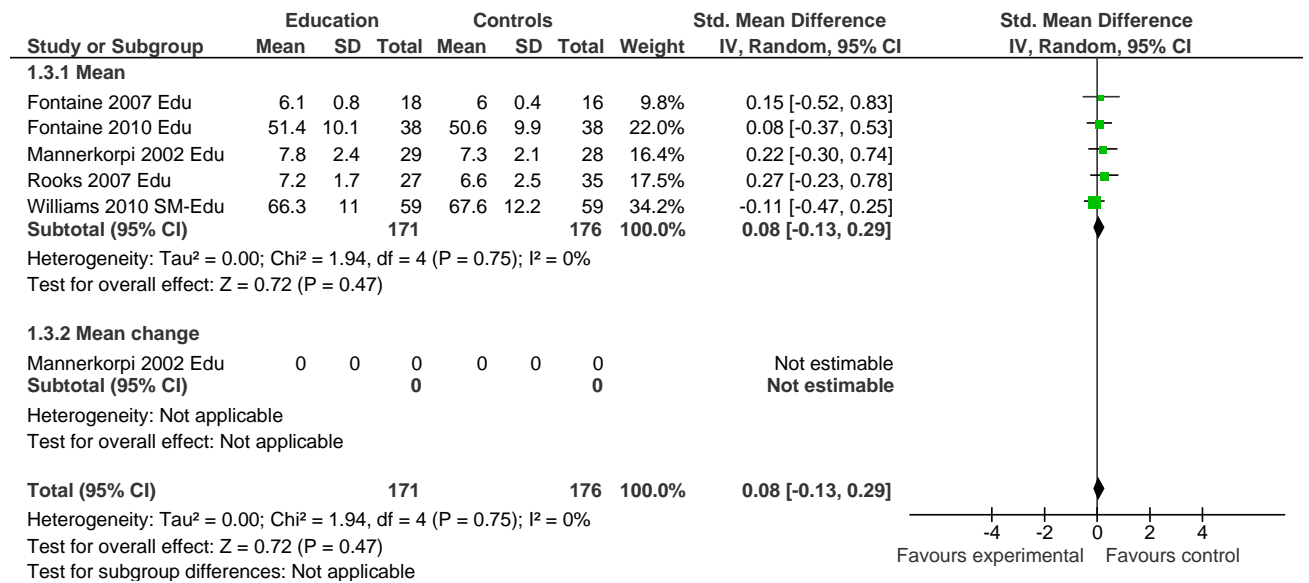
Abbildung1: Patientenschulung versus Kontrollgruppe



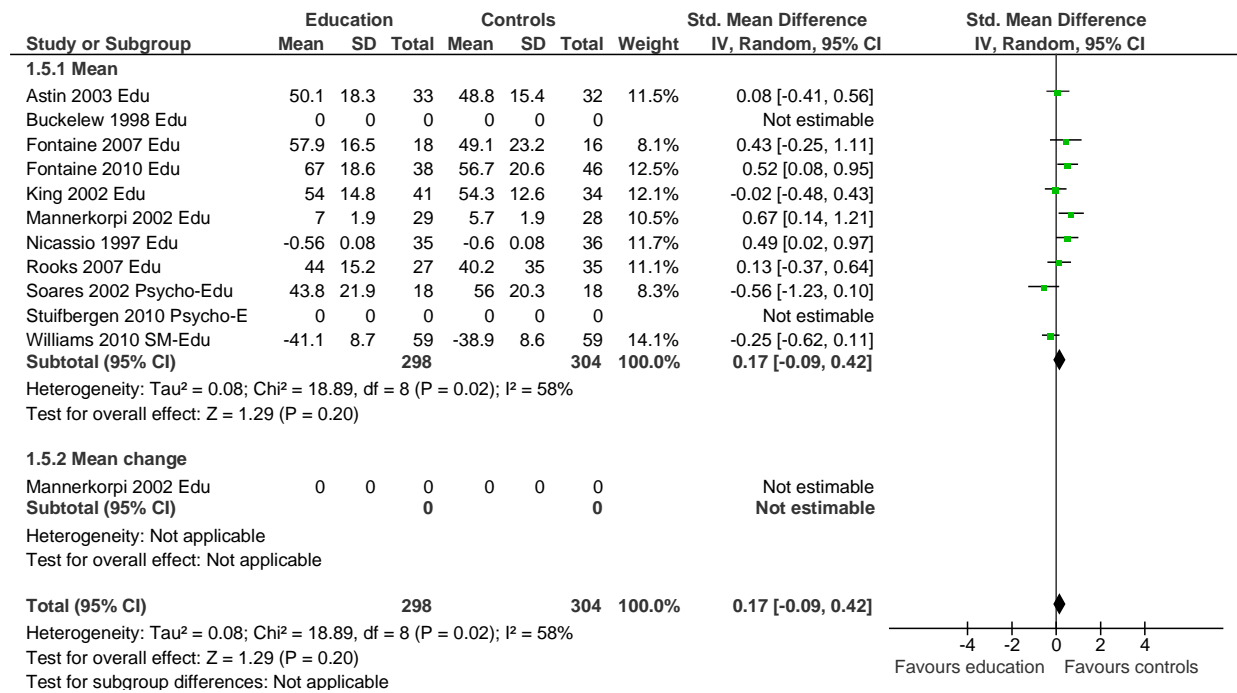
Edu= Education  
 Psycho Edu= Psychoeducation  
 SM= Self-management education



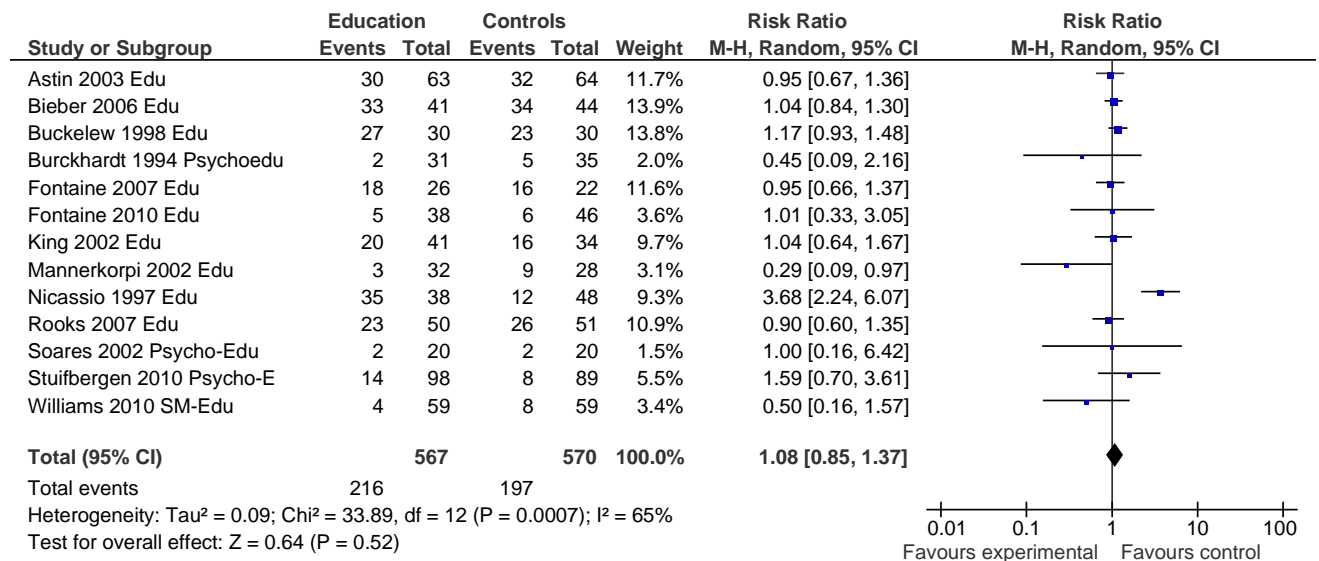
### Müdigkeit Therapieende



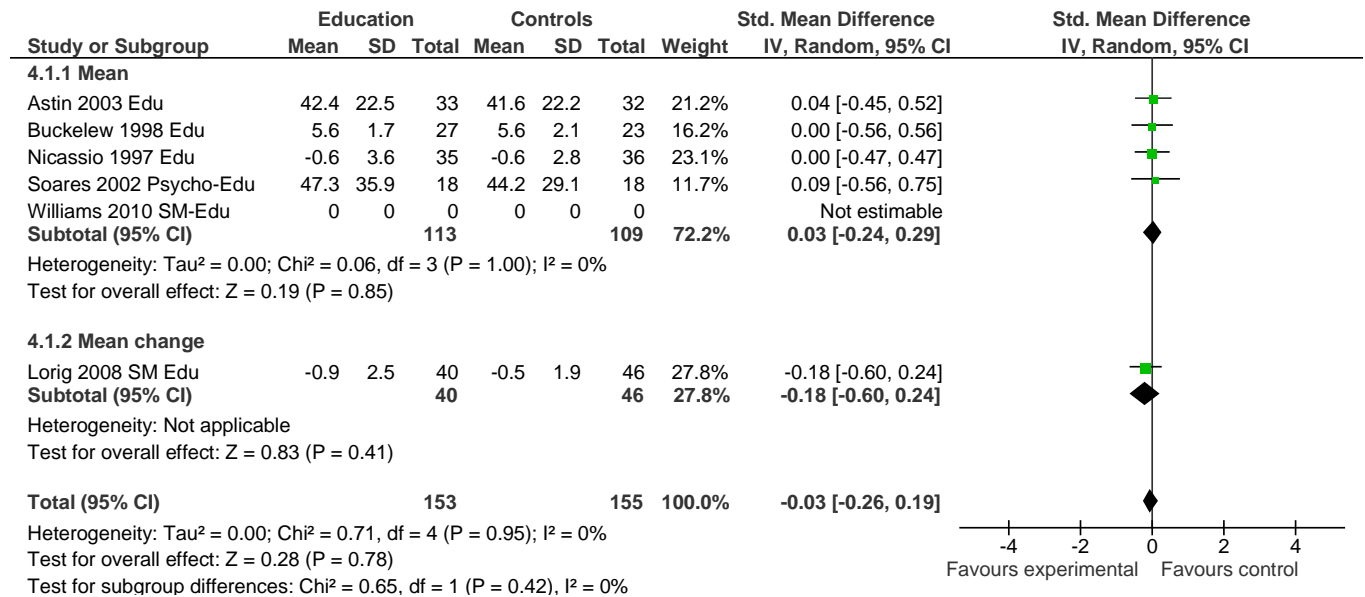
### Gesundheitsbezogene Lebensqualität Therapieende



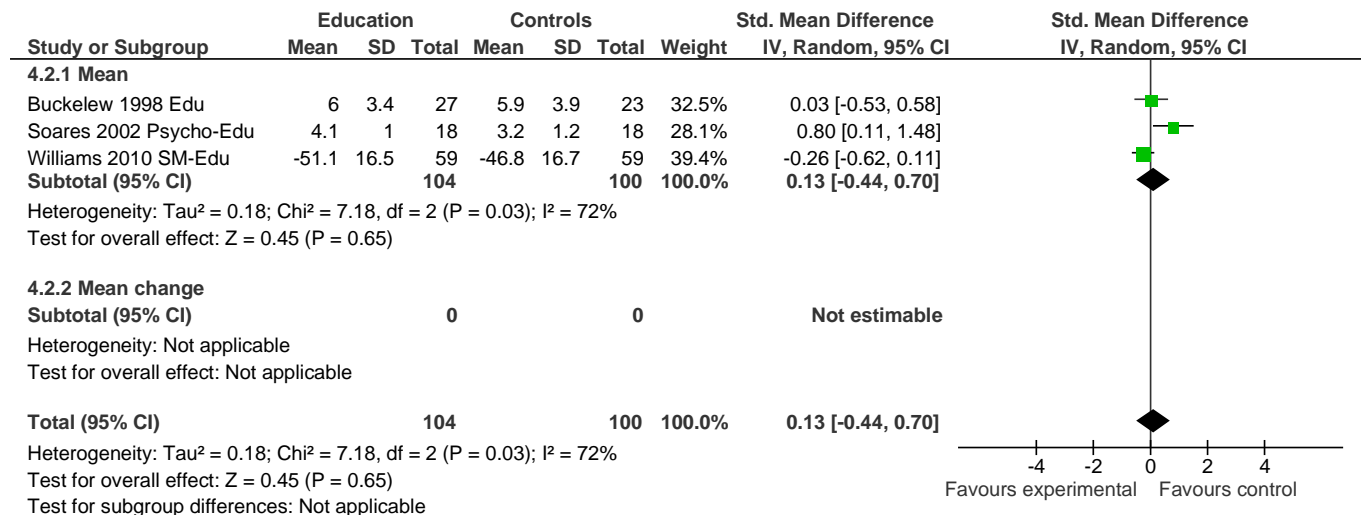
### Abbruchrate



### Schmerz Nachuntersuchung



### Schlaf Nachuntersuchung



### Gesundheitsbezogene Lebensqualität Nachuntersuchung

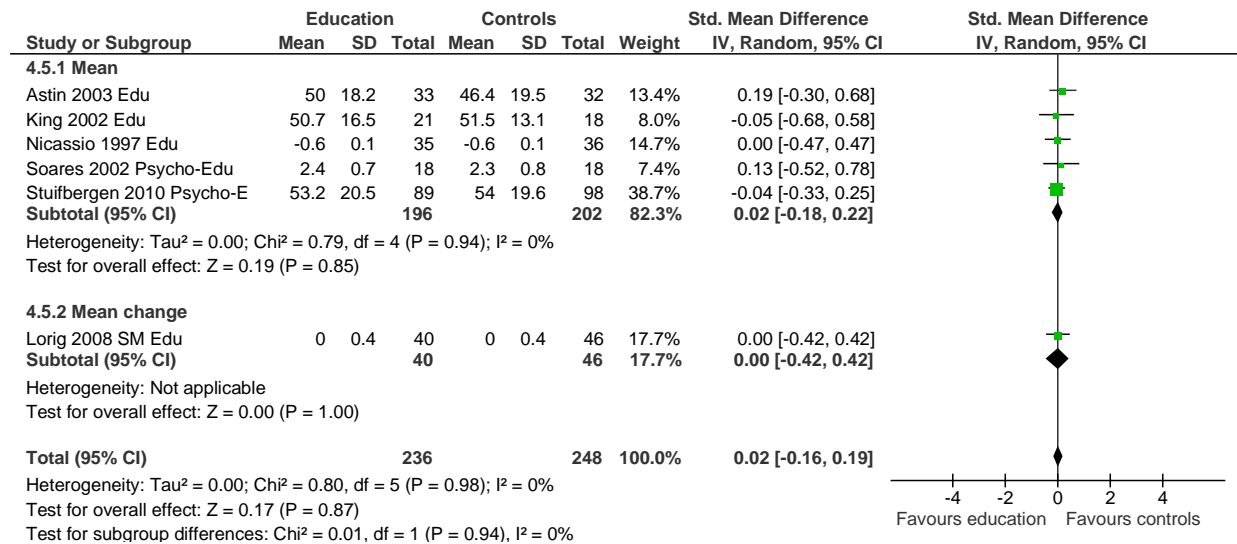
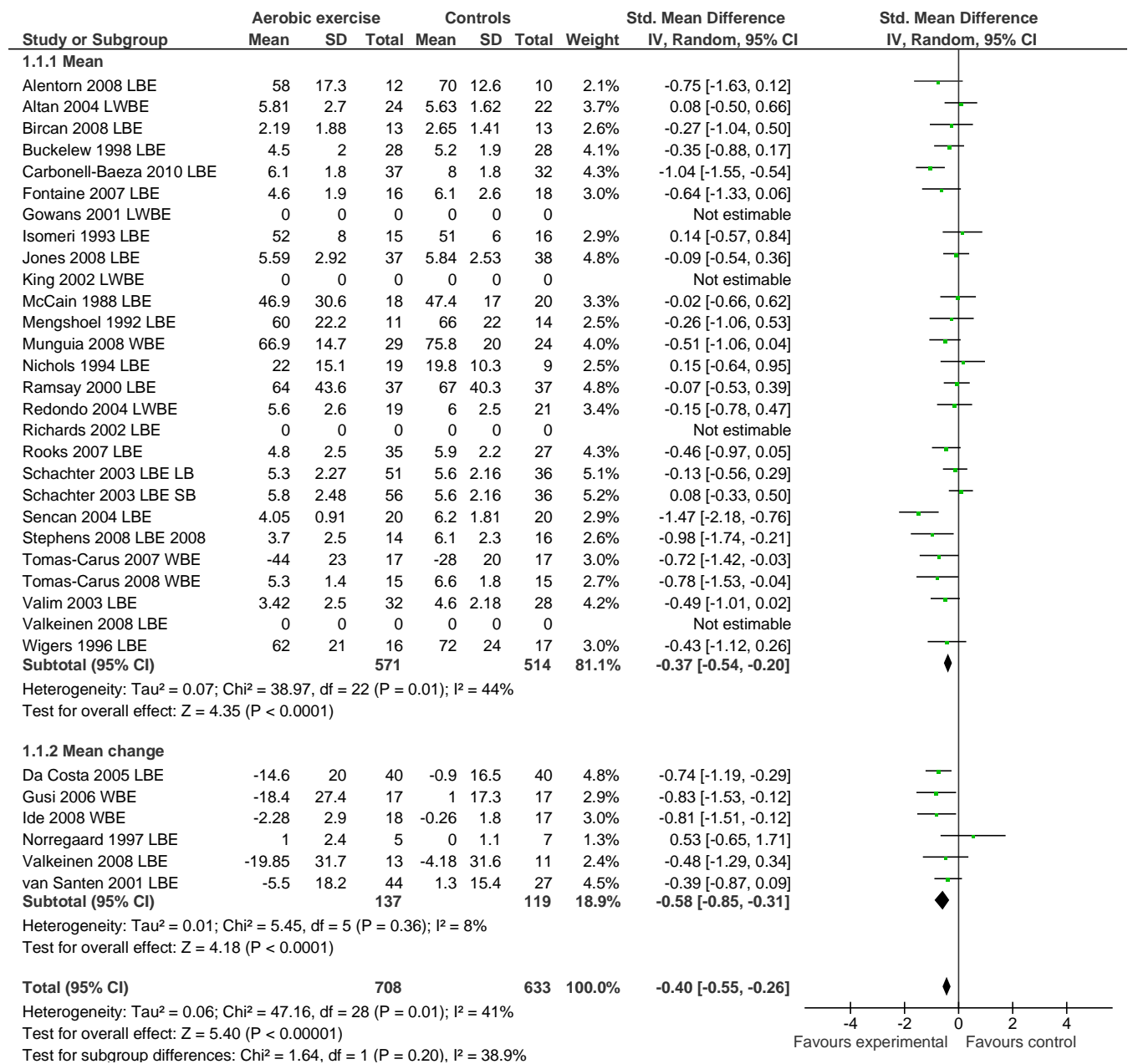


Abbildung 2: **Aerobes Training** versus Kontrollgruppen

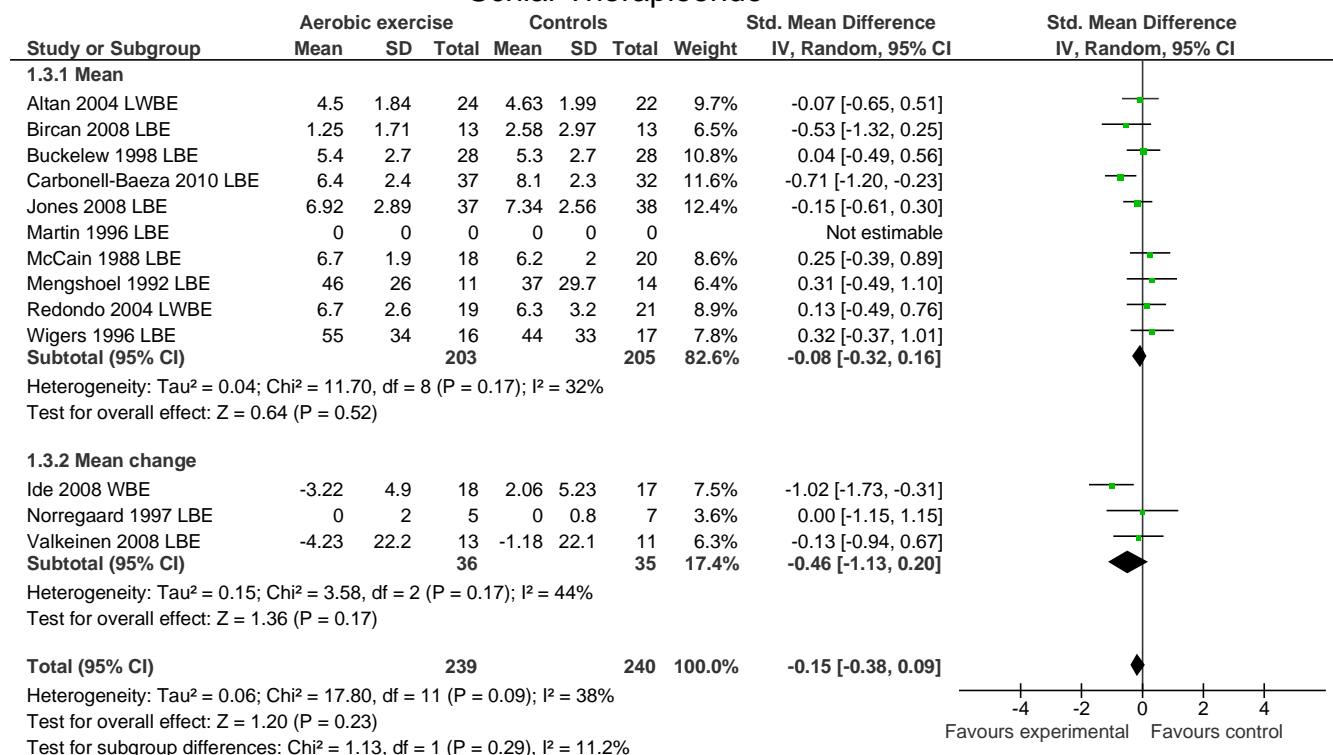
Schmerz Therapieende



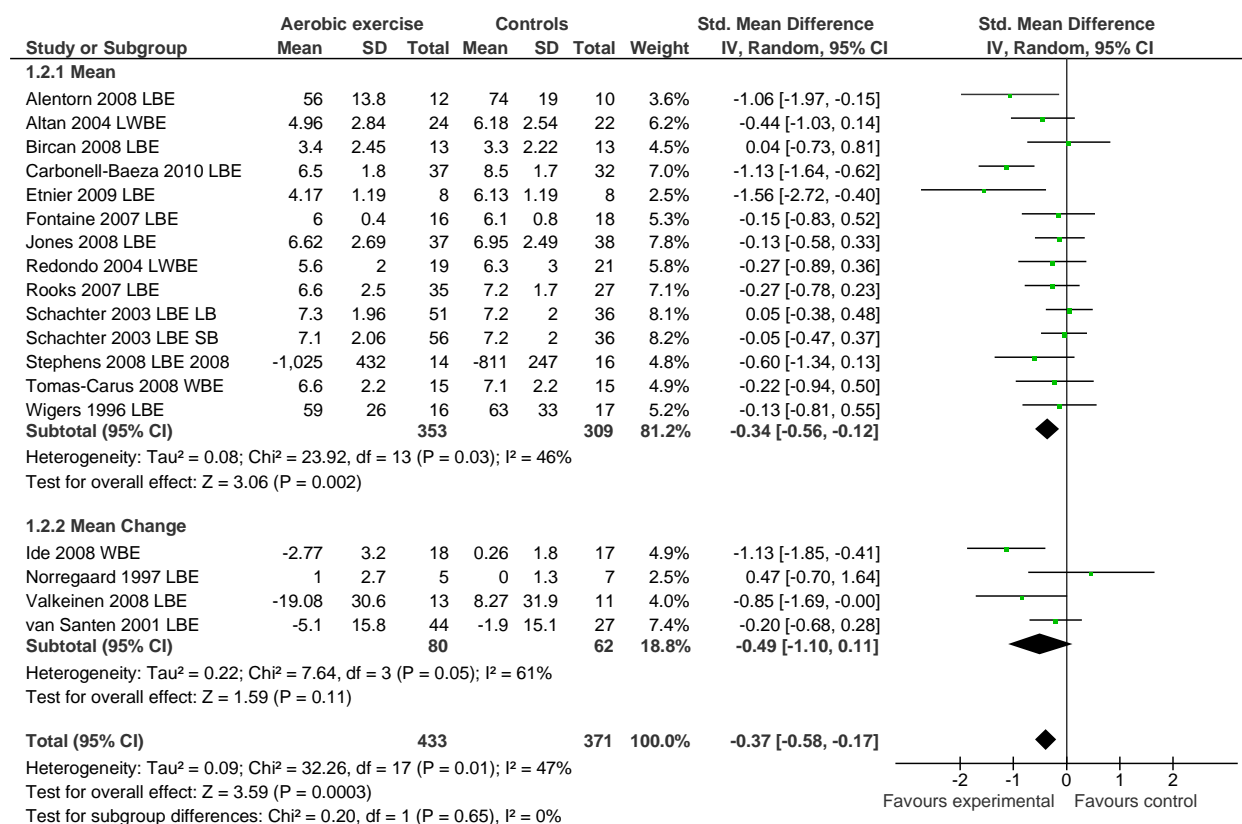
LBE= Land-based exercise

WBE= Water based exercise

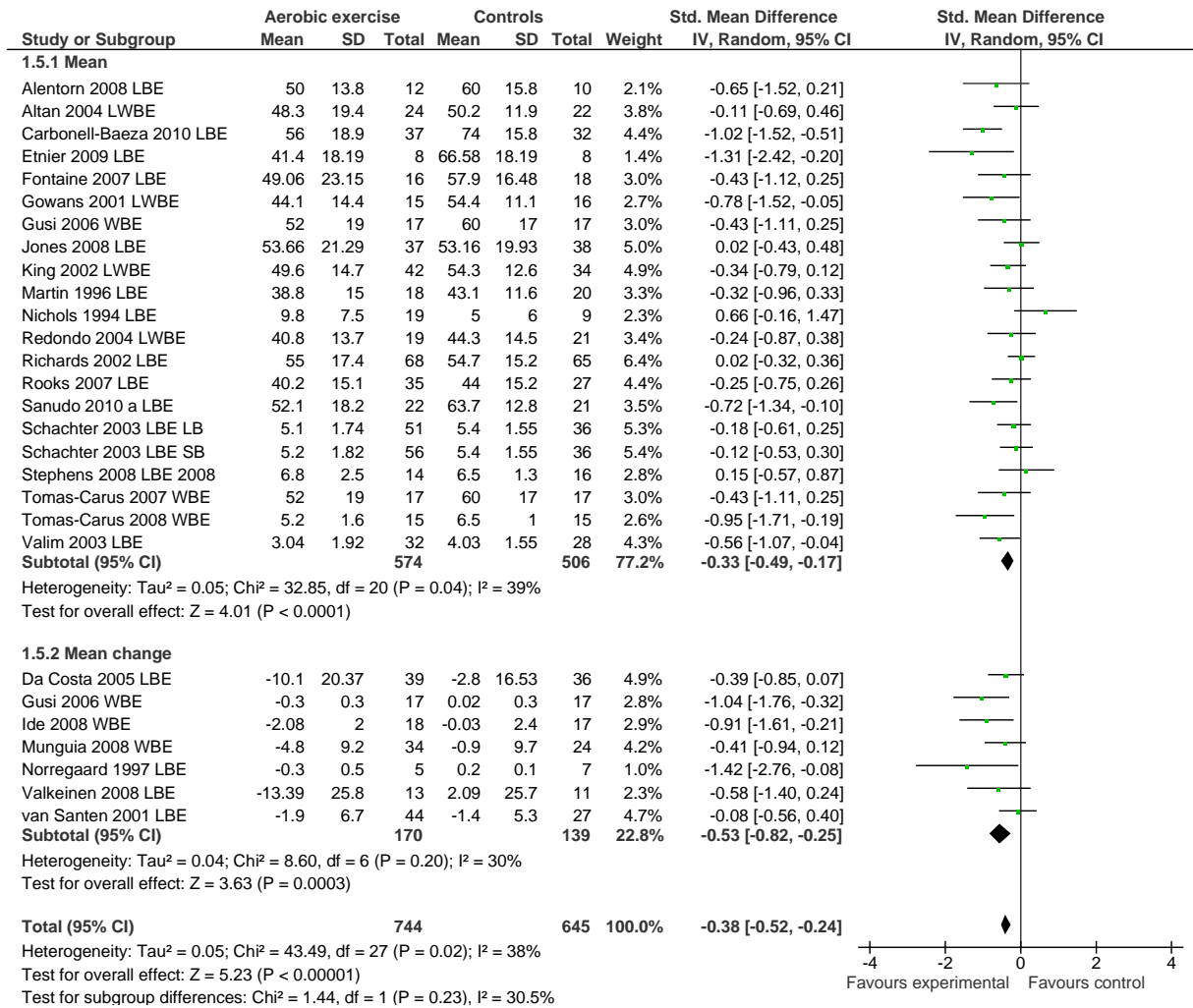
### Schlaf Therapieende



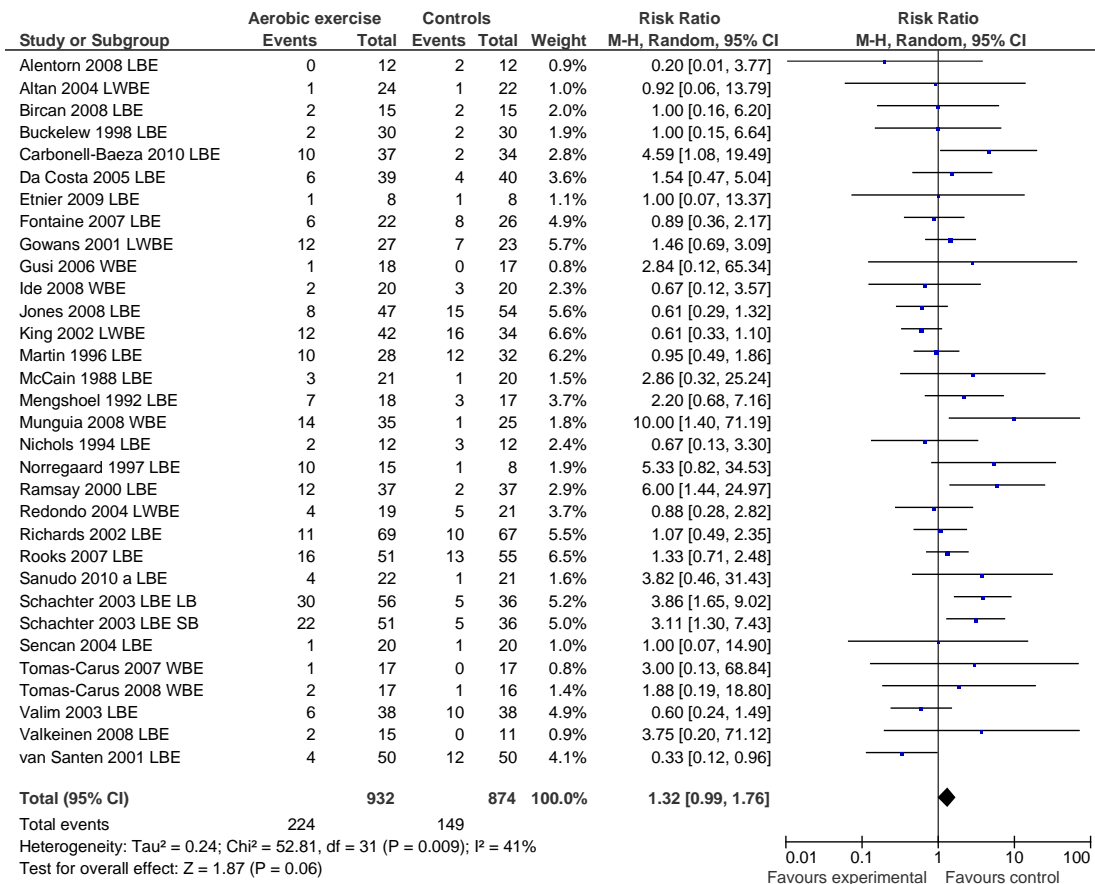
### Müdigkeit Therapieende



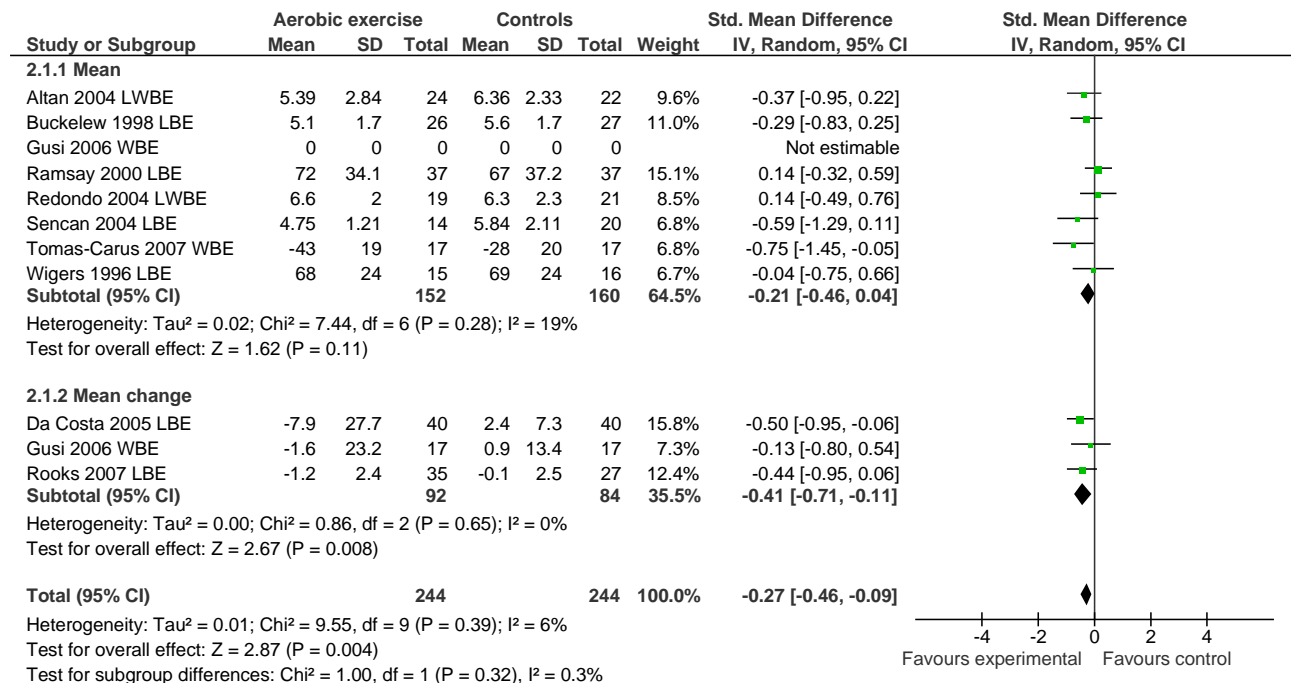
## Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

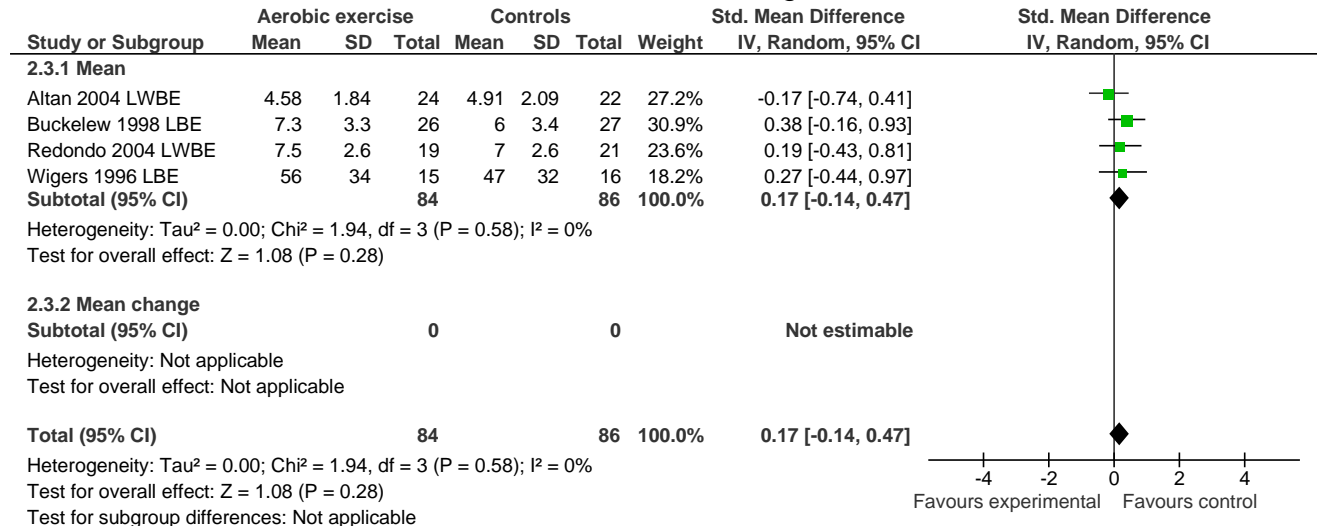


### Schmerz Nachuntersuchung

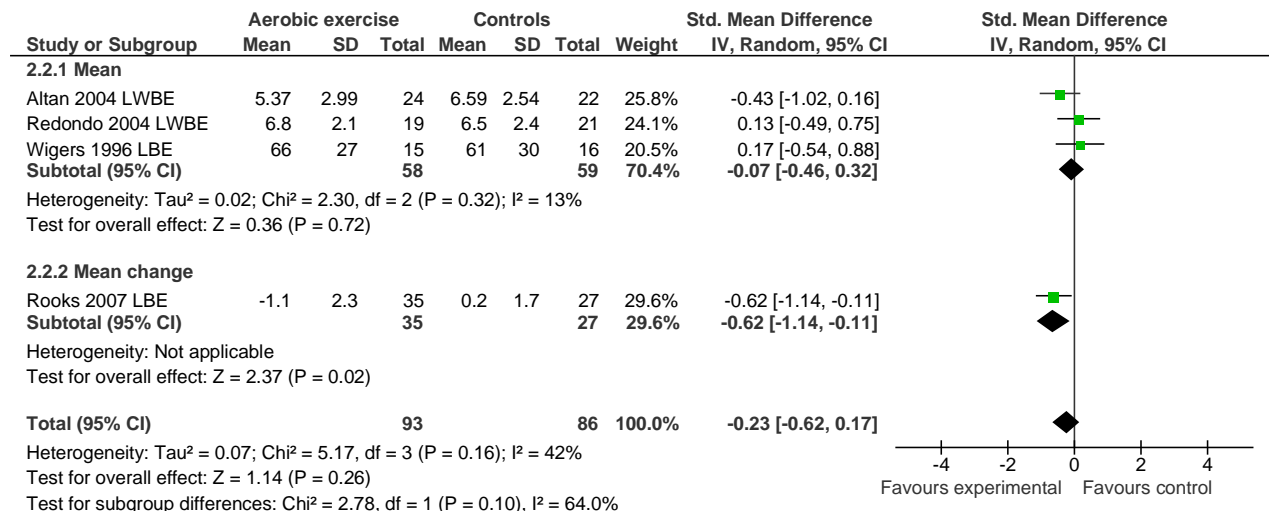




### Schlaf Nachuntersuchung



### Müdigkeit Nachuntersuchung



## Gesundheitsbezogene Lebensqualität Nachuntersuchung

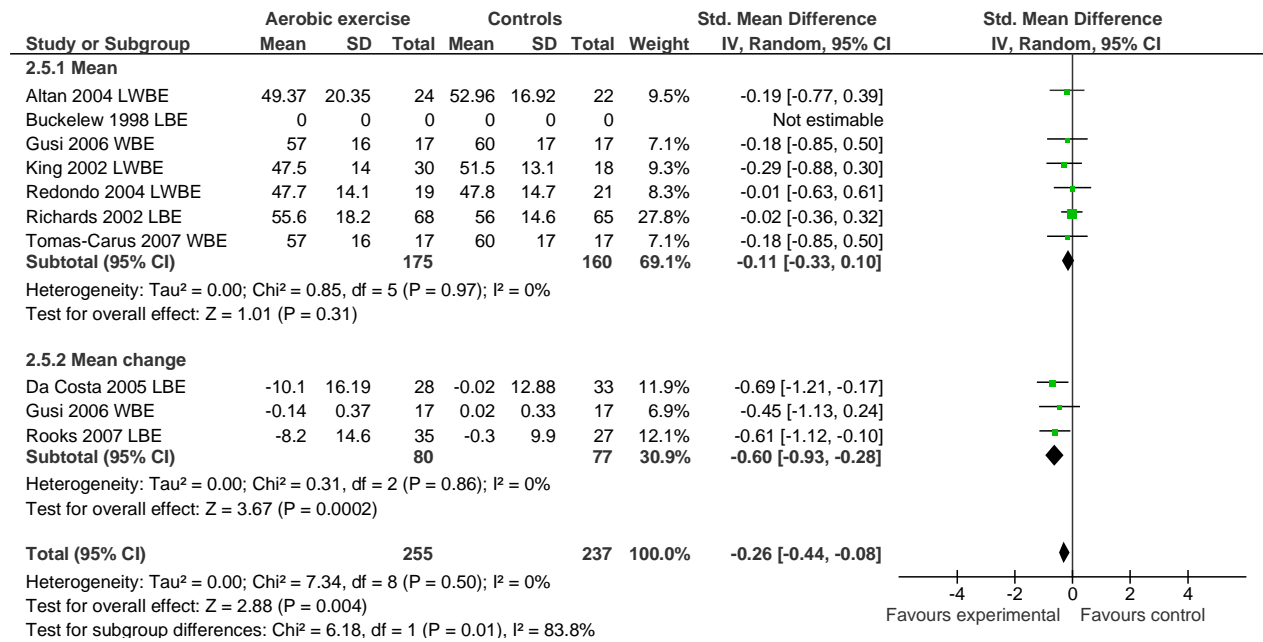
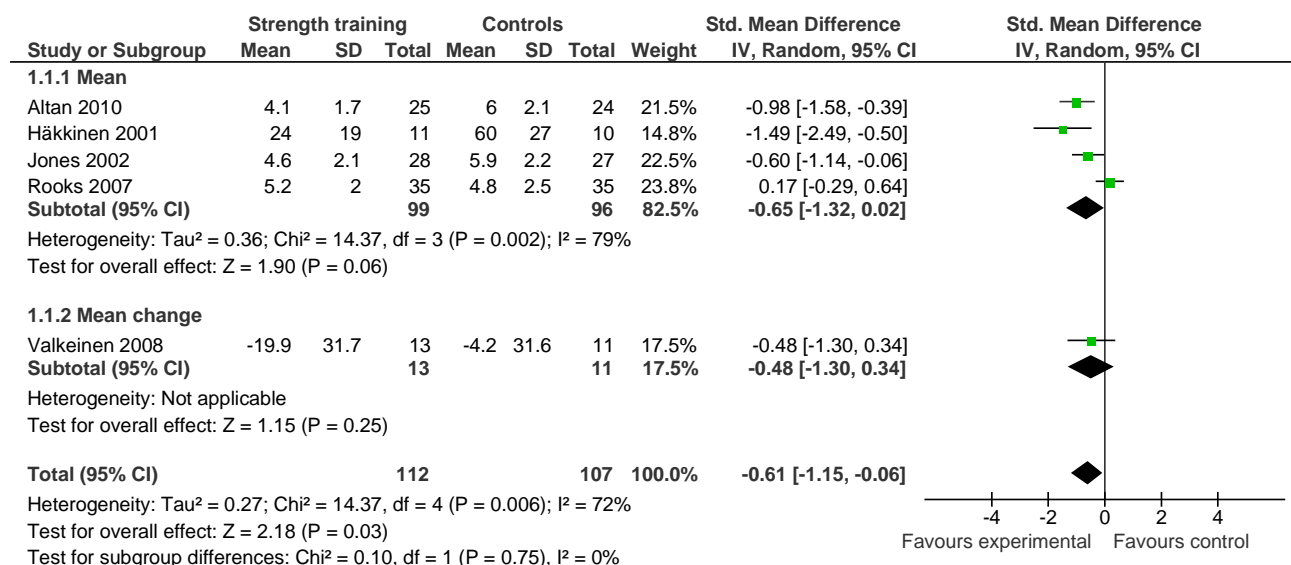
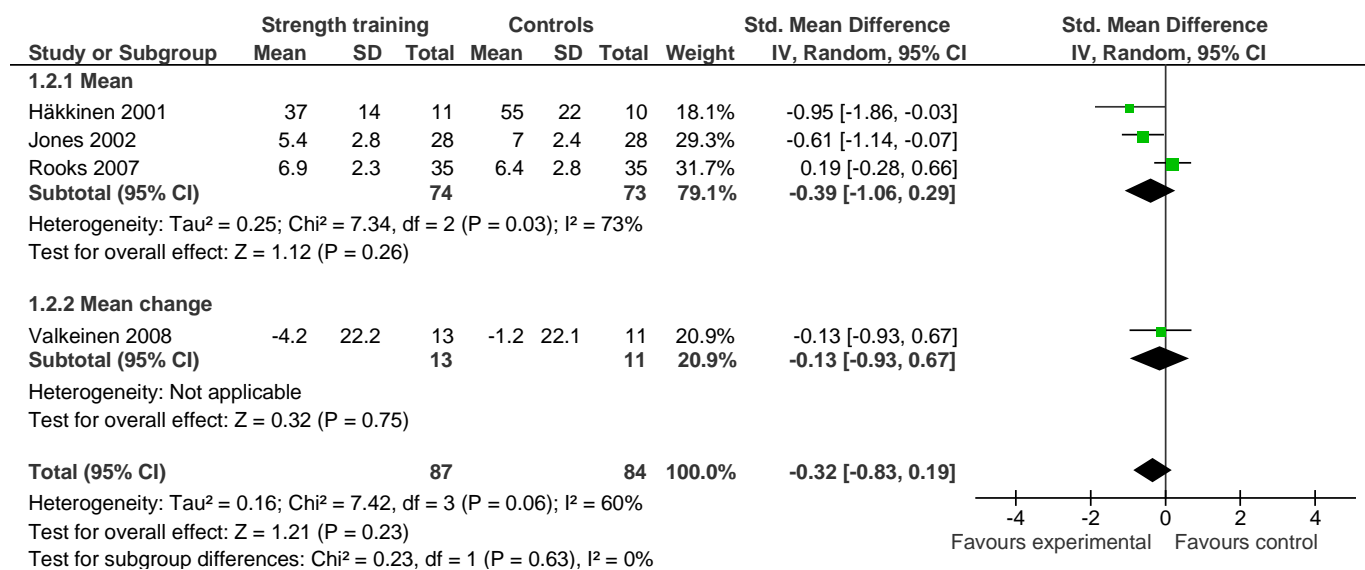


Abbildung 3: Krafttraining versus Kontrollgruppen

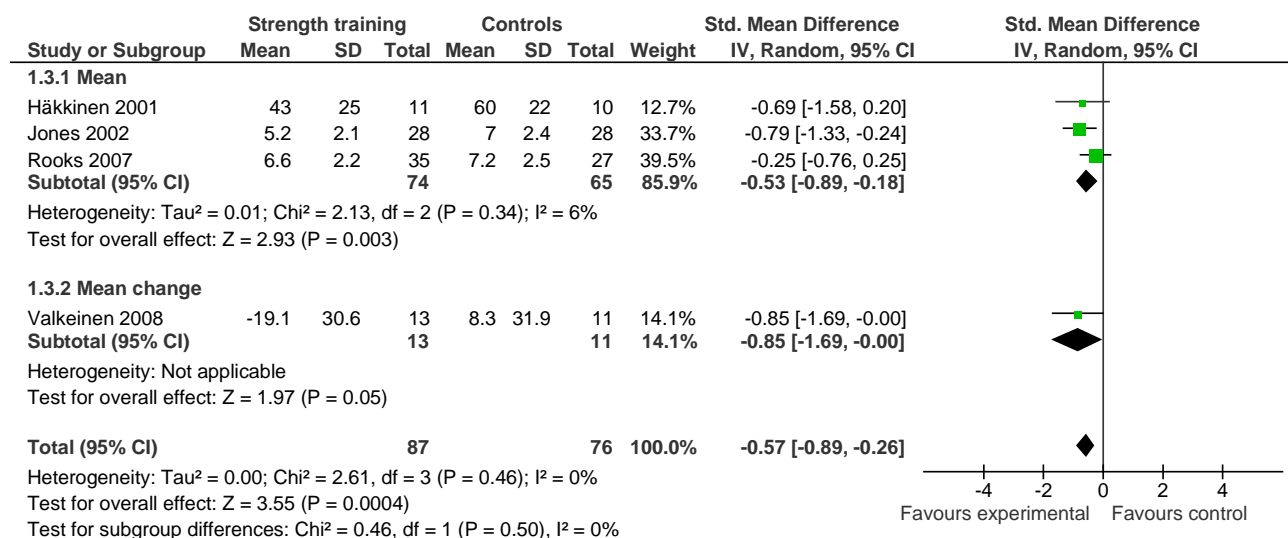
### Schmerz Therapieende



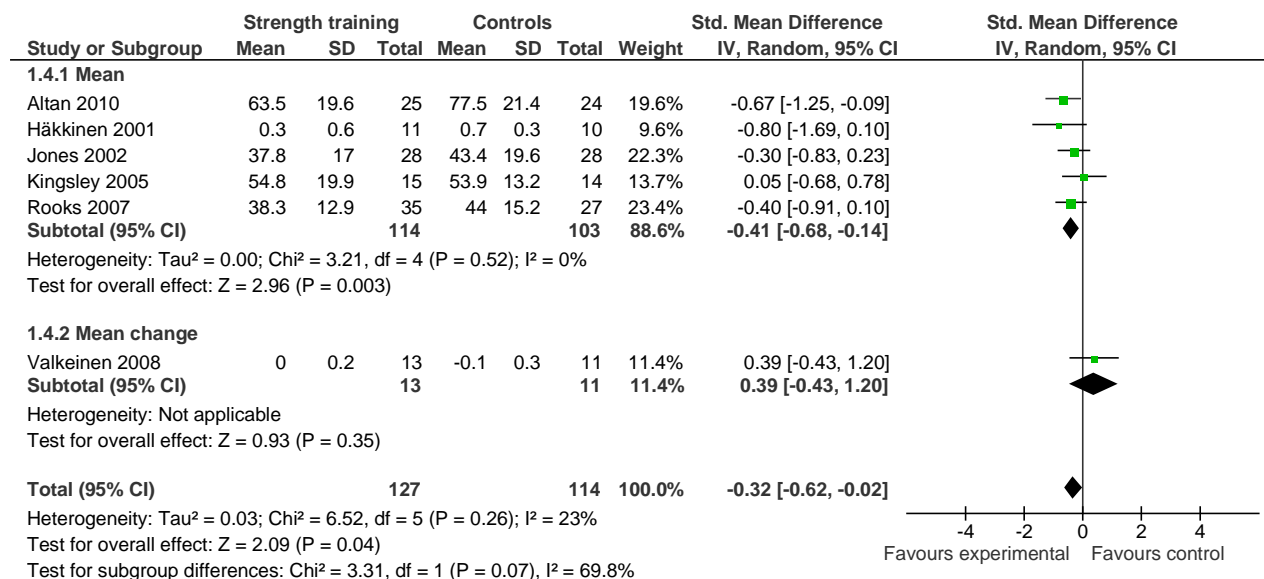
### Schlaf Therapieende



### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

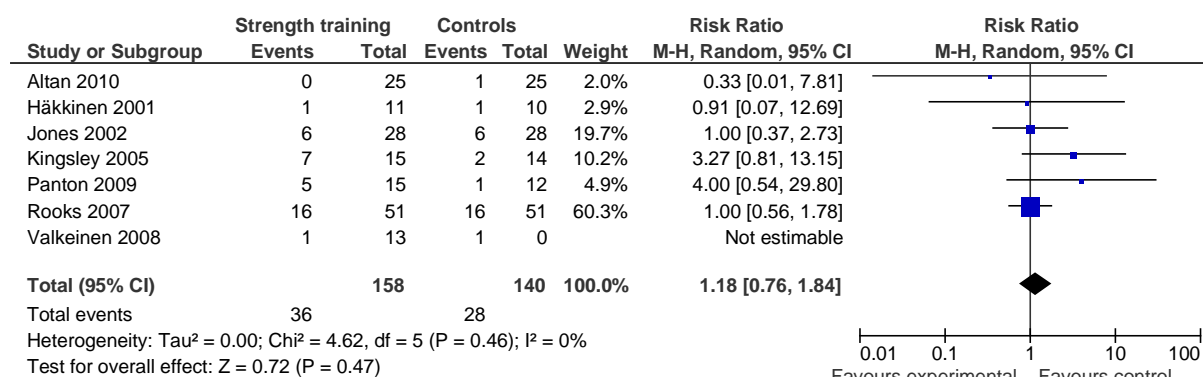
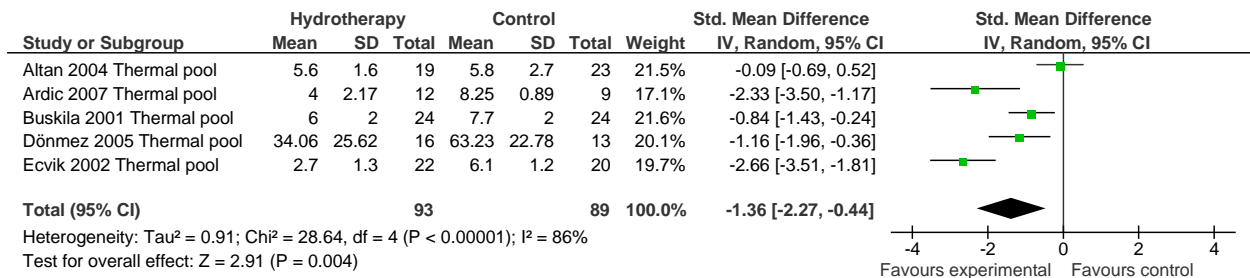
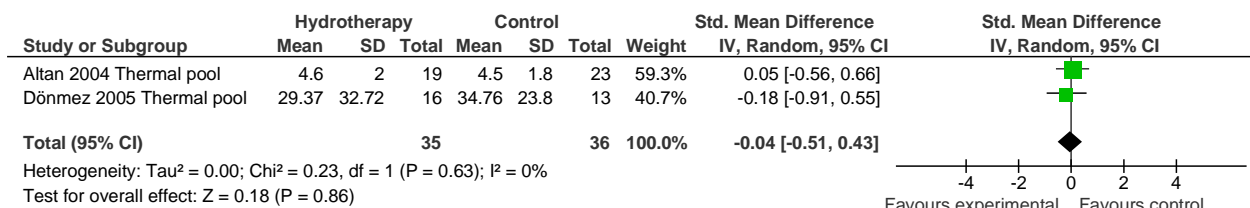


Abbildung 4: Thermalbäder versus Kontrollgruppen am Therapieende

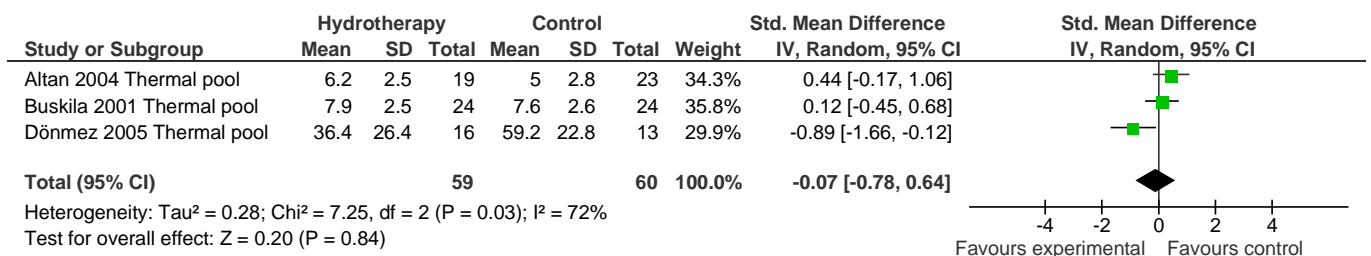
### Schmerz Therapieende



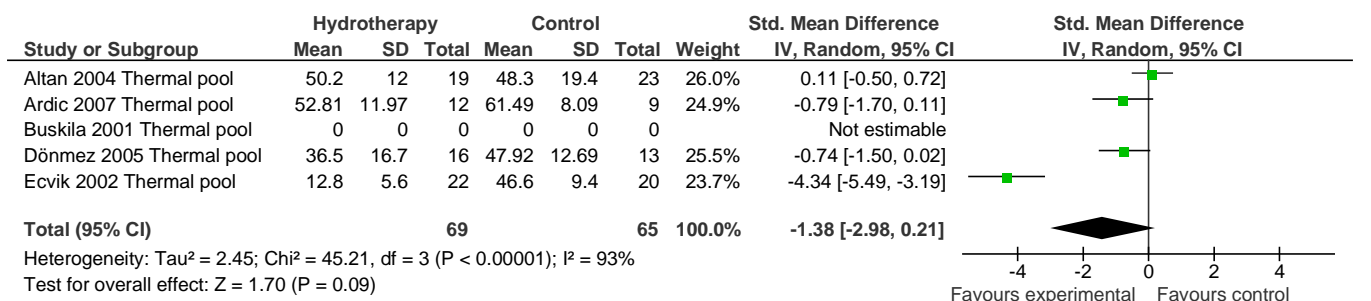
### Schlaf Therapieende



### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

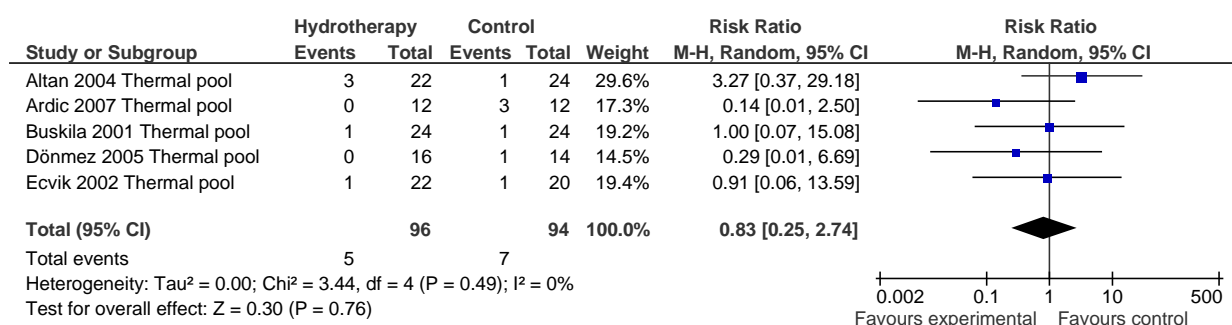
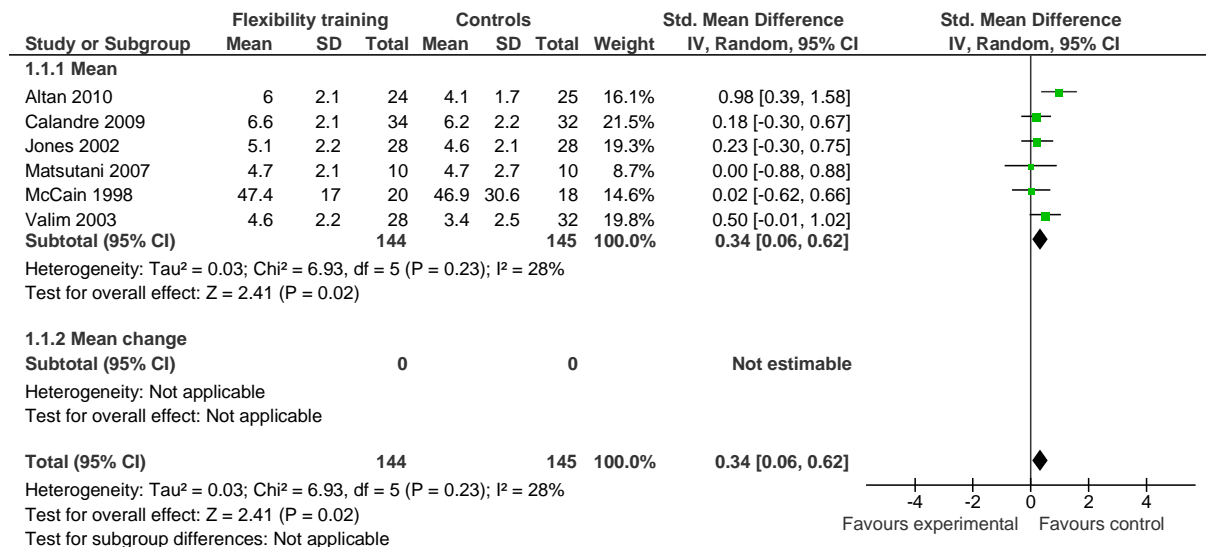
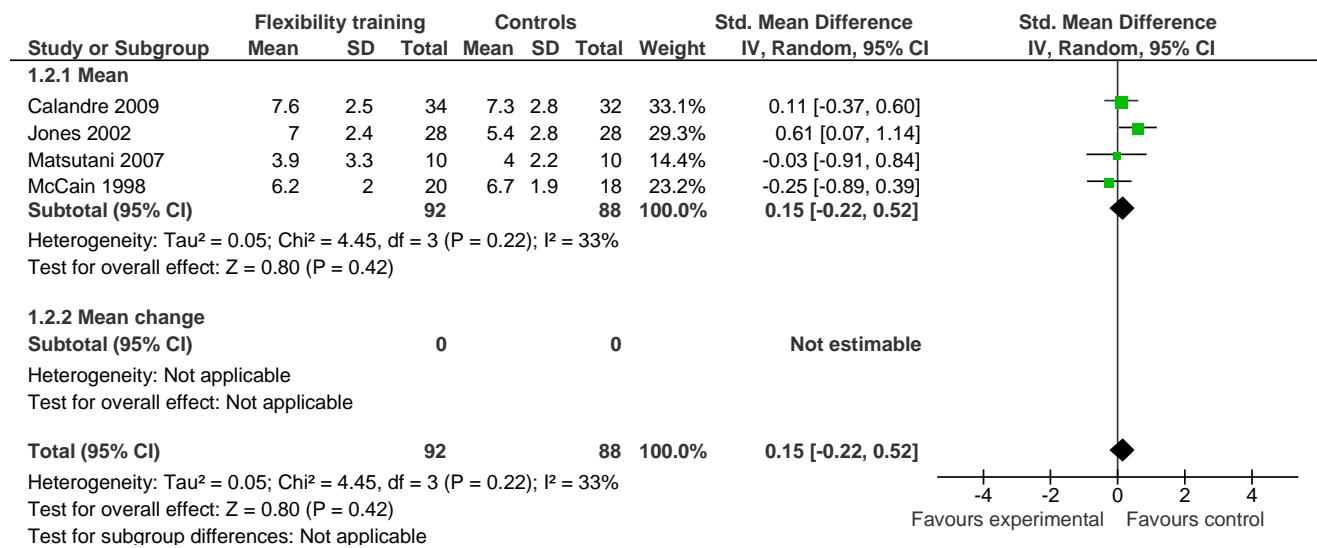


Abbildung 5: **Stretching versus** Kontrollgruppen am Therapieende und bei Nachuntersuchungen

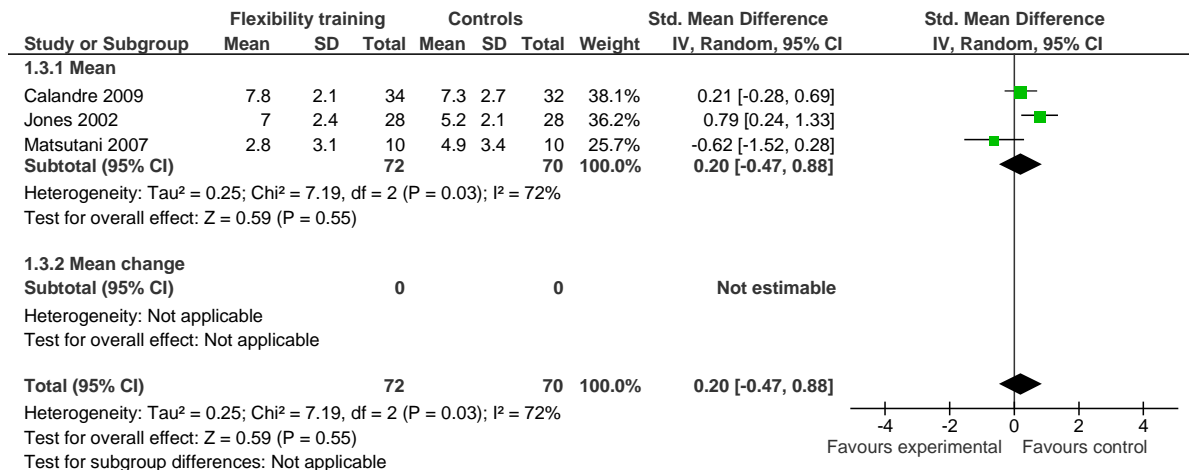
Schmerz Therapieende



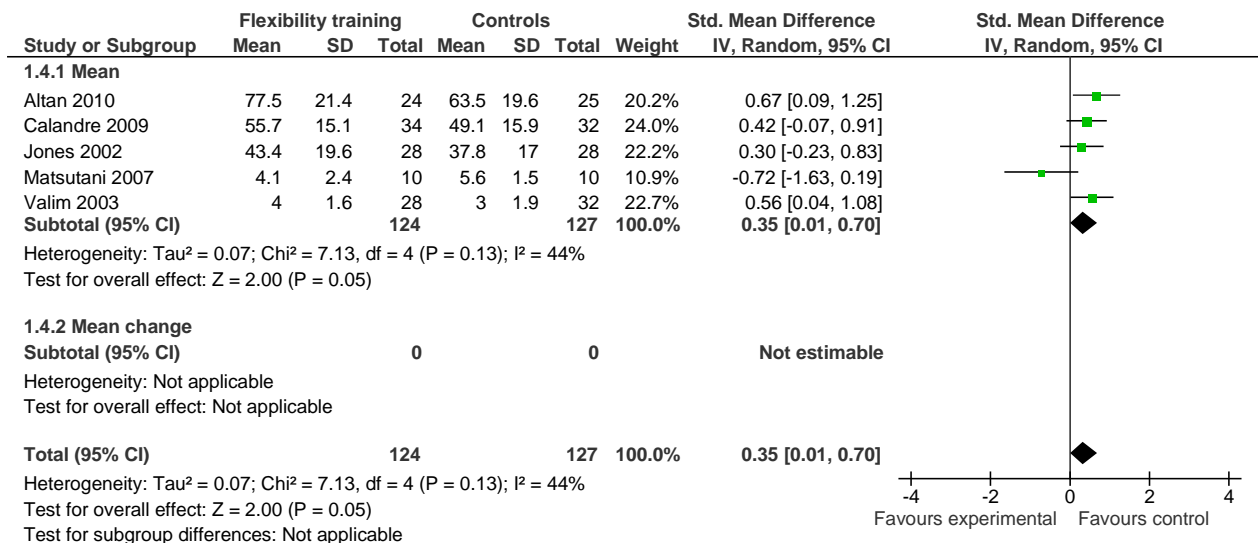
Schlaf Therapieende



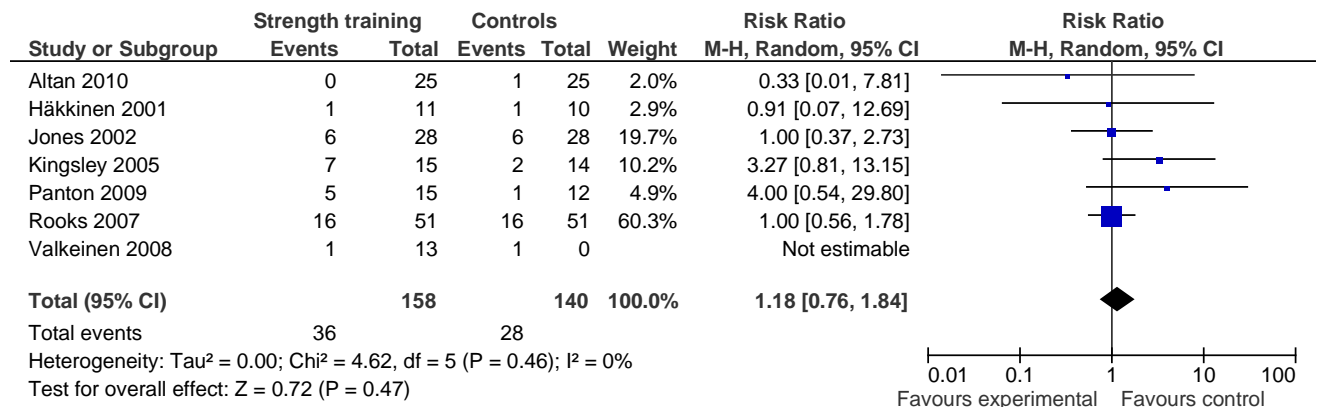
### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende

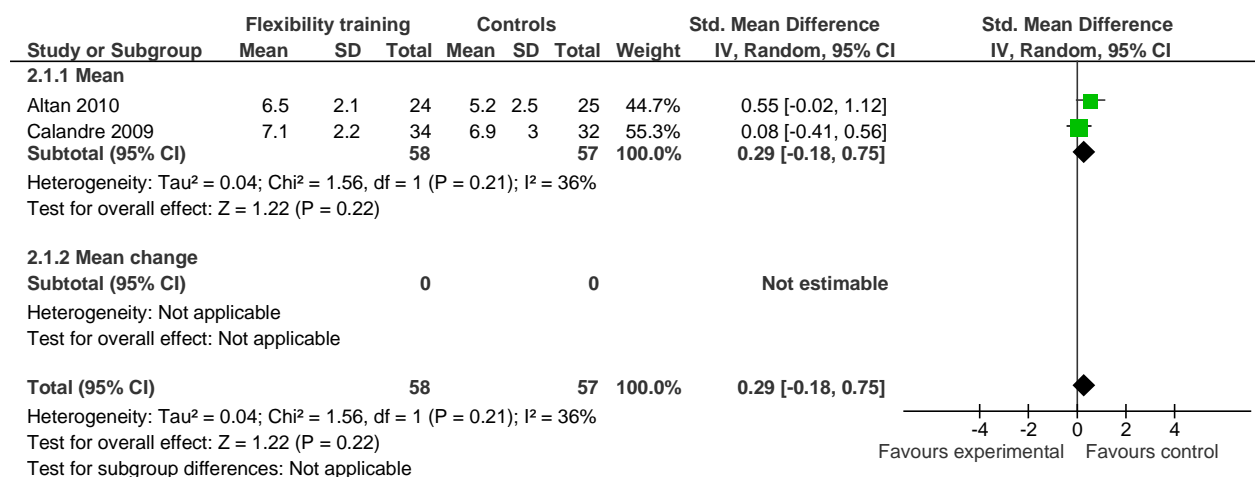


### Abbruchrate





### Schmerz Nachuntersuchung



### Gesundheitsbezogene Lebensqualität Nachuntersuchung

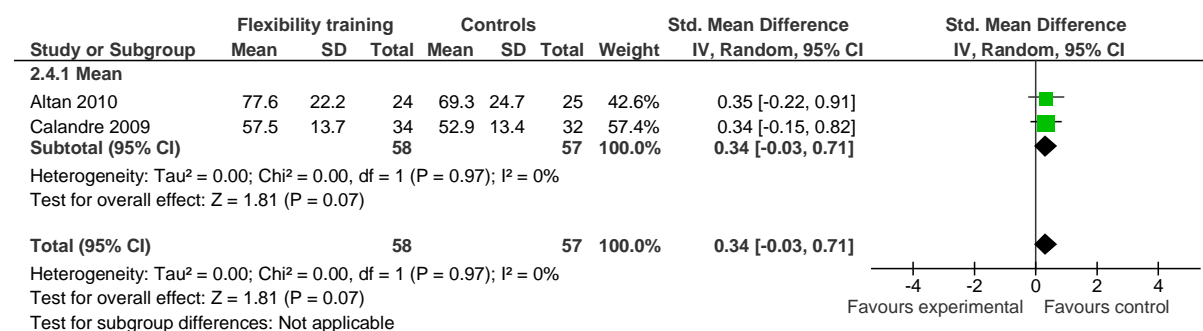
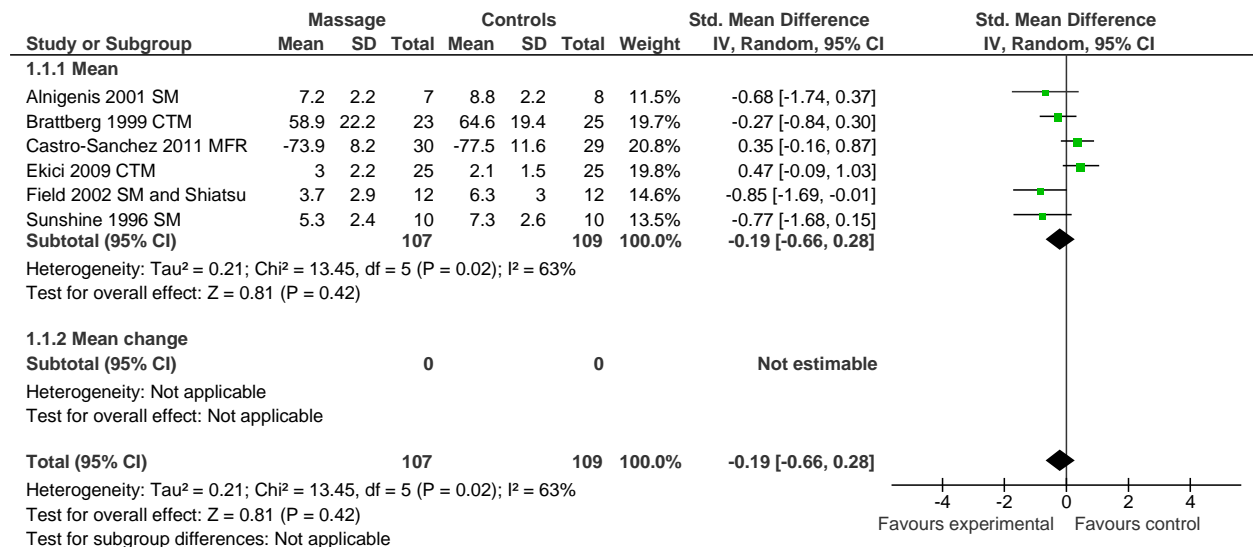
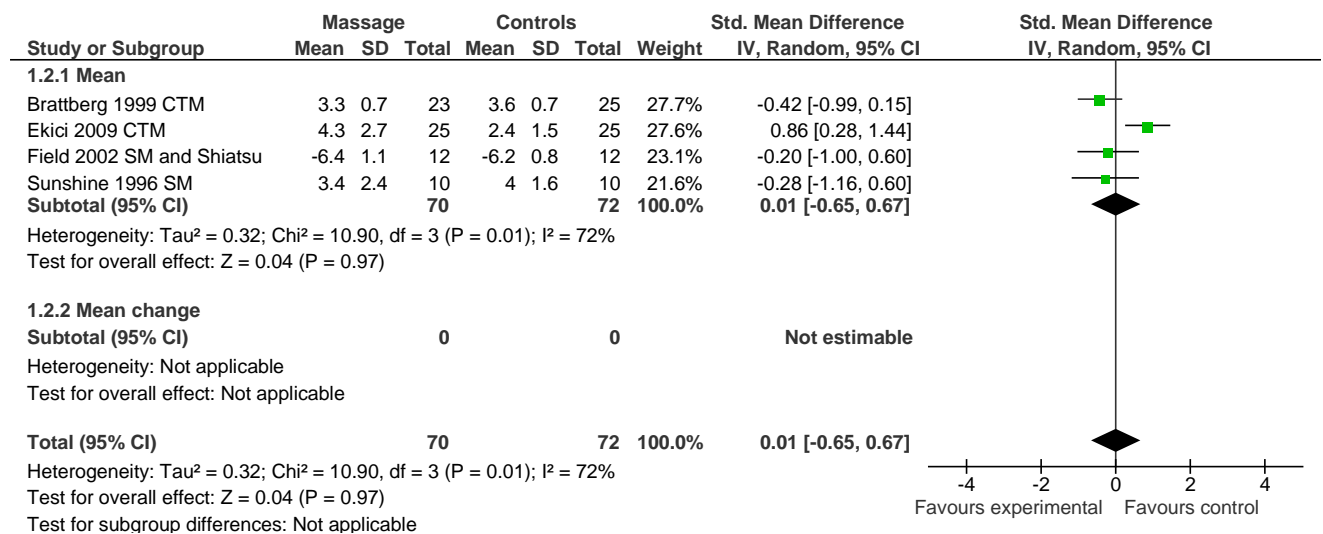


Abbildung 6: **Massage** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen

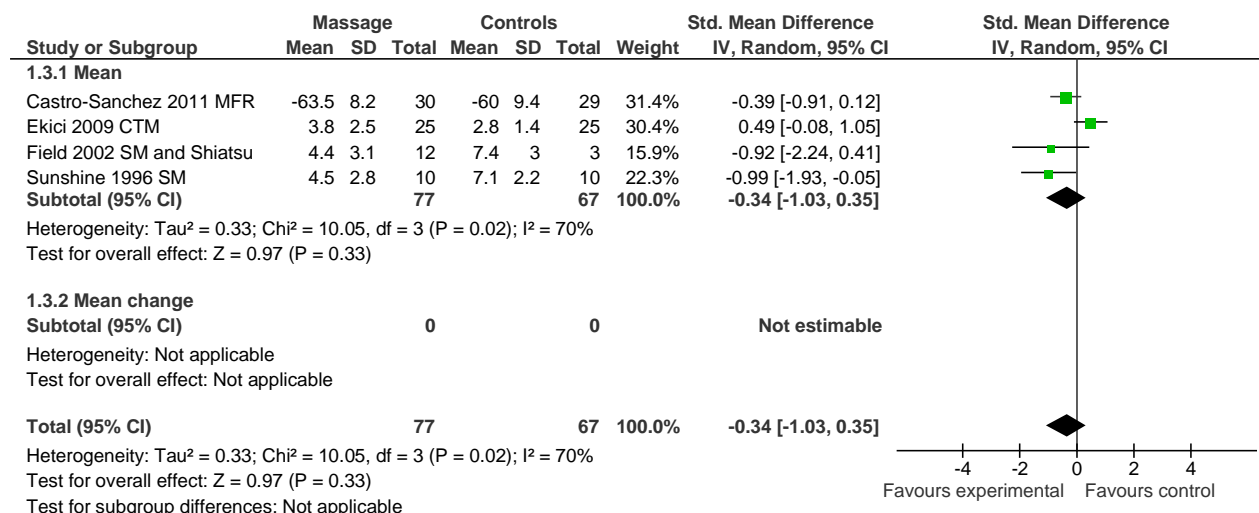
### Schmerz Therapieende



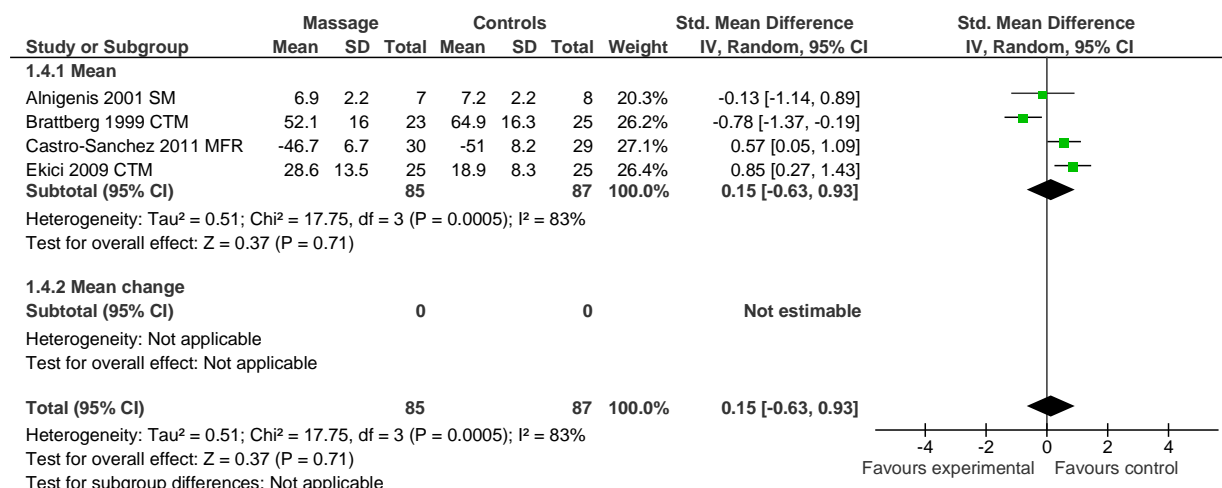
### Schlaf Therapieende



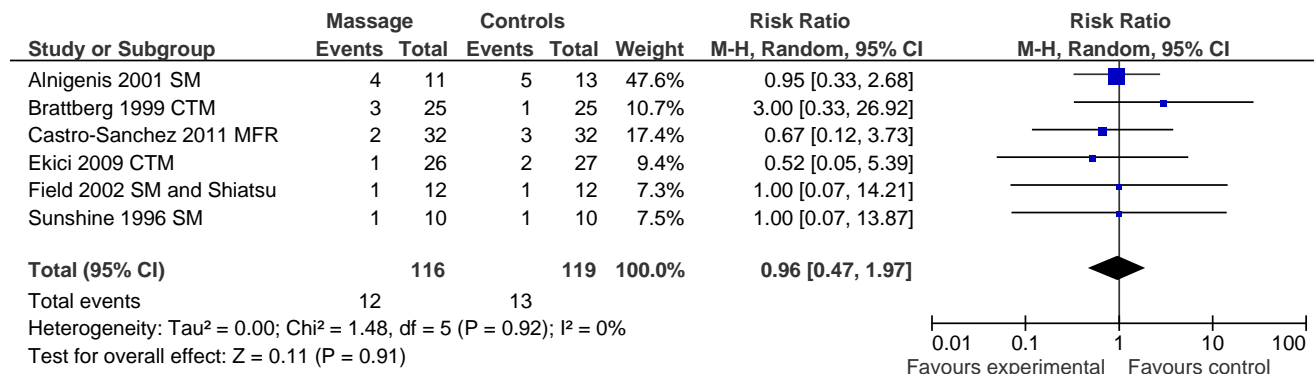
### Müdigkeit Therapieende



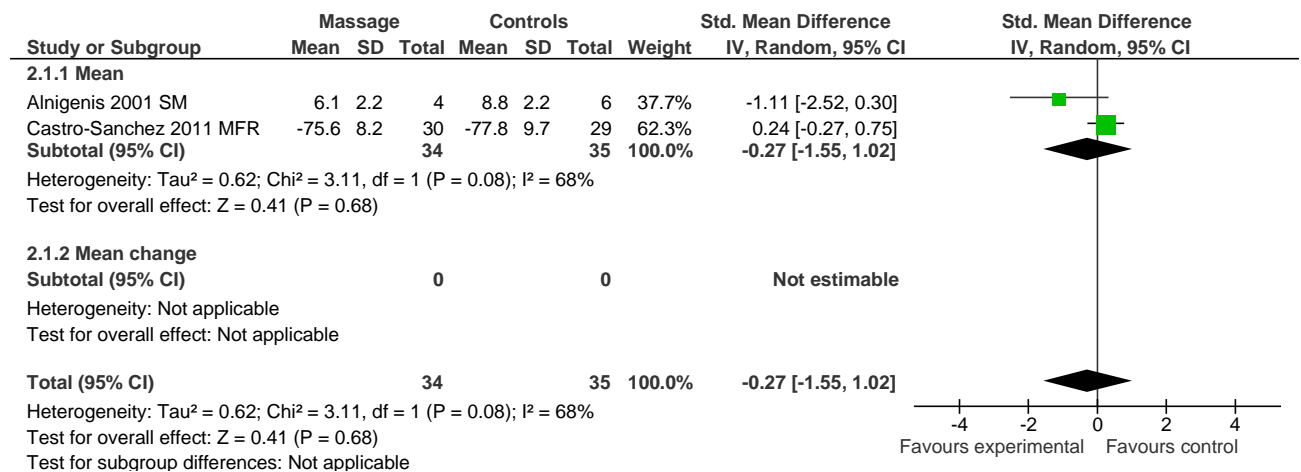
### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate



## Schmerz Nachuntersuchung



## Gesundheitsbezogene Lebensqualität Nachuntersuchung

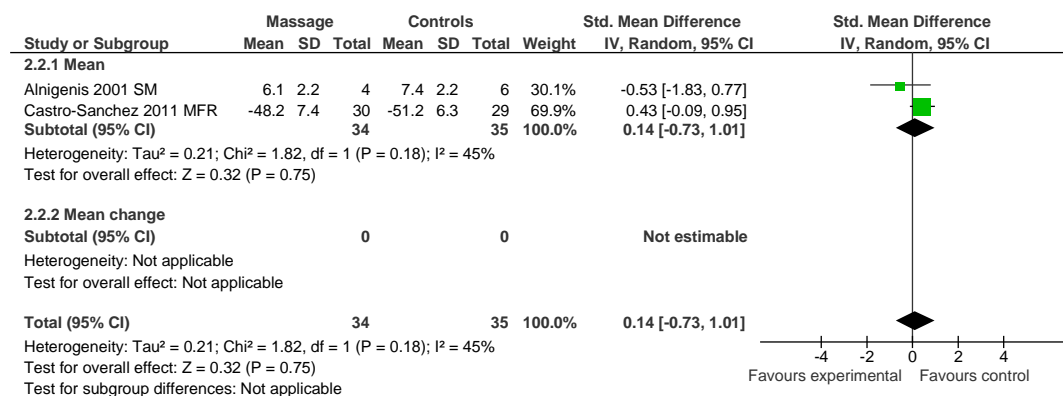
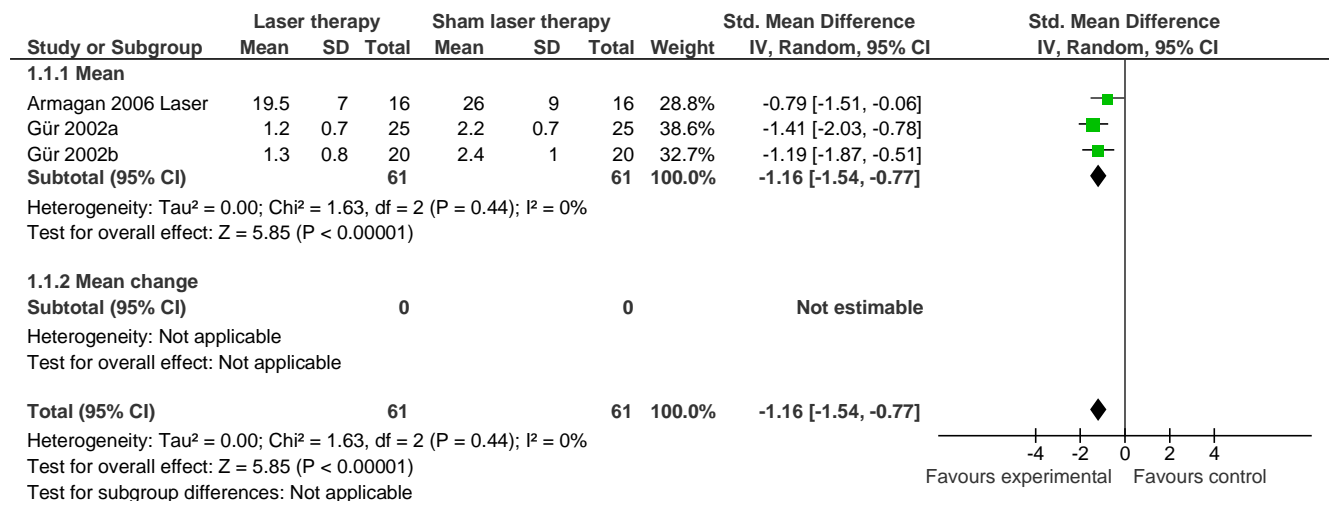
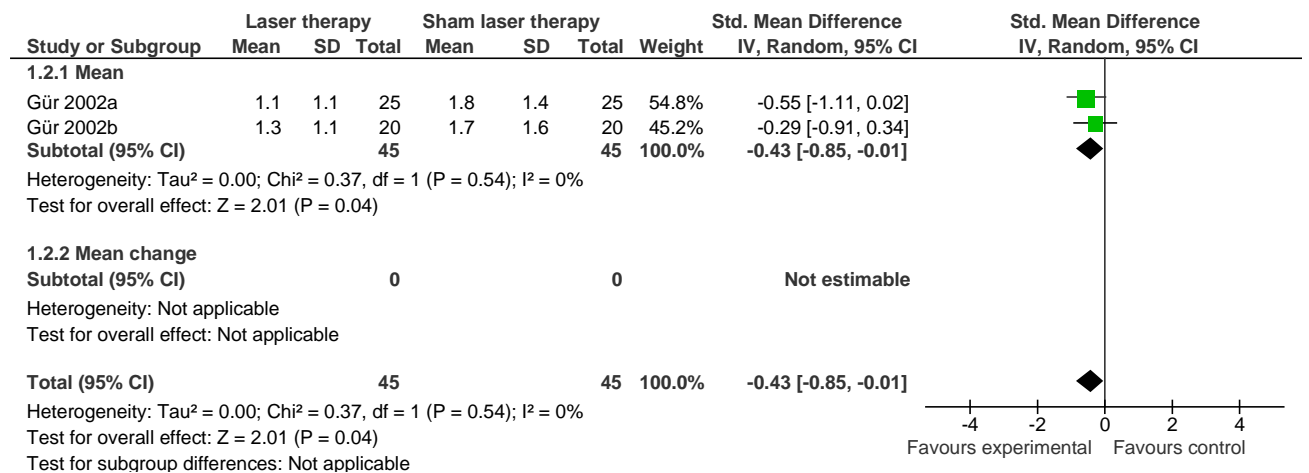


Abbildung 7: **Lasertherapie** versus Kontrollgruppen am Therapieende

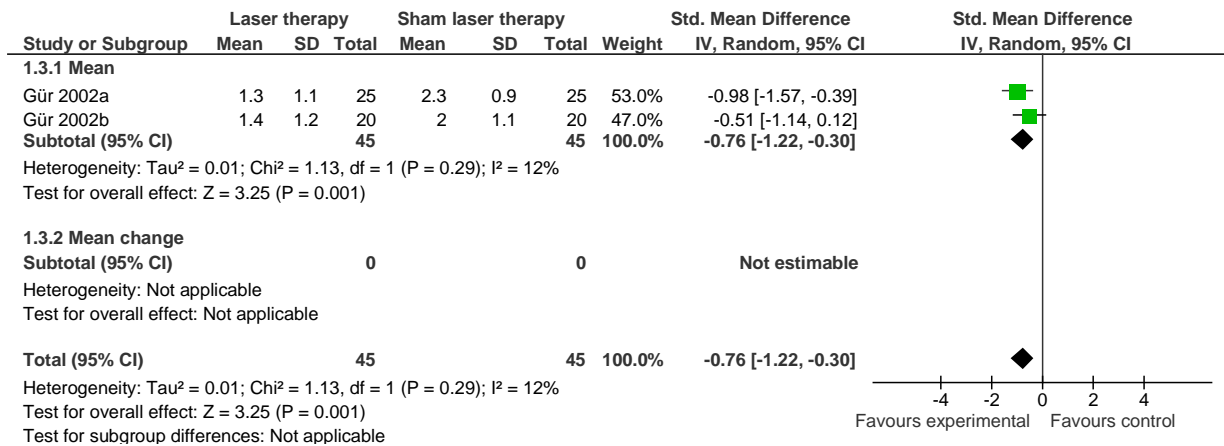
Schmerz Therapieende



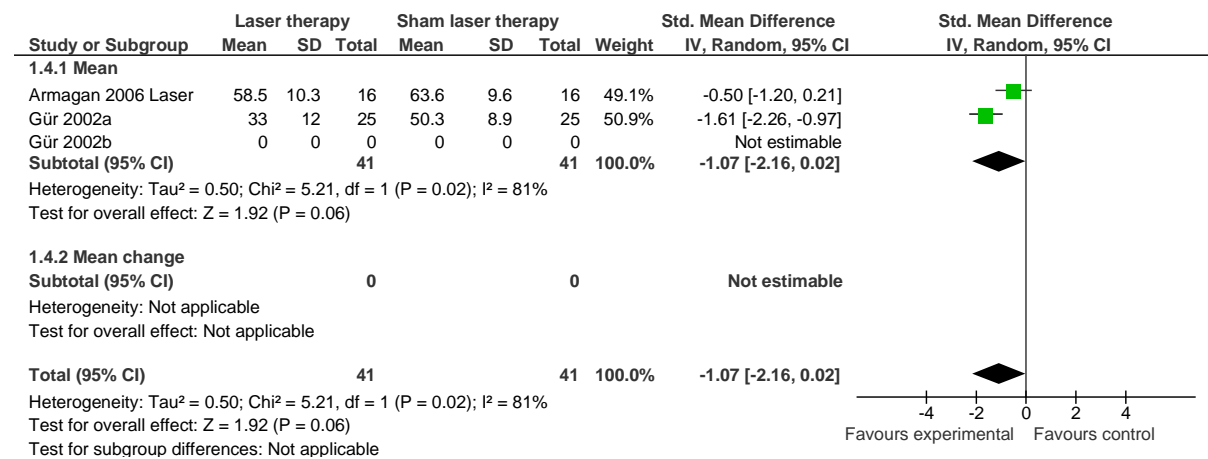
Schlaf Therapieende



### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

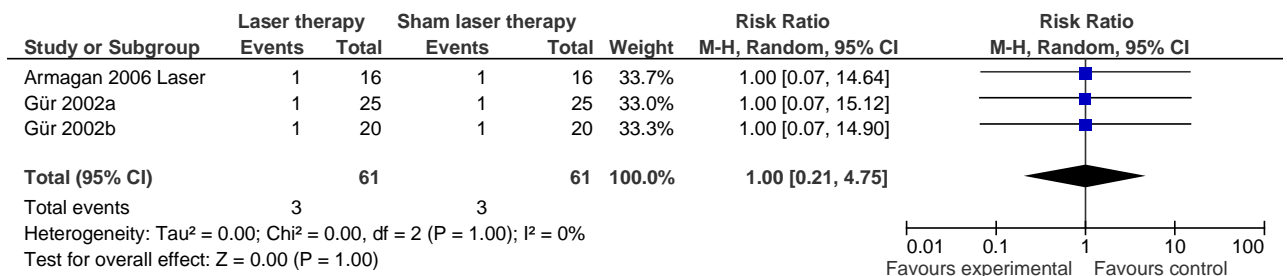
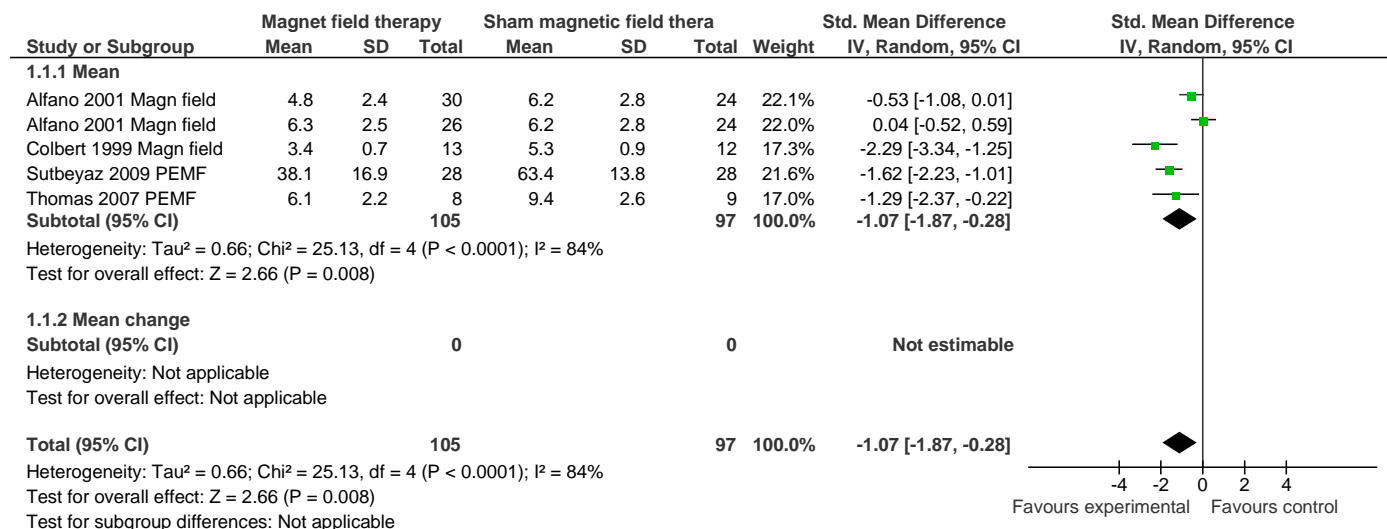
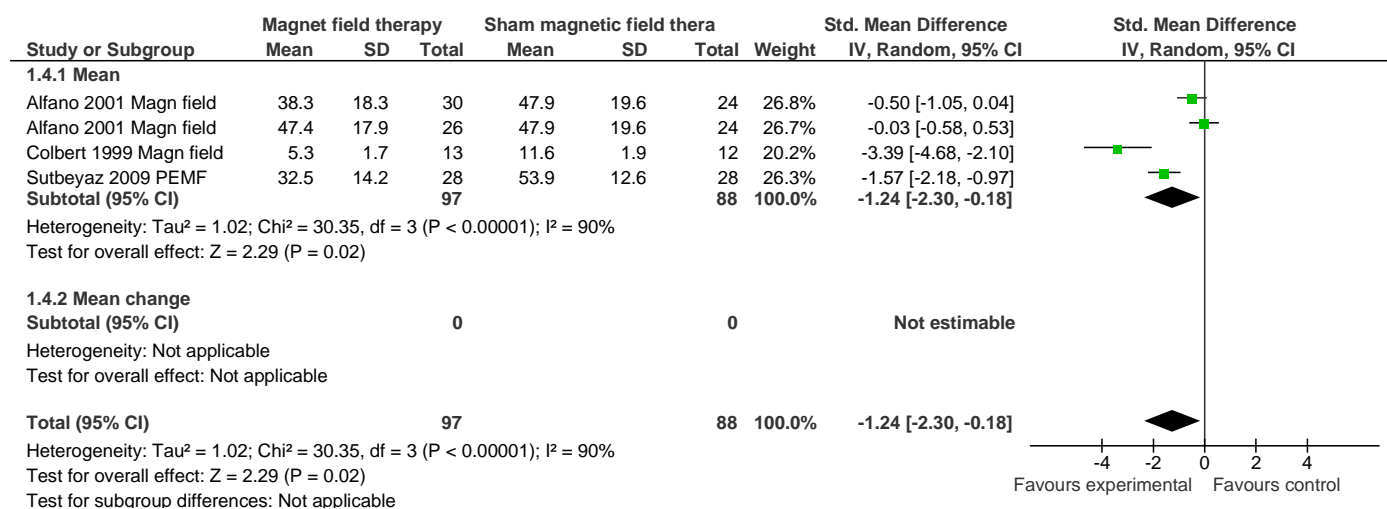


Abbildung 8: **Magnetfeldtherapie** versus Kontrollgruppen am Therapieende

Schmerz Therapieende



Gesundheitsbezogene Lebensqualität Therapieende



Abbruchrate

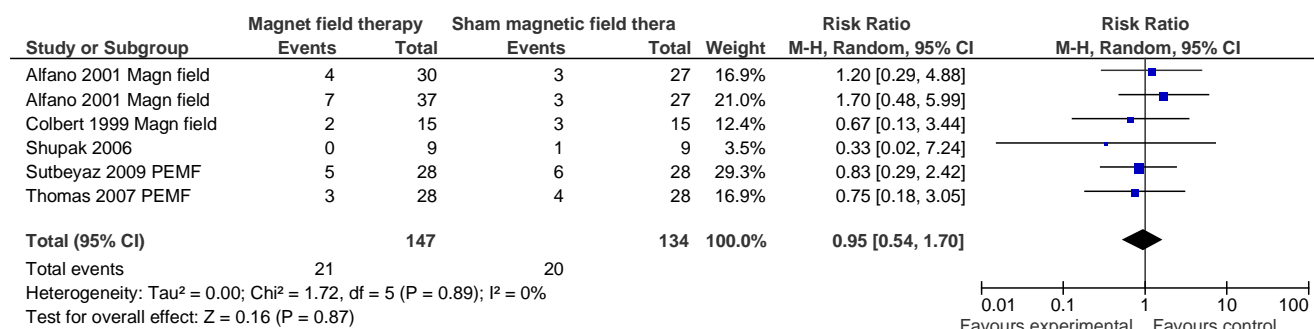
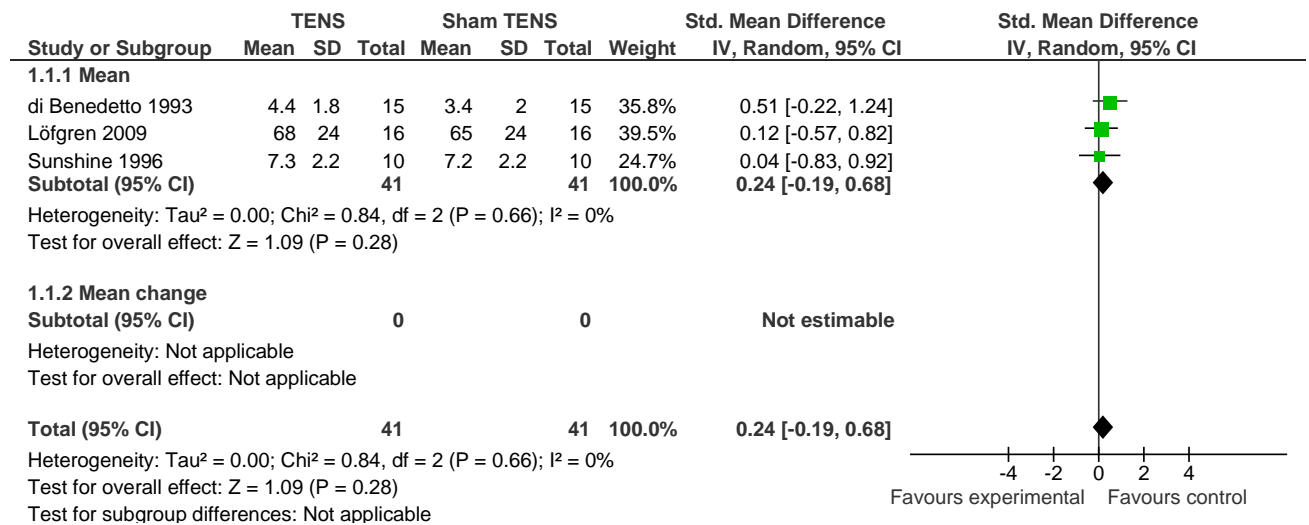


Abbildung 9: **TENS** versus Kontrollgruppen am Therapieende

### Schmerz Therapieende



### Müdigkeit Therapieende

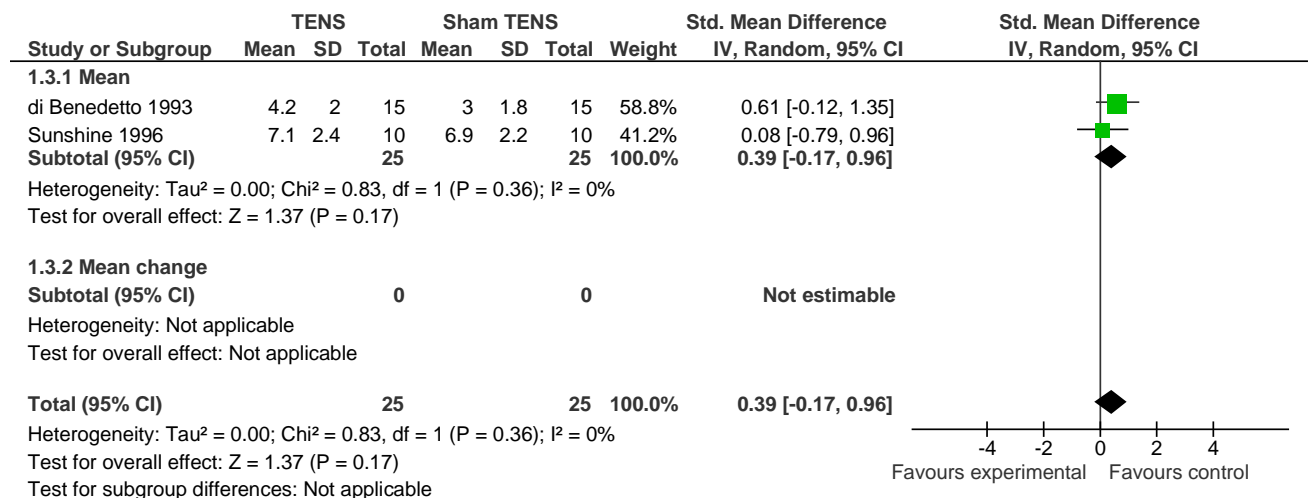
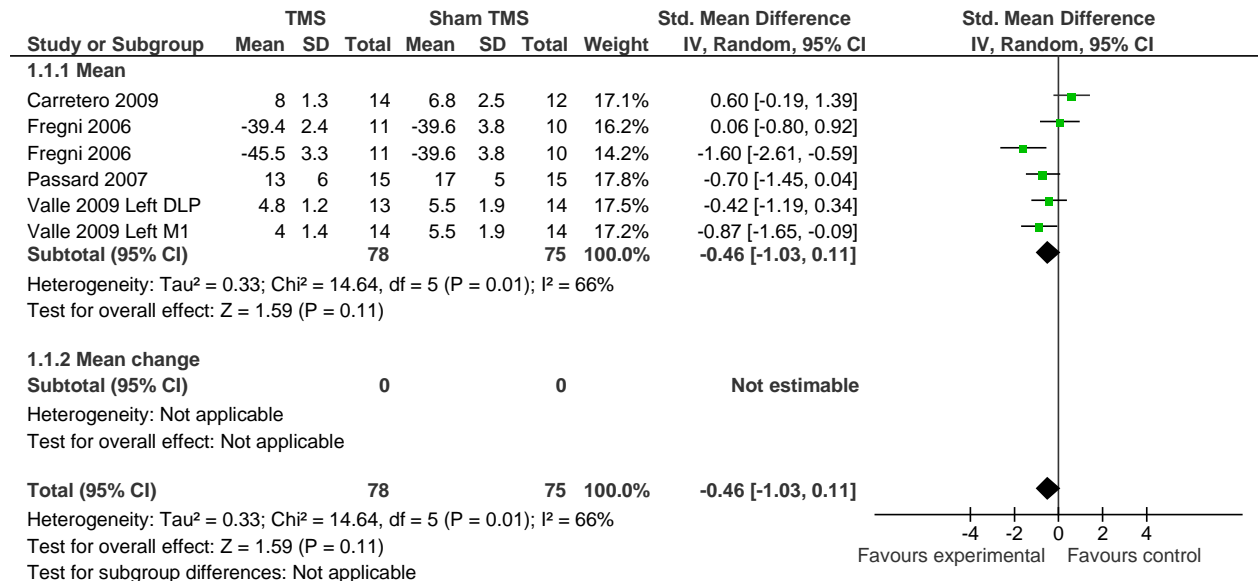


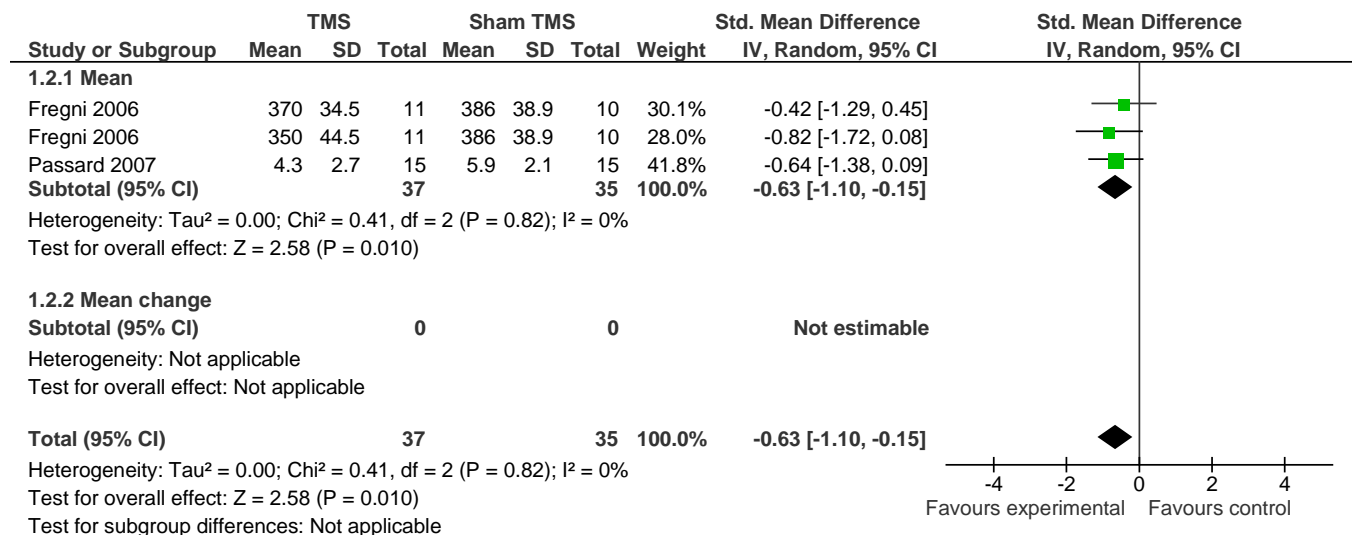


Abbildung 10: **Transkranielle Magnetstimulation** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen

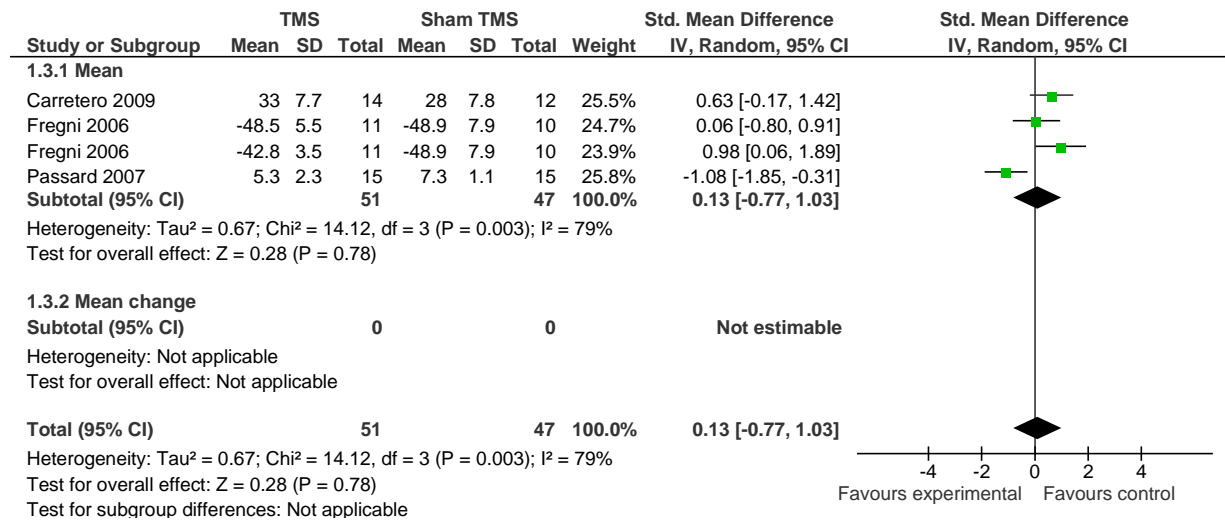
Schmerz Therapieende



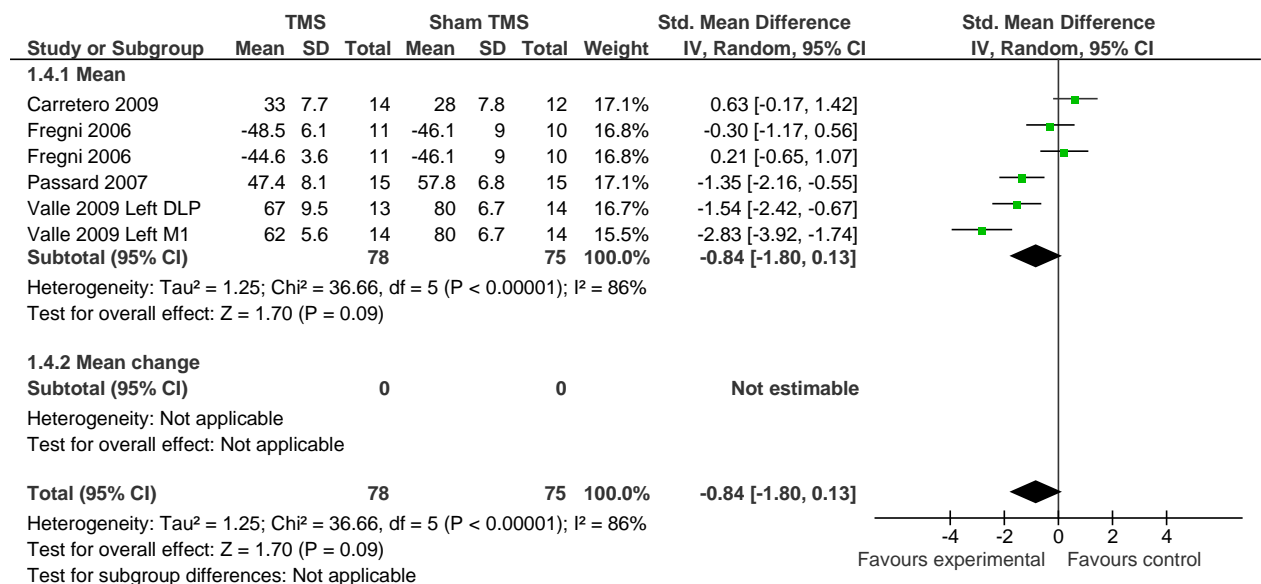
Schlaf Therapieende



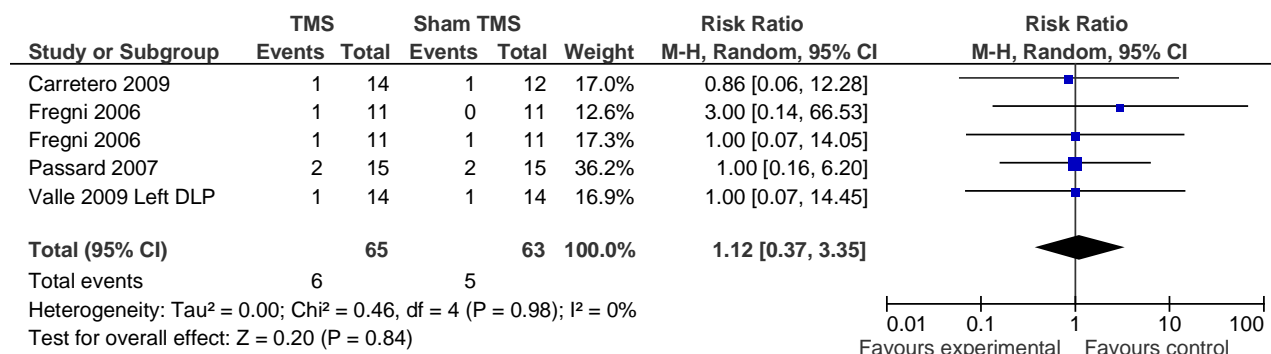
## Müdigkeit Therapieende



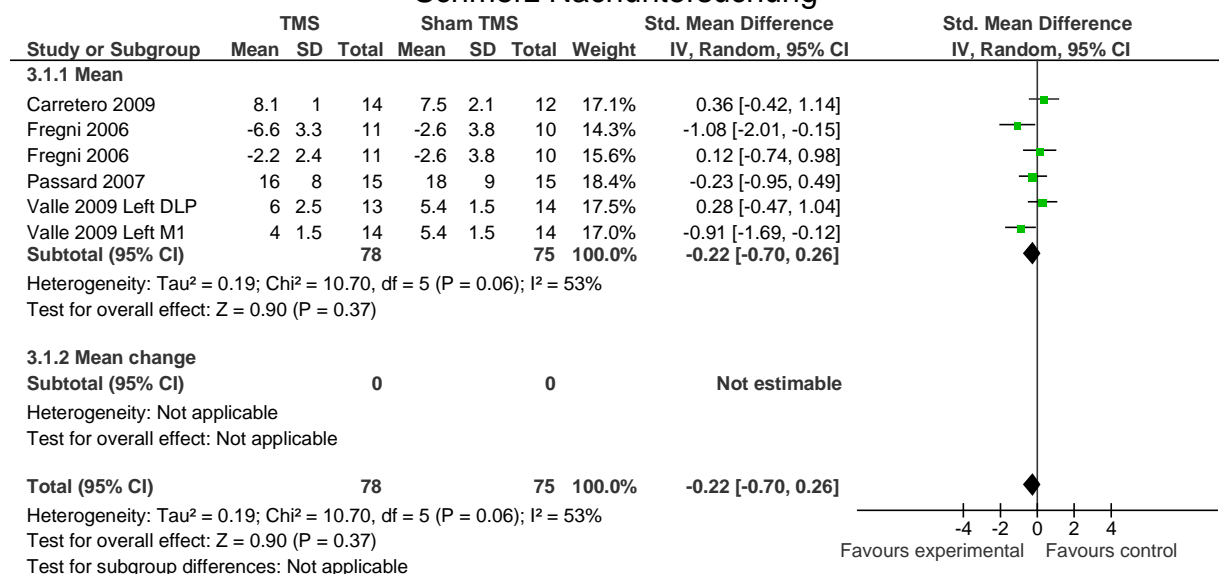
## Gesundheitsbezogene Lebensqualität Therapieende



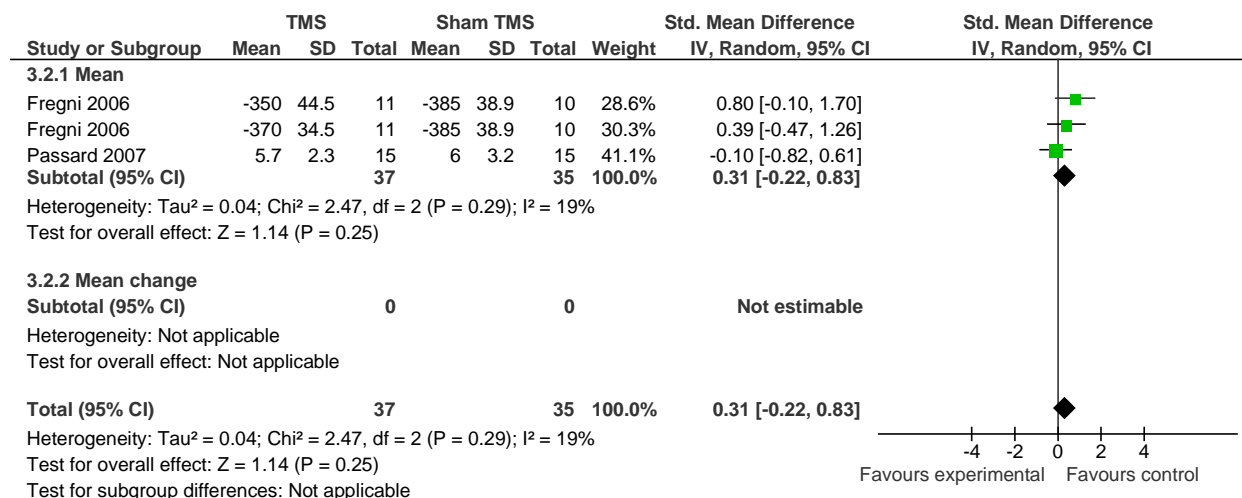
### Abbruchrate



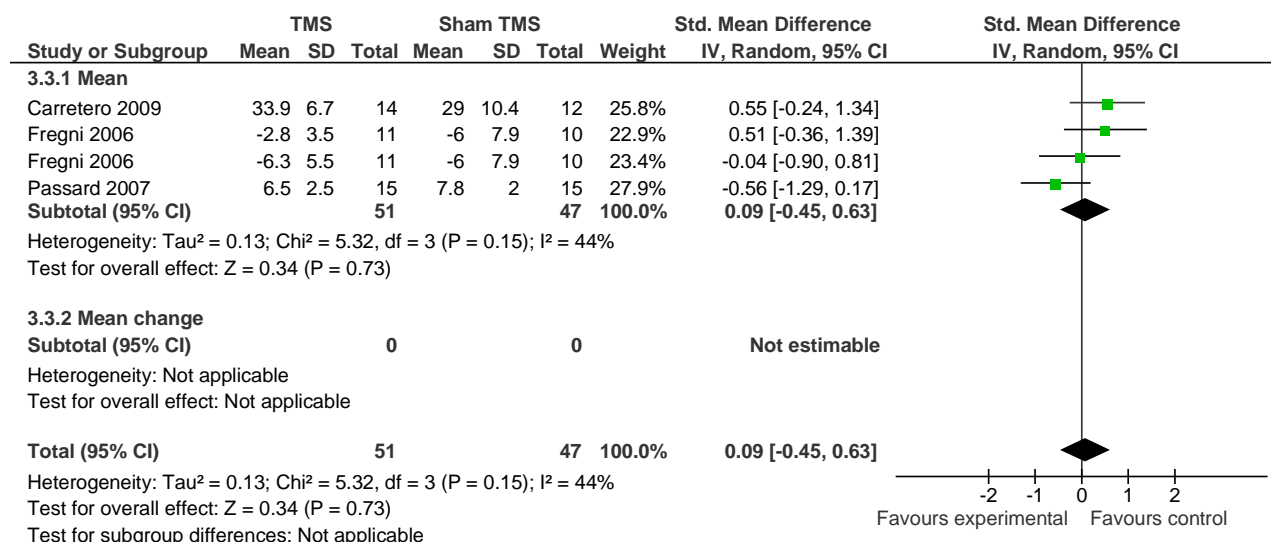
### Schmerz Nachuntersuchung



### Schlaf Nachuntersuchung



### Müdigkeit Nachuntersuchung



### Gesundheitsbezogene Lebensqualität Nachuntersuchung

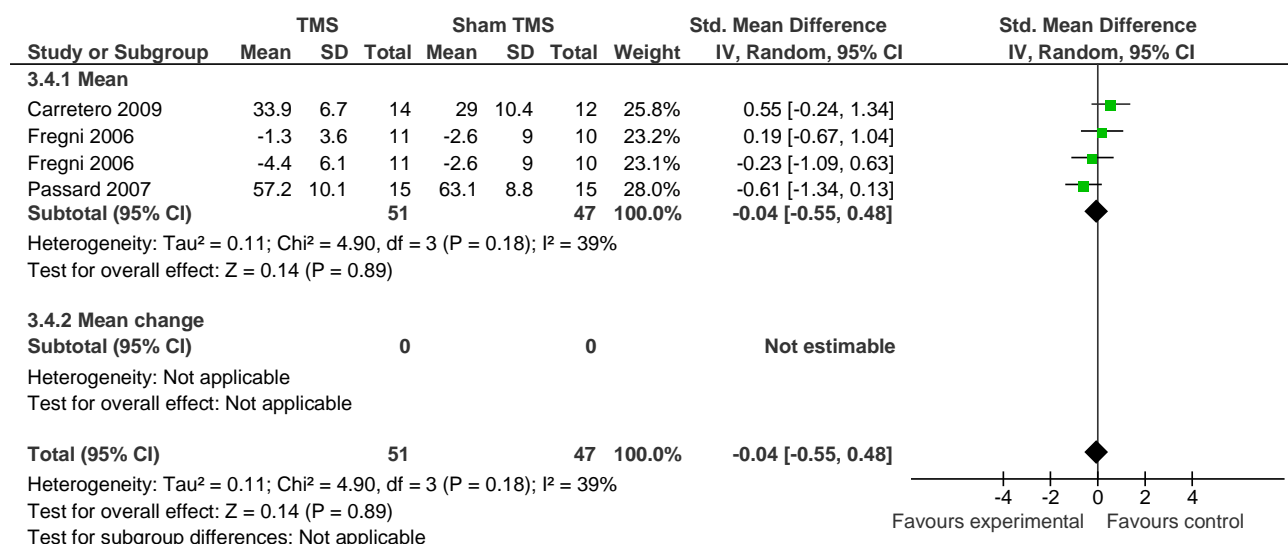
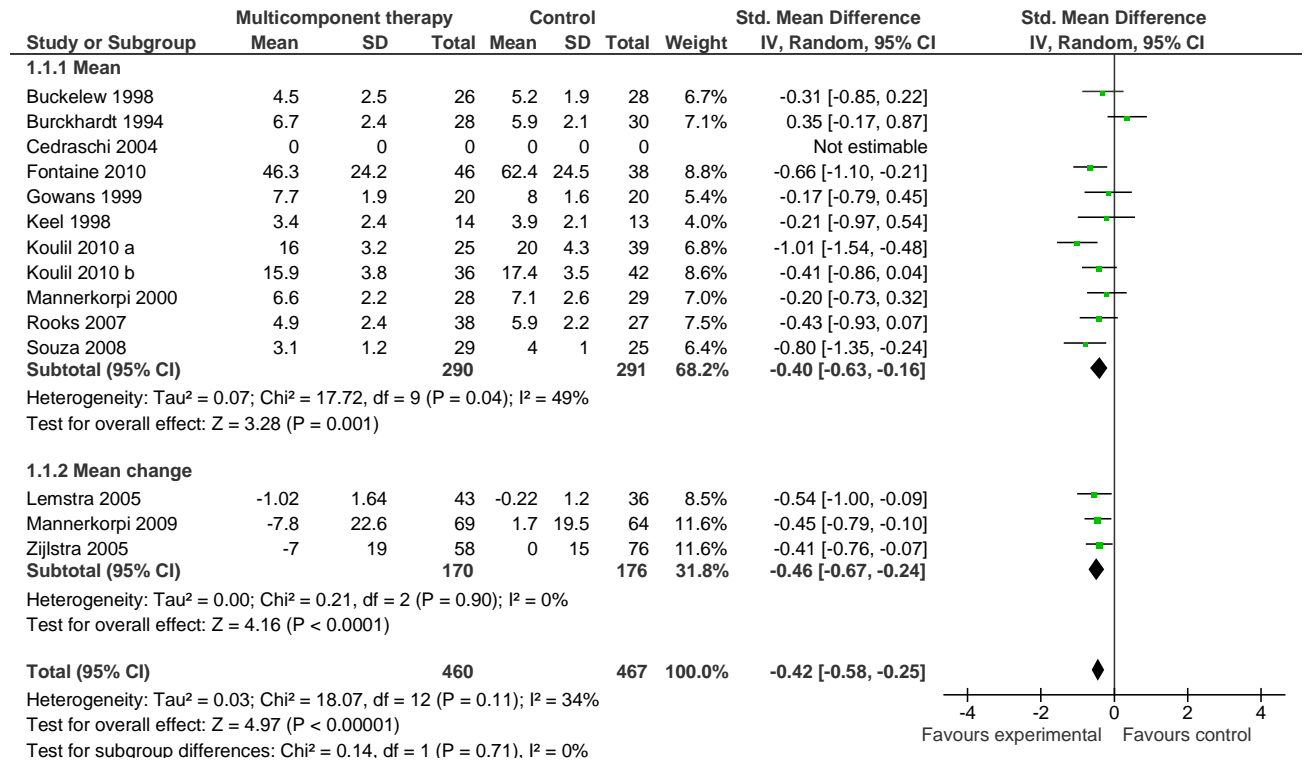
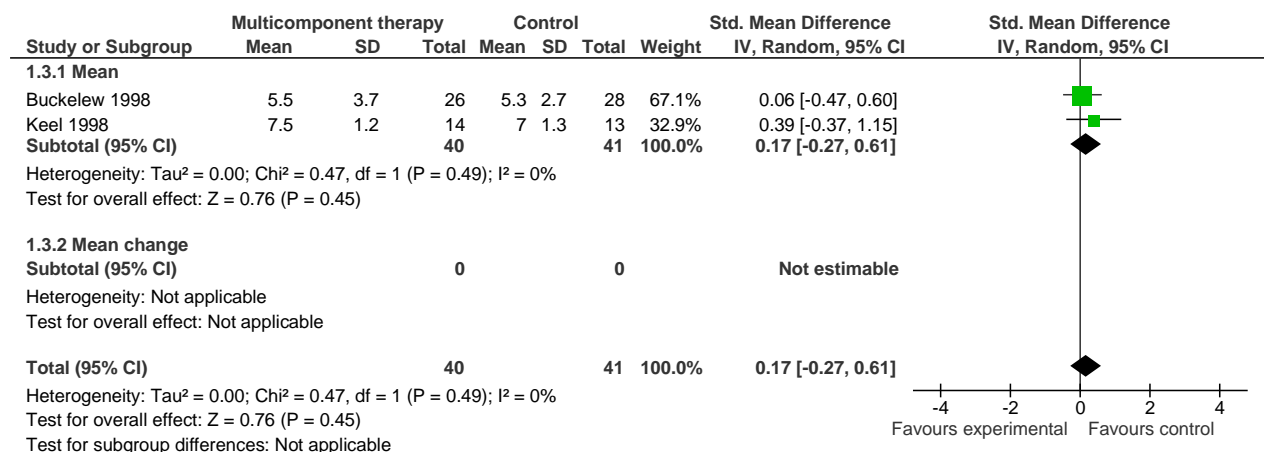


Abbildung 11: Multimodale Therapie versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen

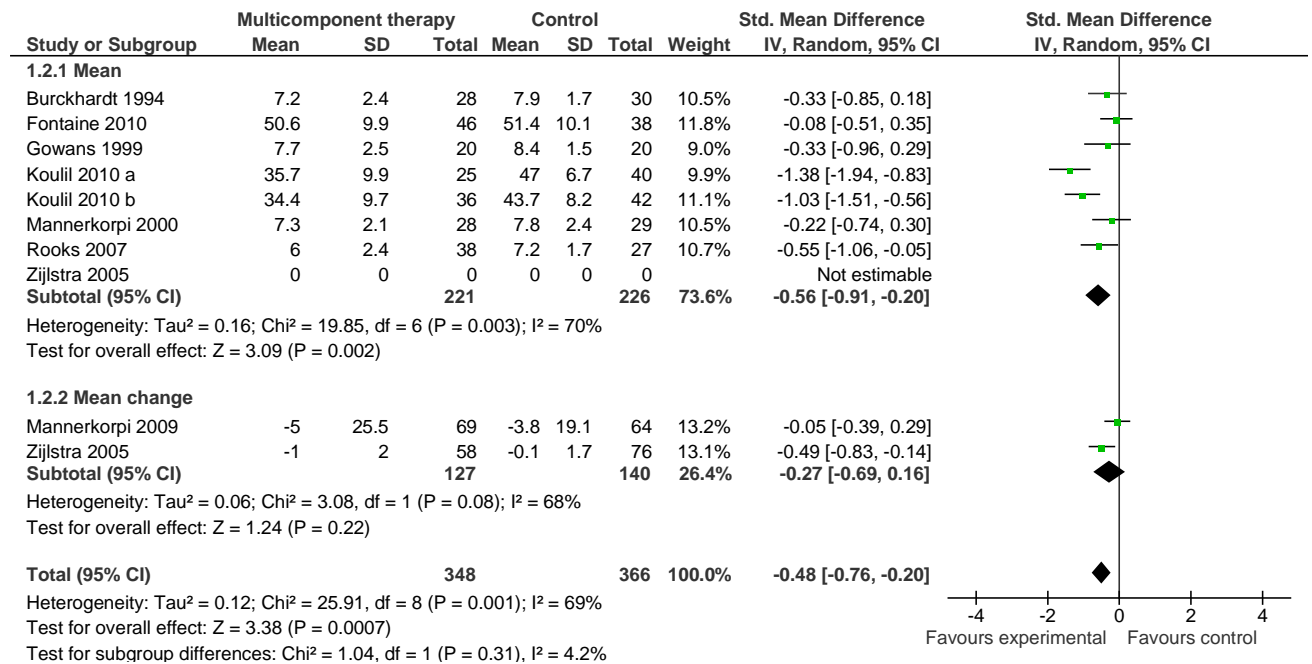
### Schmerz Therapieende



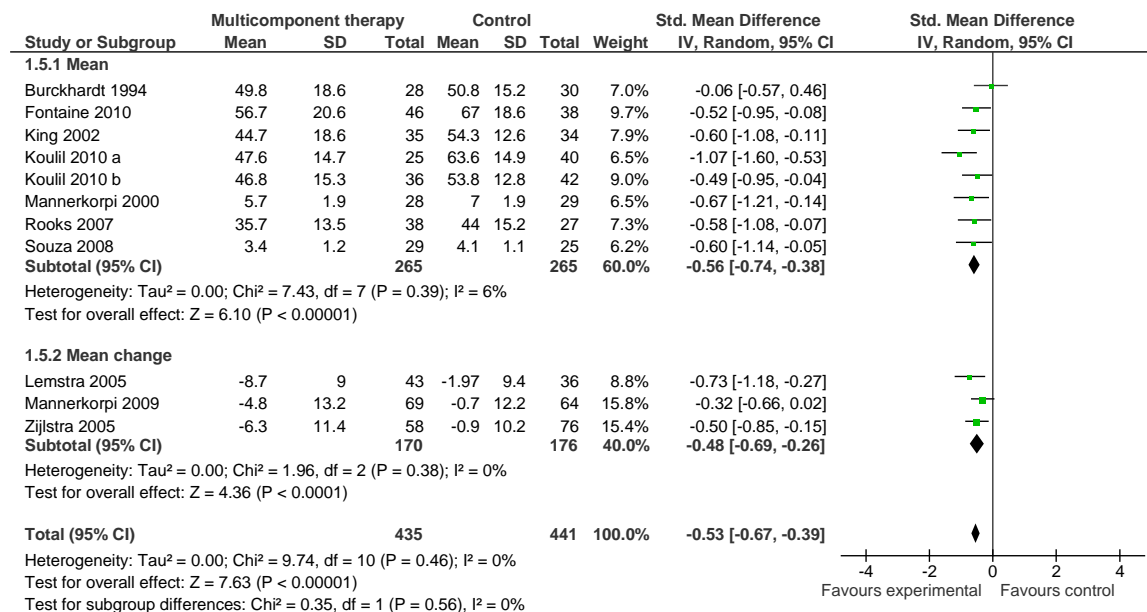
### Schlaf Therapieende



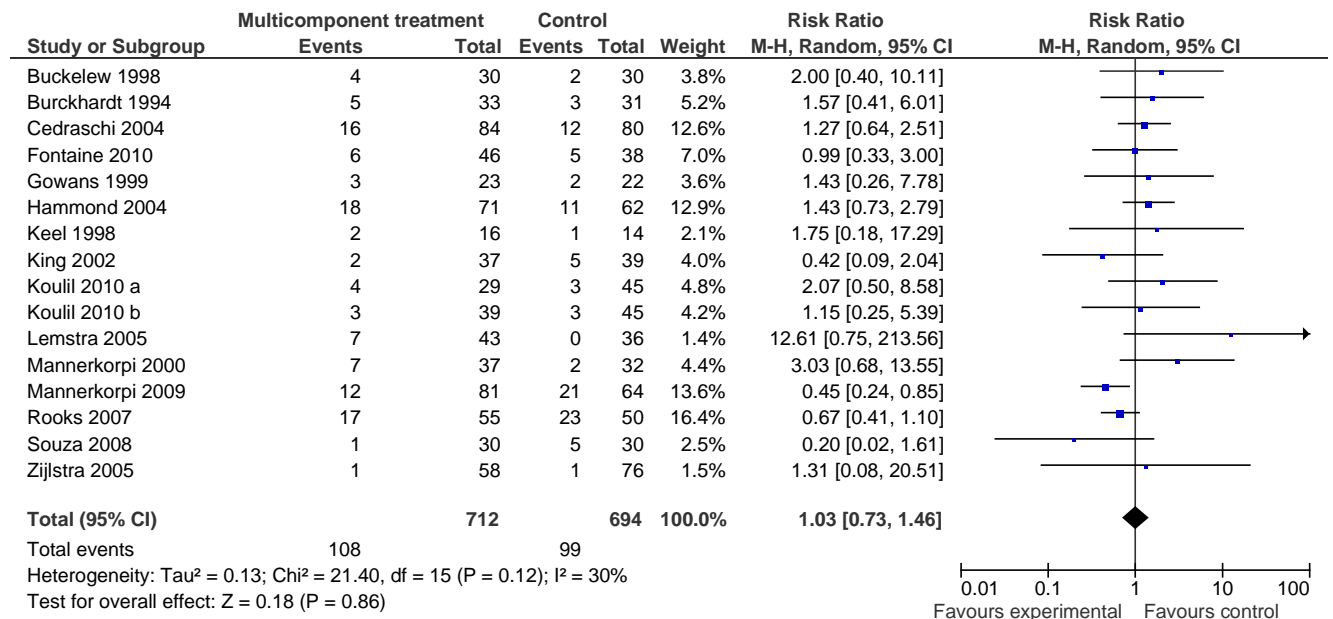
## Müdigkeit Therapieende



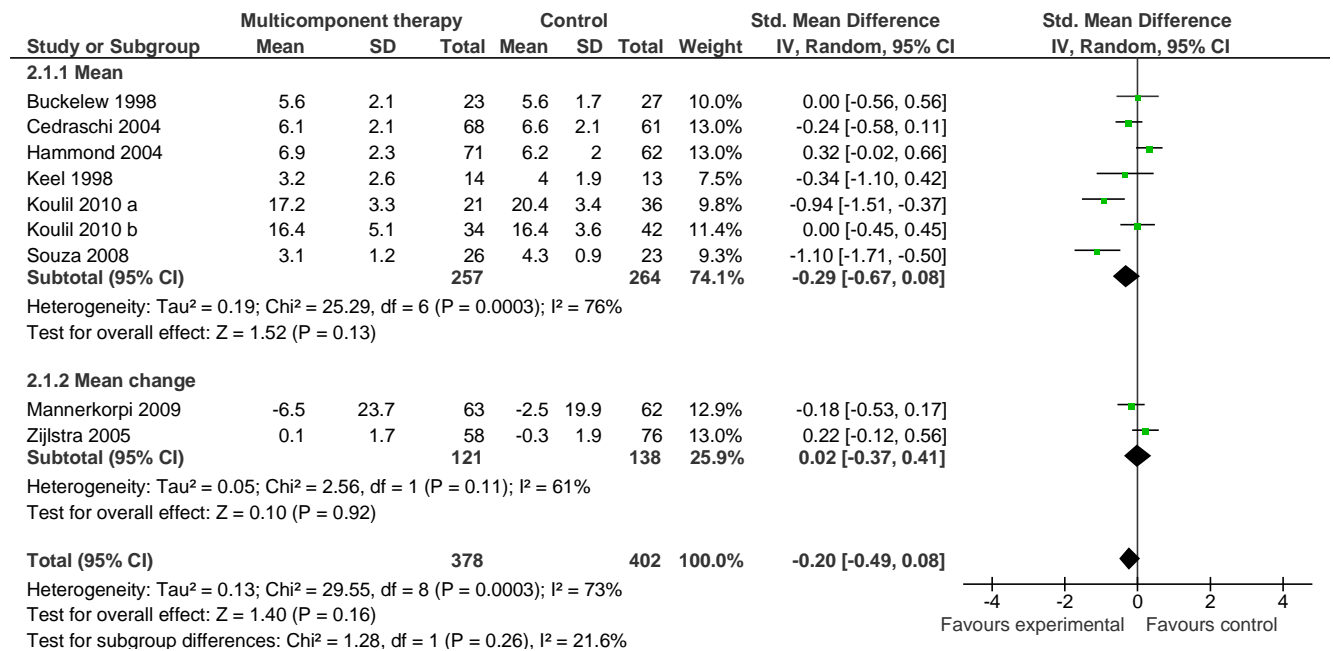
## Gesundheitsbezogene Lebensqualität Therapieende



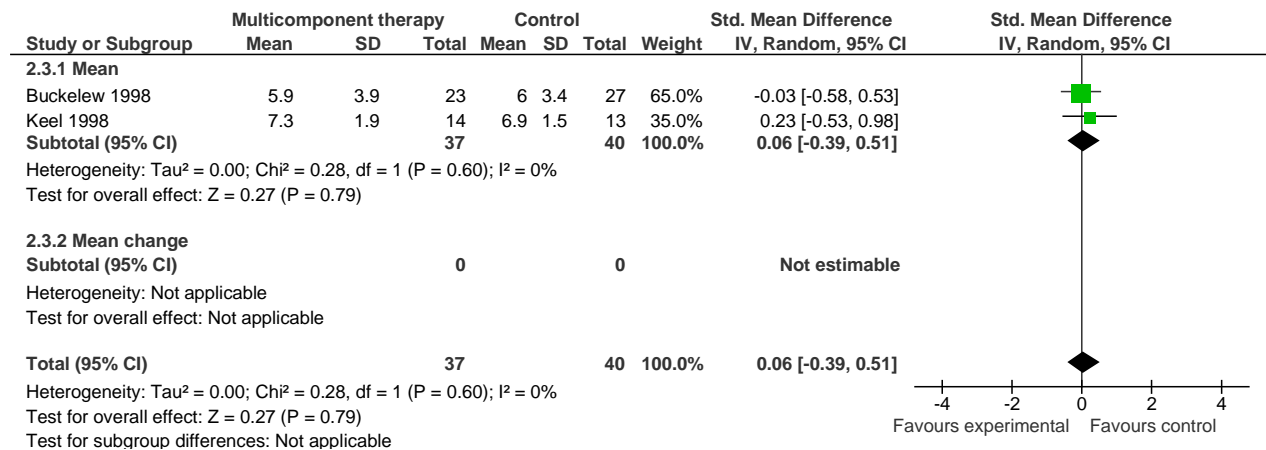
### Abbruchrate



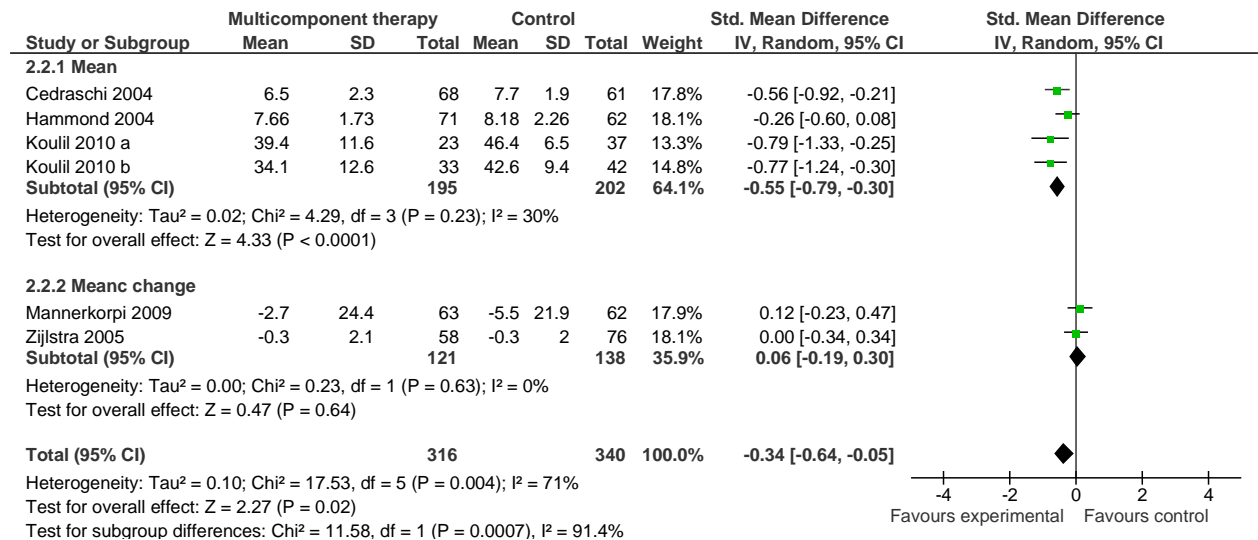
### Schmerz Nachuntersuchung



### Schlaf Nachuntersuchung



### Müdigkeit Nachuntersuchung





## Gesundheitsbezogene Lebensqualität Nachuntersuchung

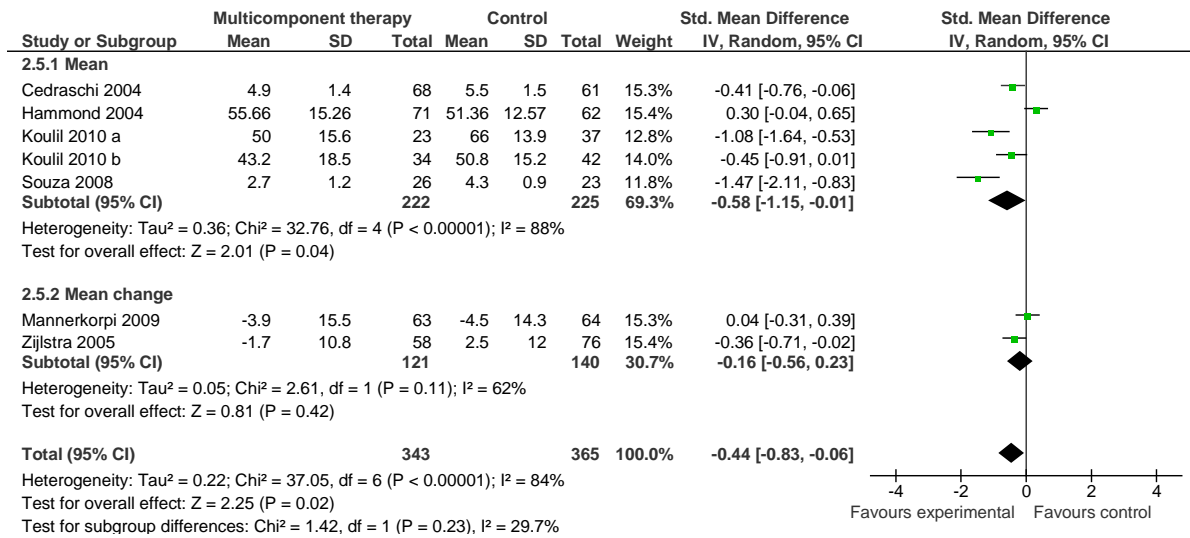
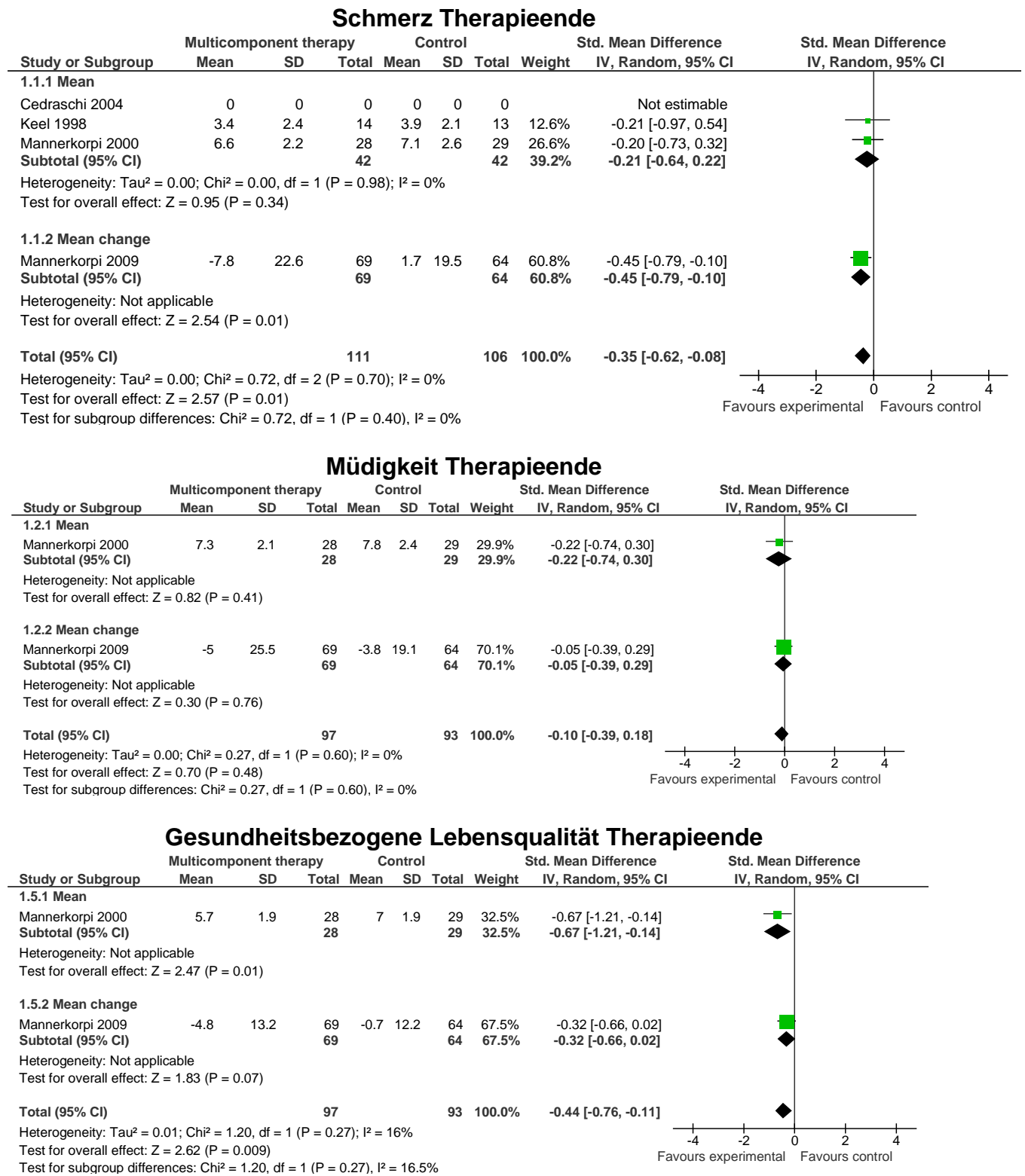
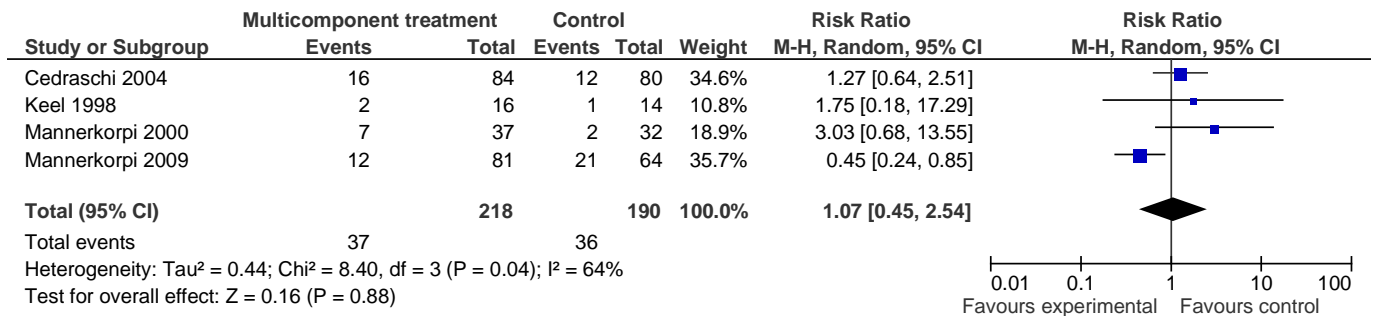


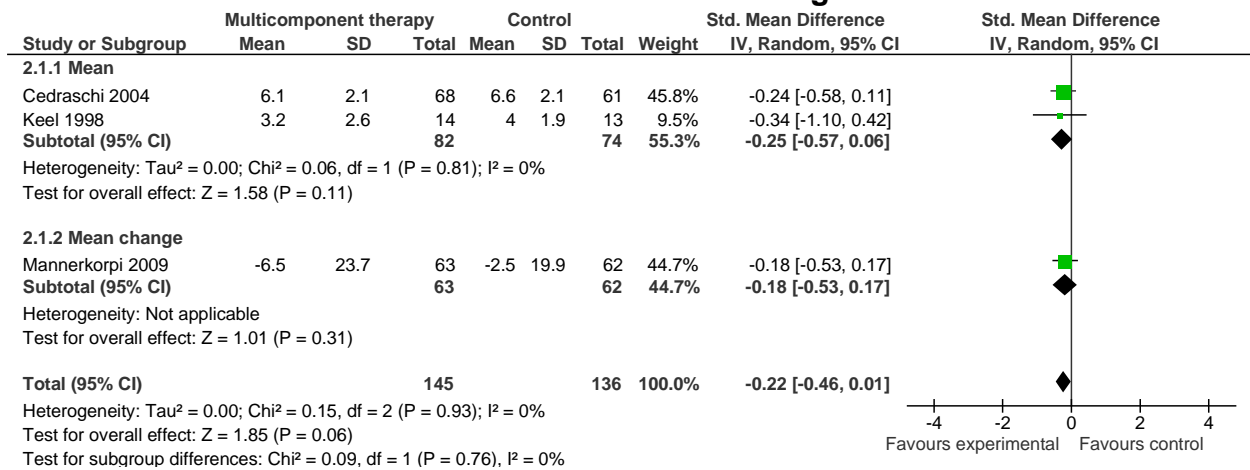
Abbildung 12: **Entspannungstraining kombiniert mit aerobem Training** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen



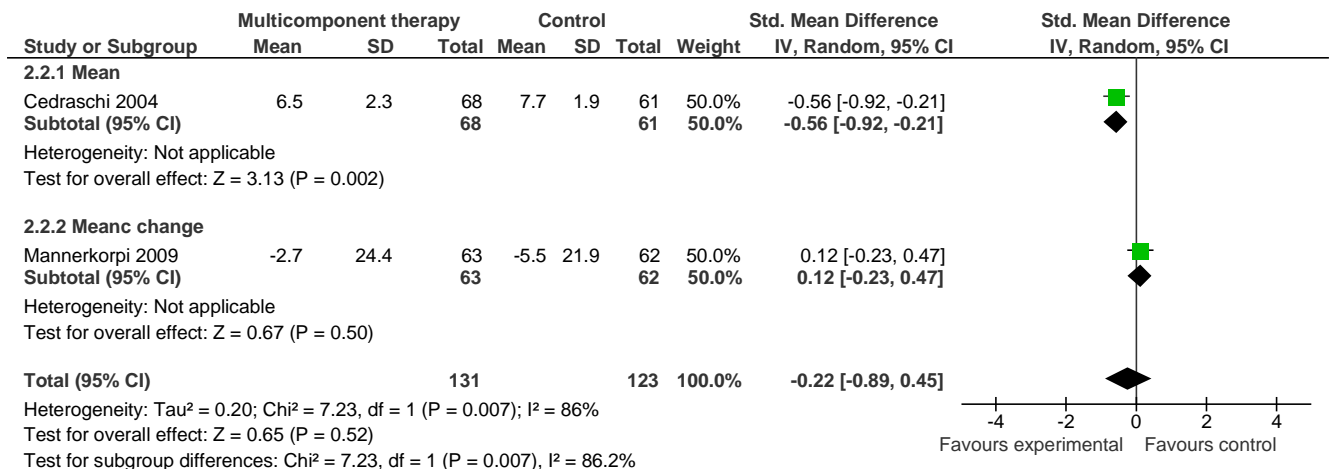
### Abbruchrate



### Schmerz Nachuntersuchung



### Müdigkeit Nachuntersuchung



## Gesundheitsbezogene Lebensqualität Nachuntersuchung

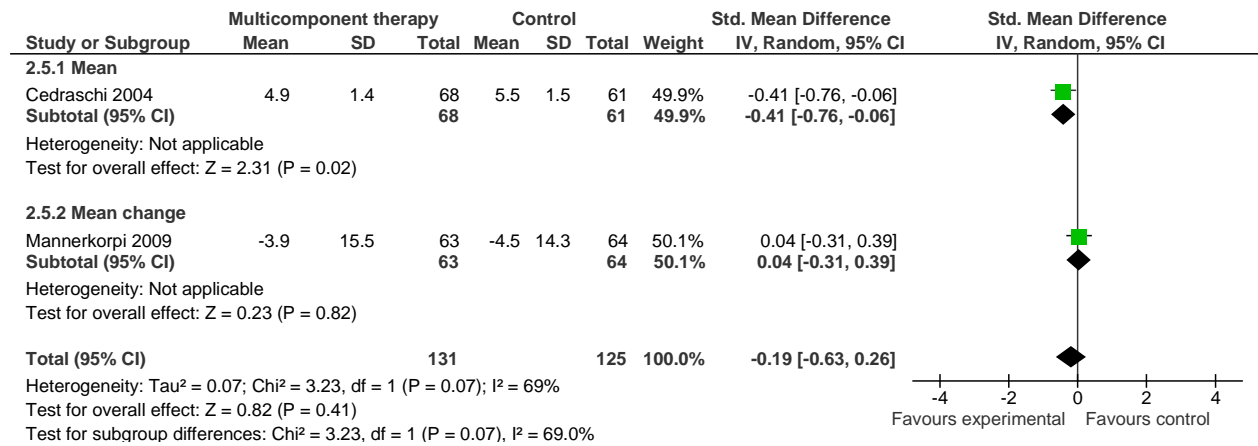
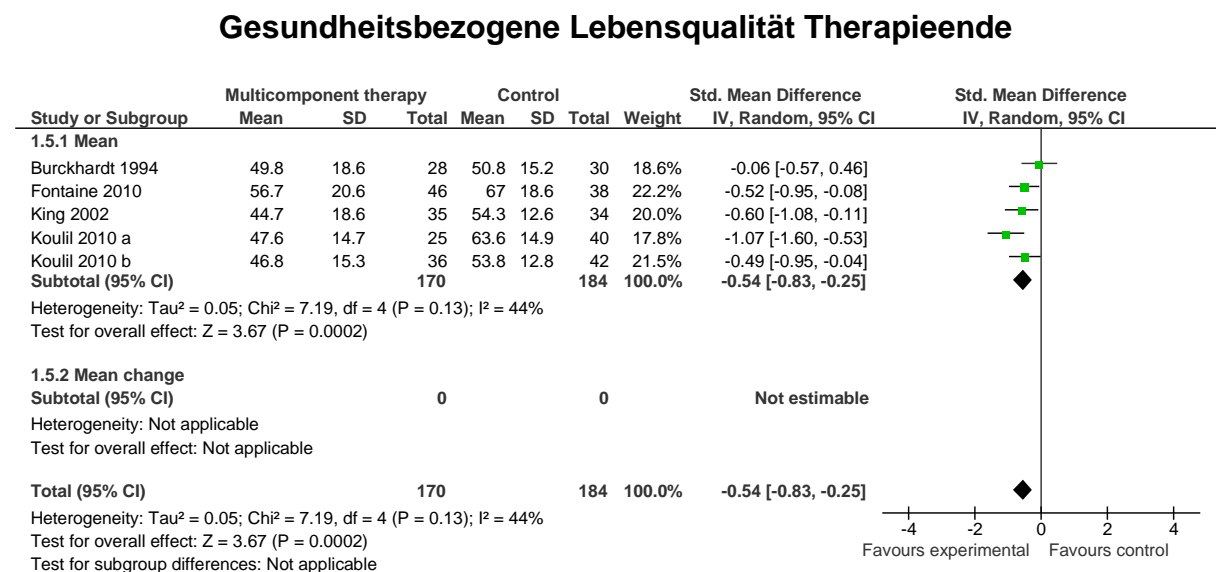
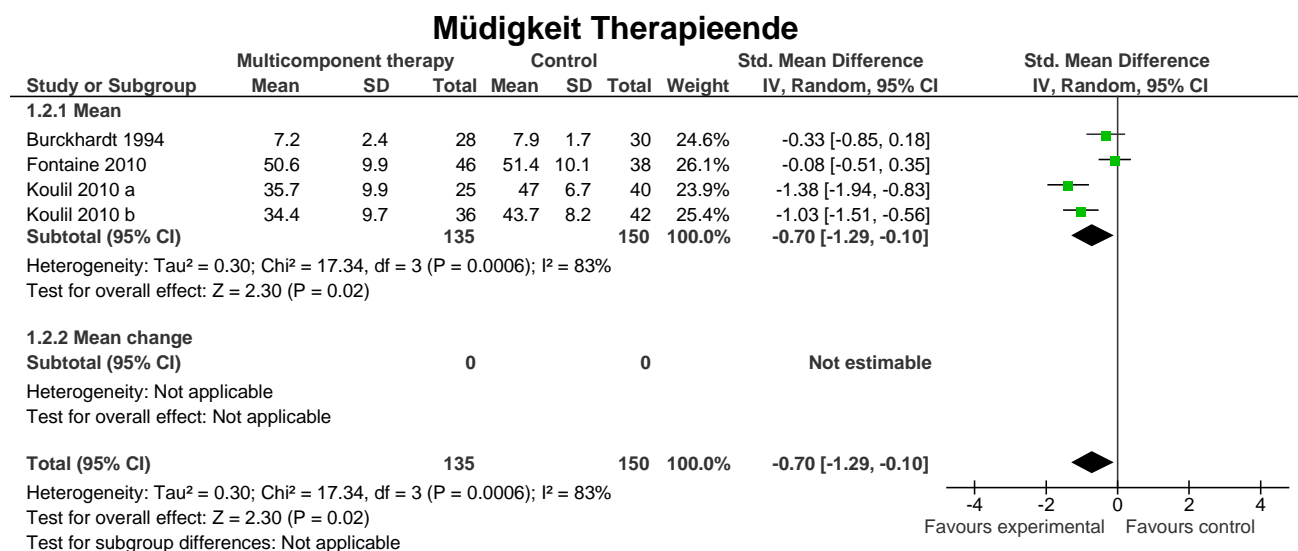
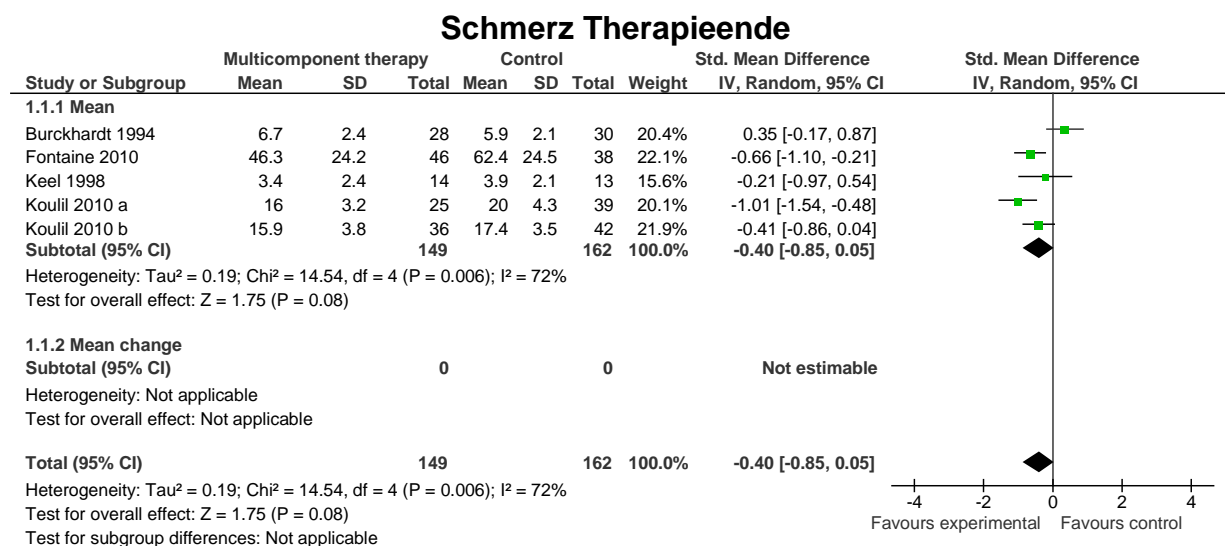
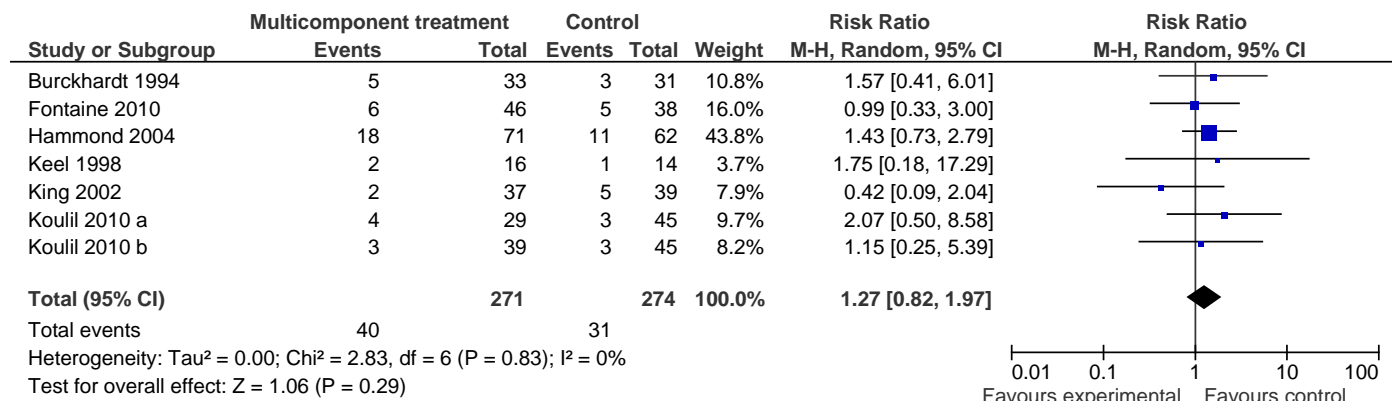


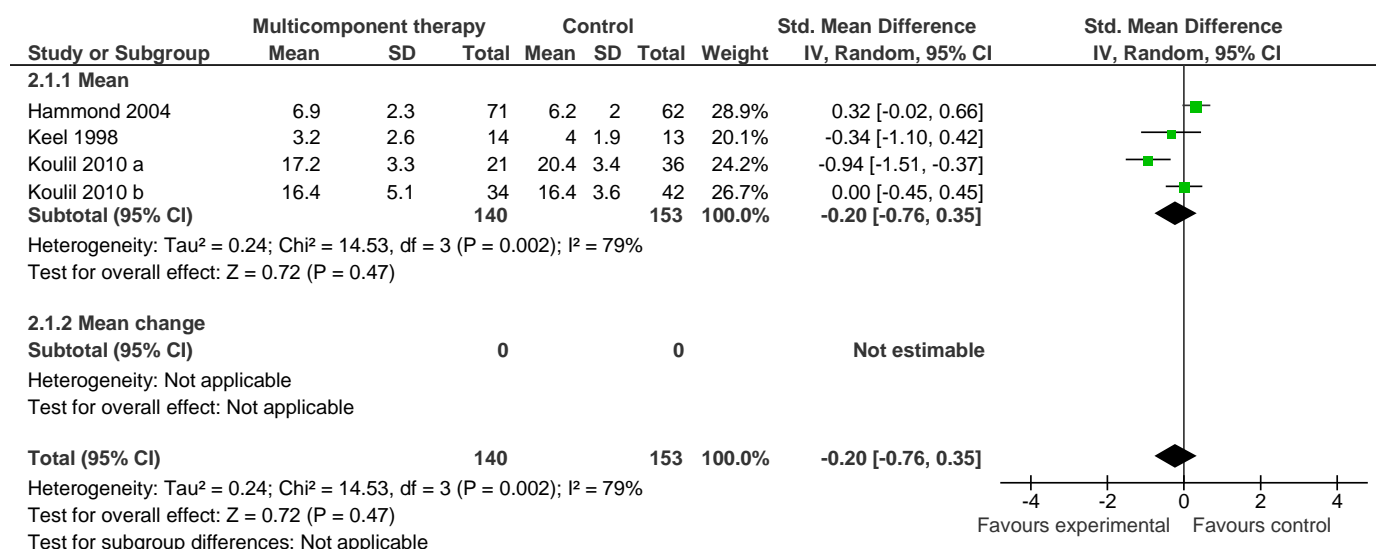
Abbildung 13: **Kognitive Verhaltenstherapien kombiniert mit aerobem Training** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen



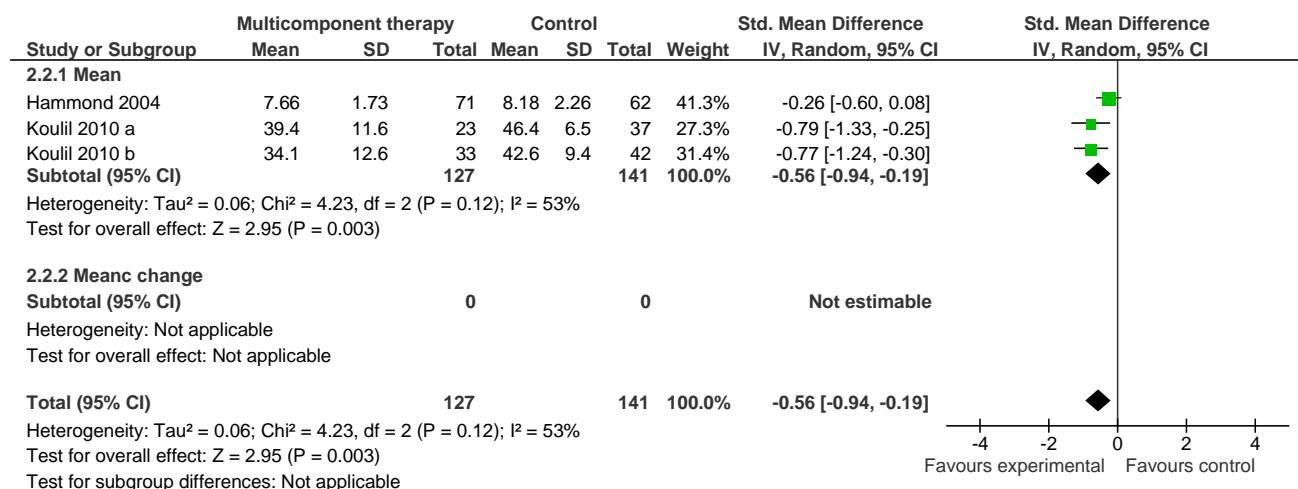
### Abbruchrate



### Schmerz Nachuntersuchung



### Müdigkeit Nachuntersuchung



### Gesundheitsbezogene Lebensqualität Nachuntersuchung

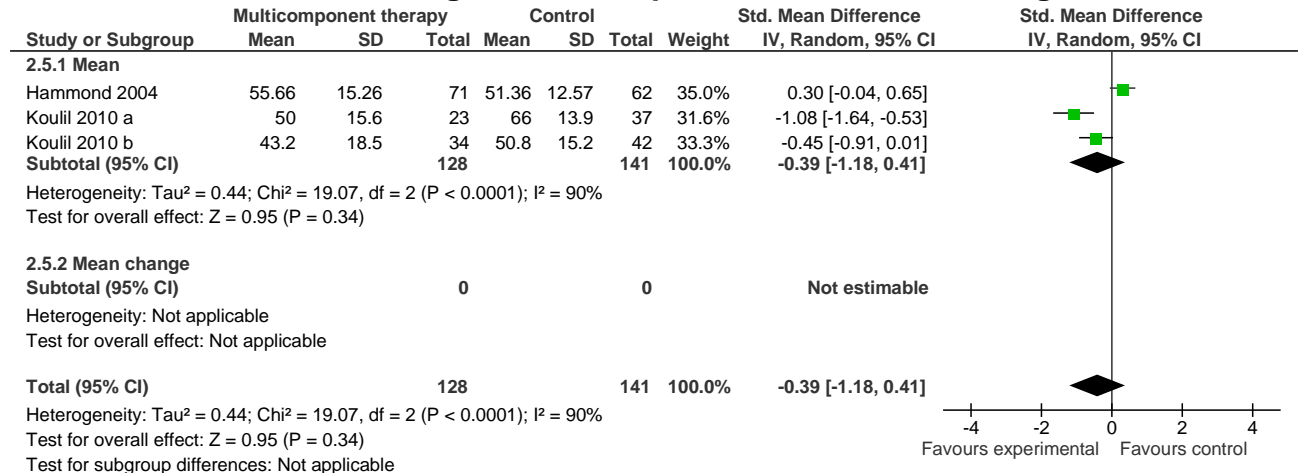
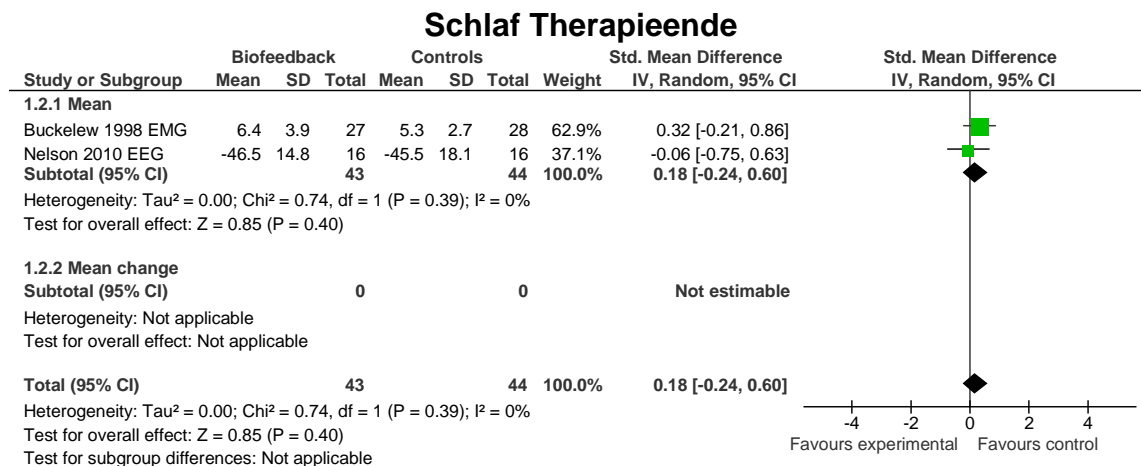
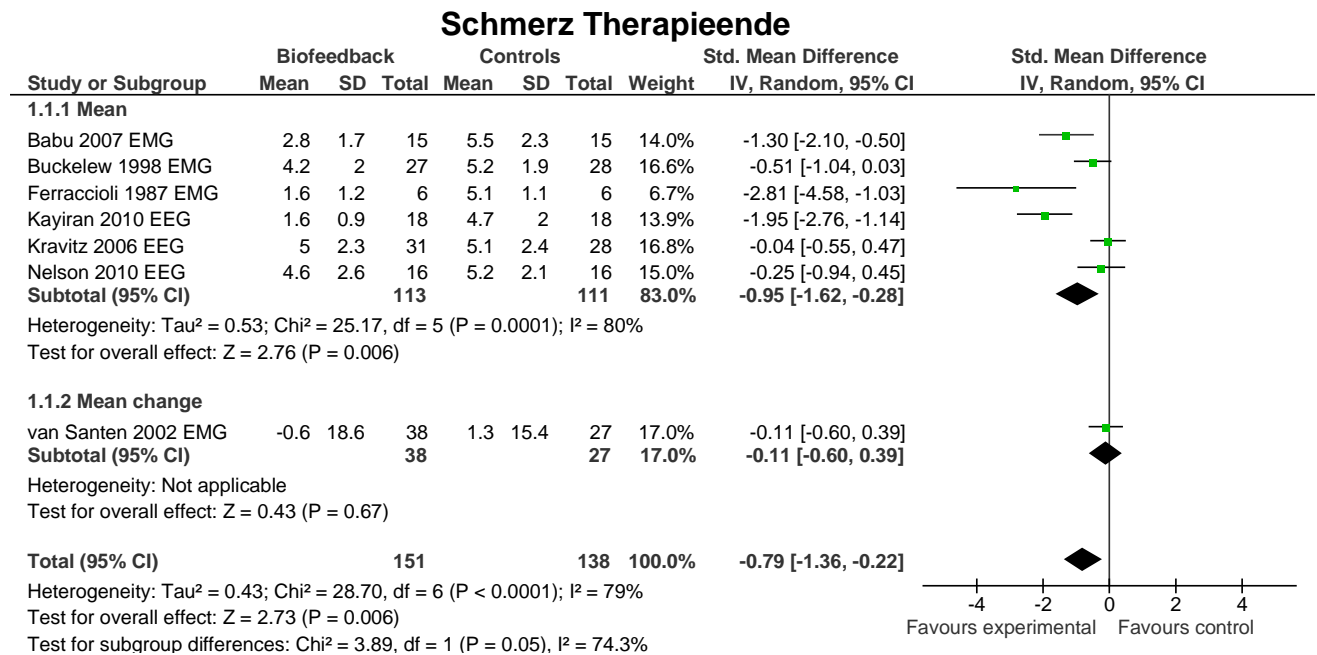
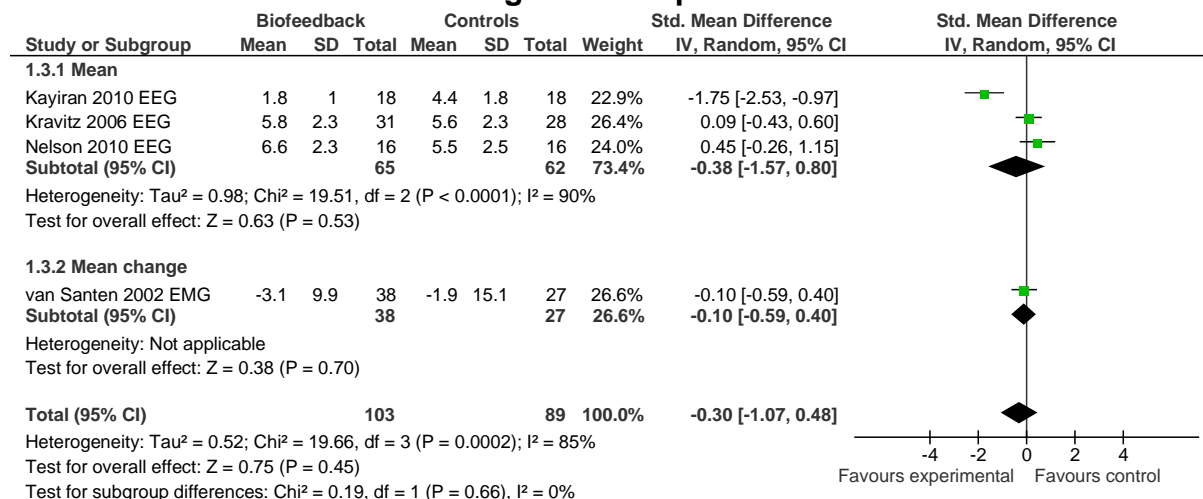


Abbildung 14: **Biofeedback** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen

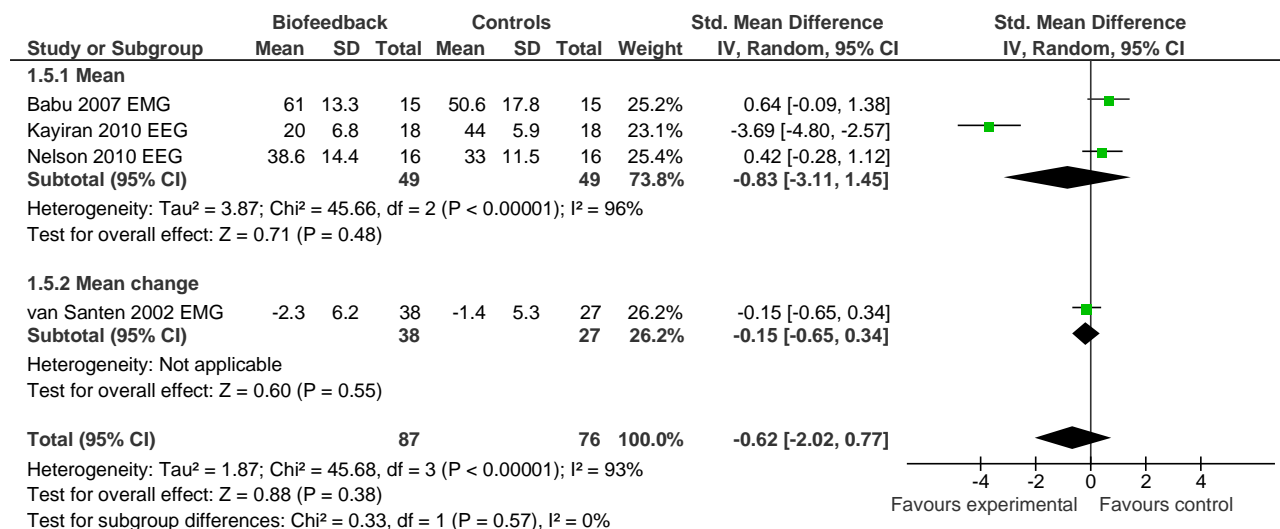




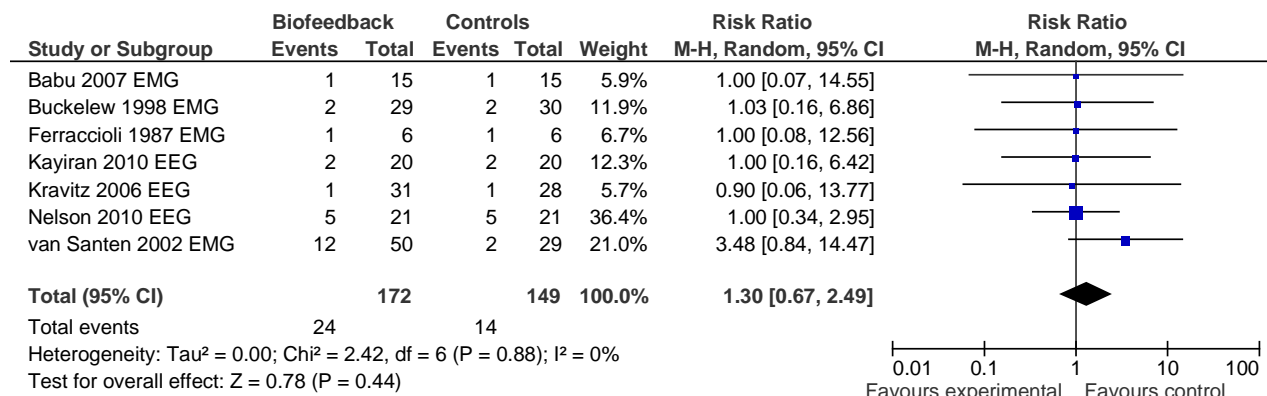
### Müdigkeit Therapieende



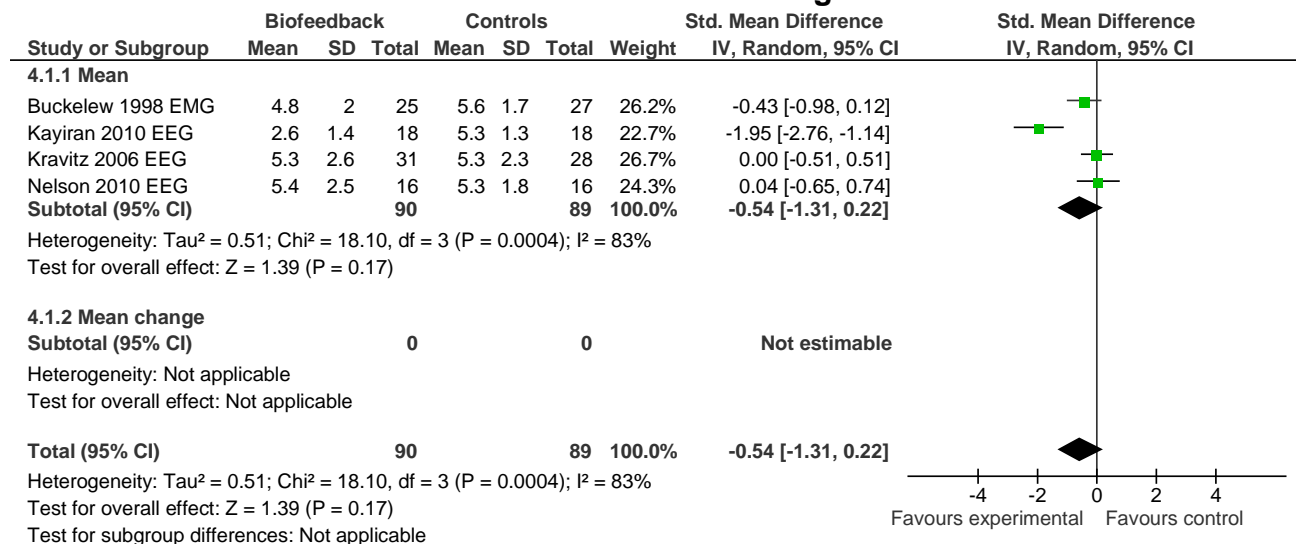
### Gesundheitsbezogene Lebensqualität Therapieende



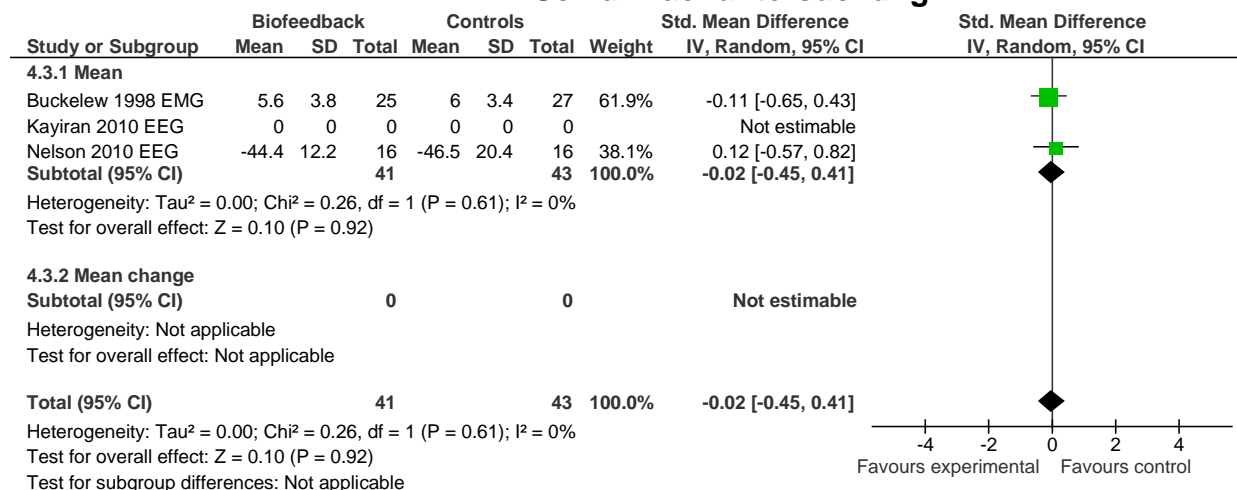
### Drop out



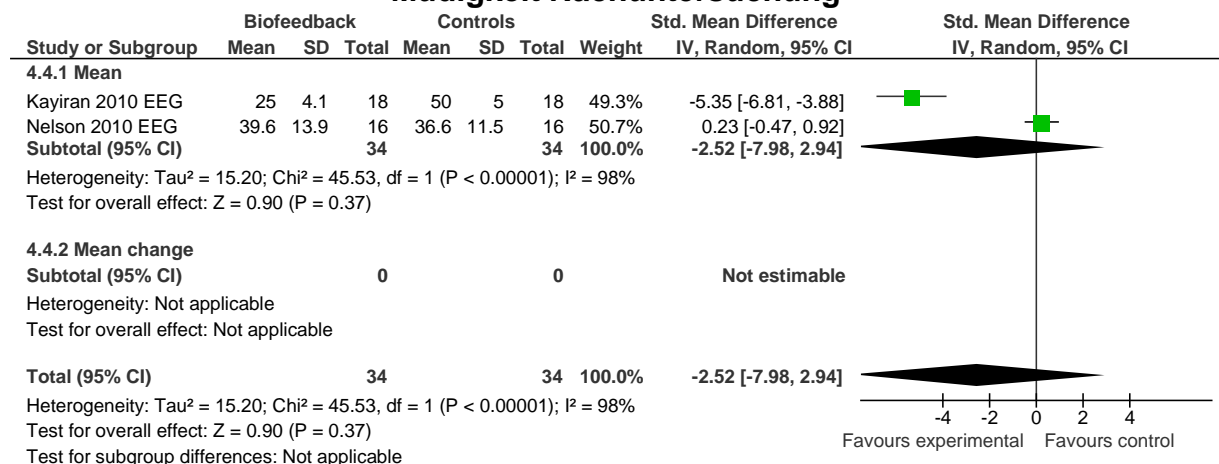
### Schmerz Nachuntersuchung



### Schlaf Nachuntersuchung



### Müdigkeit Nachuntersuchung



## Gesundheitsbezogene Lebensqualität Nachuntersuchung

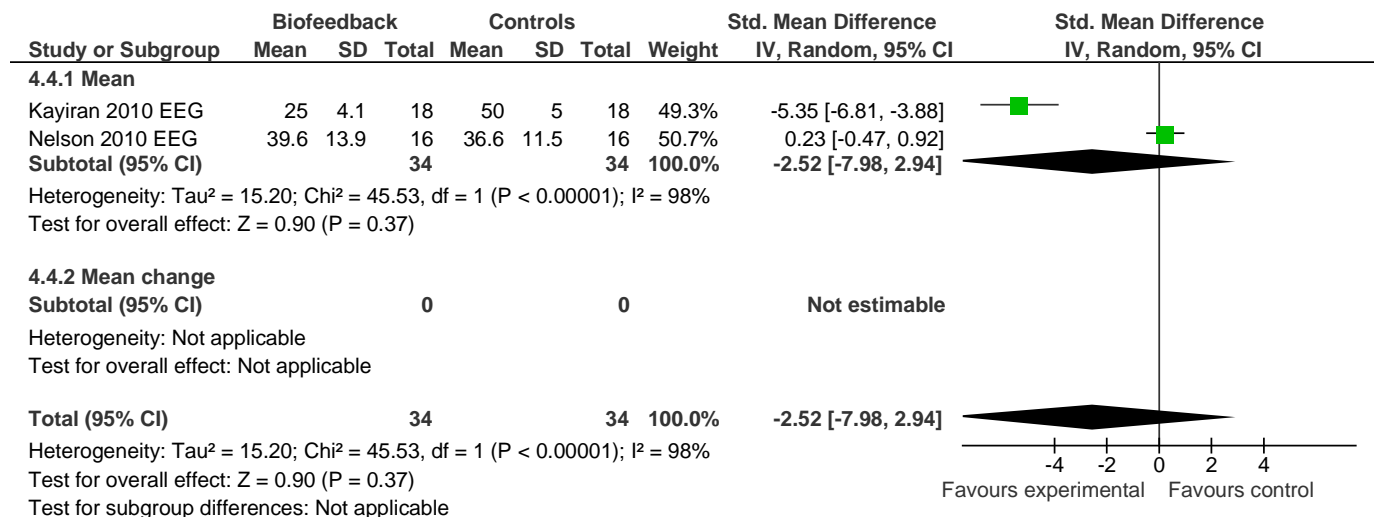
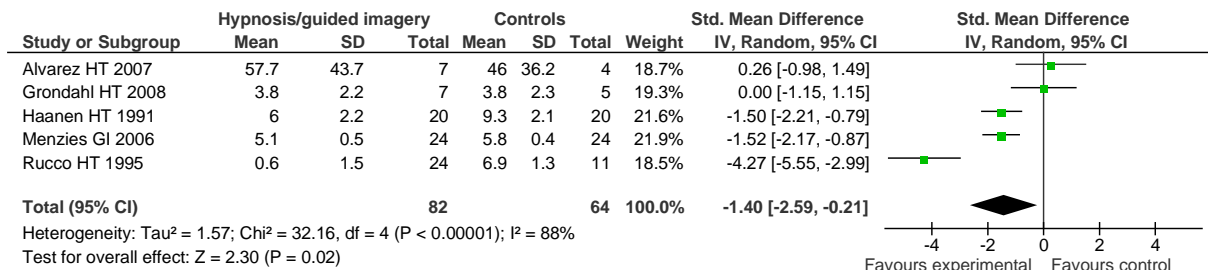
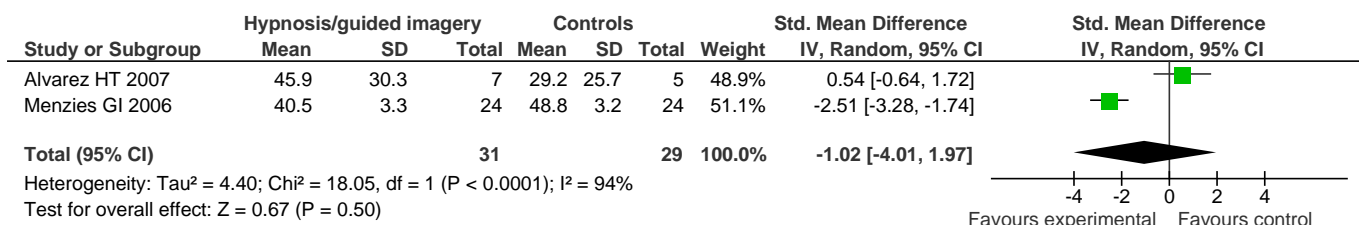


Abbildung 15: **Hypnose/geleitete Imagination** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen

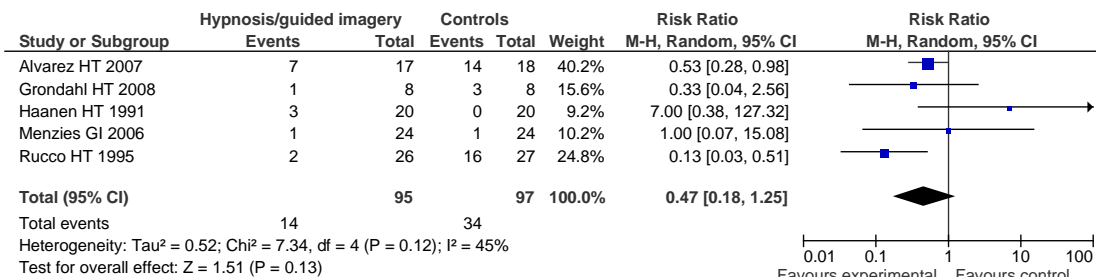
### Schmerz Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate



### Schmerz Nachuntersuchung

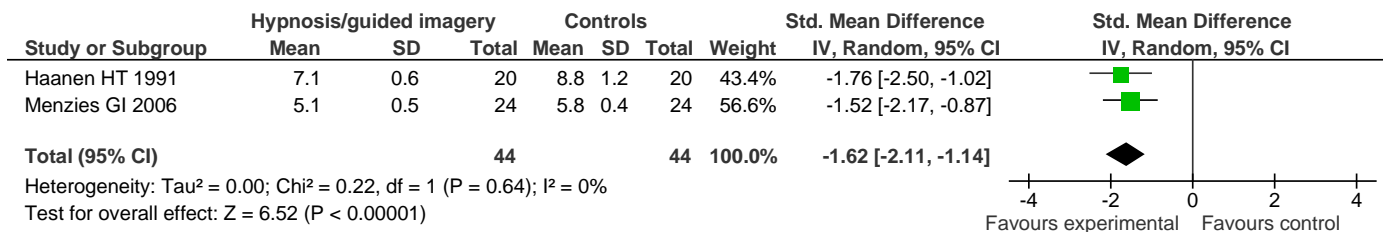
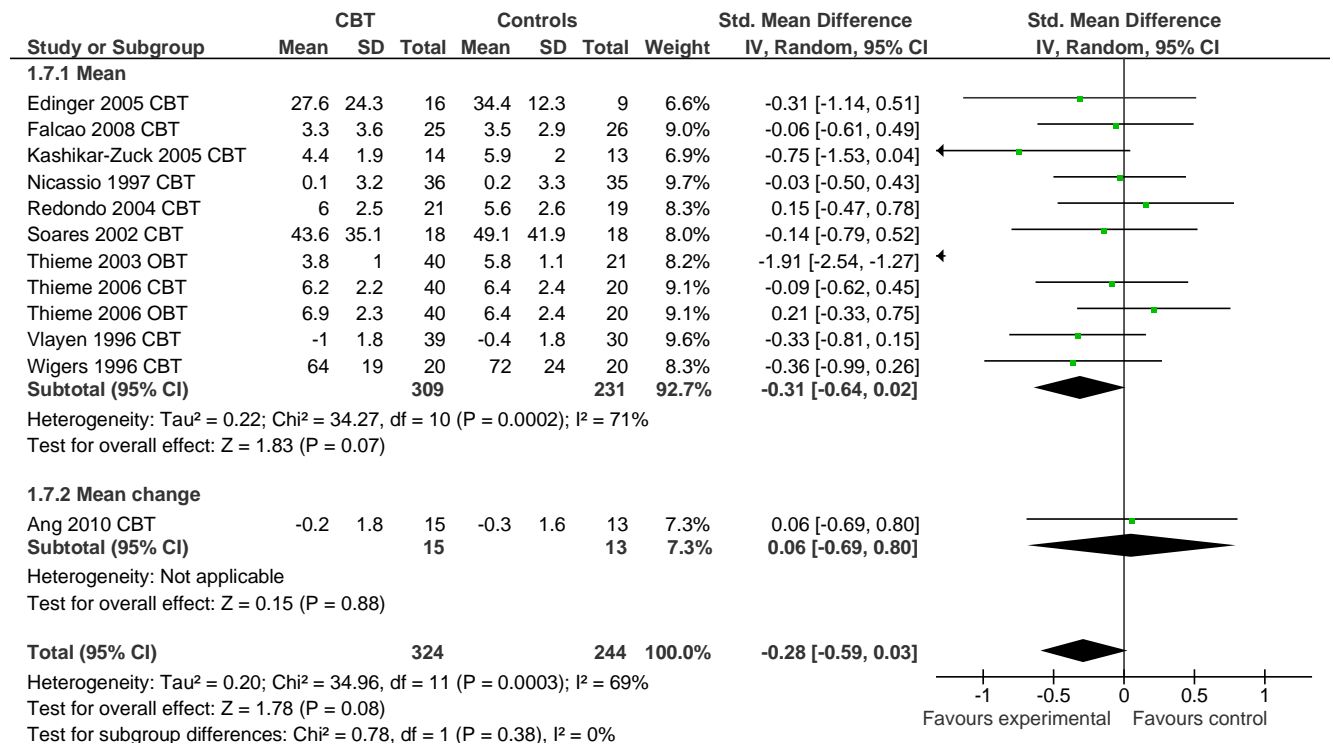


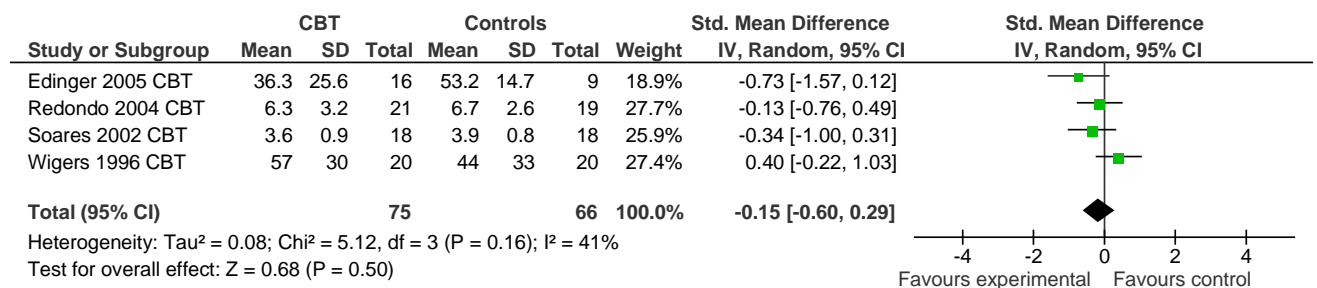
Abbildung 16: **Kognitive Verhaltenstherapien** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen

**Schmerz Therapieende**

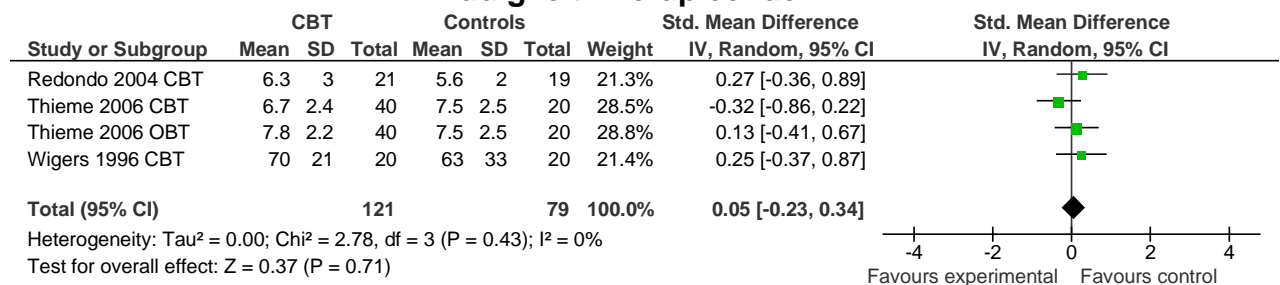


CBT= Cognitive behavioral therapy  
OBT = Operant behavioral therapy

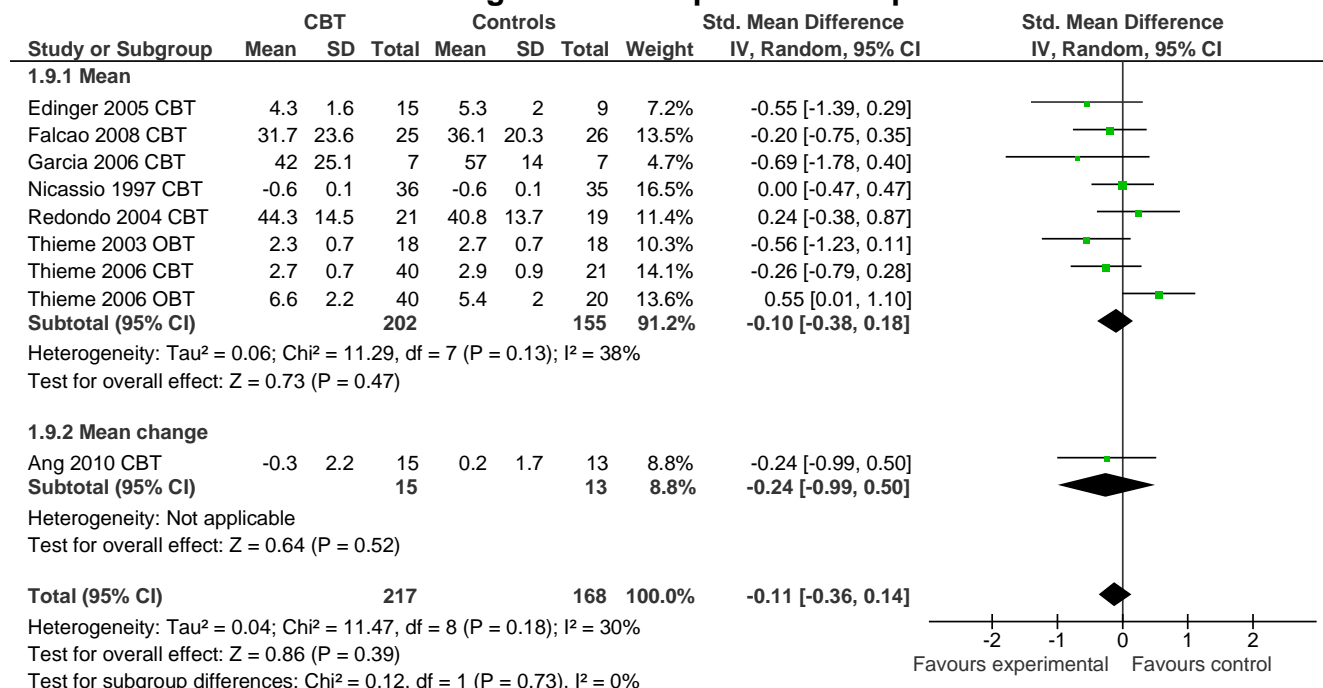
**Schlaf Therapieende**



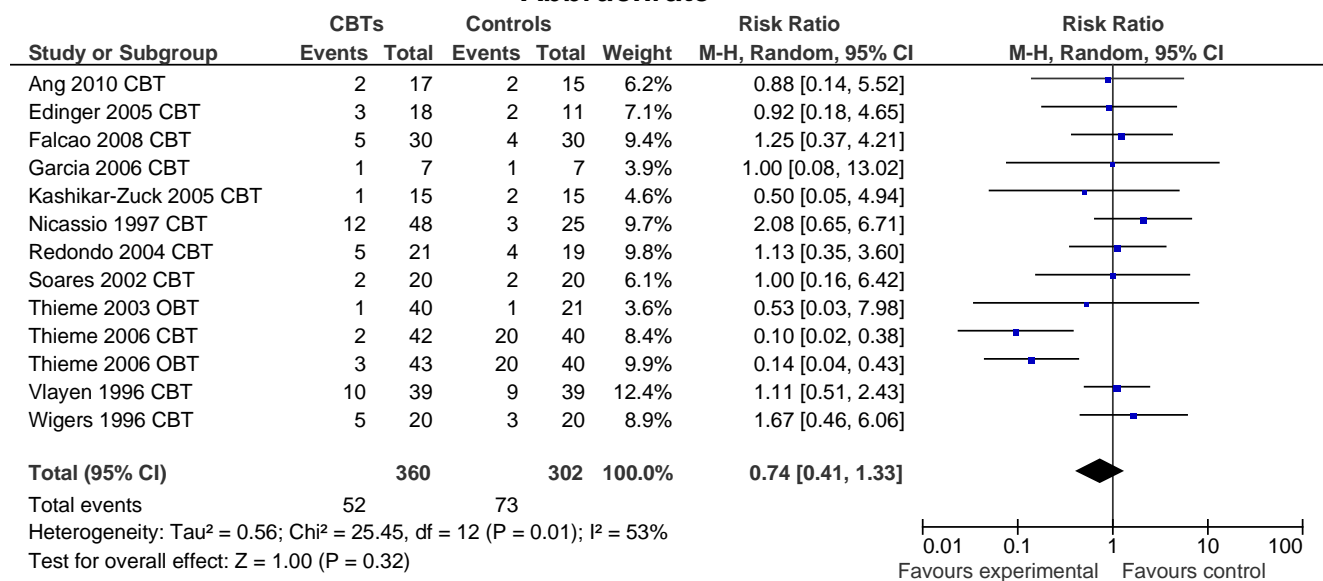
**Müdigkeit Therapieende**



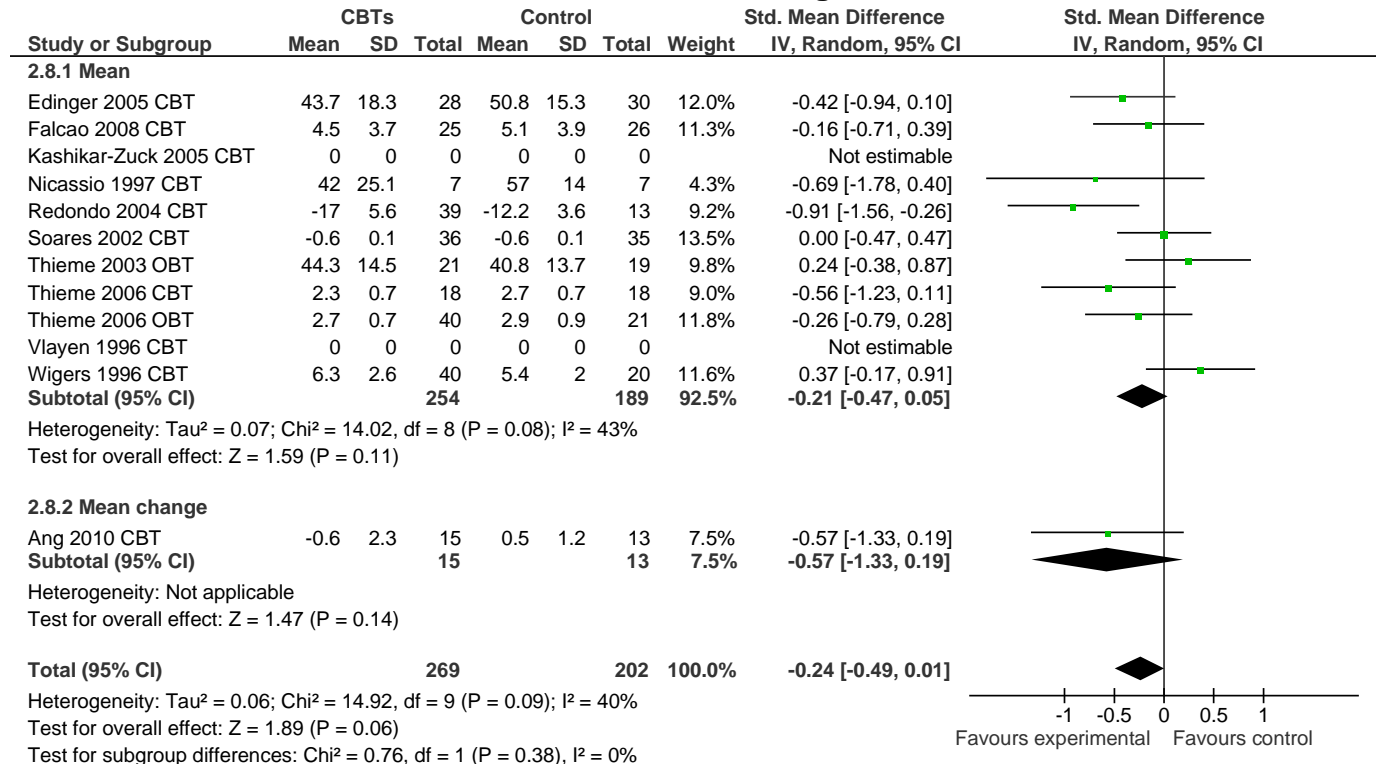
### Gesundheitsbezogene Lebensqualität Therapieende



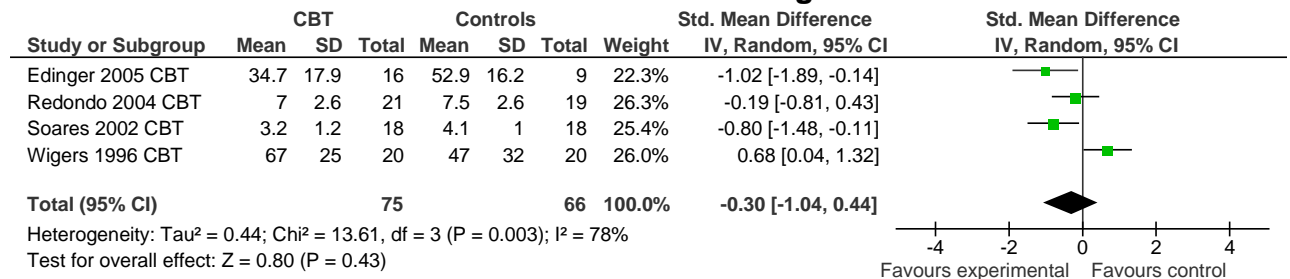
### Abbruchrate



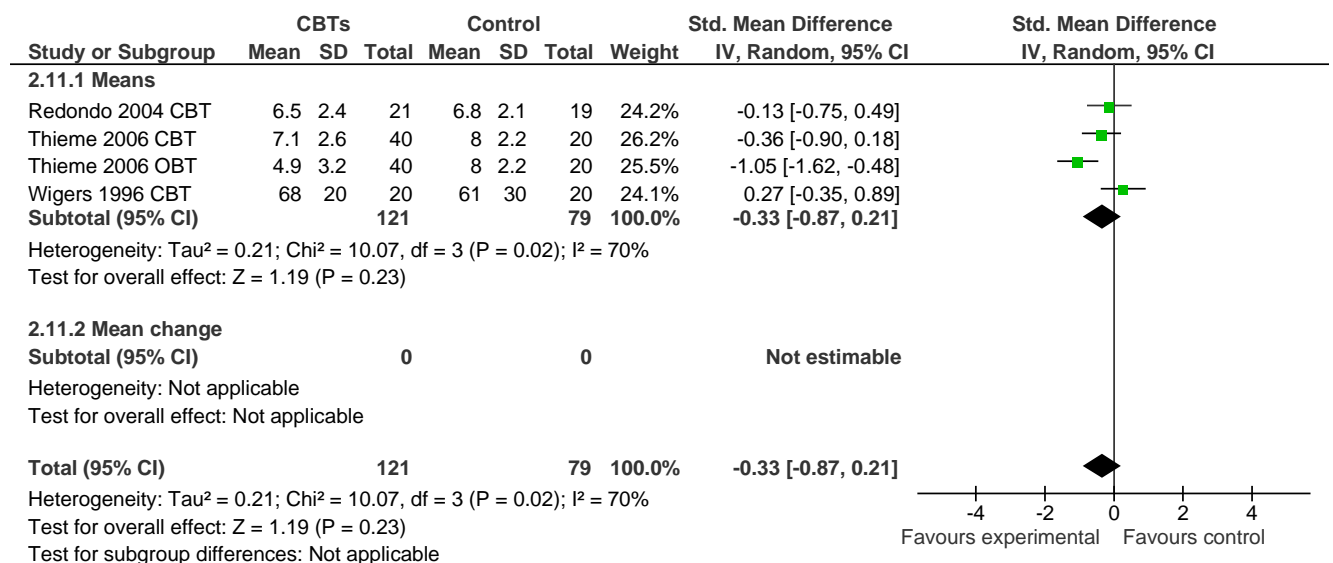
### Schmerz Nachuntersuchung



### Schlaf Nachuntersuchung



### Müdigkeit Nachuntersuchung



### Gesundheitsbezogene Lebensqualität Nachuntersuchung

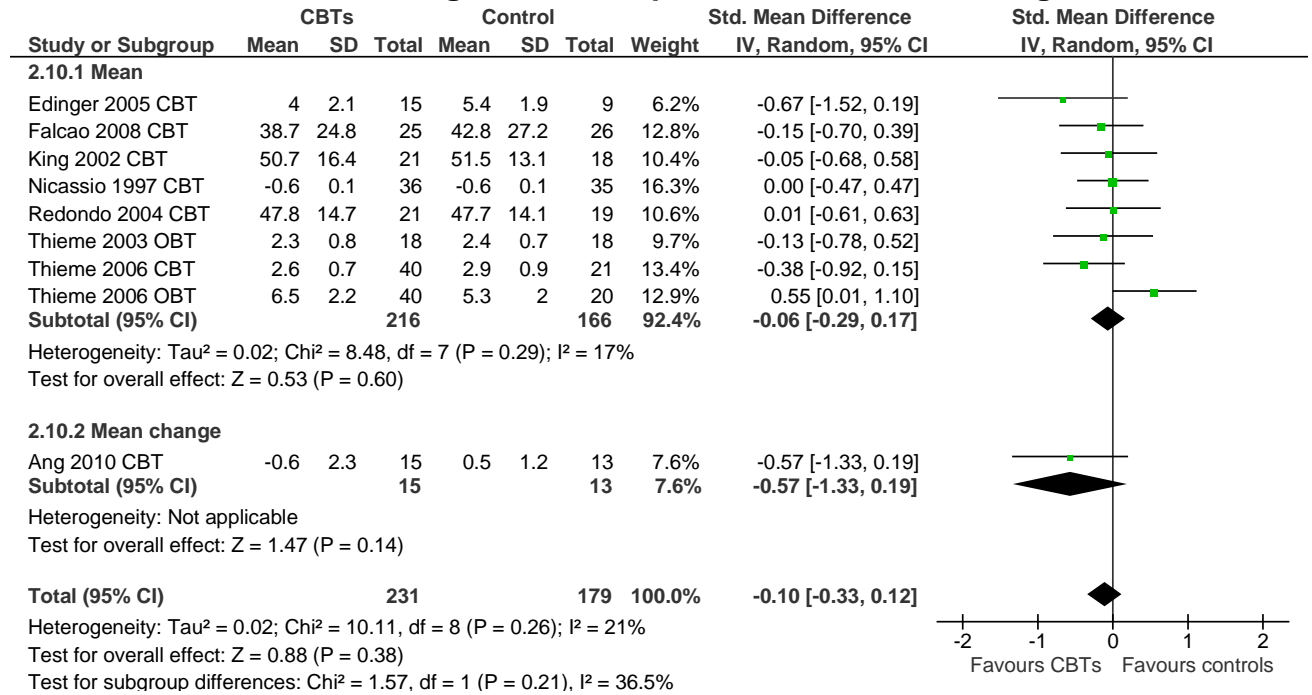
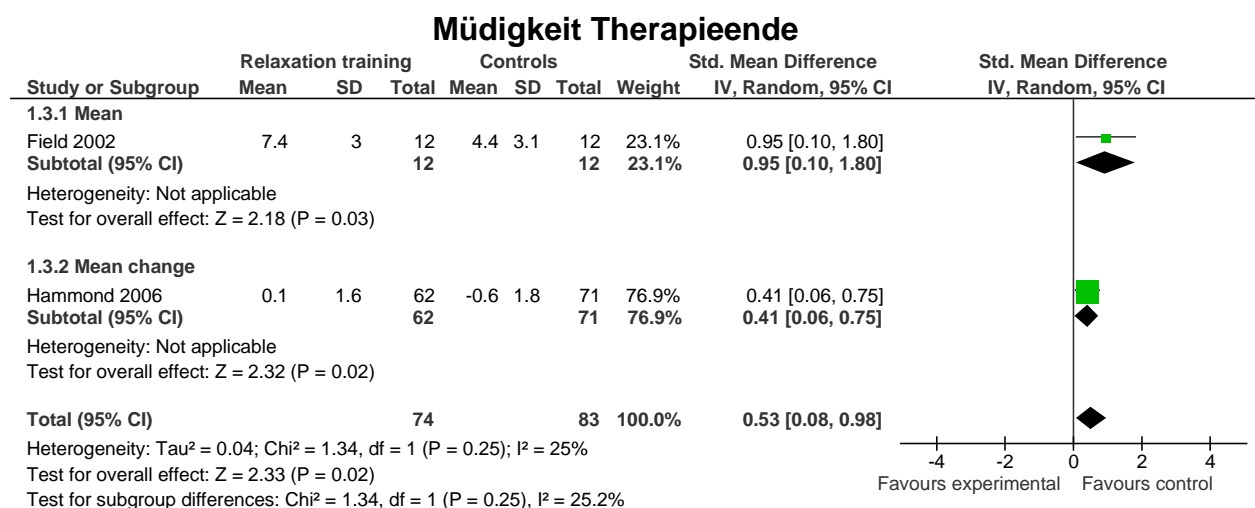
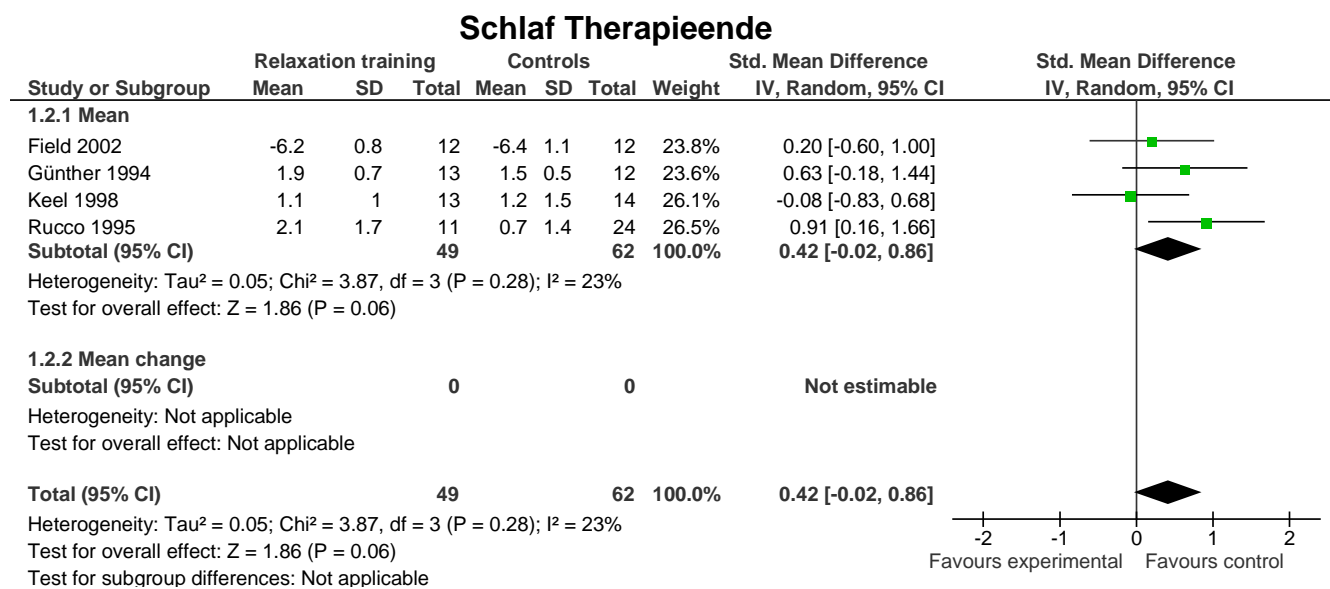
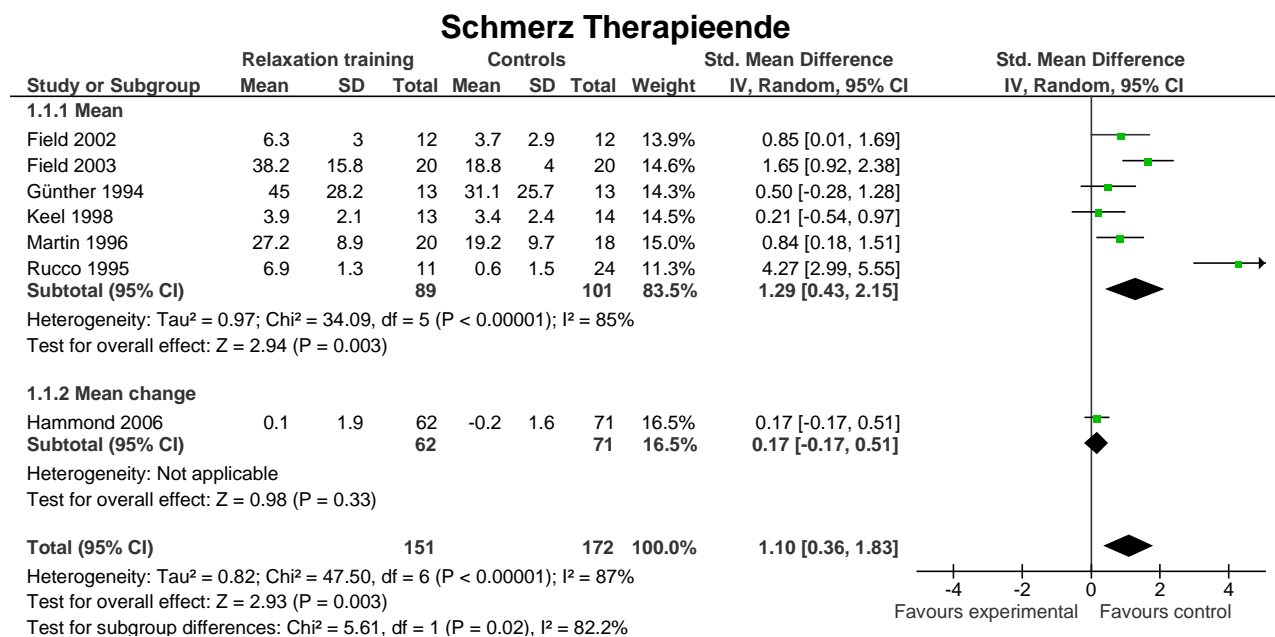
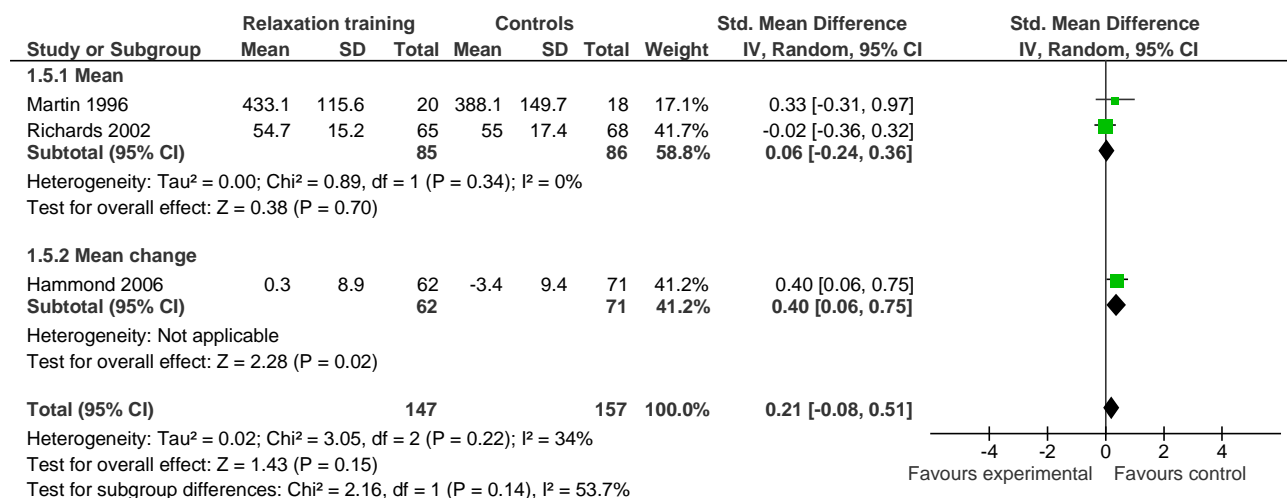




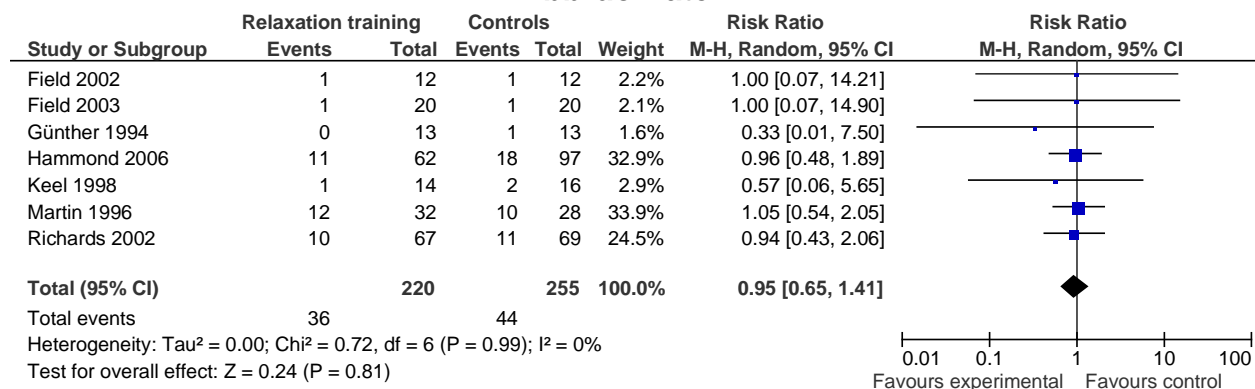
Abbildung 17: **Entspannungstraining** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen



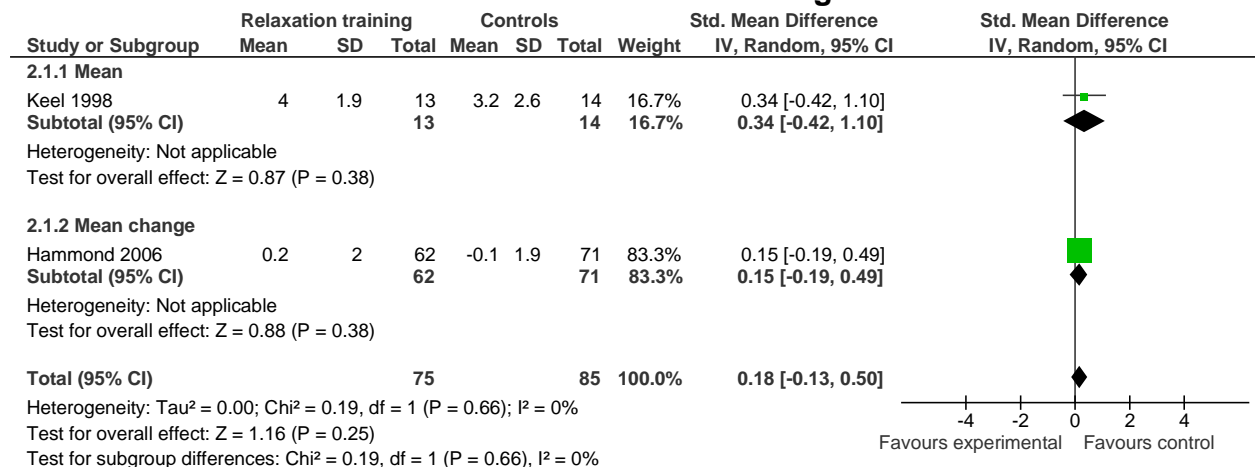
### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate



### Schmerz Nachuntersuchung



### Gesundheitsbezogene Lebensqualität Nachuntersuchung

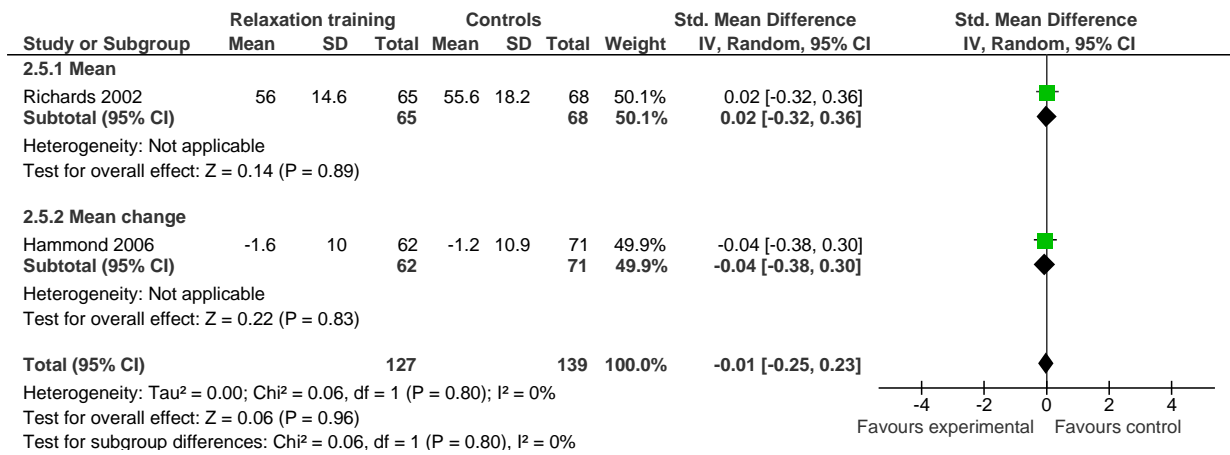
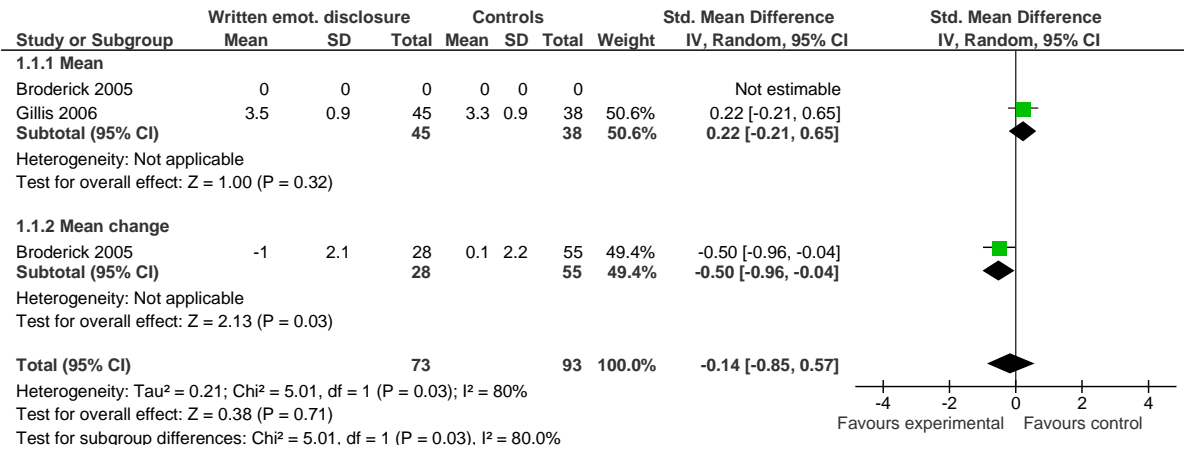
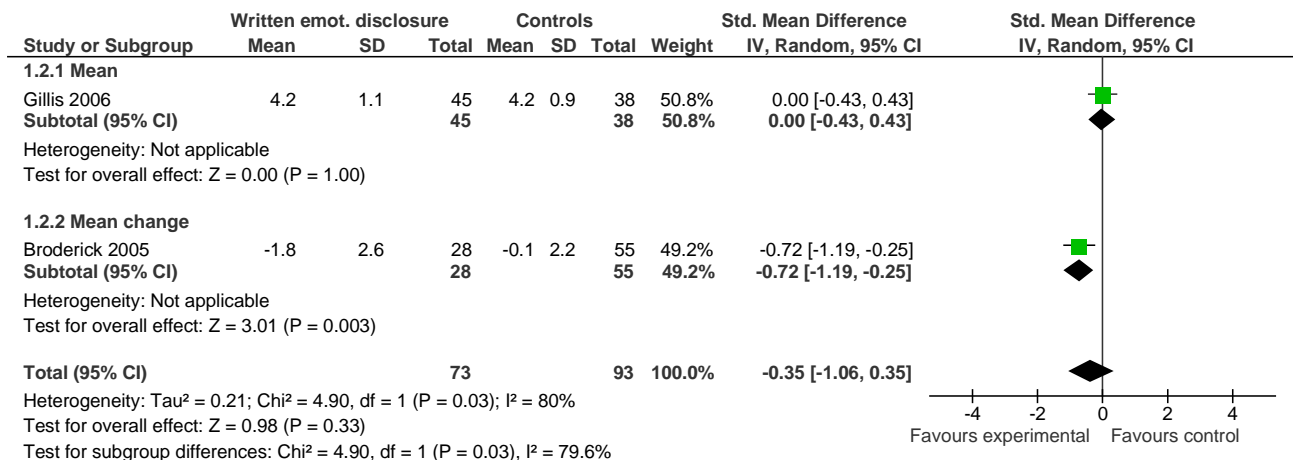


Abbildung 18: **Therapeutisches Schreiben** versus Kontrollgruppen bei Nachuntersuchungen

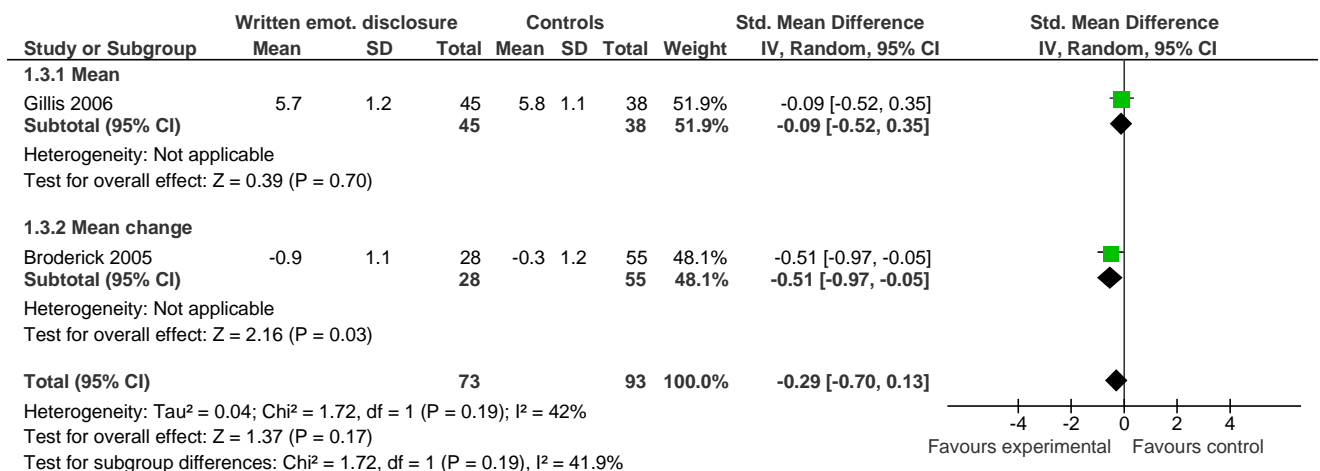
### Schmerz Nachuntersuchung



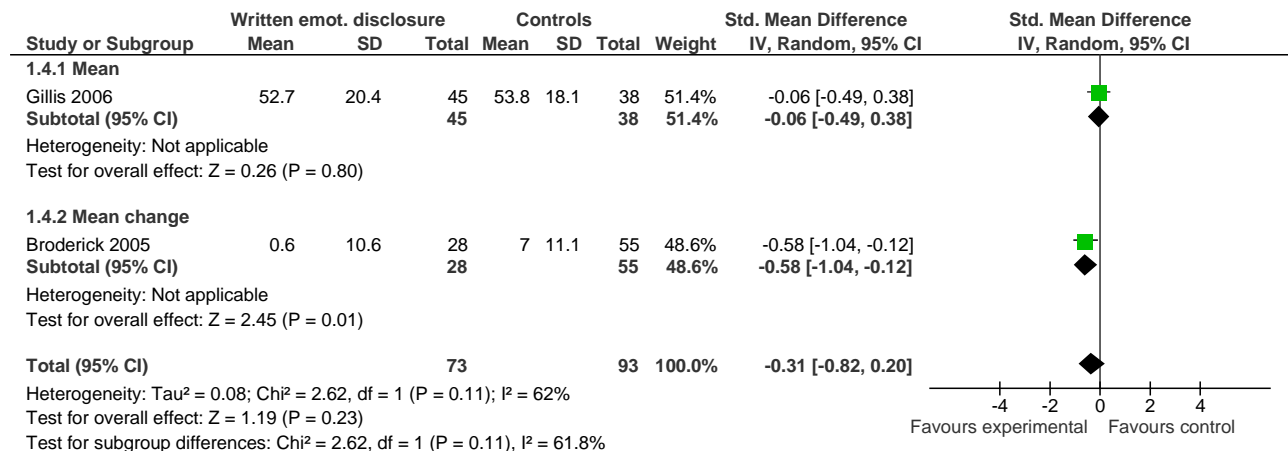
### Schlaf Nachuntersuchung



### Müdigkeit Nachuntersuchung



## Gesundheitsbezogene Lebensqualität Nachuntersuchung



## Abbruchrate

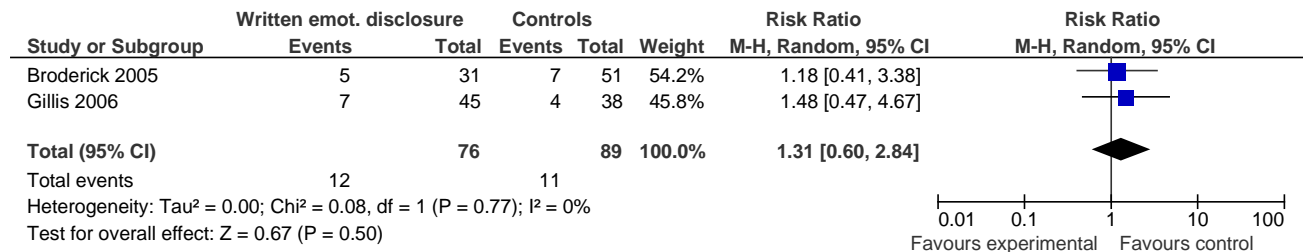
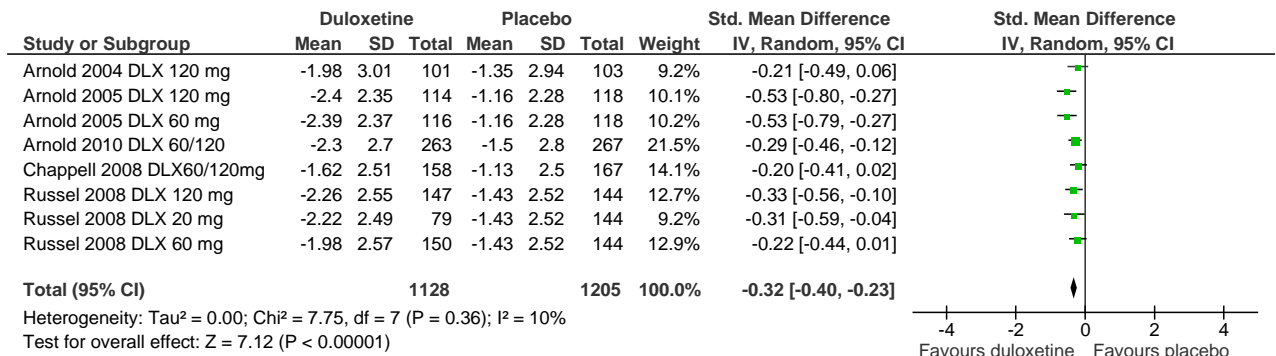
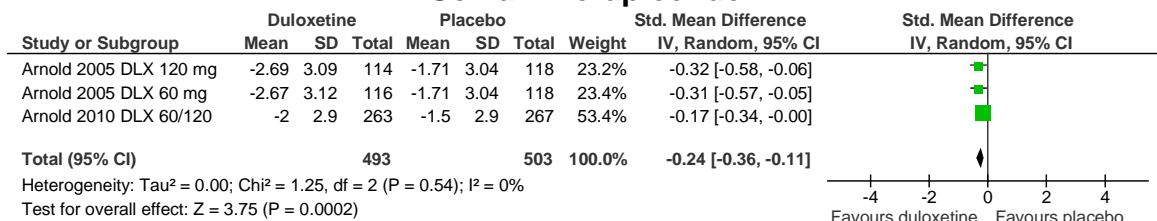


Abbildung 19: Duloxetin versus Placebo am Therapieende

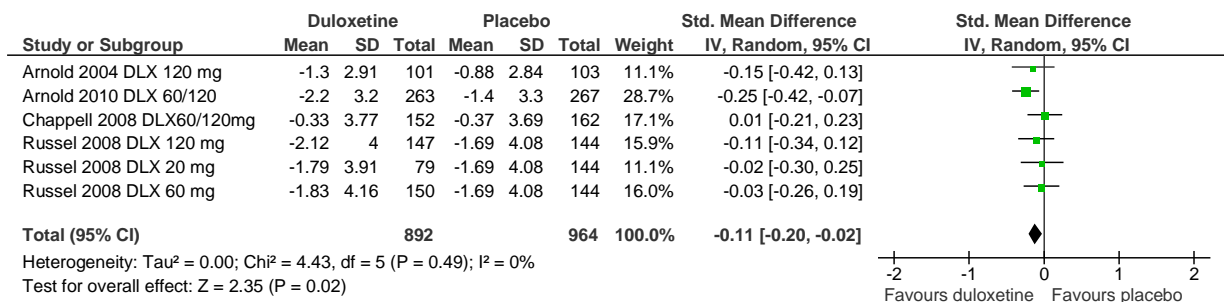
### Schmerz Therapieende



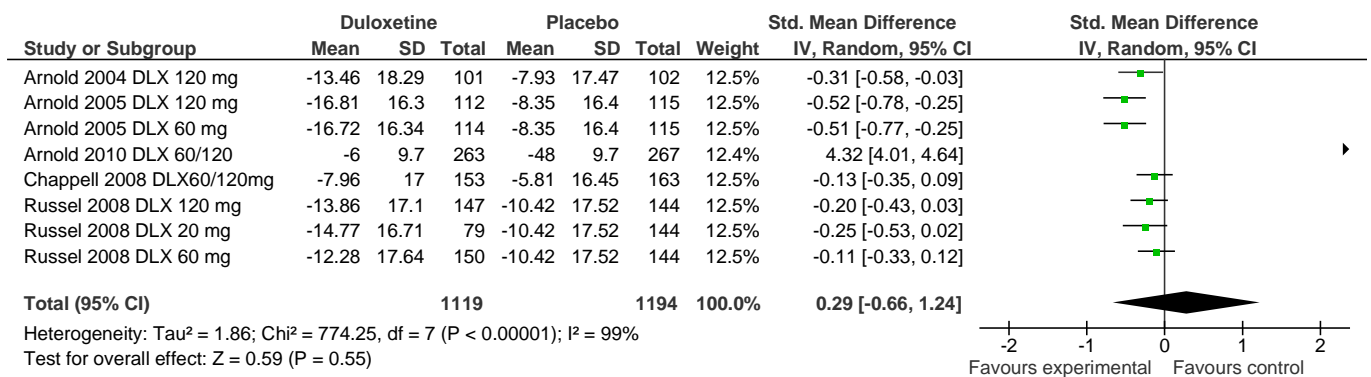
### Schlaf Therapieende



### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

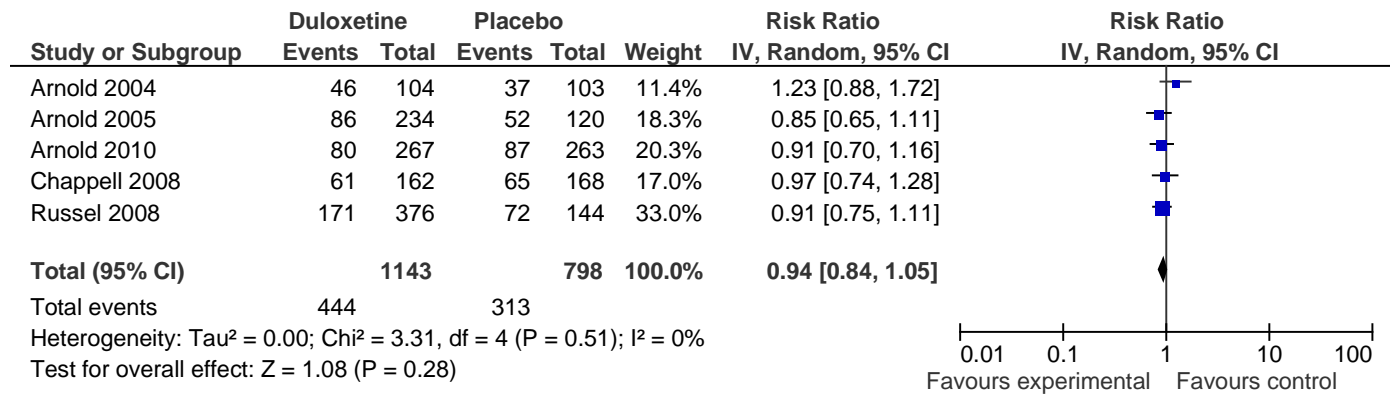
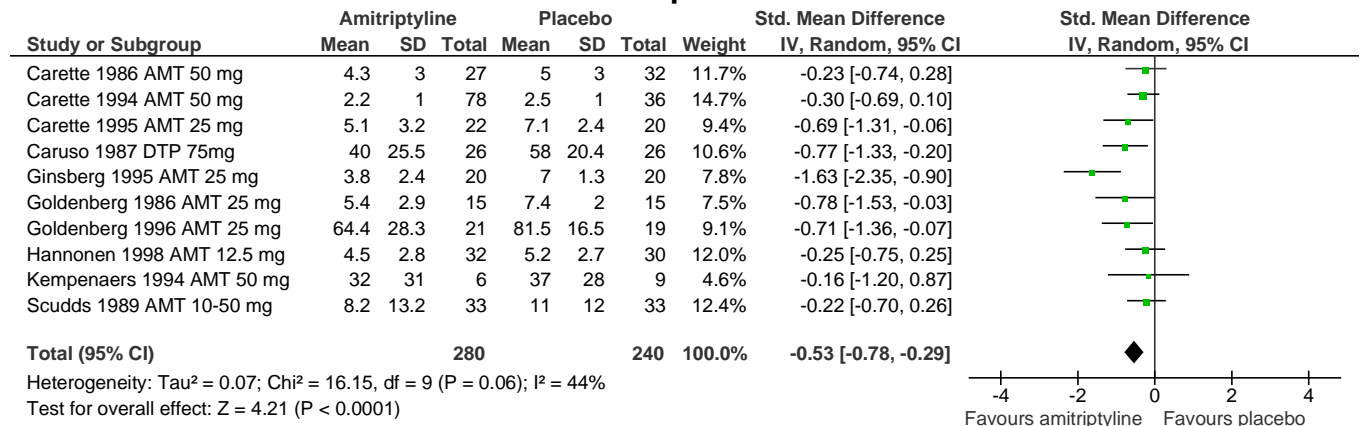


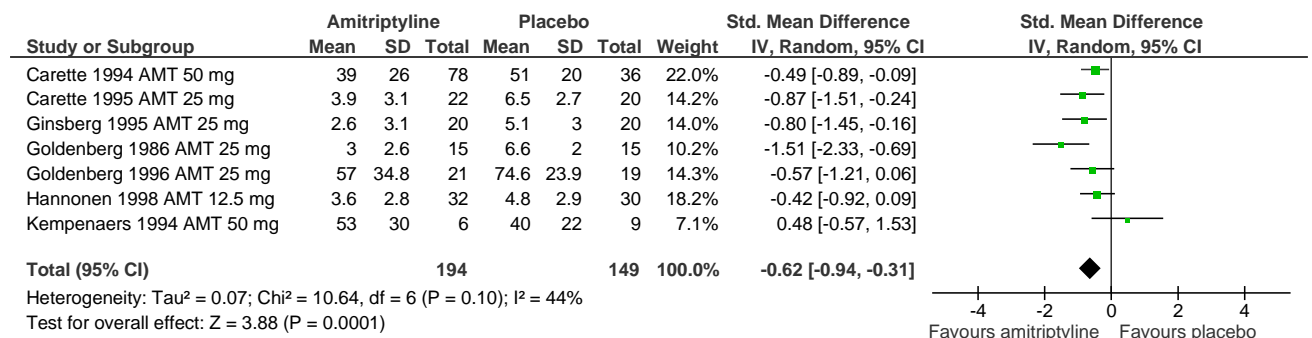
Abbildung 20: **Trizyklische Antidepressiva** versus Placebo am Therapieende

**Schmerz Therapieende**

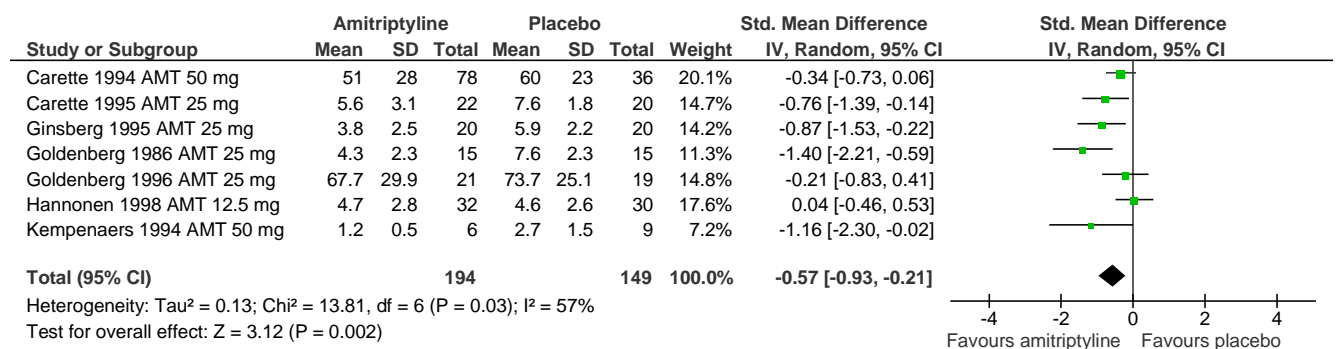


AMT= Amitriptylin  
 DTP = Dotiepin

**Schlaf Therapieende**

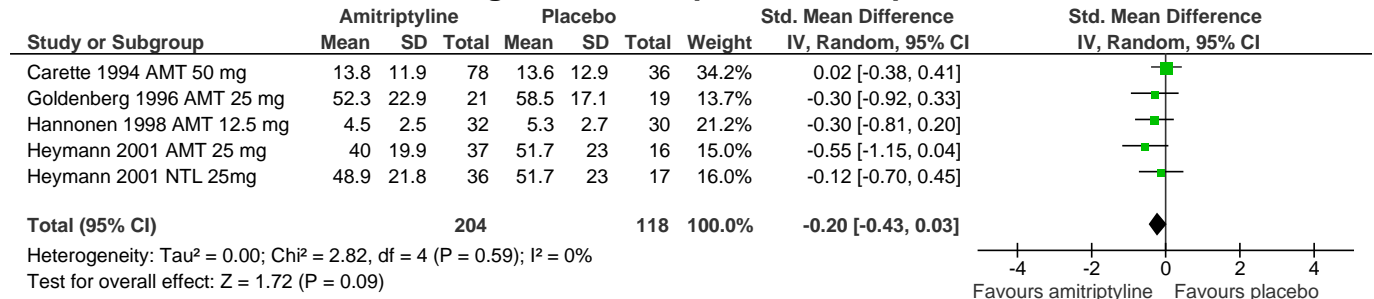


**Müdigkeit Therapieende**





### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

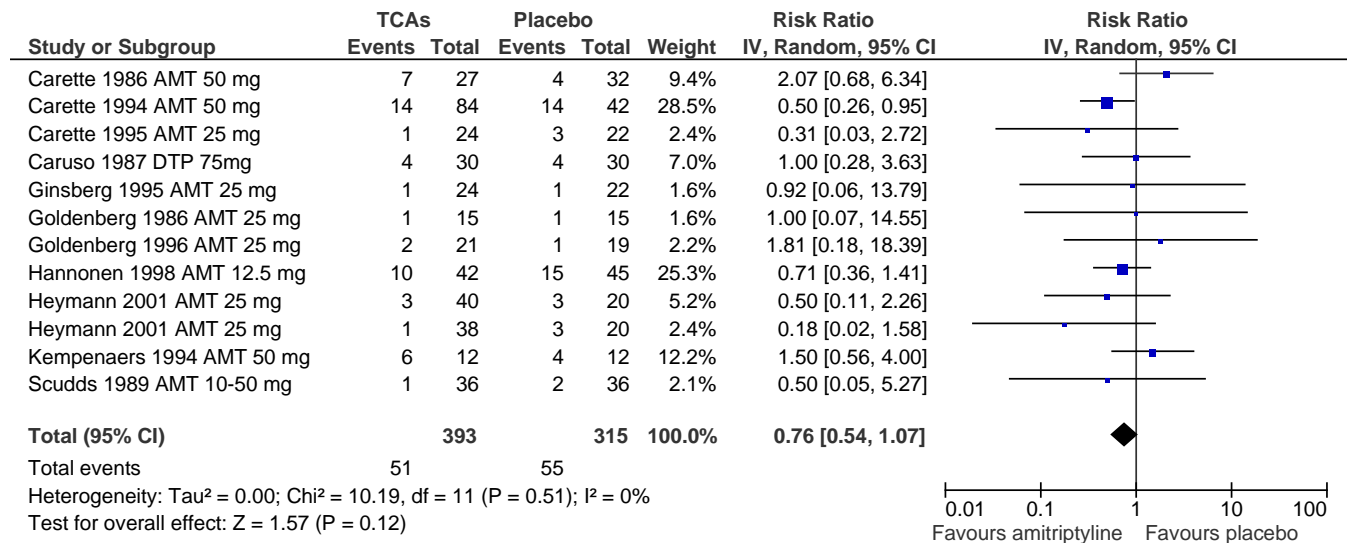
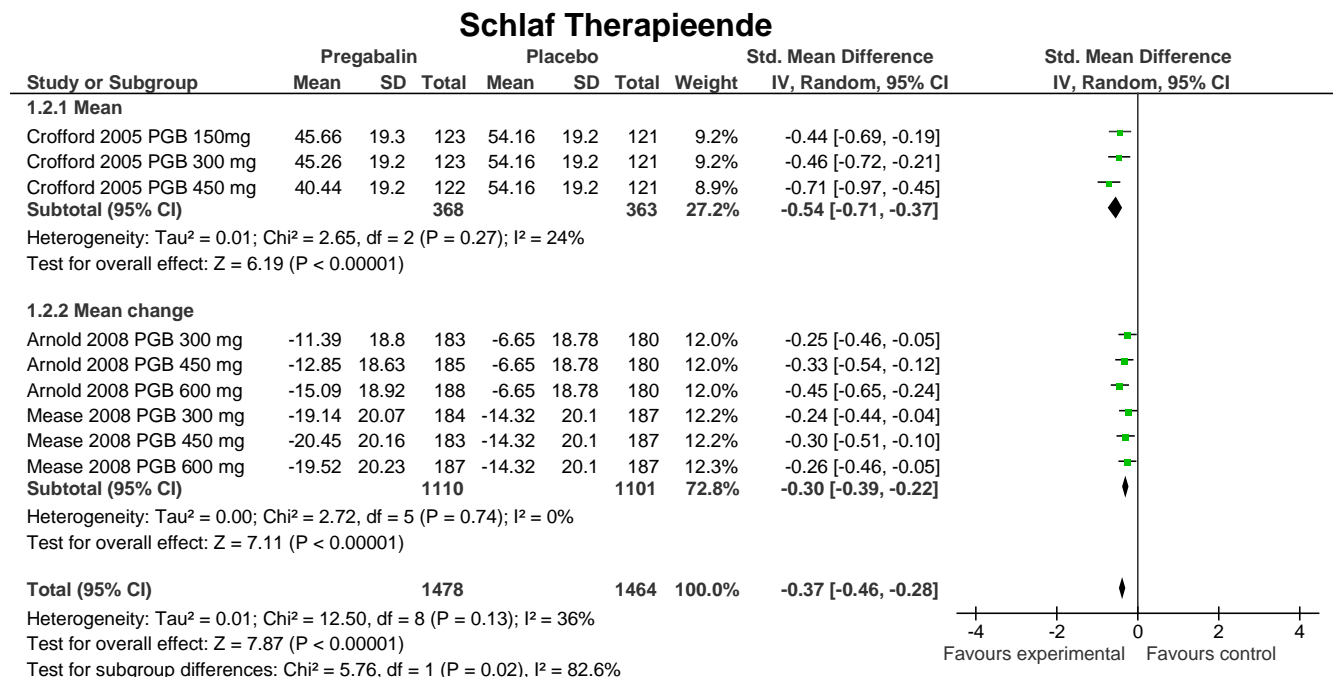
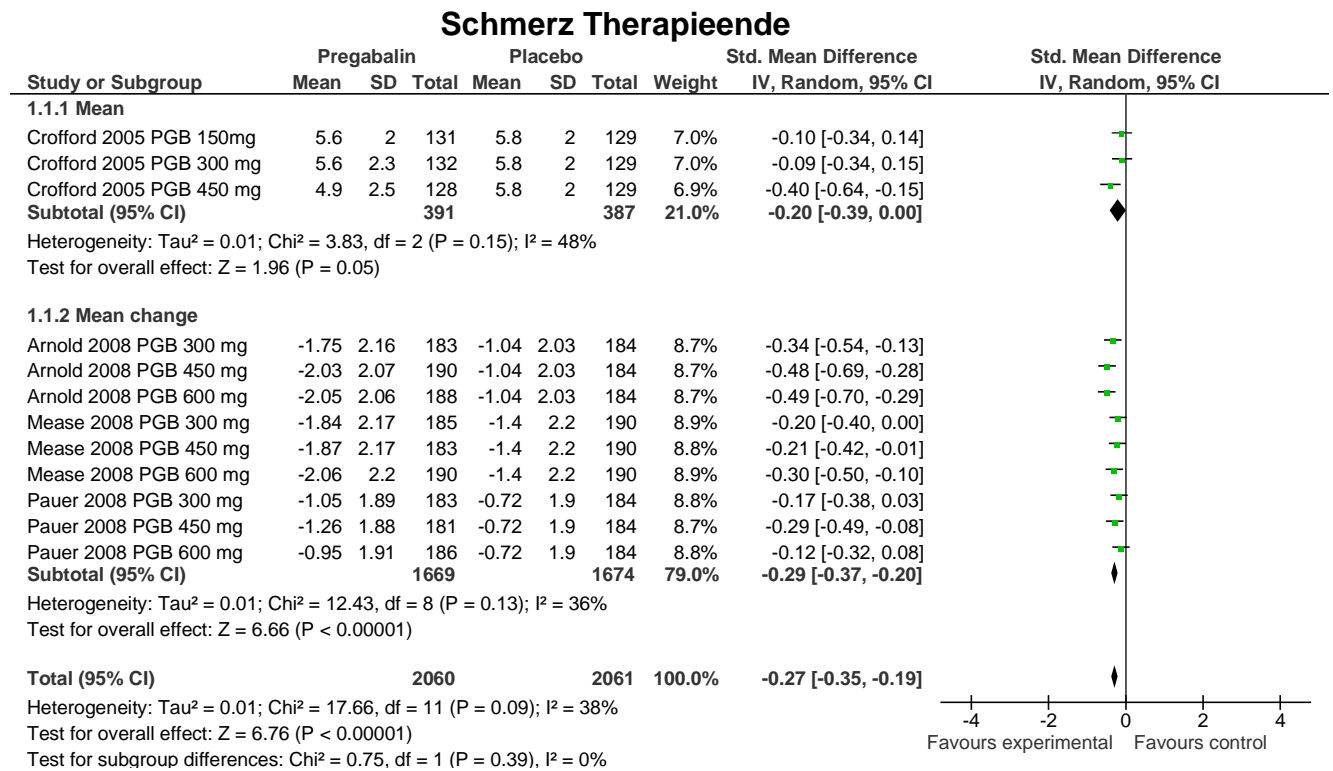
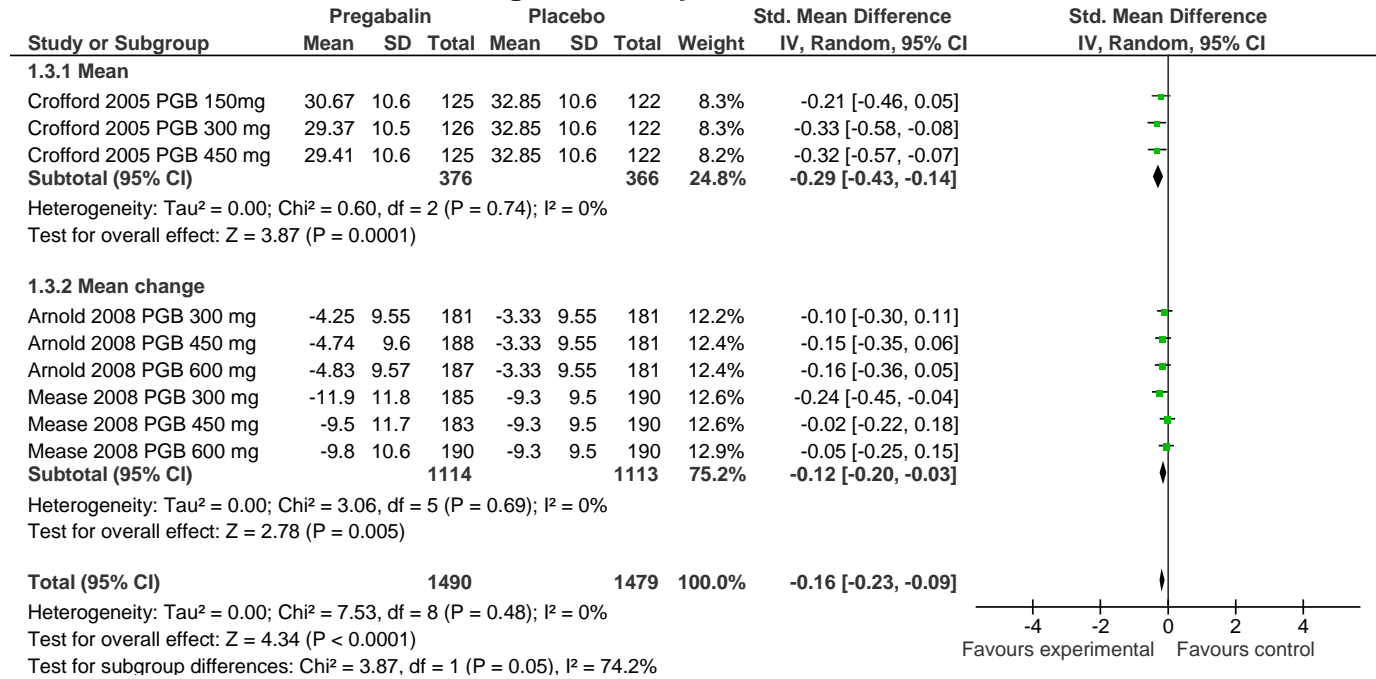


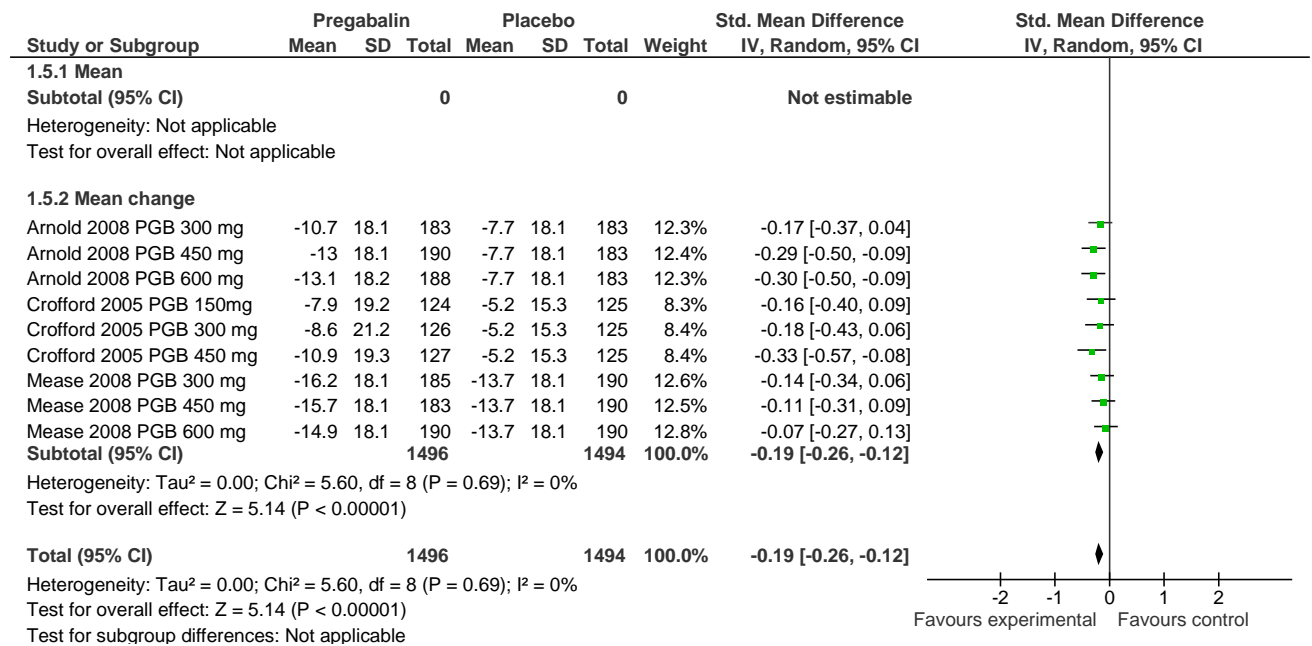
Abbildung 21: Pregabalin versus Placebo am Therapieende



### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

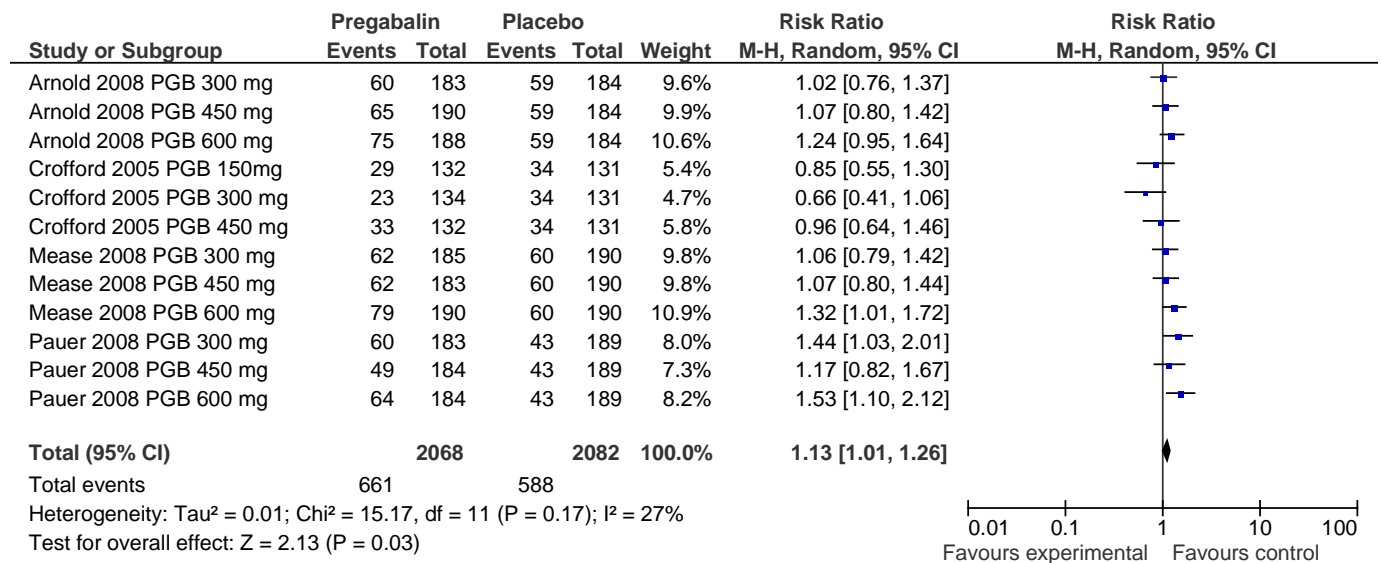
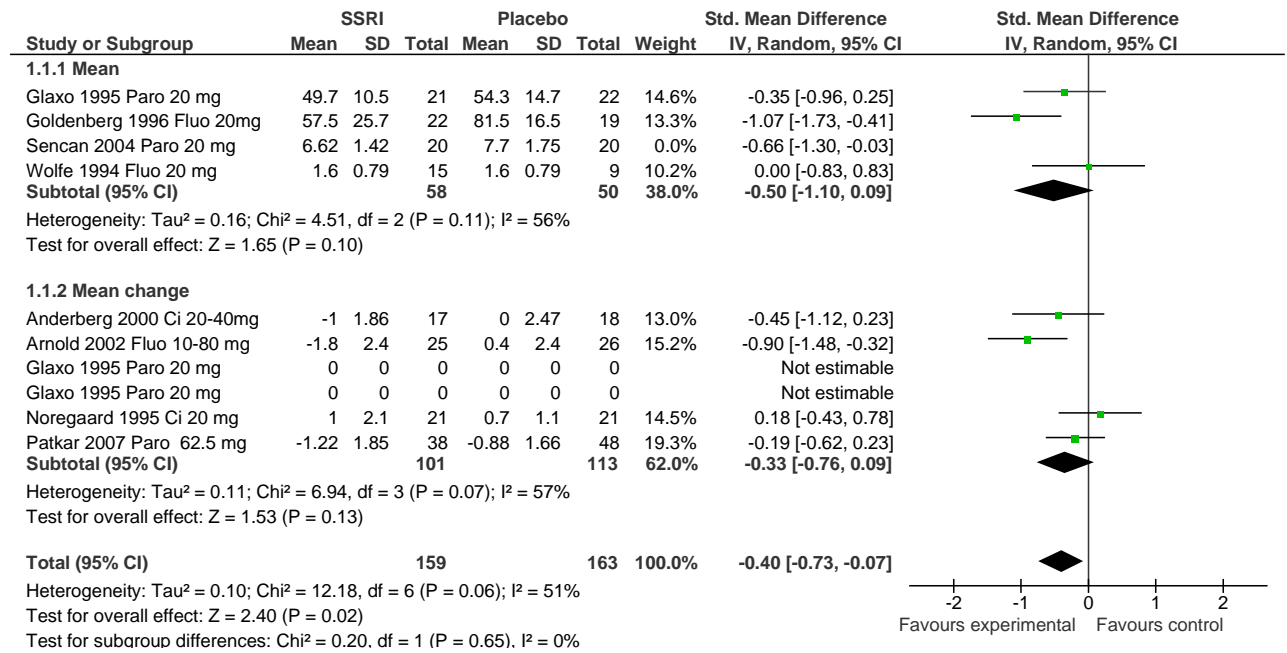


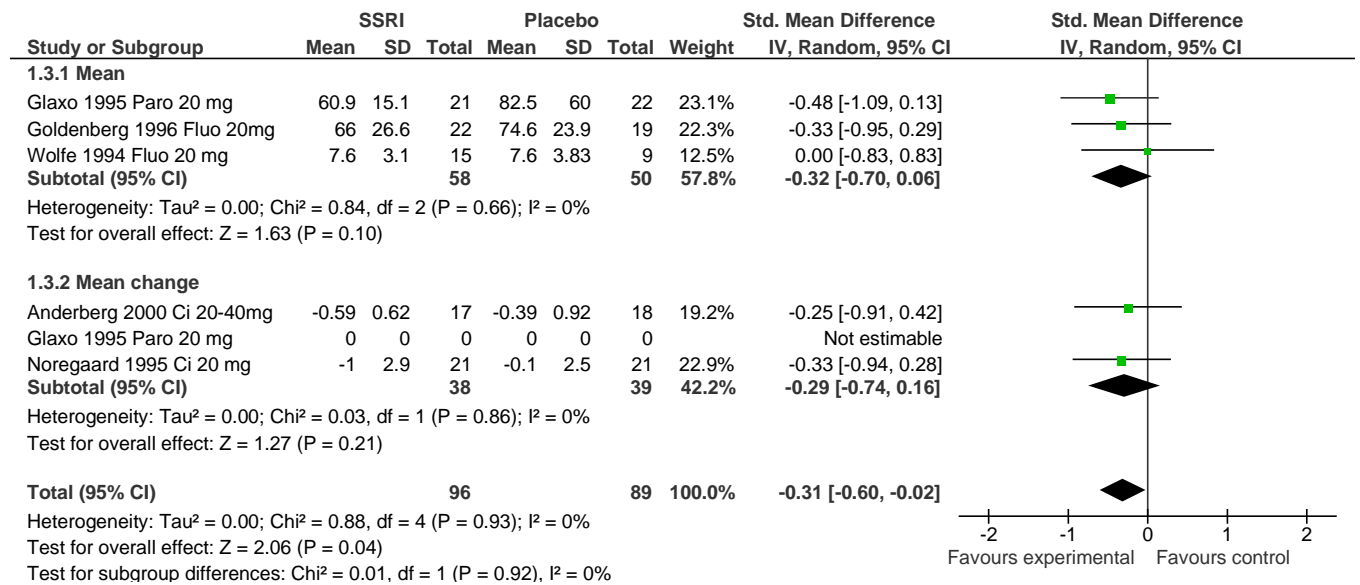
Abbildung 22: Serotoninwiederaufnahmehemmer versus Placebo am Therapieende

**Schmerz Therapieende**

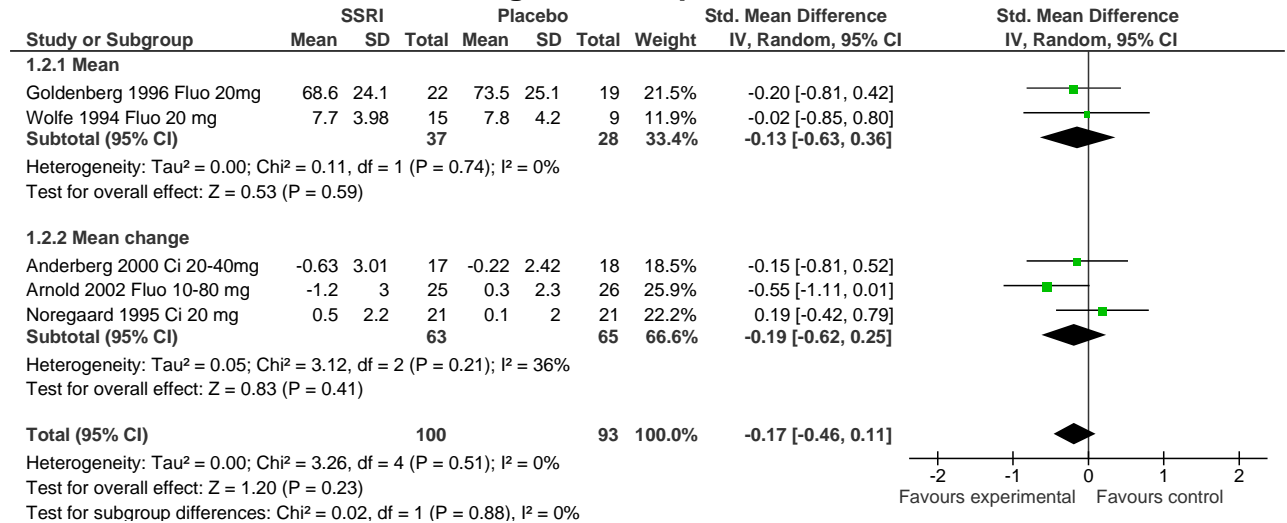


Ci= Cipramil  
Fluo = Fluoxetin  
Paro= Paroxetin

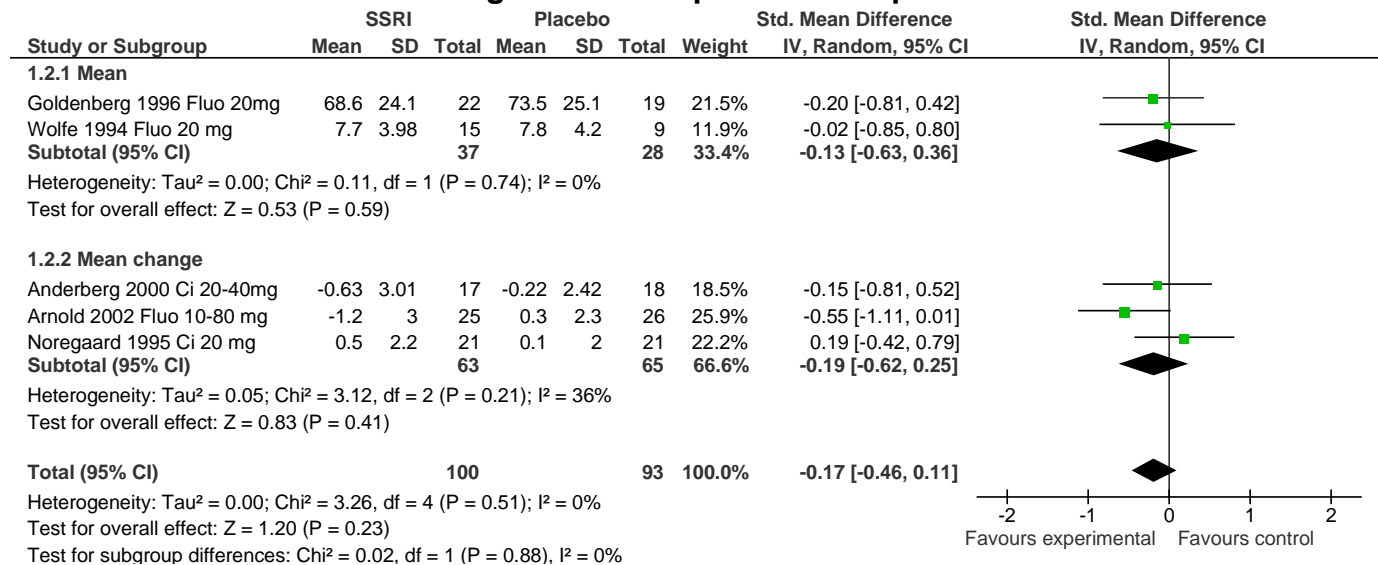
**Schlaf Therapieende**



### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

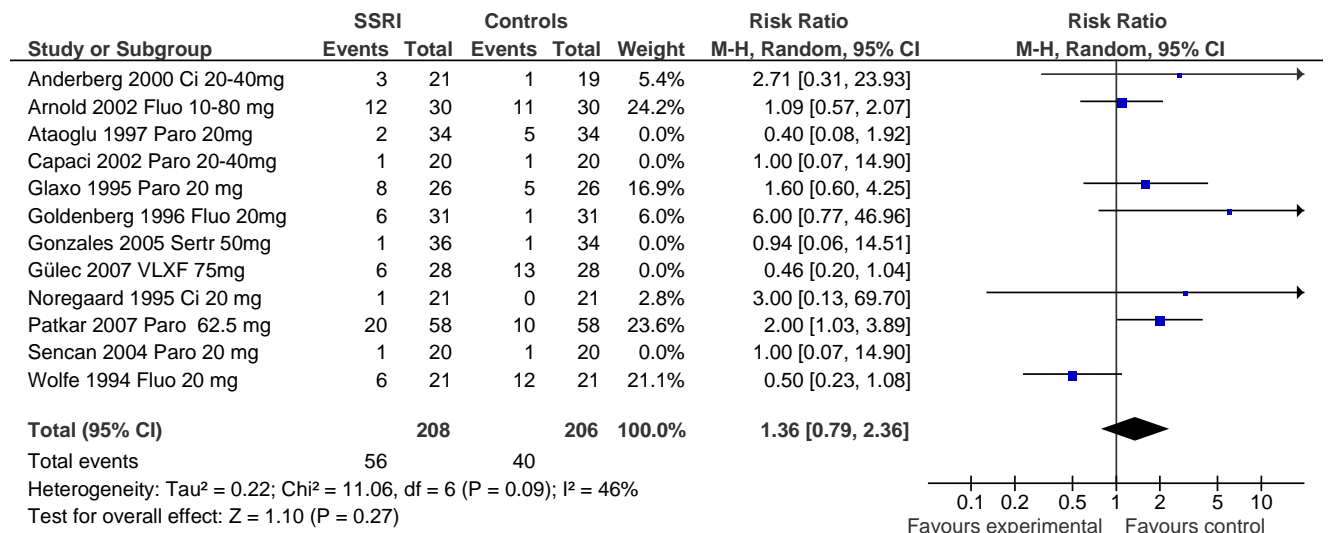
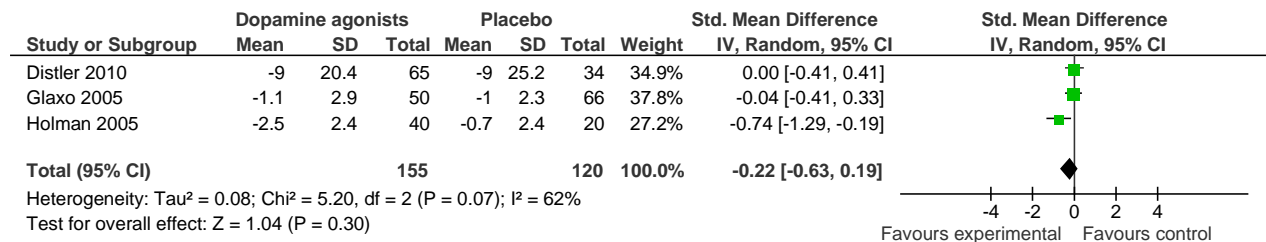
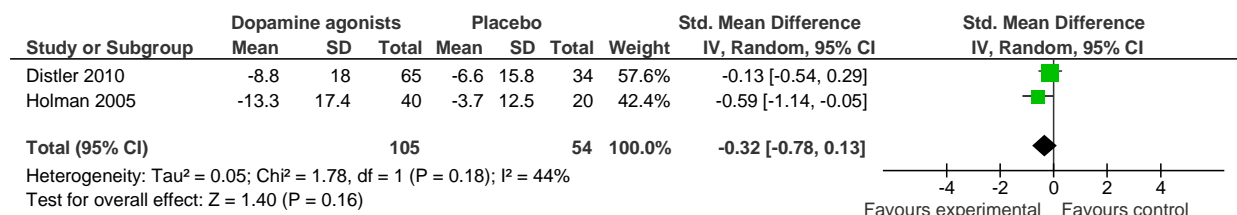


Abbildung 23 : **Dopaminagonisten** versus Placebo am Therapieende

### Schmerz Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

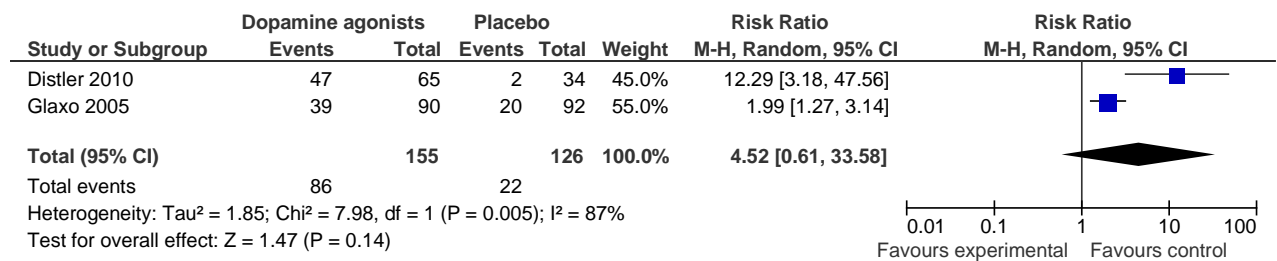
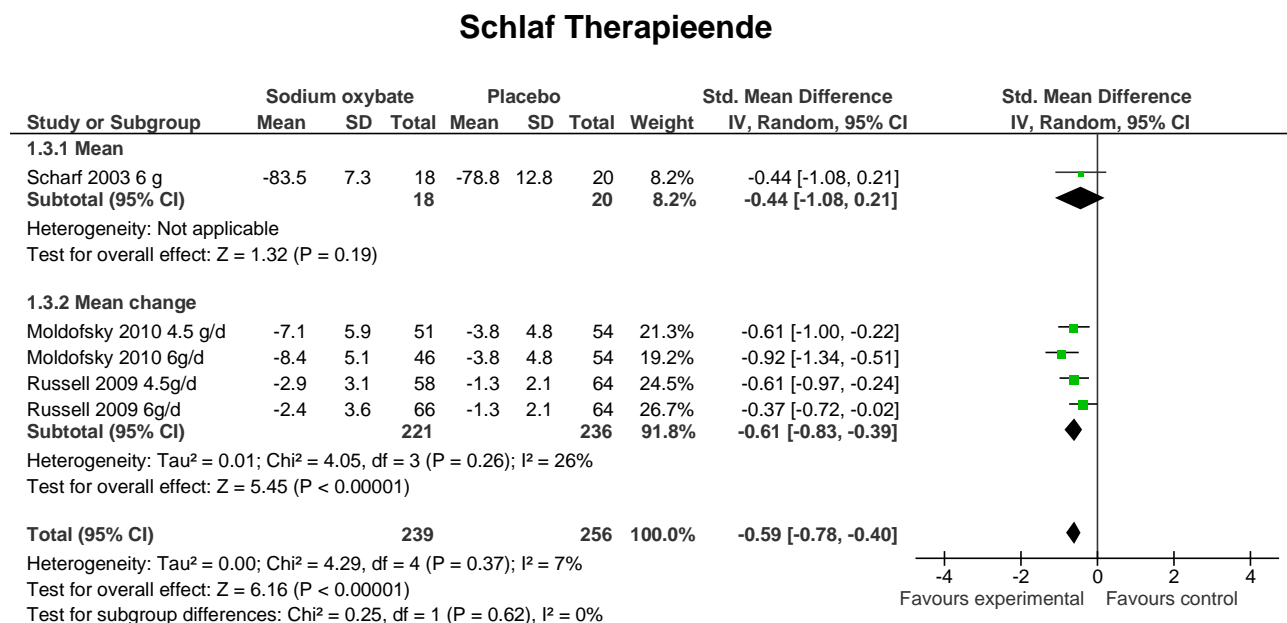
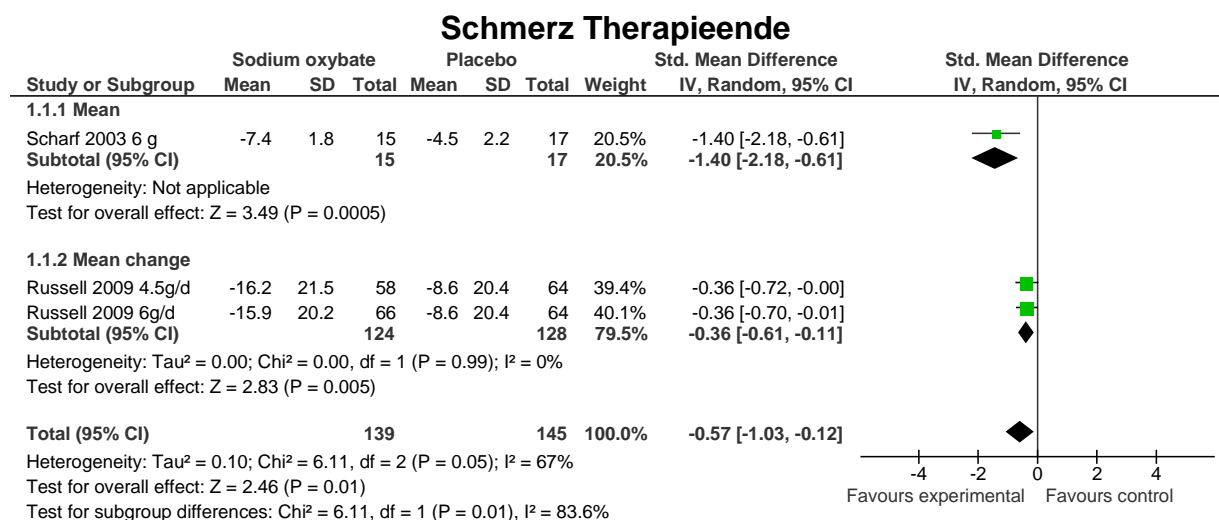
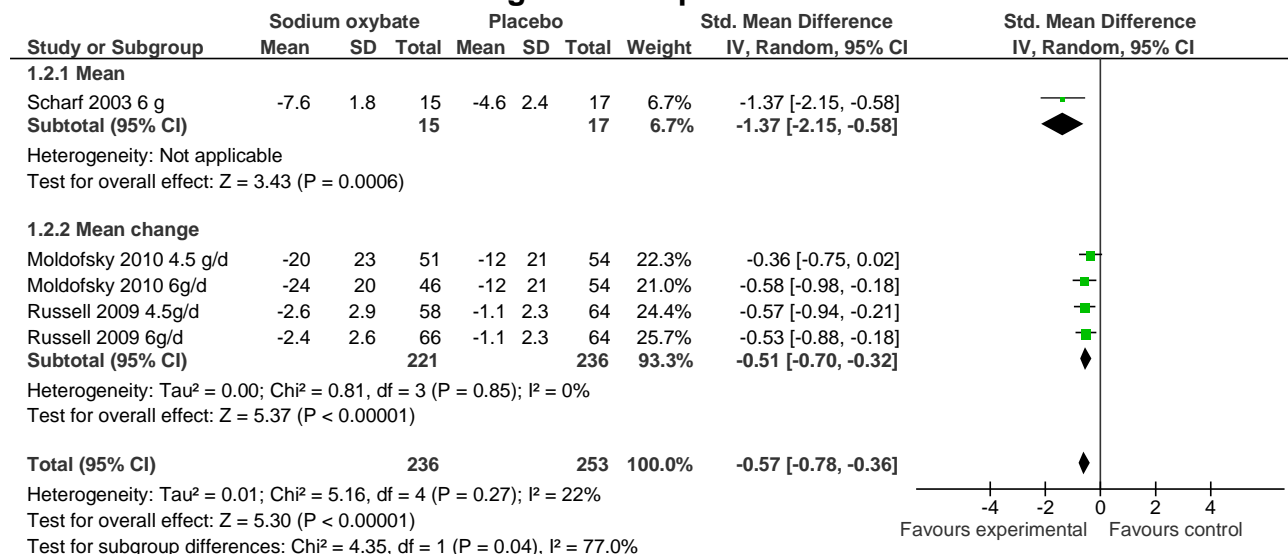


Abbildung 24: **Natriumoxybat** versus Placebo am Therapieende

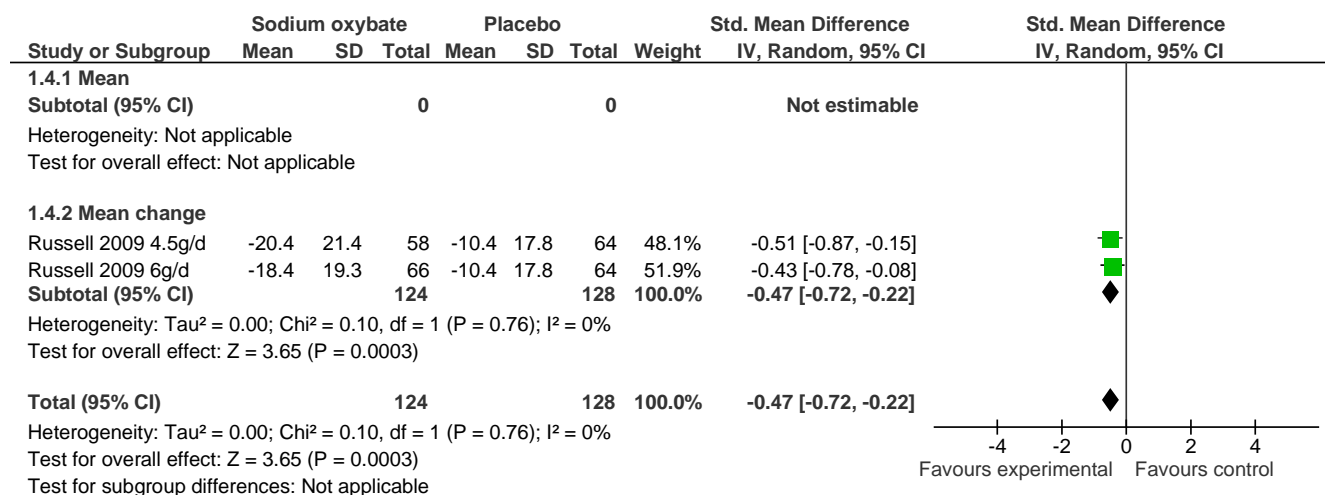




### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

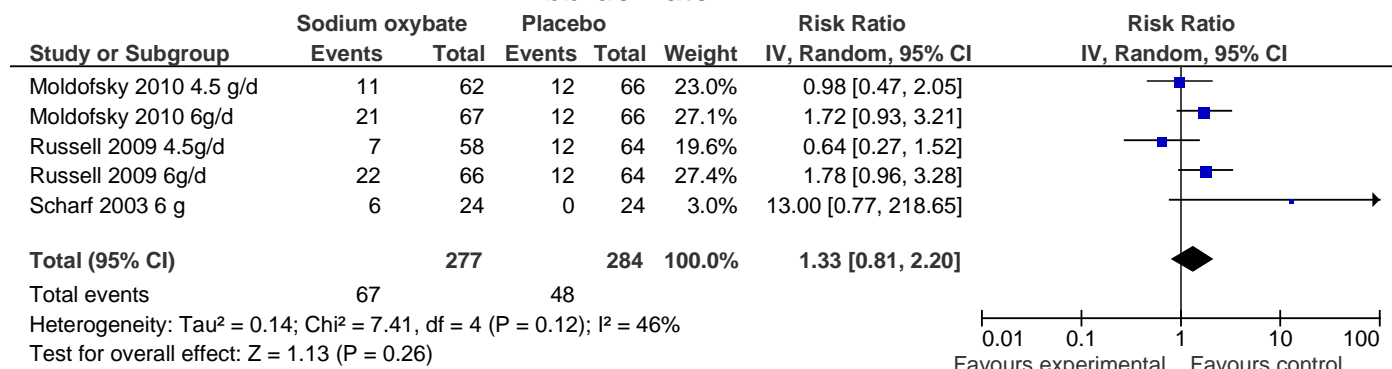
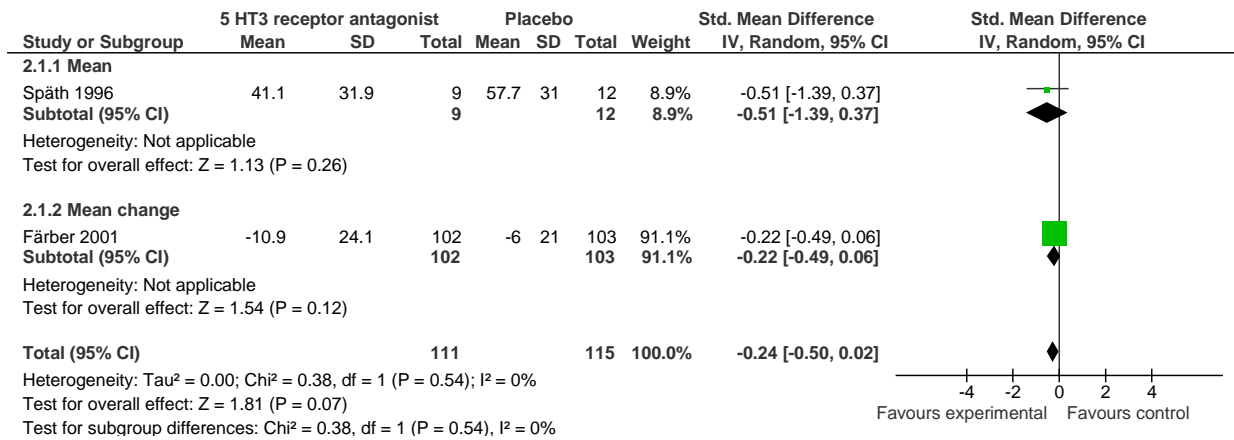


Abbildung 25: **5HT3 Rezeptoragonisten** versus Placebo am Therapieende

**Schmerz Therapieende**



**Abbruchrate**

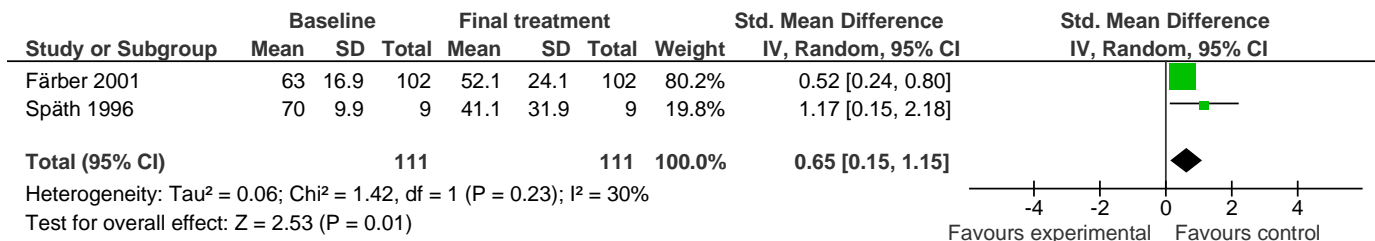
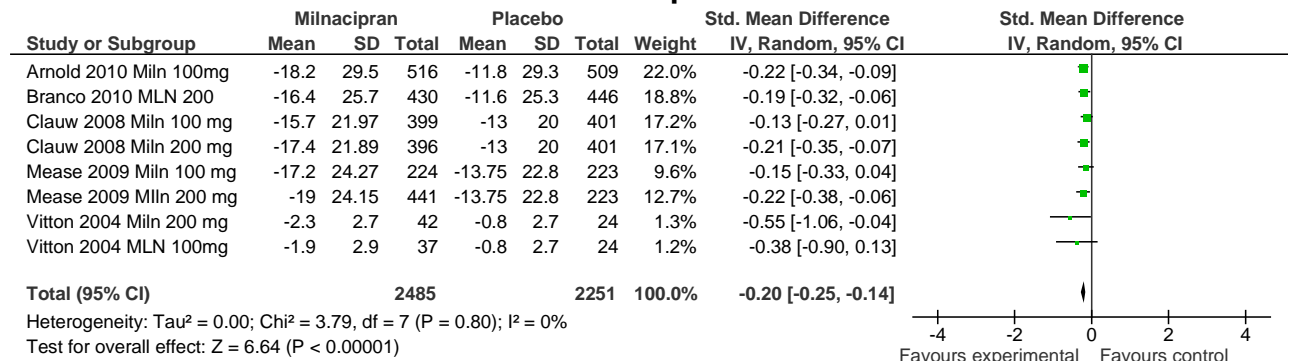
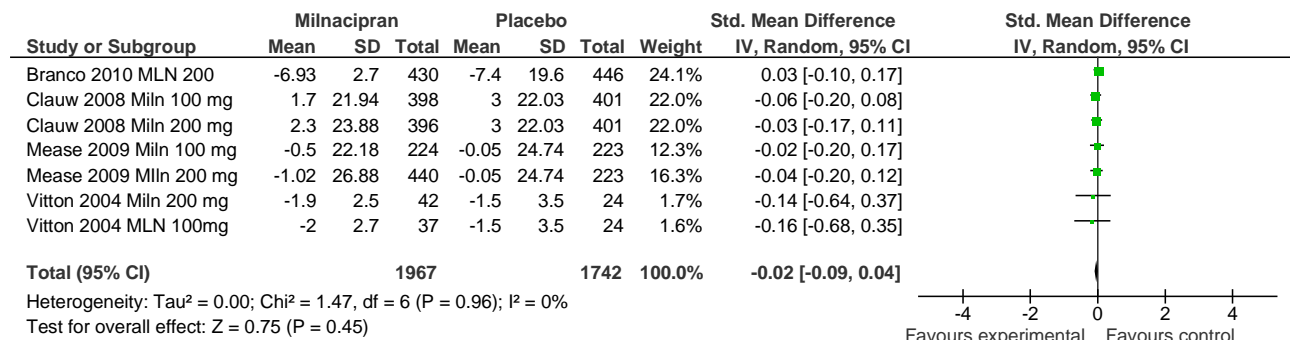


Abbildung 26: **Milnacipran** versus Placebo am Therapieende

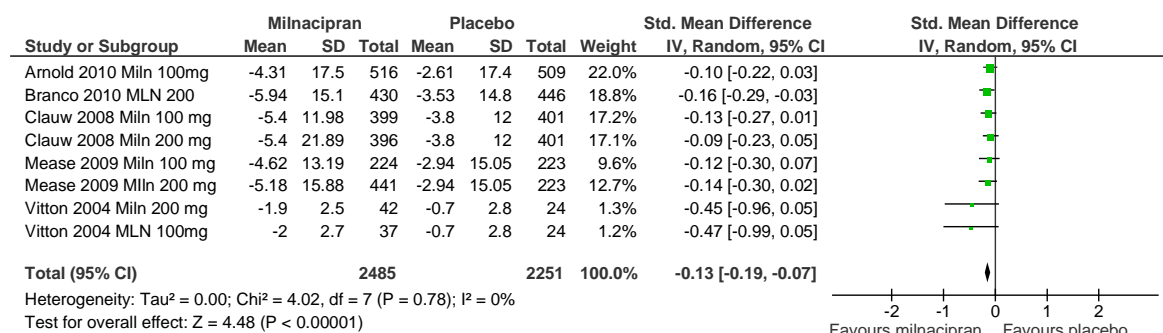
### Schmerz Therapieende



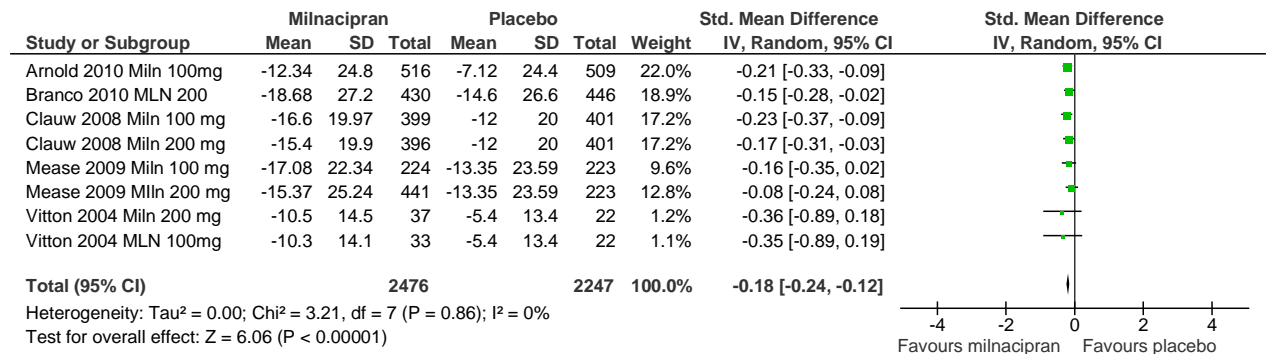
### Schlaf Therapieende



### Müdigkeit Therapieende



## Gesundheitsbezogene Lebensqualität Therapieende



## Abbruchrate

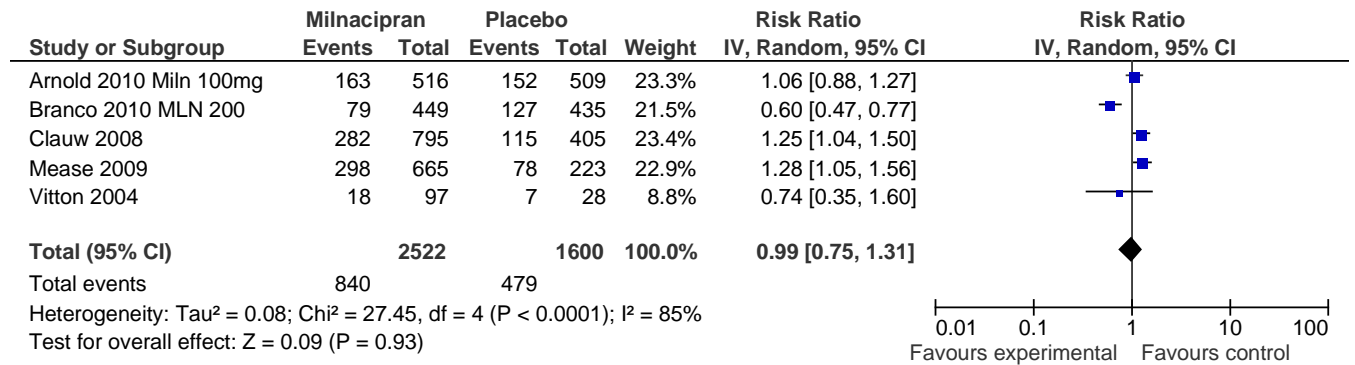
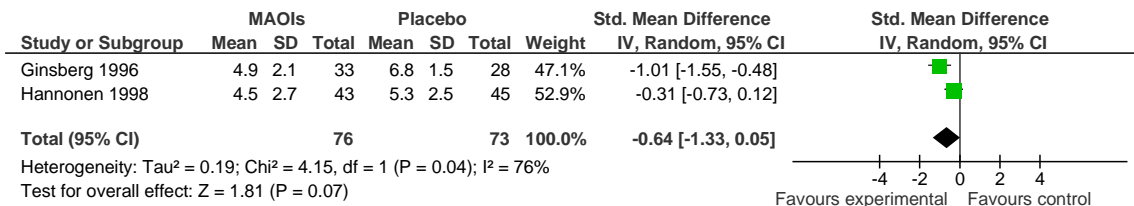
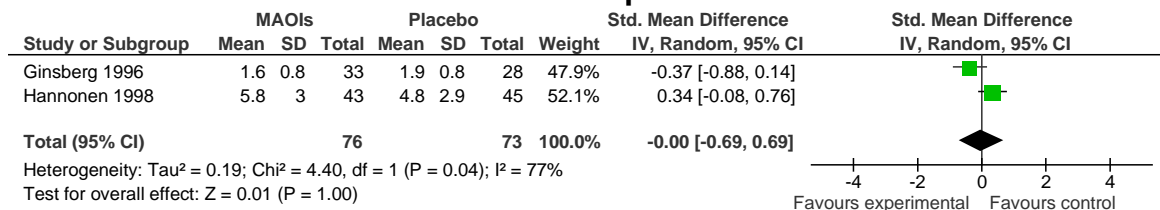


Abbildung 27: **Monoaminoxidaseinhibitoren** versus Placebo am Therapieende

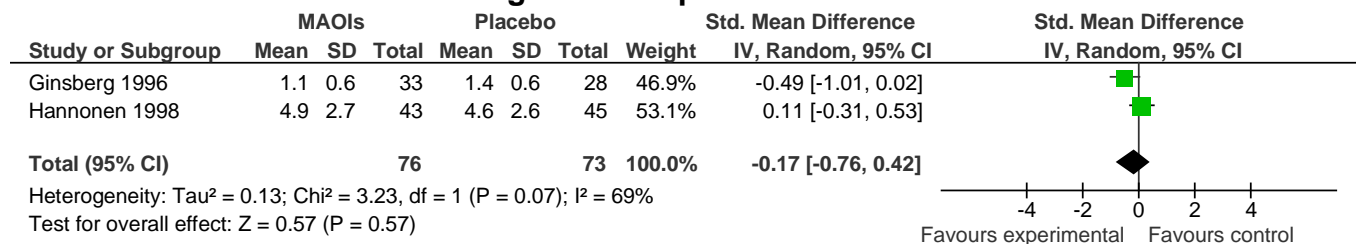
### Schmerz Therapieende



### Schlaf Therapieende



### Müdigkeit Therapieende



### Abbruchrate

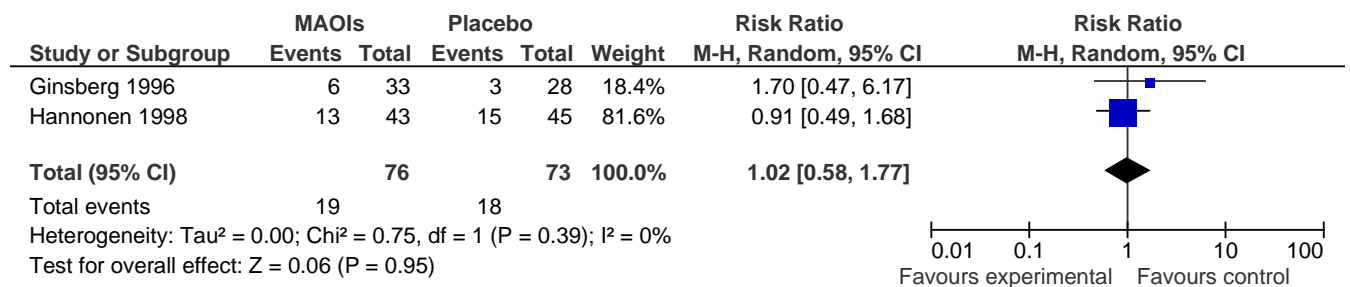
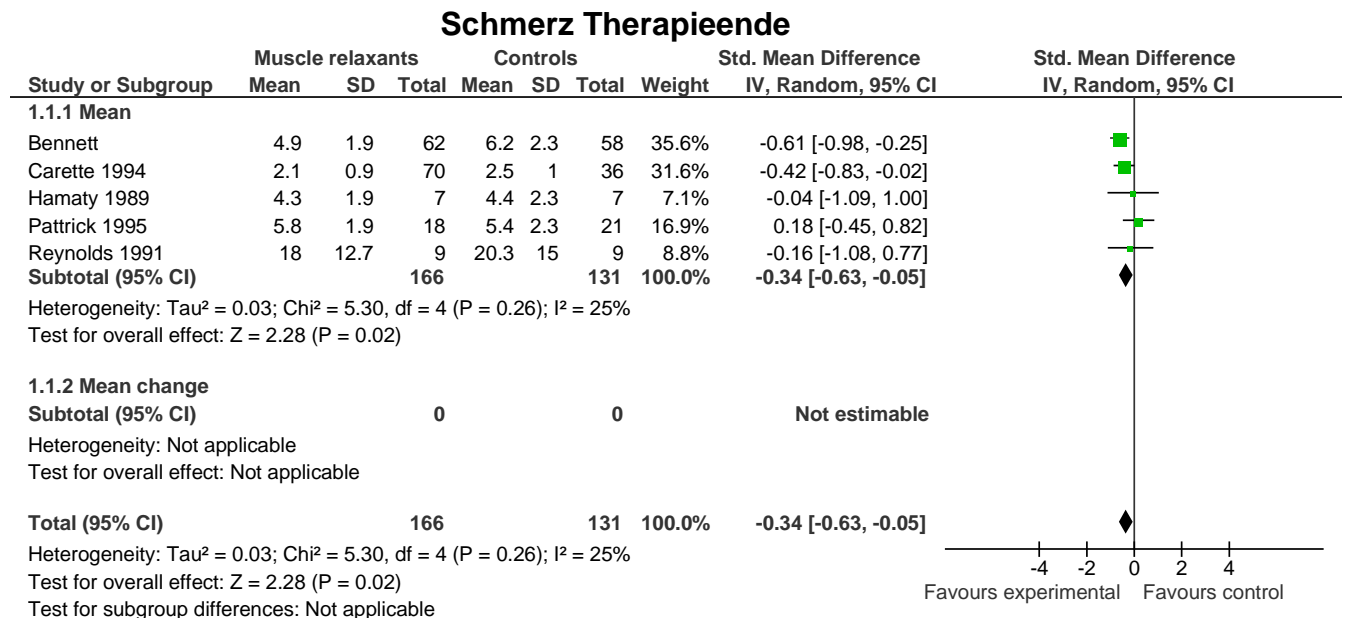


Abbildung 28: **Muskelrelaxantien** versus Placebo am Therapieende



### Abbruchrate

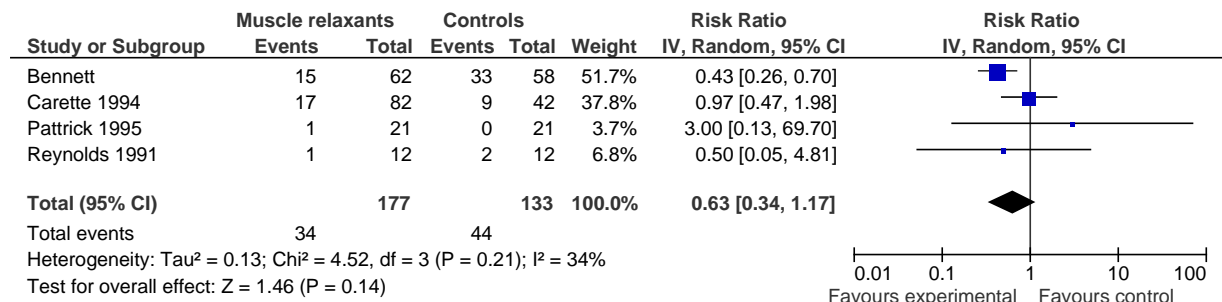
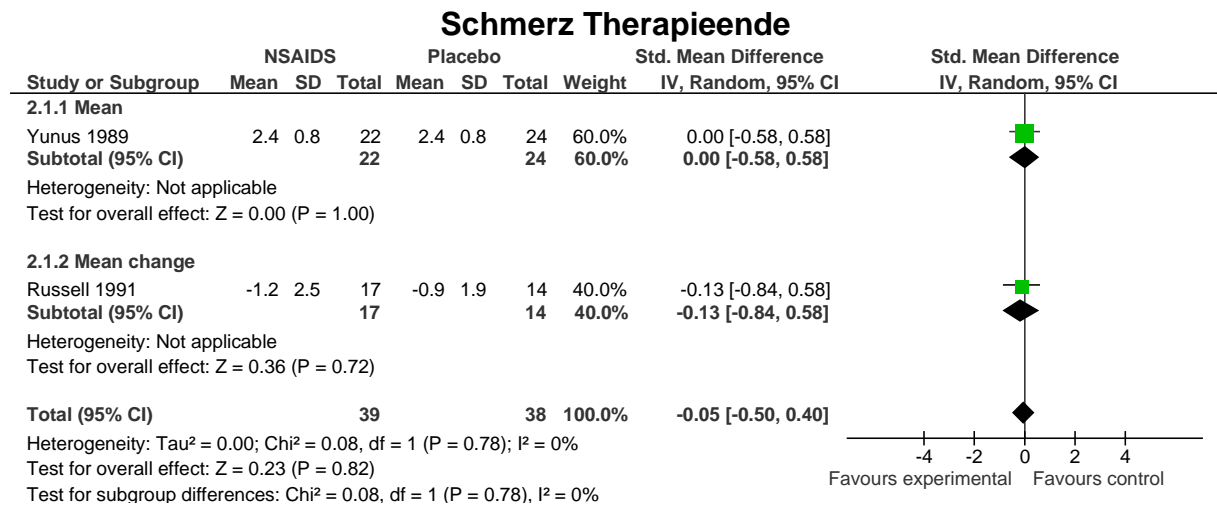


Abbildung 29: **Nichtsteroidale Antirheumatika** versus Placebo am Therapieende



### Abbruchrate

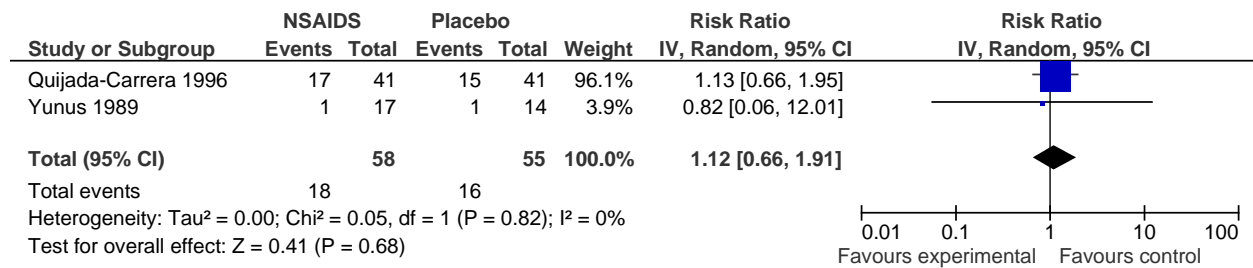
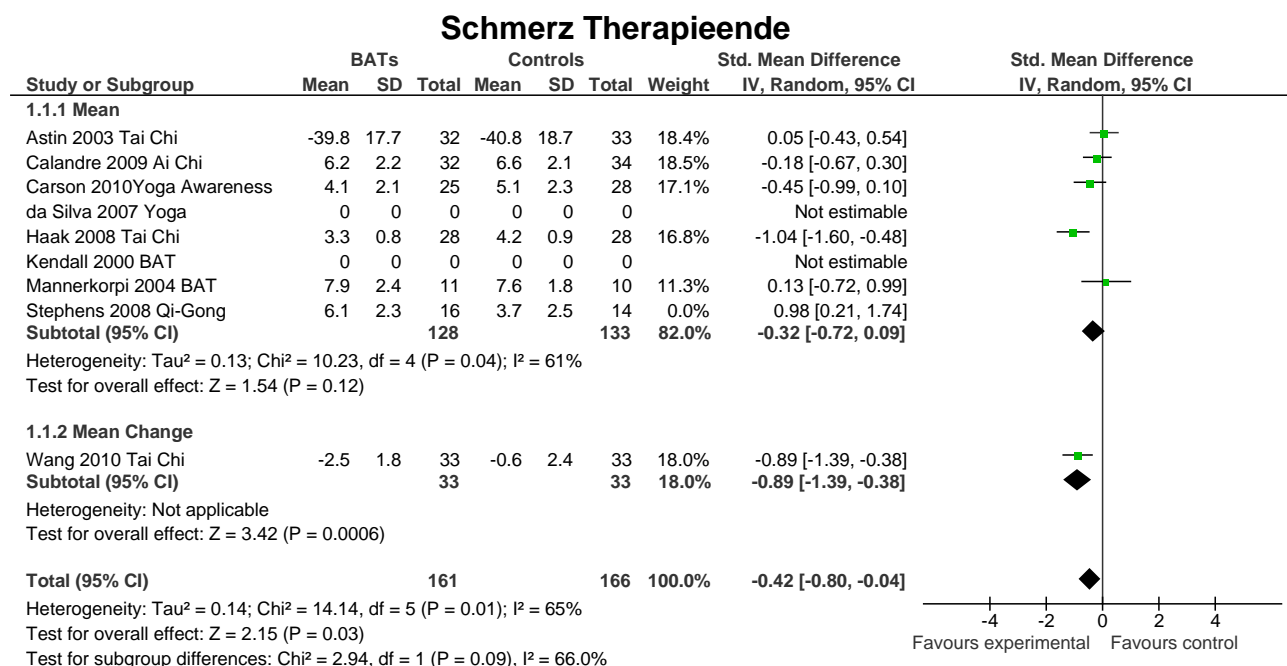
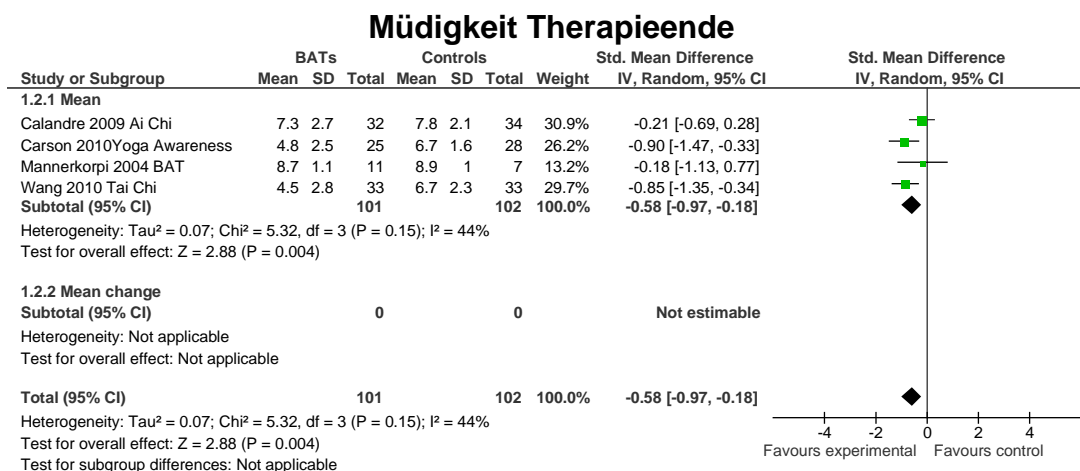
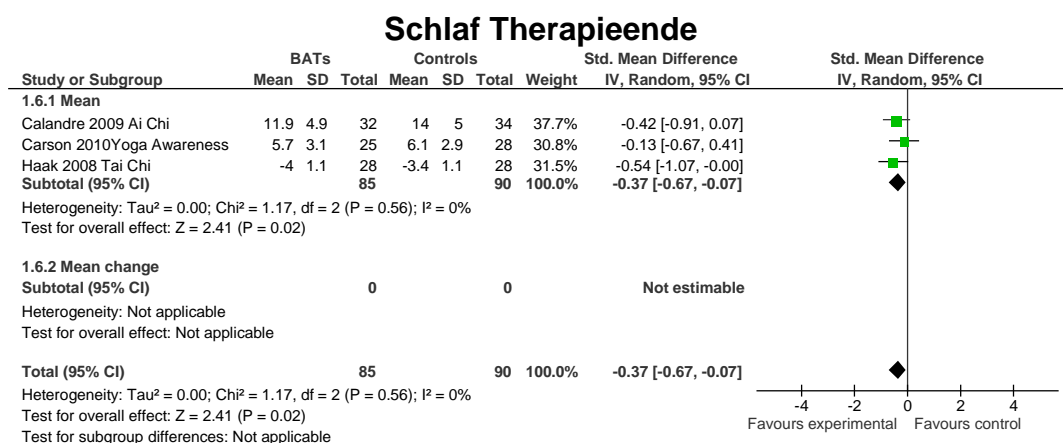


Abbildung 30: **Meditative Bewegungstherapien (bzw. Body Awareness Therapien)** versus Kontrollgruppen am Therapieende und bei Nachuntersuchungen

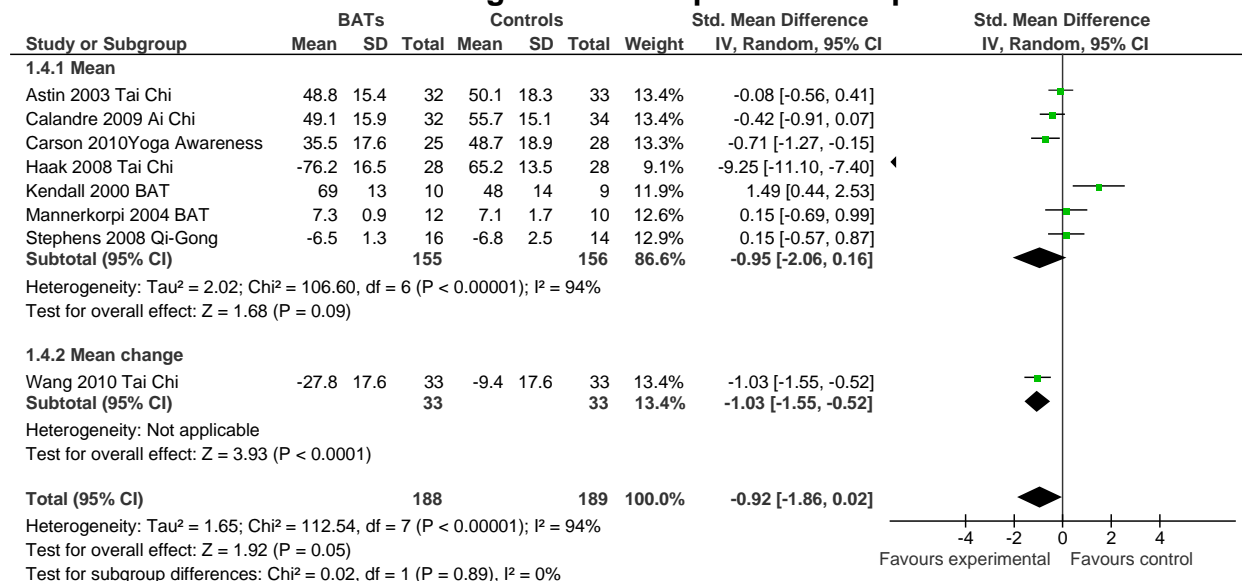


BAT= Body Awareness Therapy

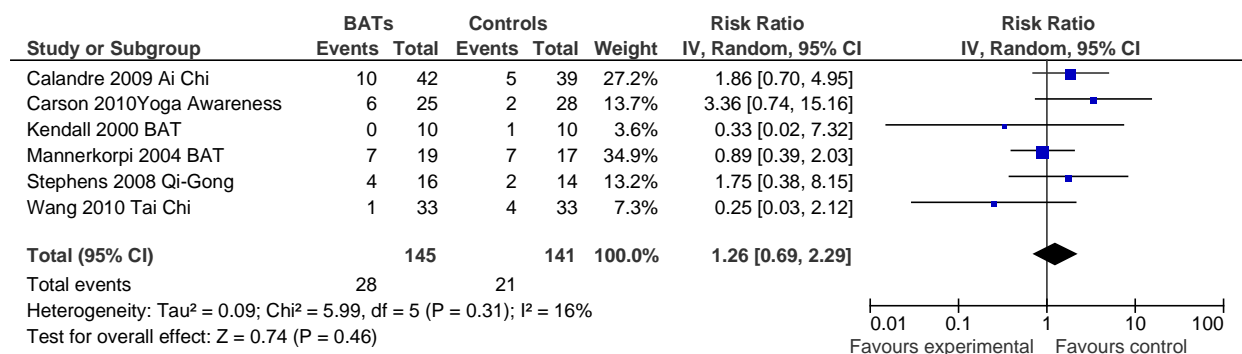




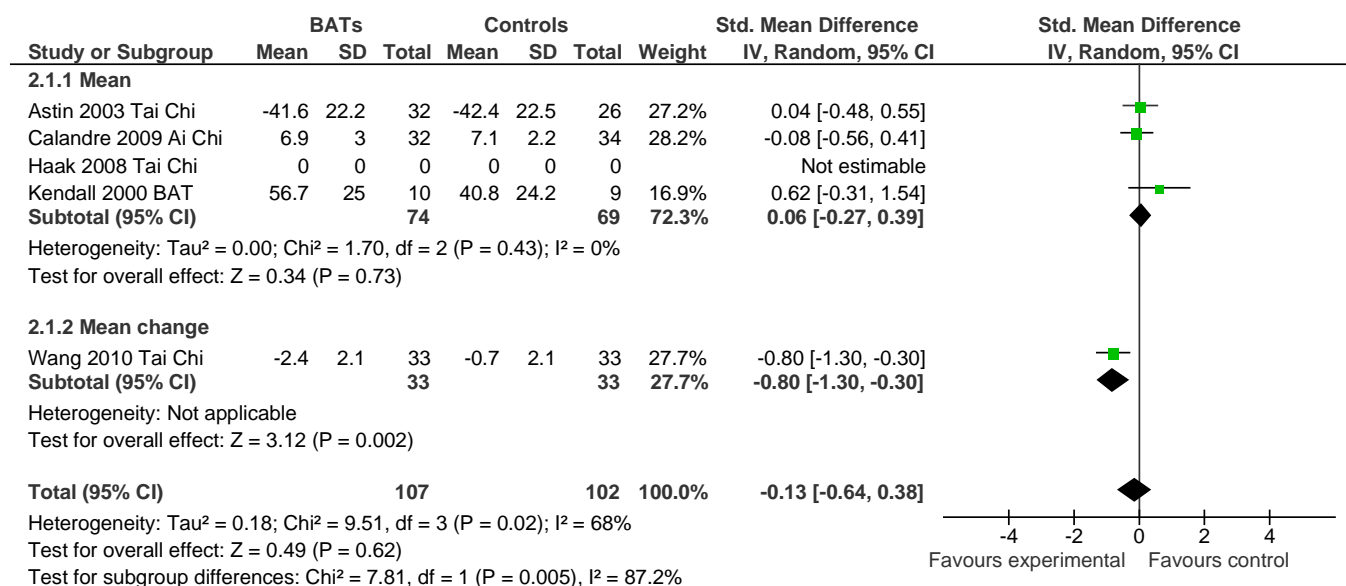
### Gesundheitsbezogene Lebensqualität Therapieende



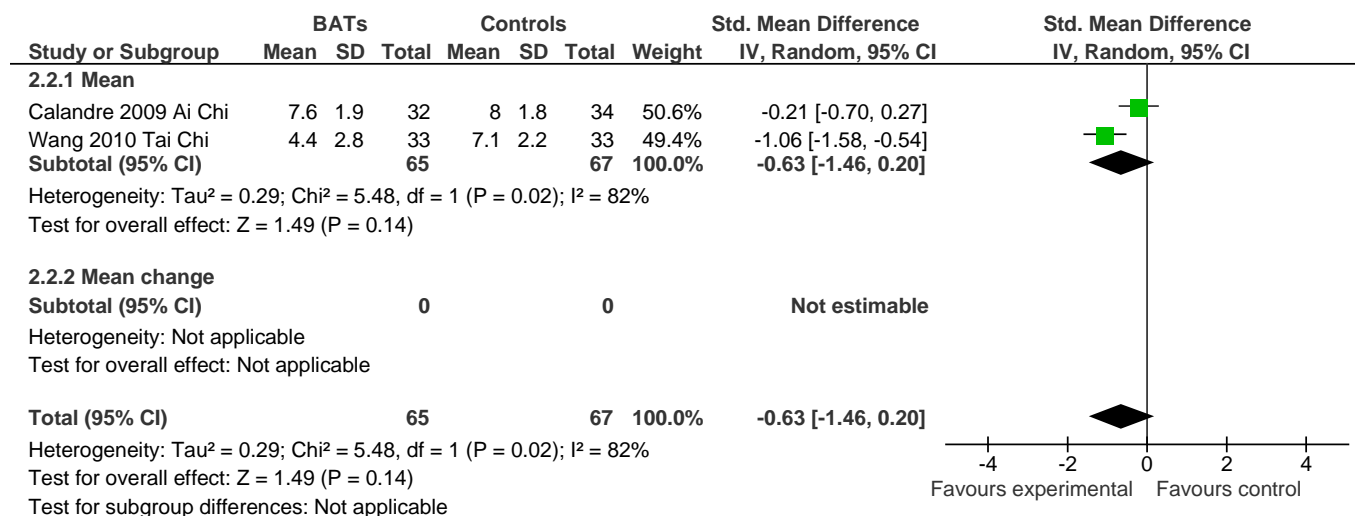
### Abbruchrate



### Schmerz Nachuntersuchung



### Müdigkeit Nachuntersuchung



### Gesundheitsbezogene Lebensqualität Nachuntersuchung

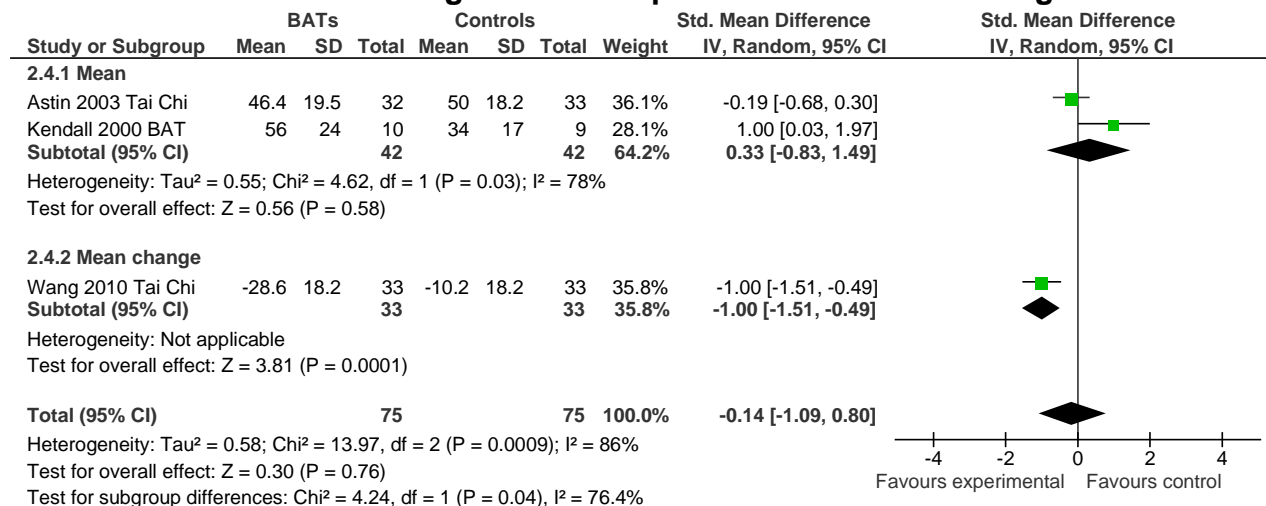
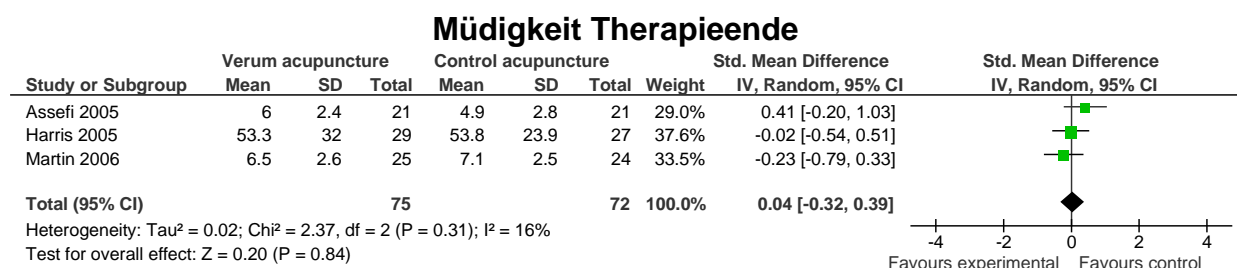
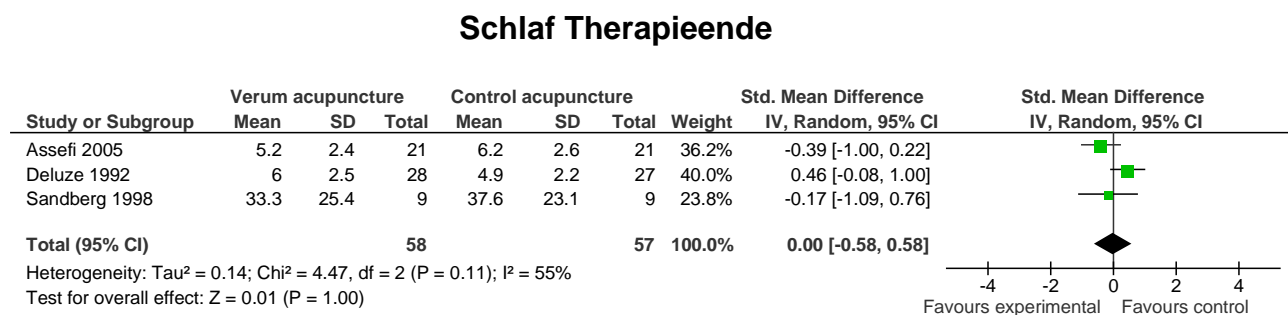
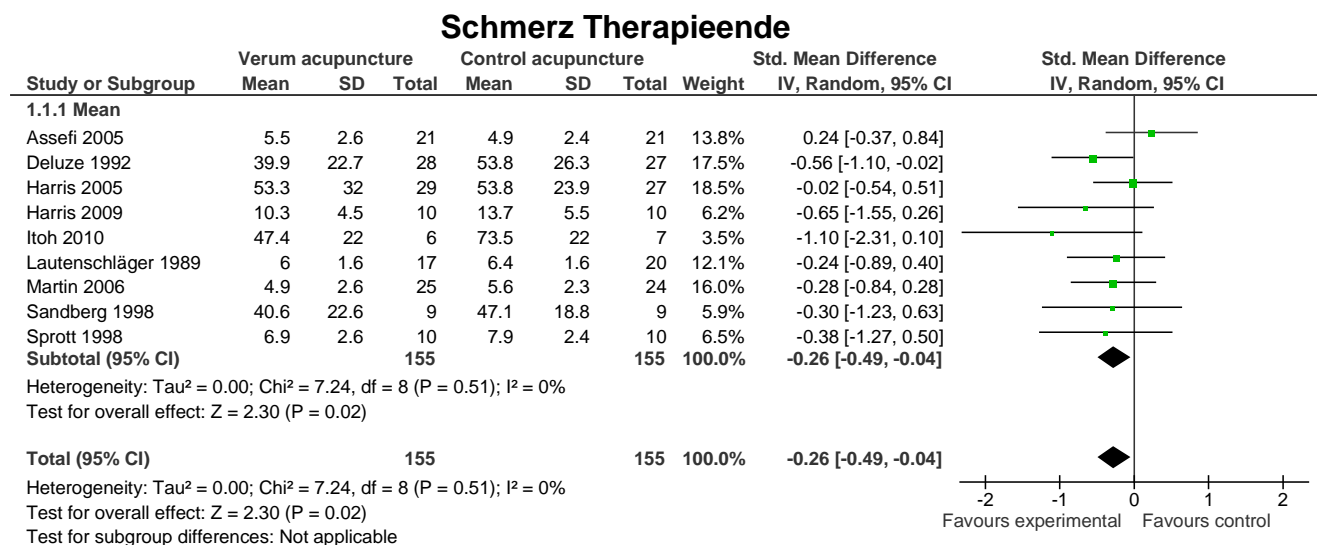
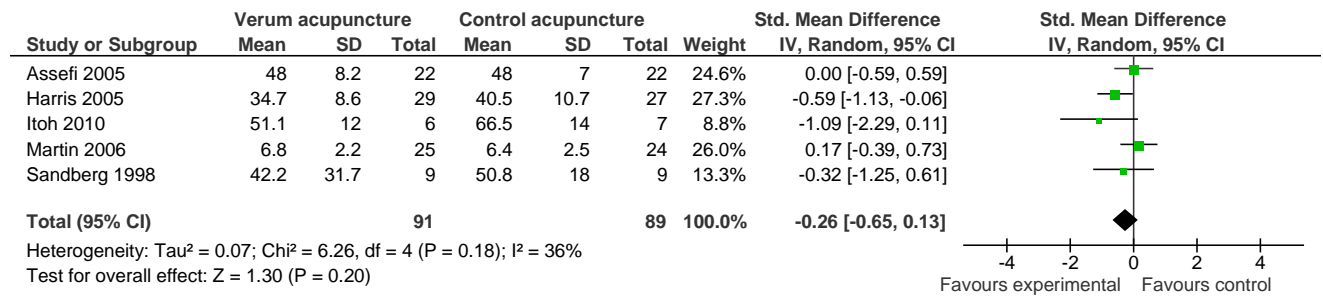


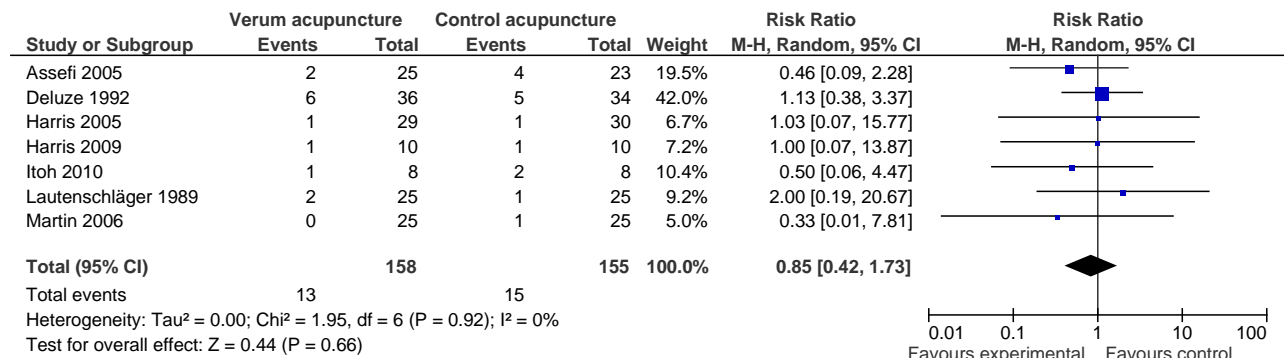
Abbildung 31: Akupunktur versus Kontrollen am Therapieende



## Gesundheitsbezogene Lebensqualität Therapieende



## Abbruchrate



## Schmerz Nachuntersuchung

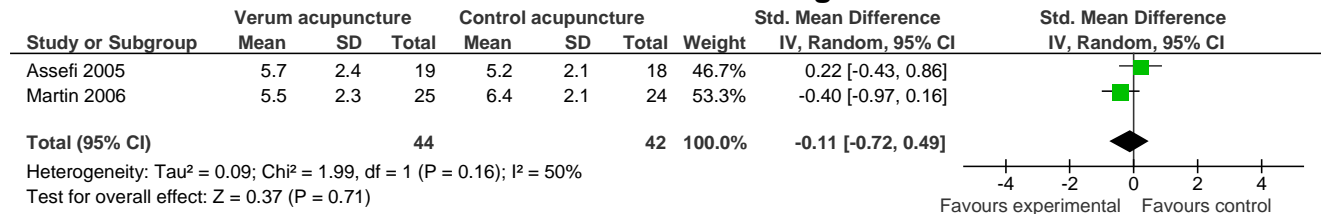
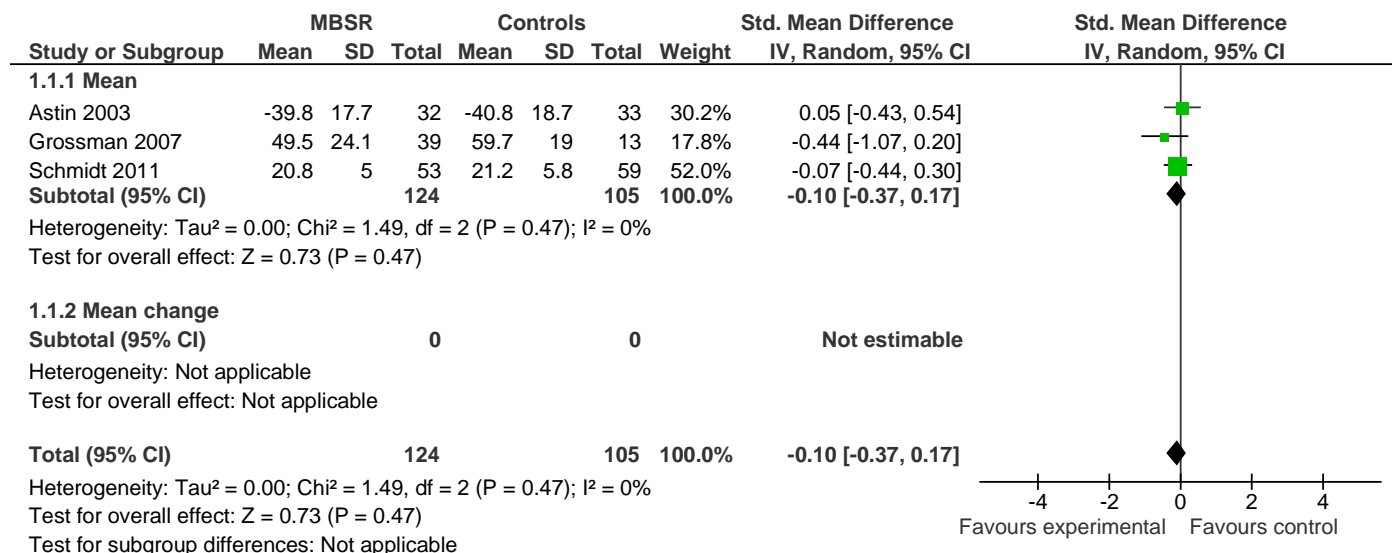
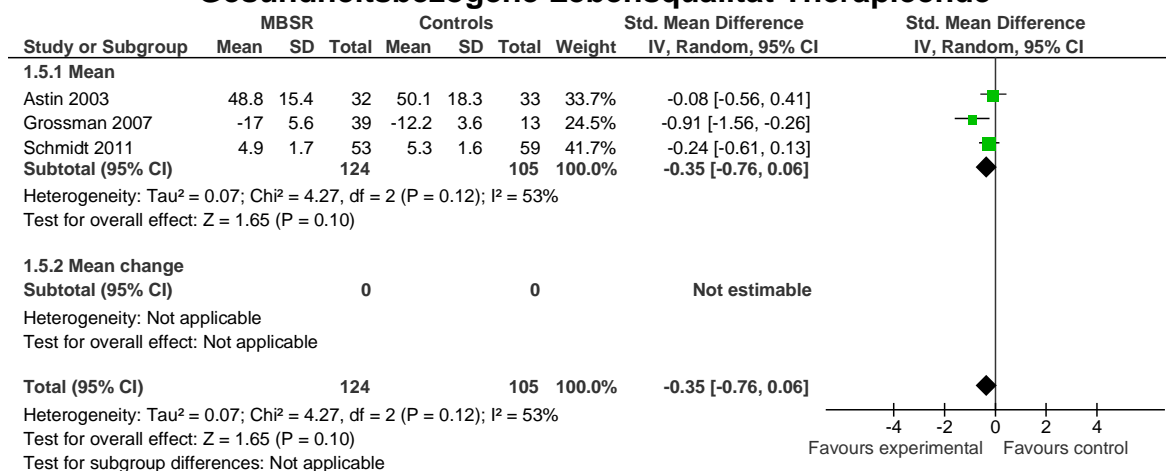


Abbildung 32: **Achtsamkeitsbasierte Stressreduktion (MBSR= Mindfulness based stress reduction)** versus Kontrollen am Therapieende und bei Nachuntersuchungen

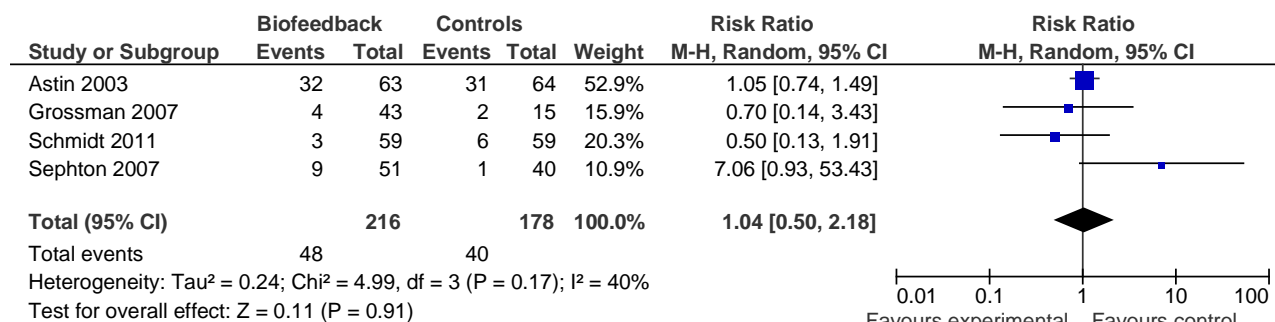
### Schmerz Therapieende



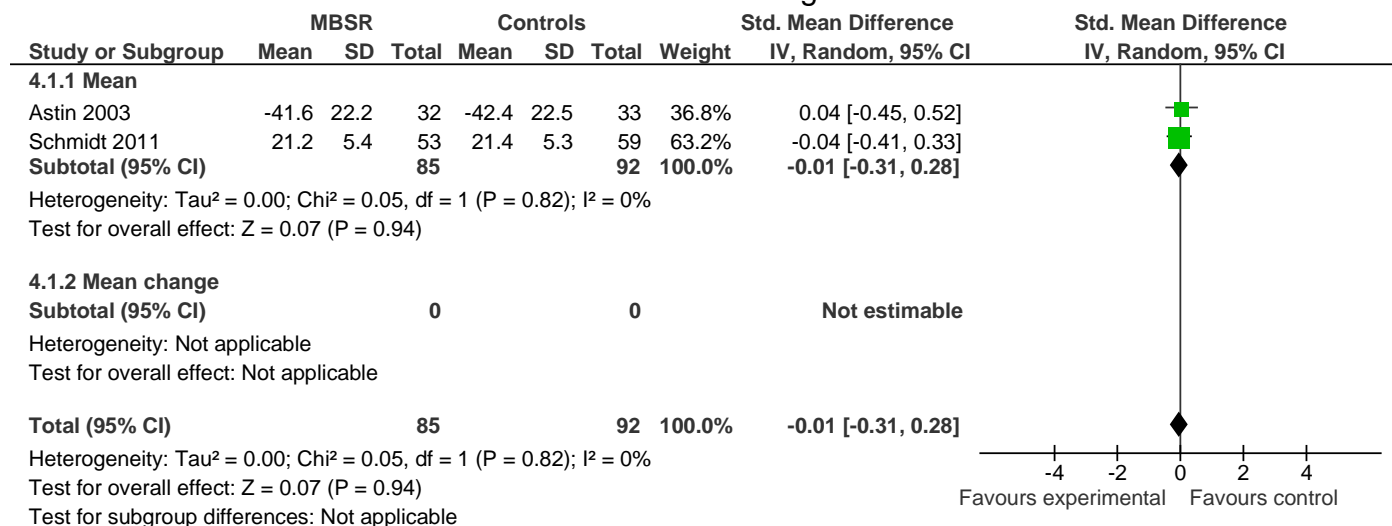
### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate



### Schmerz Nachuntersuchung



### Gesundheitsbezogene Lebensqualität Nachuntersuchung

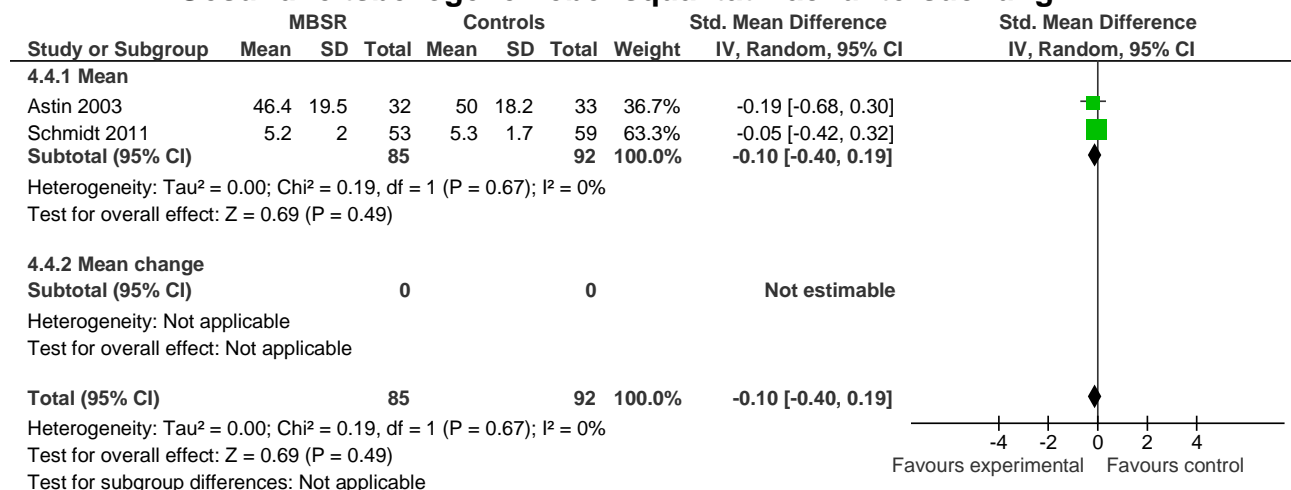
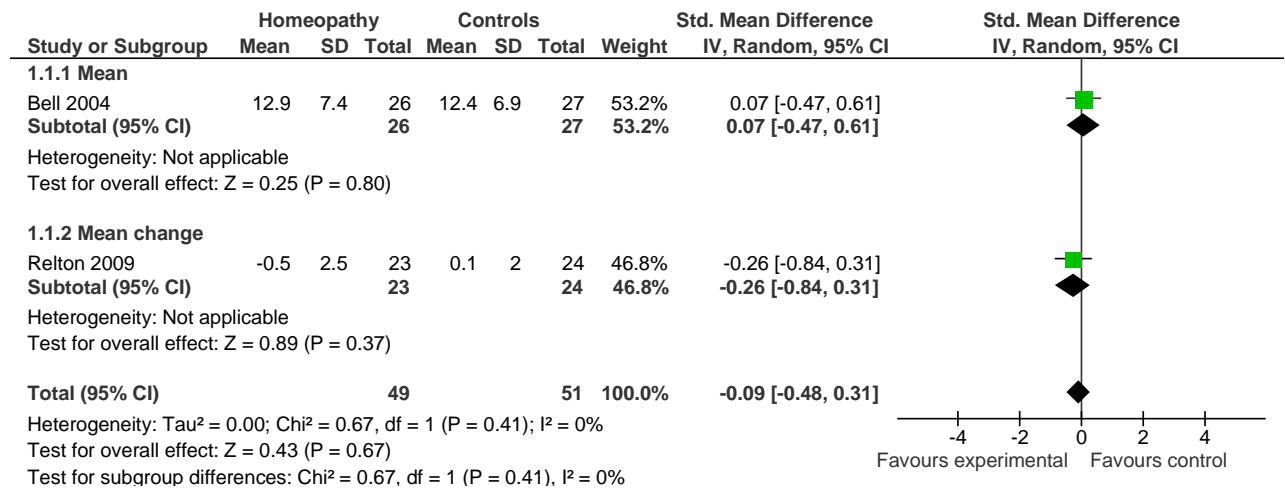
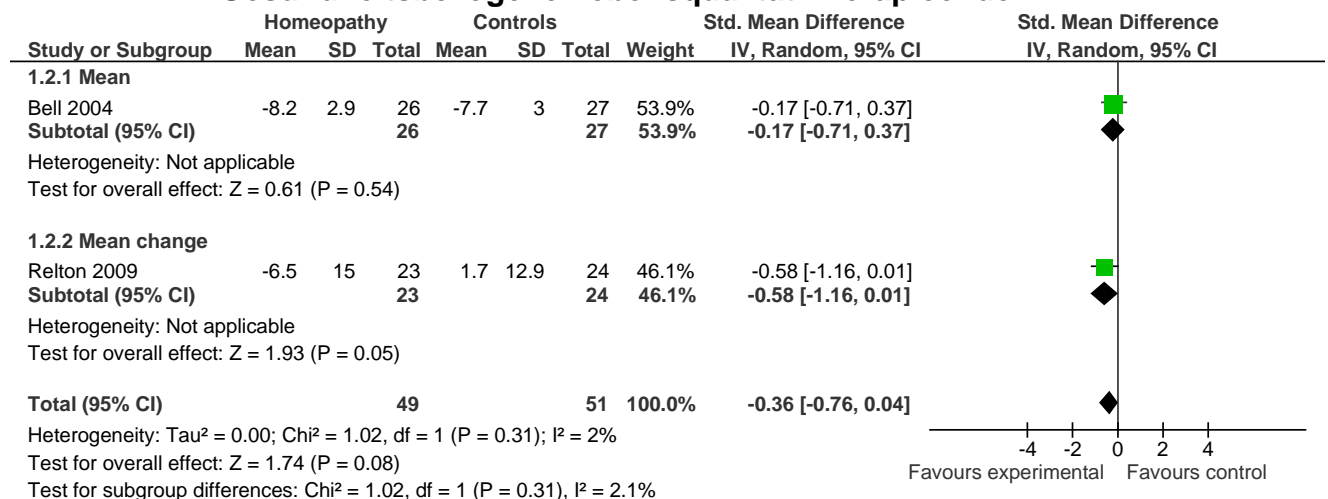


Abbildung 33: **Homöopathie** versus Kontrollen am Therapieende

### Schmerz Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

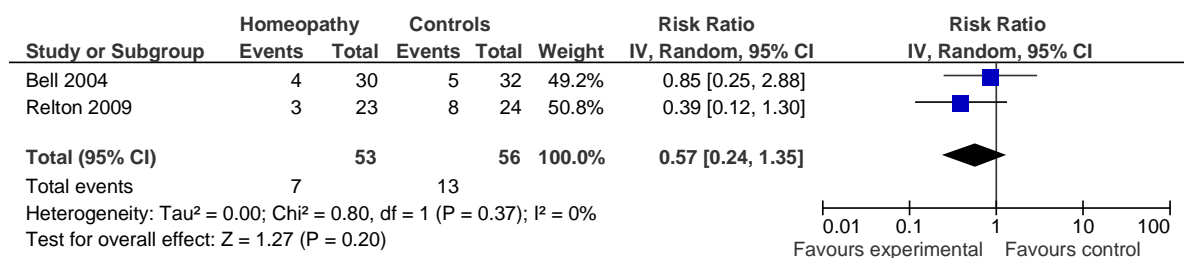
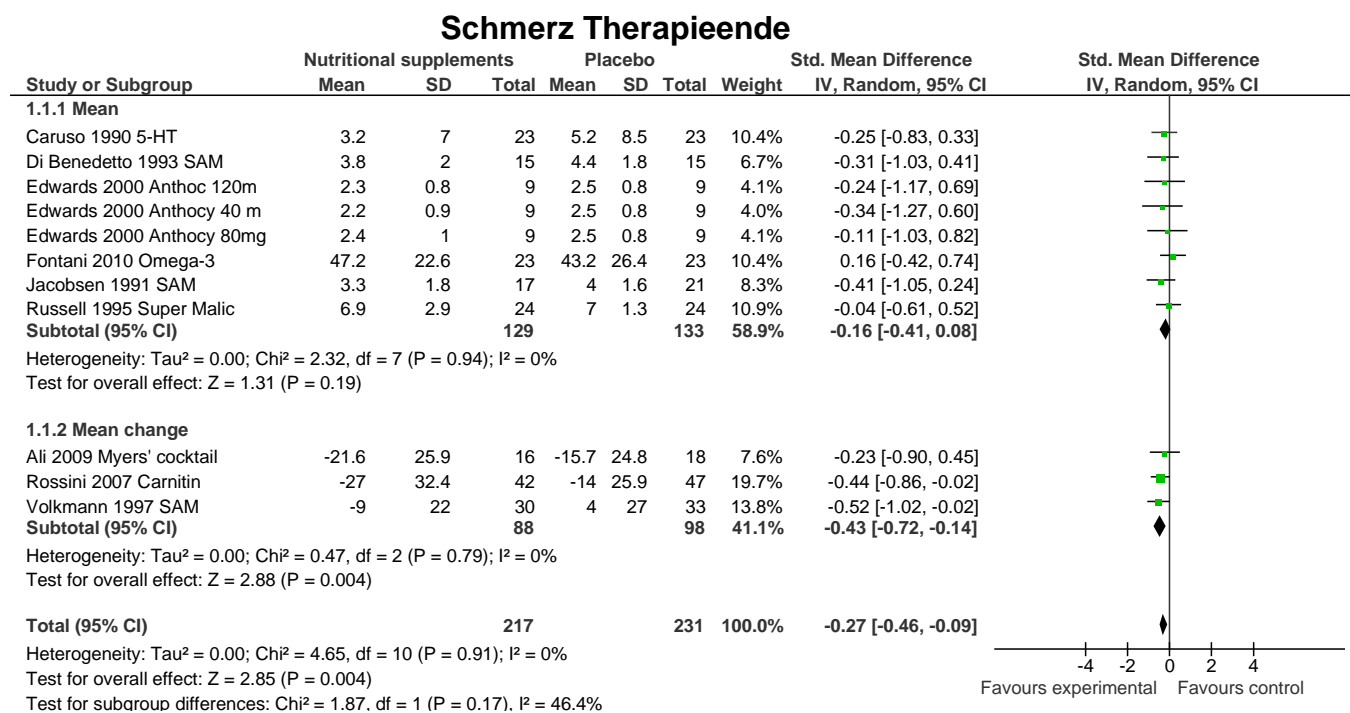
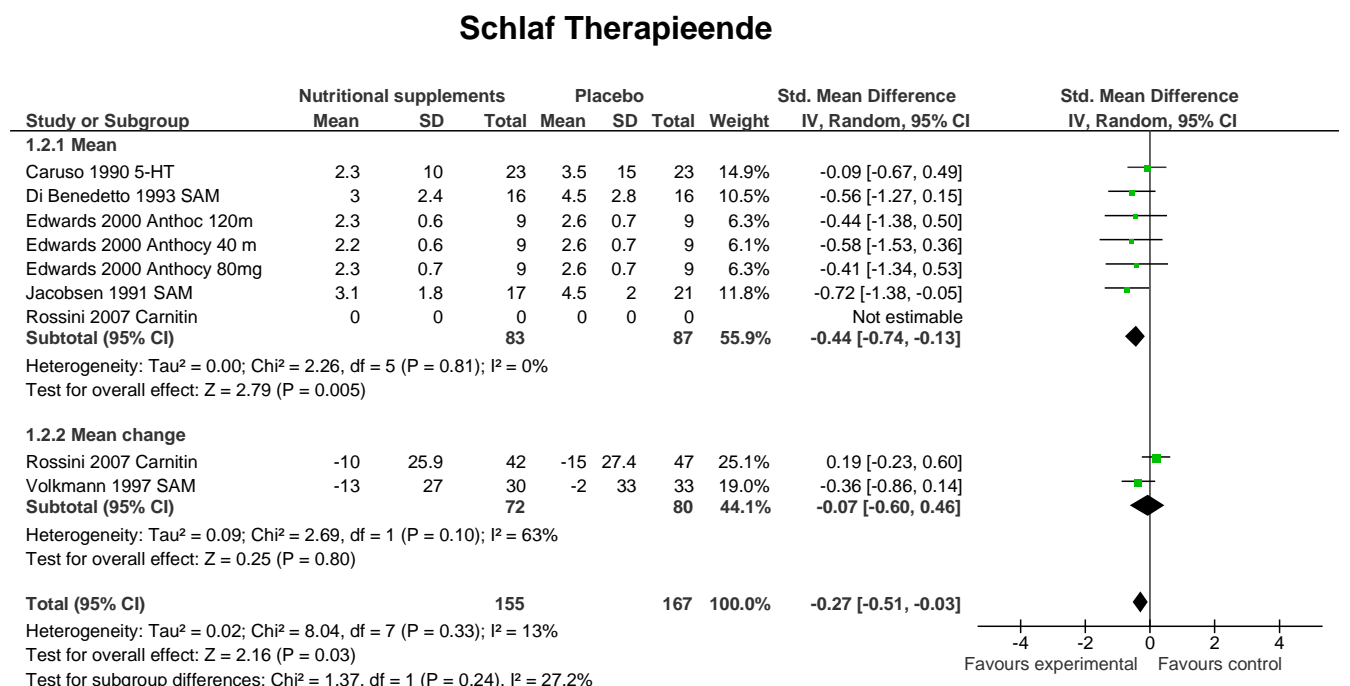


Abbildung 34: Nahrungsmittelergänzungsprodukte versus Kontrollen

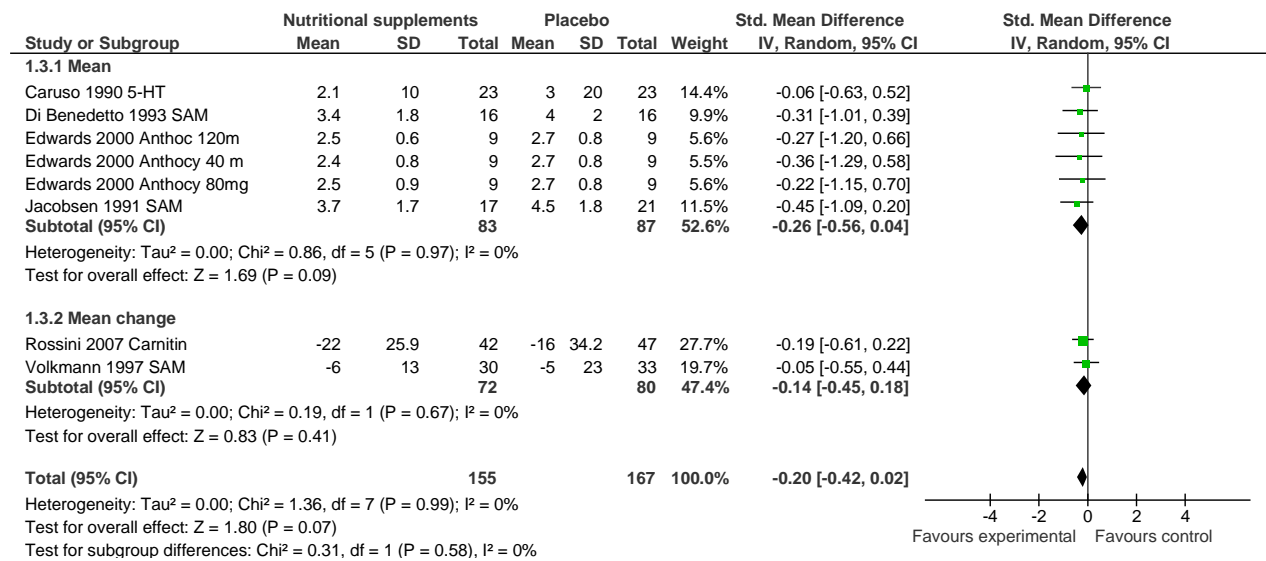


Anthoc= Anthocanides;5-HT= 5-Hydroxytryptamine; SMA= S-Adenosylmethionin

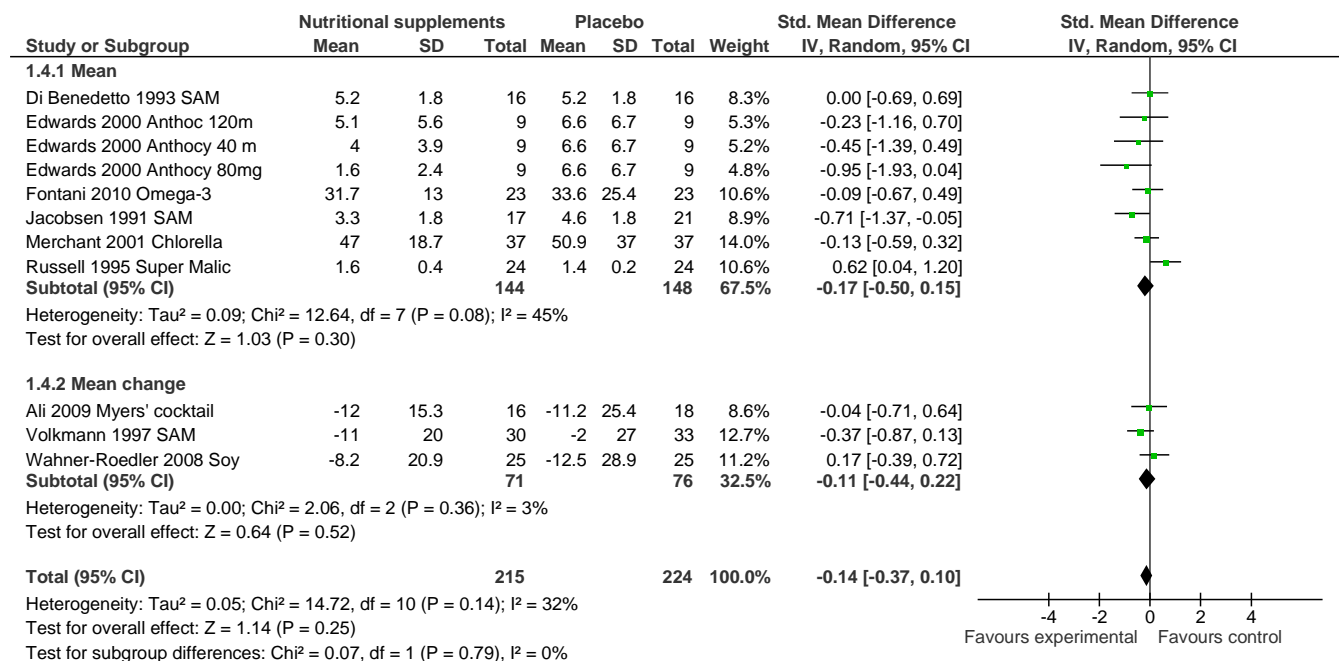




### Müdigkeit Therapieende



### Gesundheitsbezogene Lebensqualität Therapieende



### Abbruchrate

