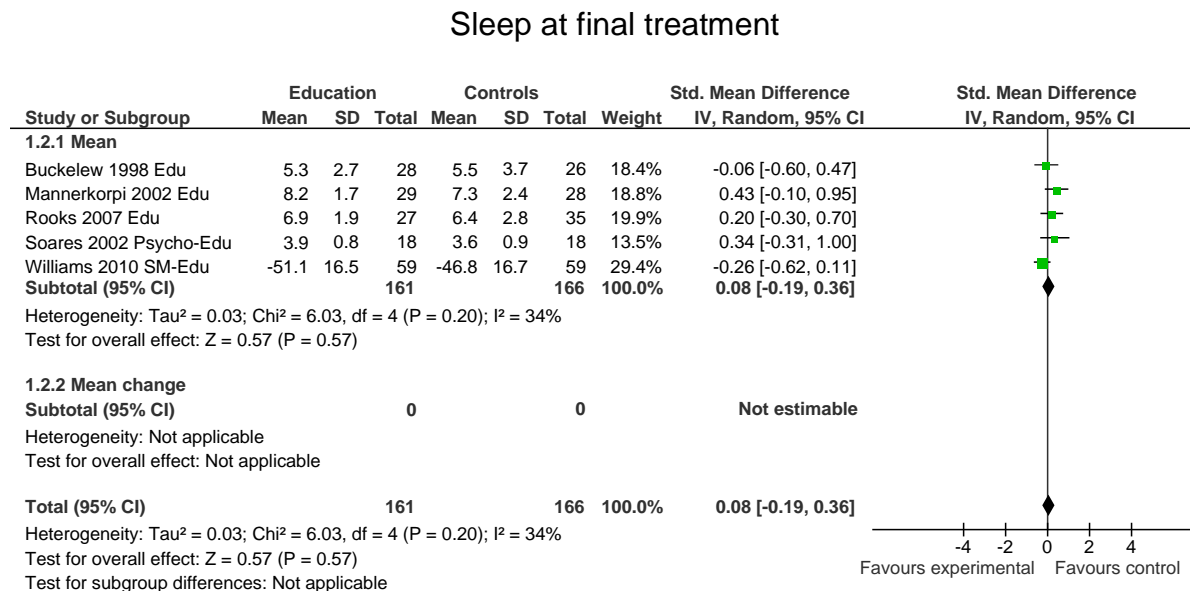
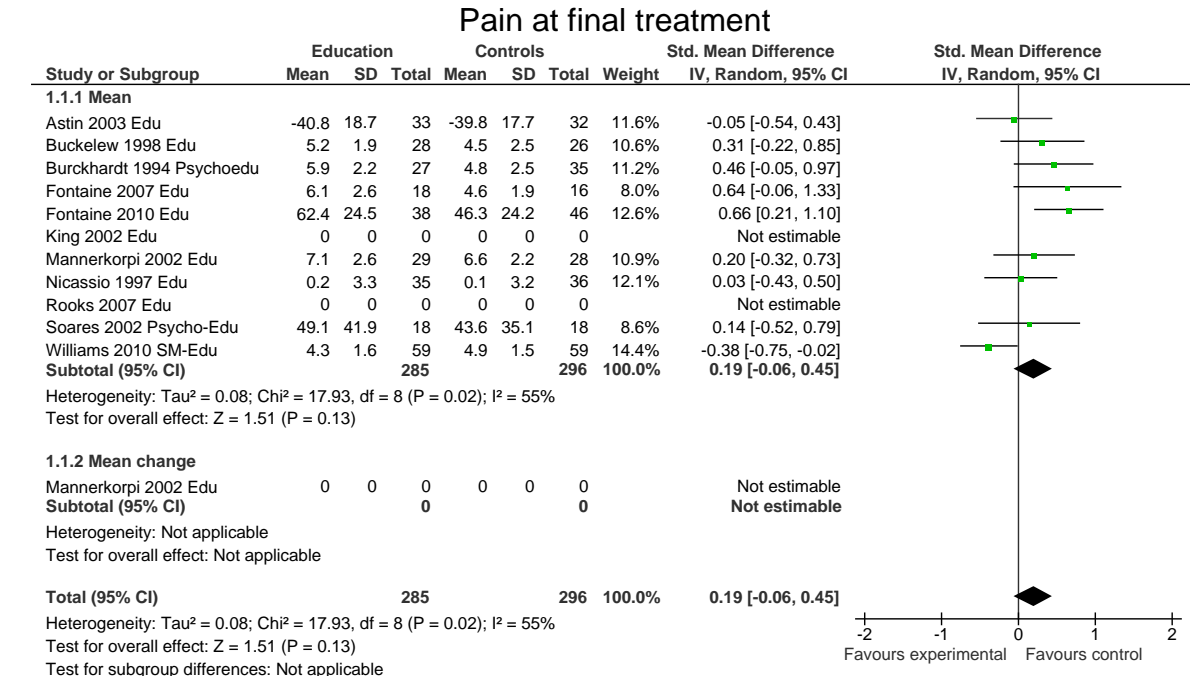


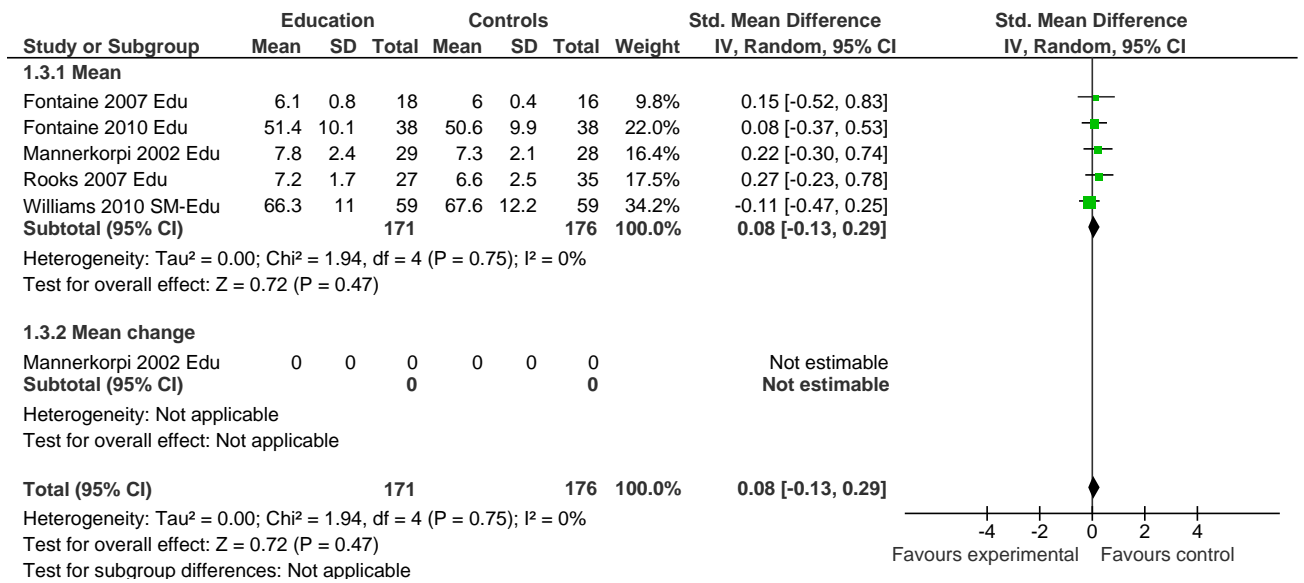
## Evidence report – forest plots of standardised mean differences between experimental groups versus controls on selected outcomes

Figure 1: Effect estimates (standardised mean differences) of patient education versus controls on predefined outcomes at final treatment and at follow-up

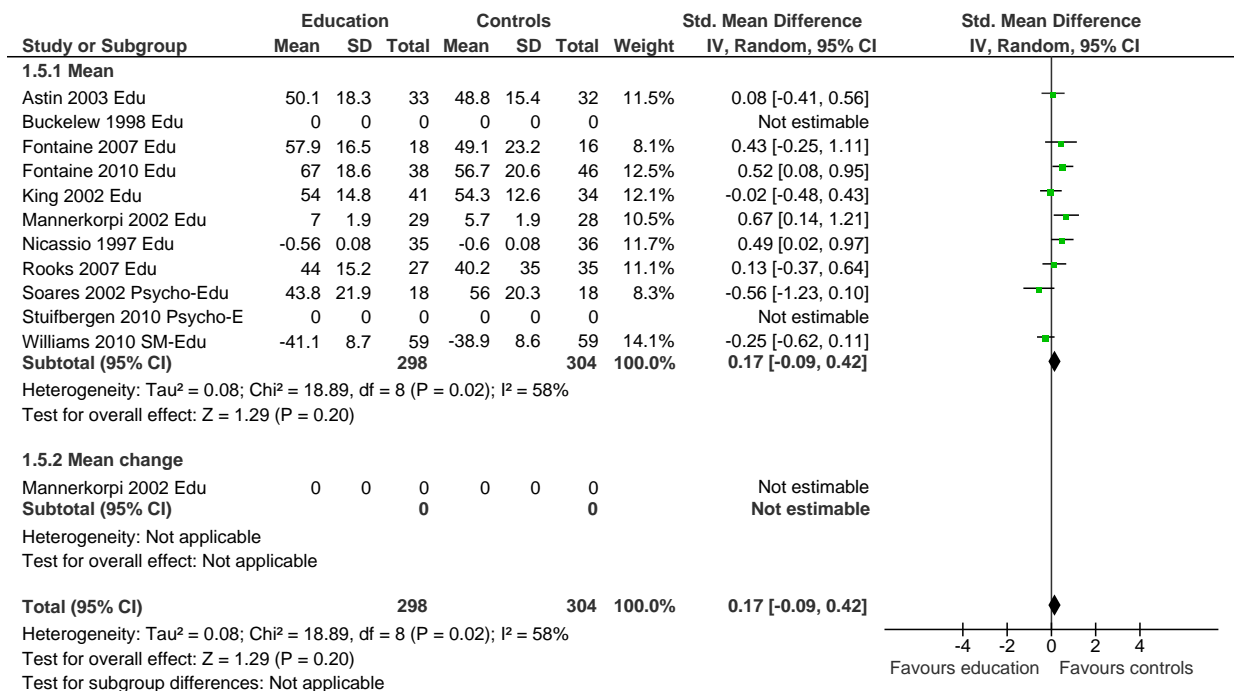


*Edu* Education  
*Psycho Edu* Psychoeducation  
*SM* Self-management education

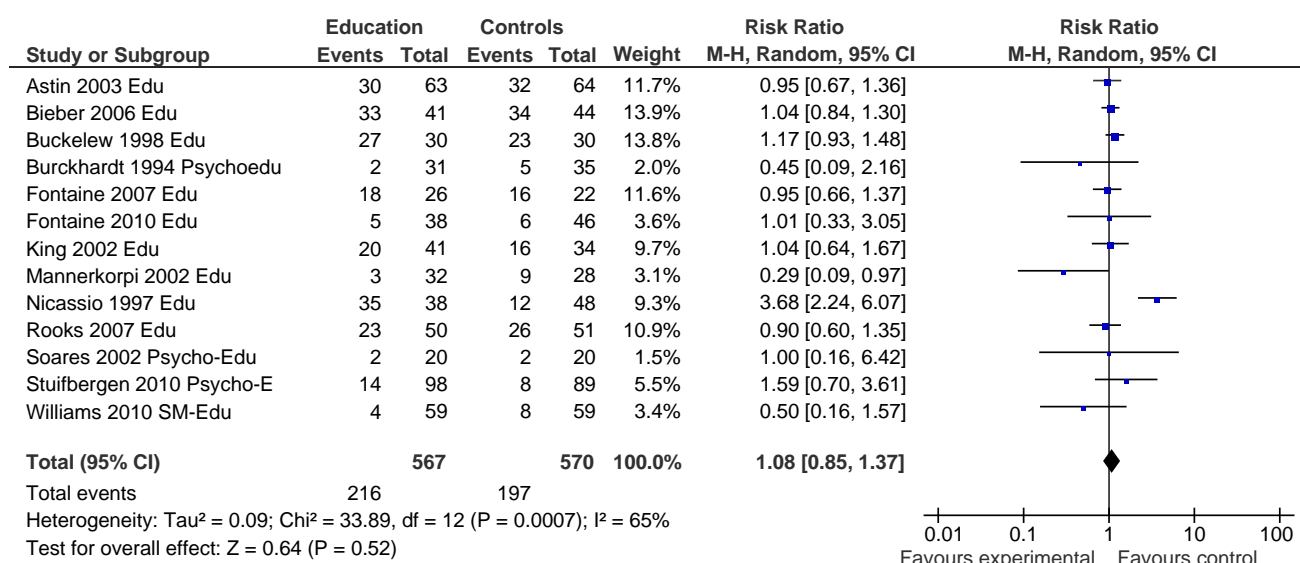
## Fatigue at final treatment



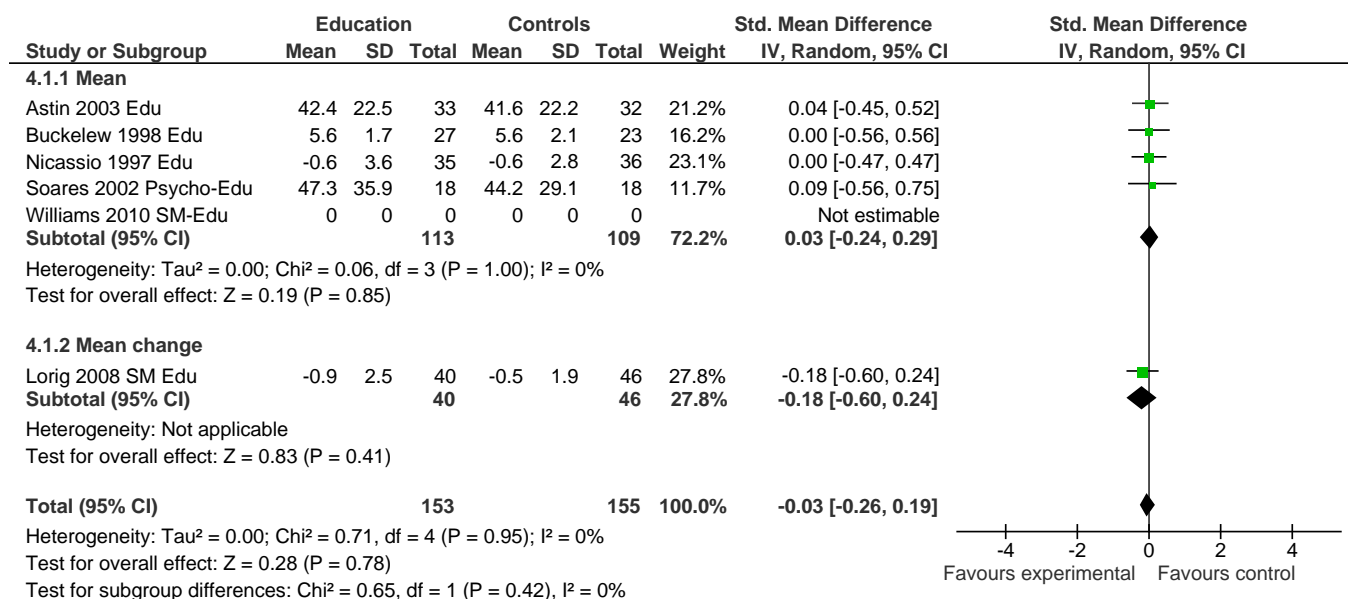
## Health-related quality of life at final treatment



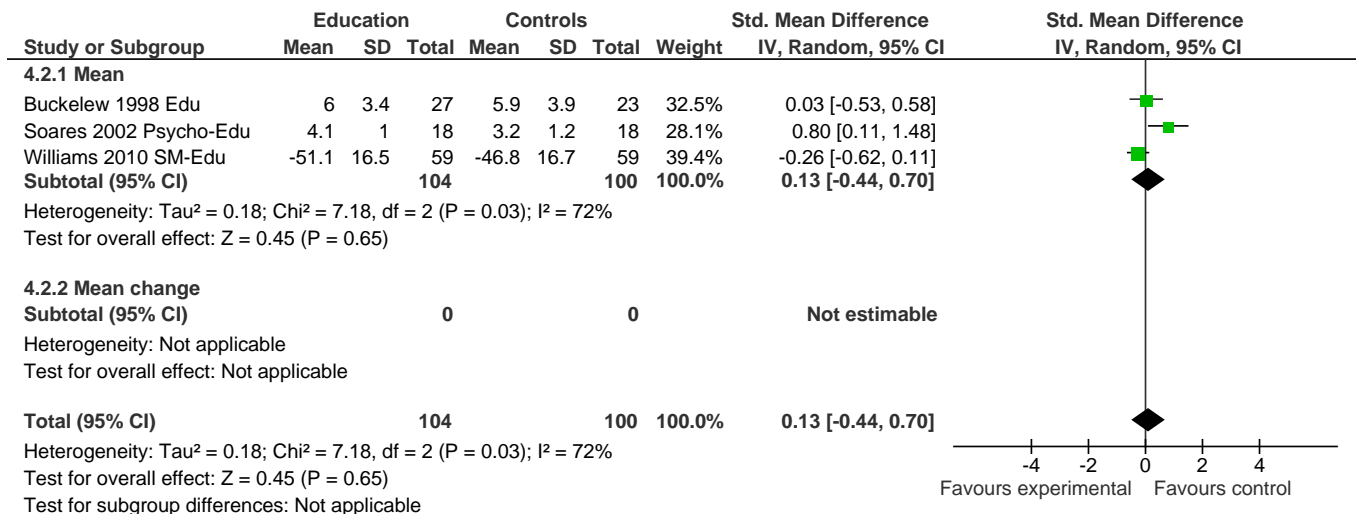
## Dropout rate



## Pain at follow-up



## Sleep at follow-up



## Health-related quality of life at follow-up

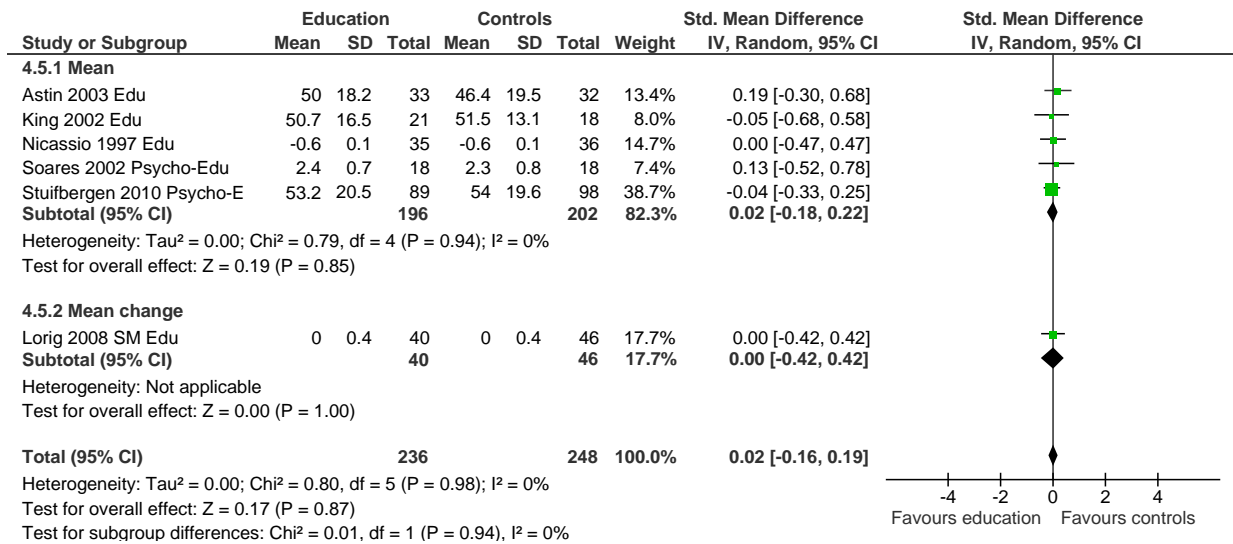
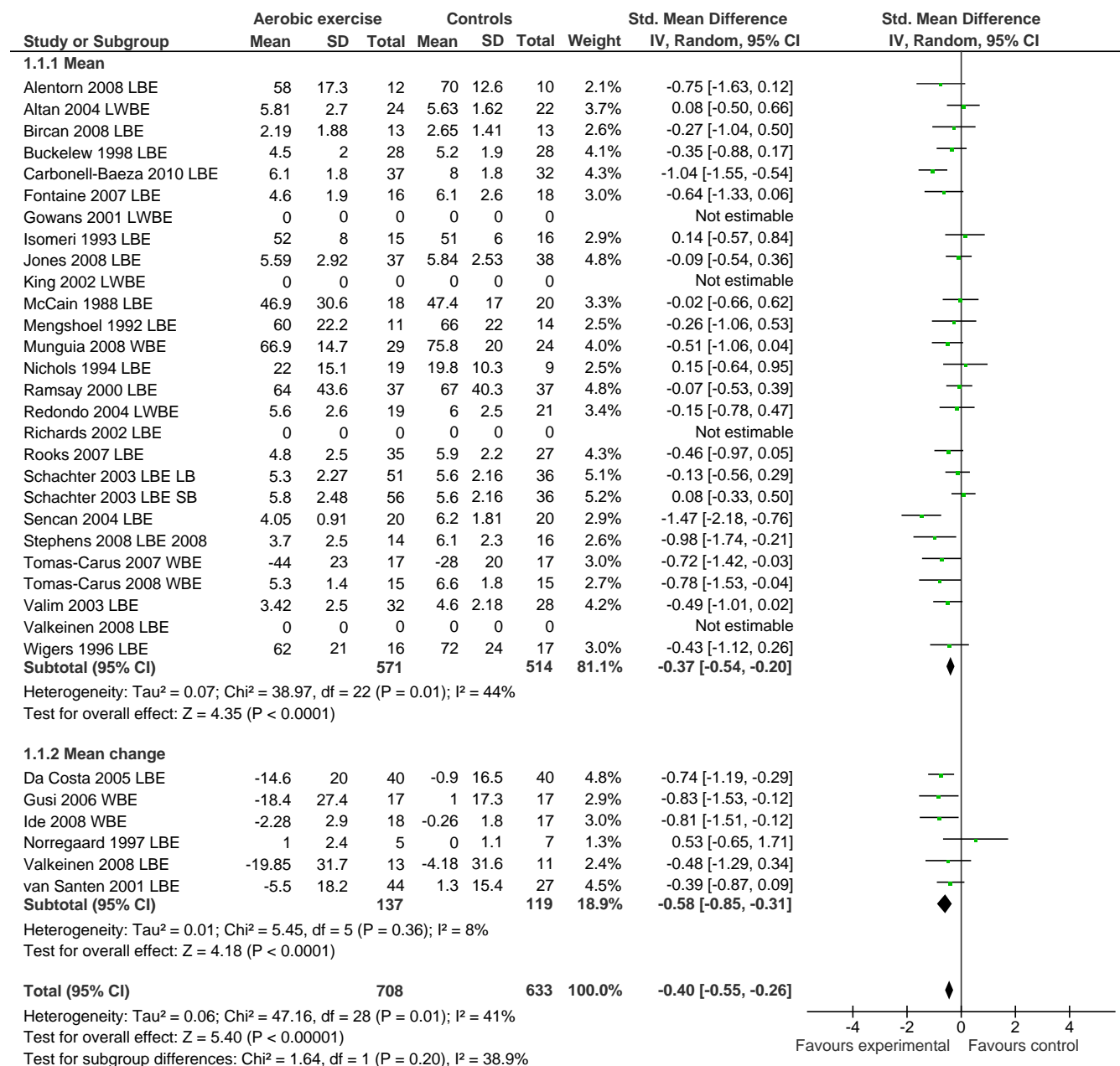


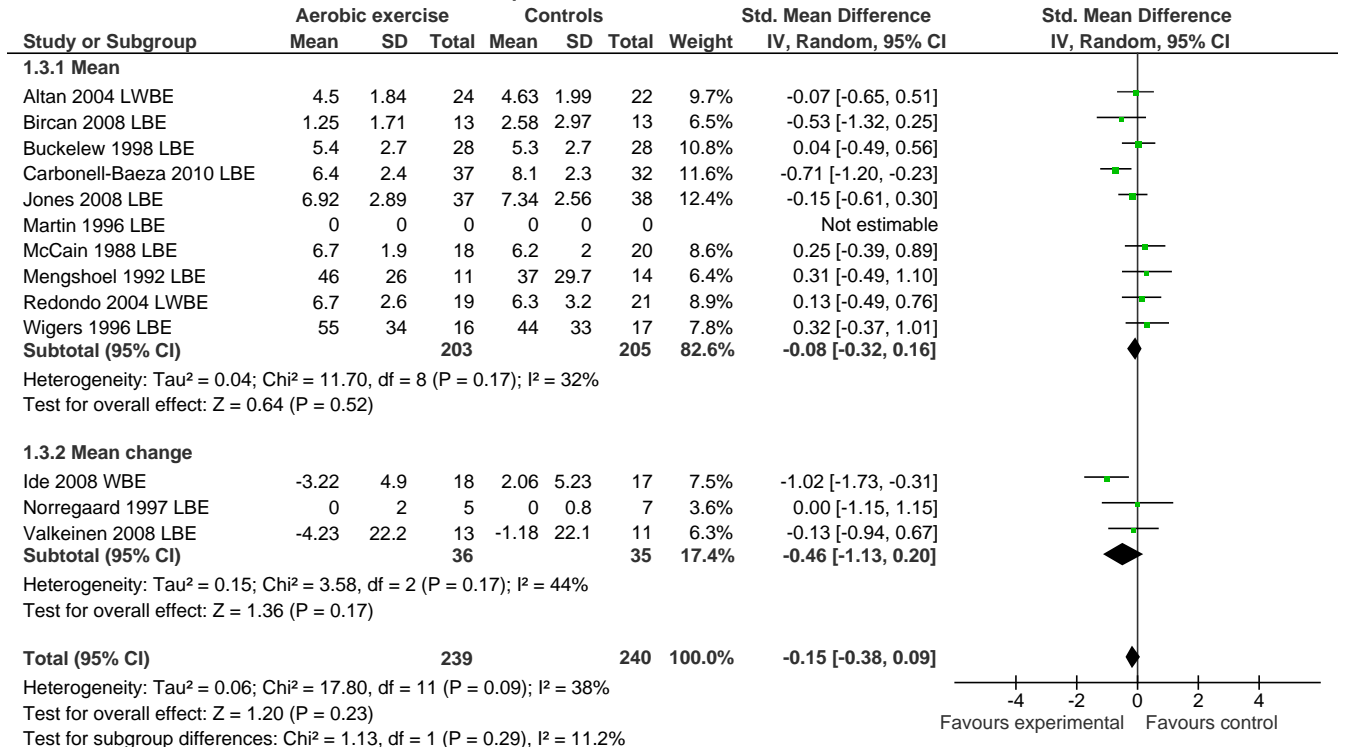
Figure 2: Forest plots of the effect estimates (standardised mean differences) of **aerobic exercise** versus controls on predefined outcomes at final treatment and at follow-up

Pain at final treatment

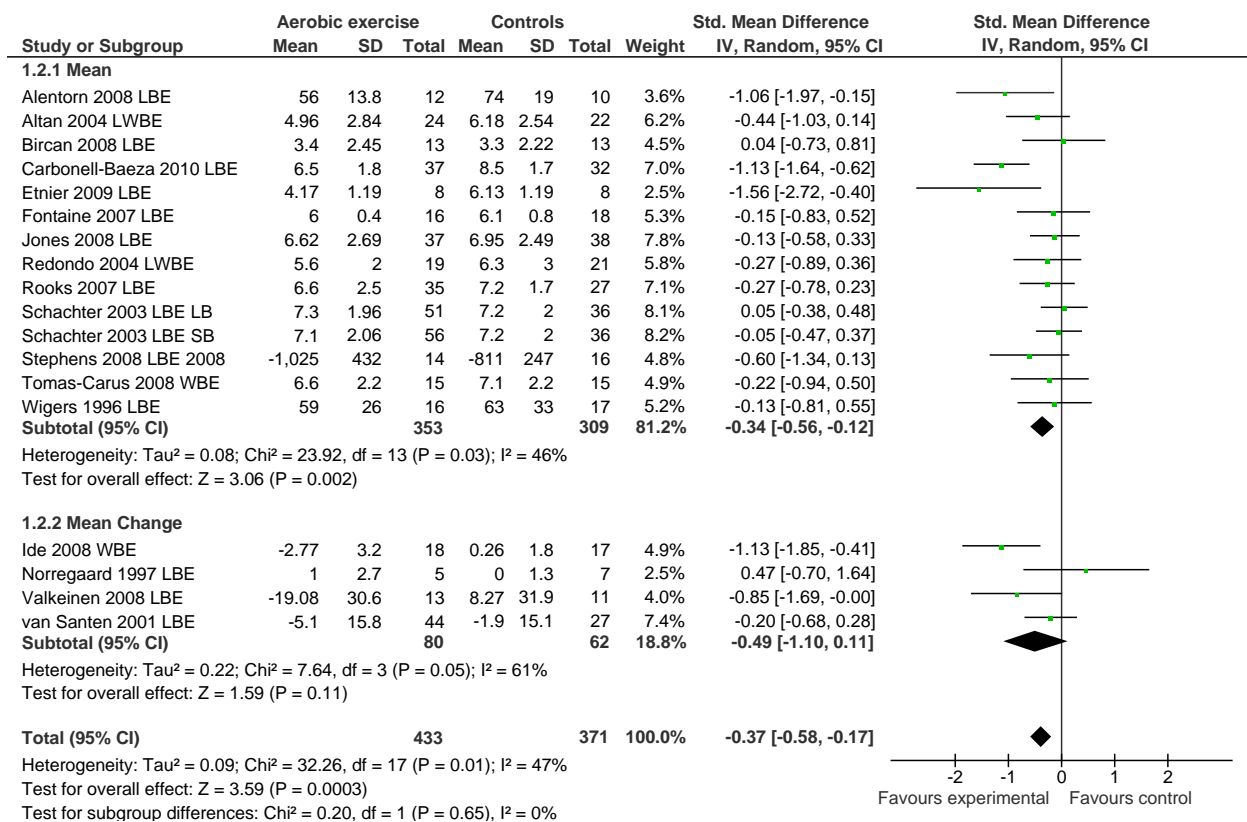


LBE Land-based exercise  
WBE Water-based exercise

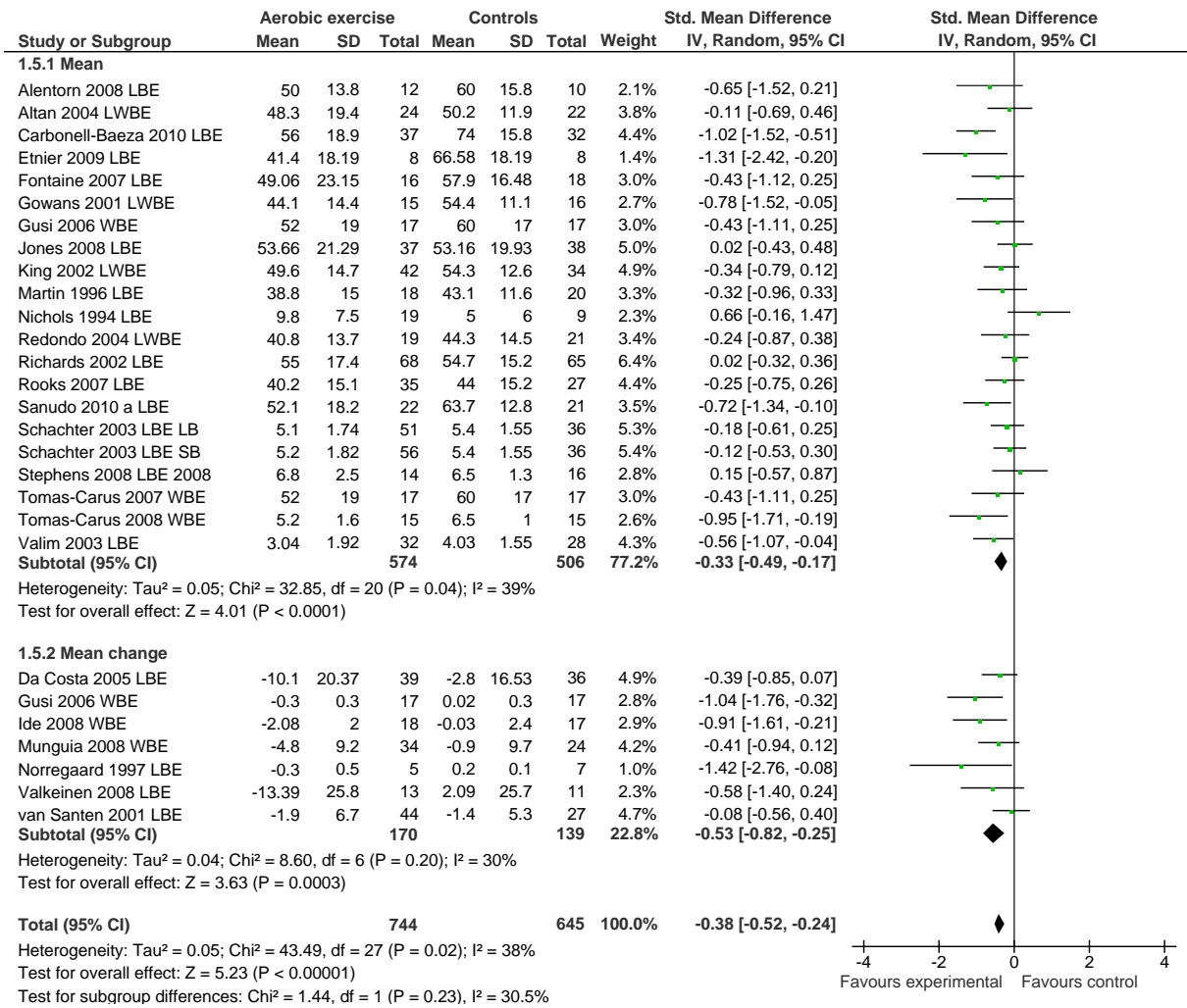
## Sleep at final treatment



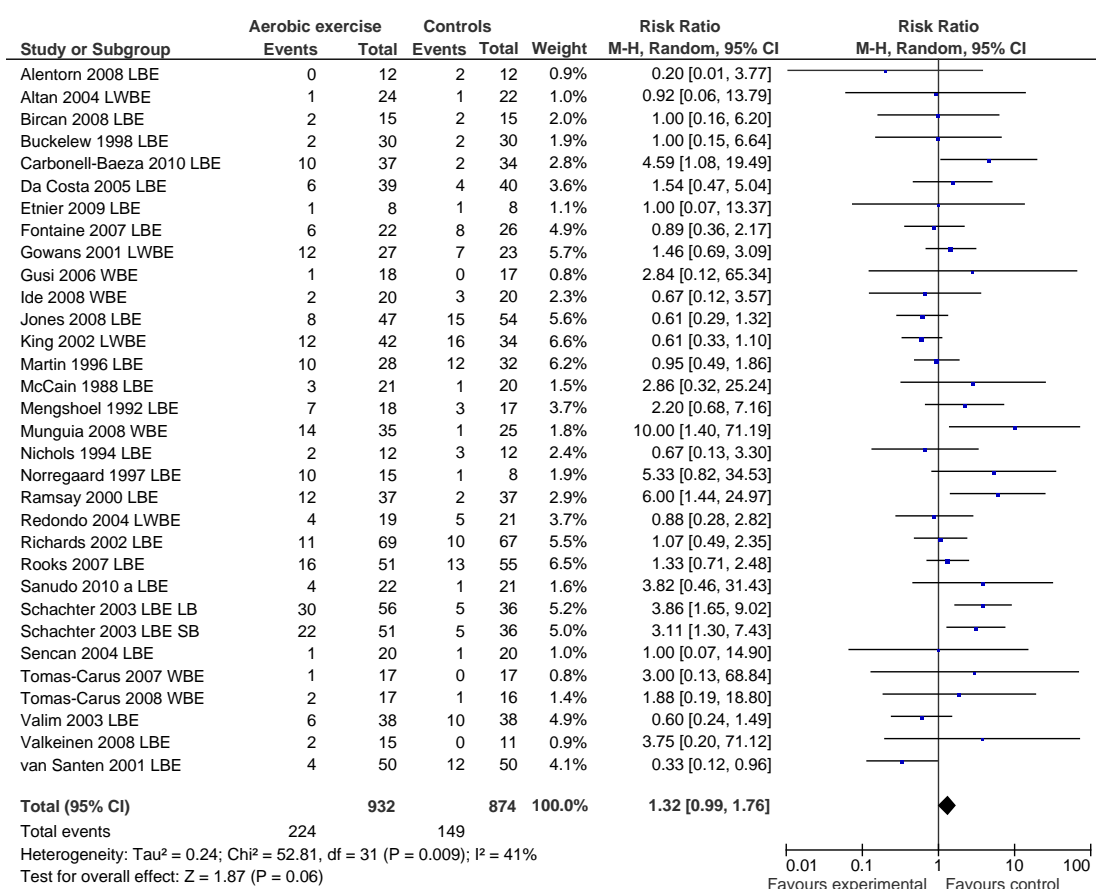
## Fatigue at final treatment



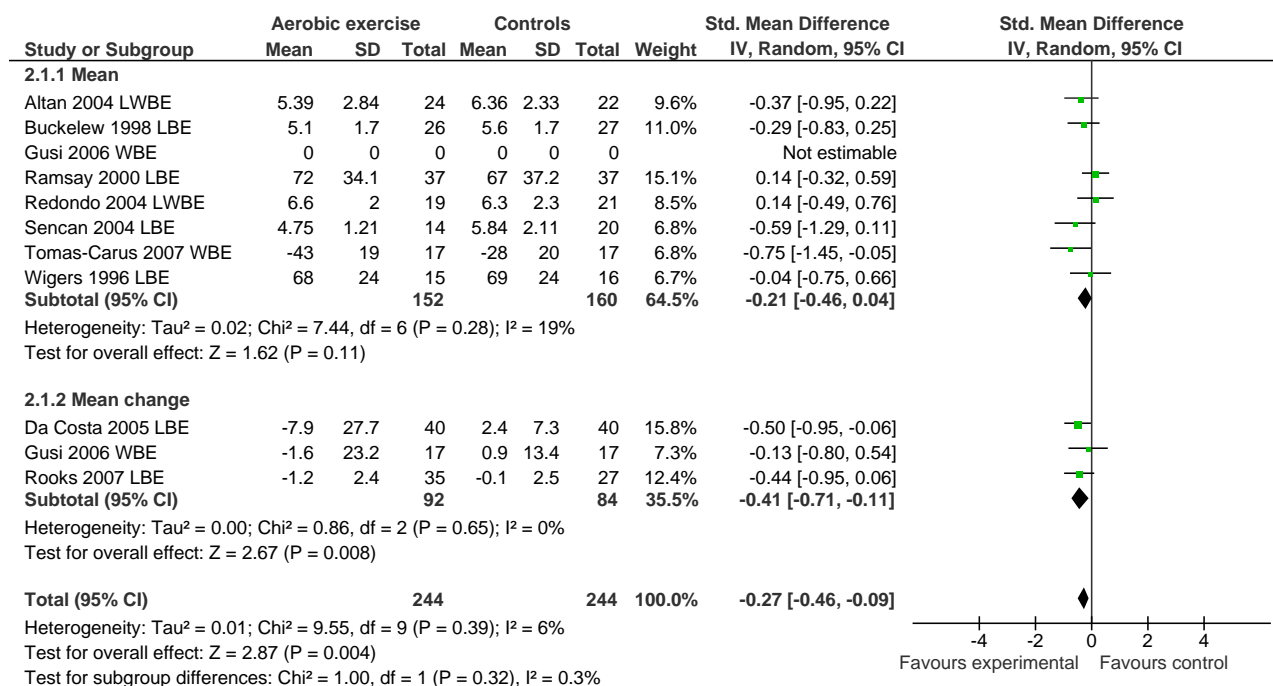
## Health-related quality of life at final treatment



## Dropout rate

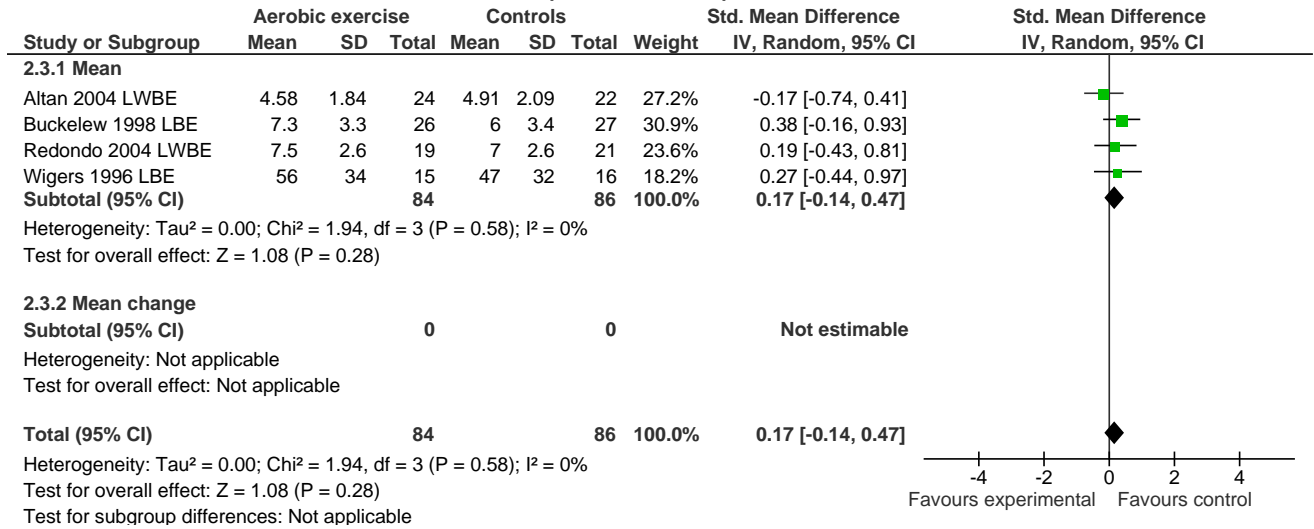


## Pain at follow-up

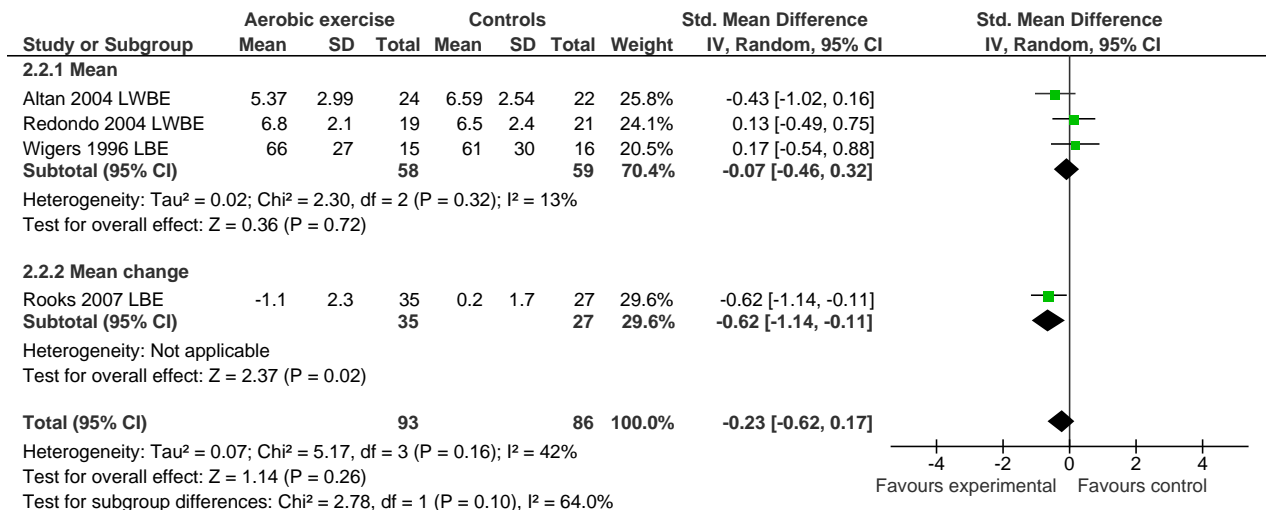




### Sleep at follow-up



### Fatigue at follow-up



## Health-related quality of life at follow-up

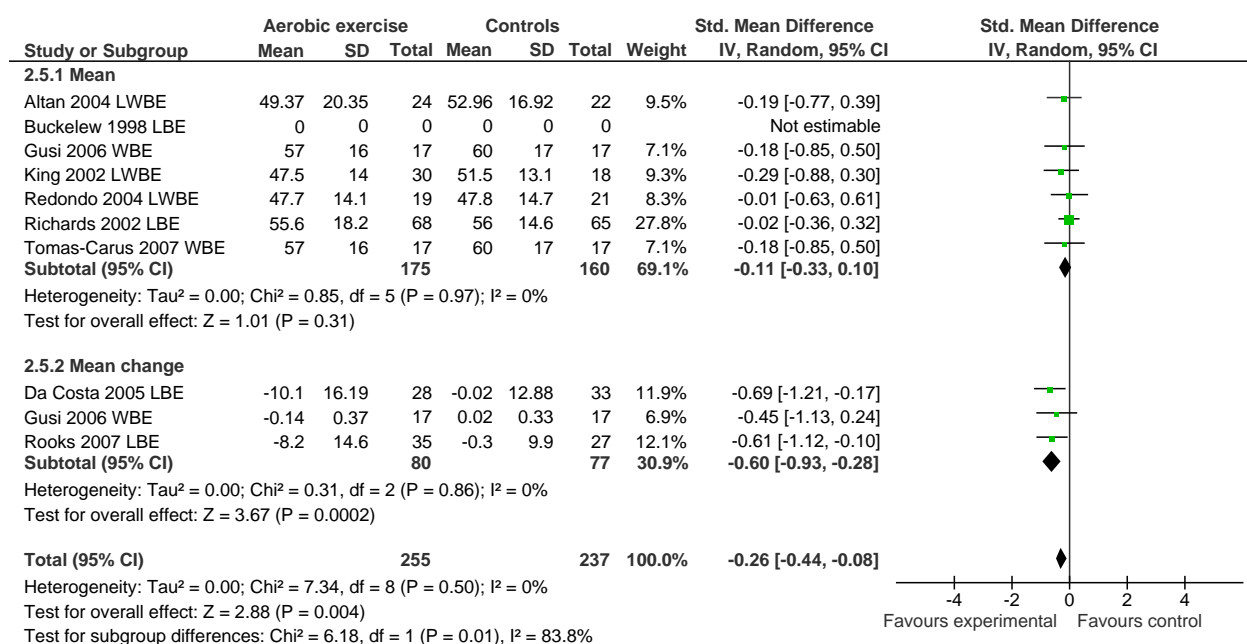
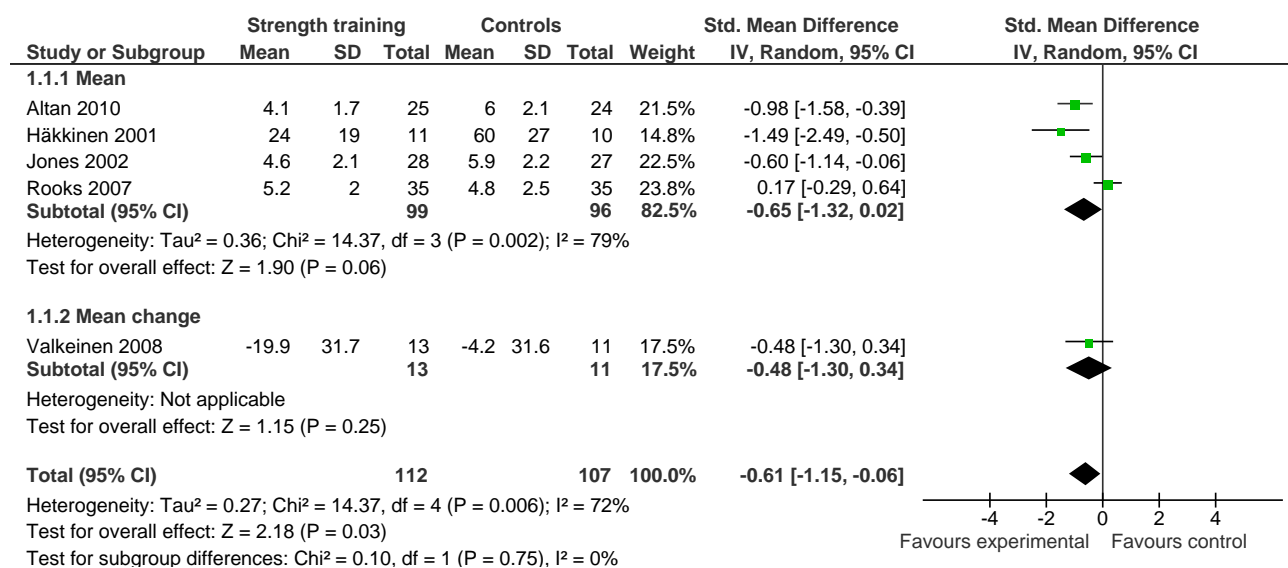
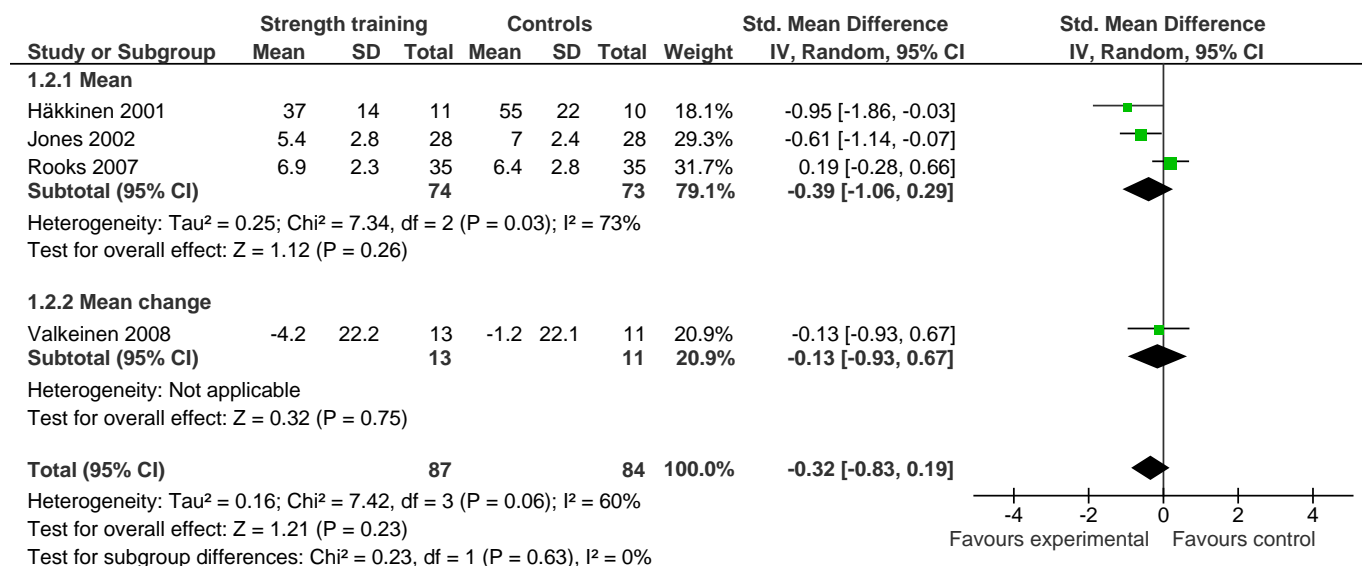


Figure 3: Forest plots of the effect estimates (standardised mean differences) of **strength training** versus controls on predefined outcomes at final treatment

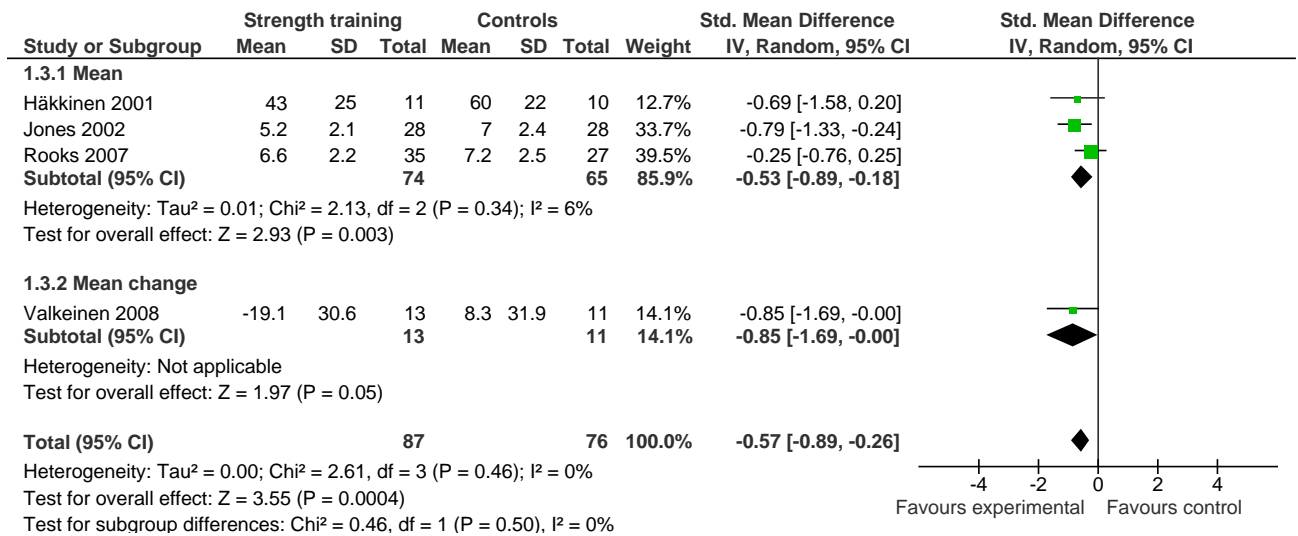
### Pain at final treatment



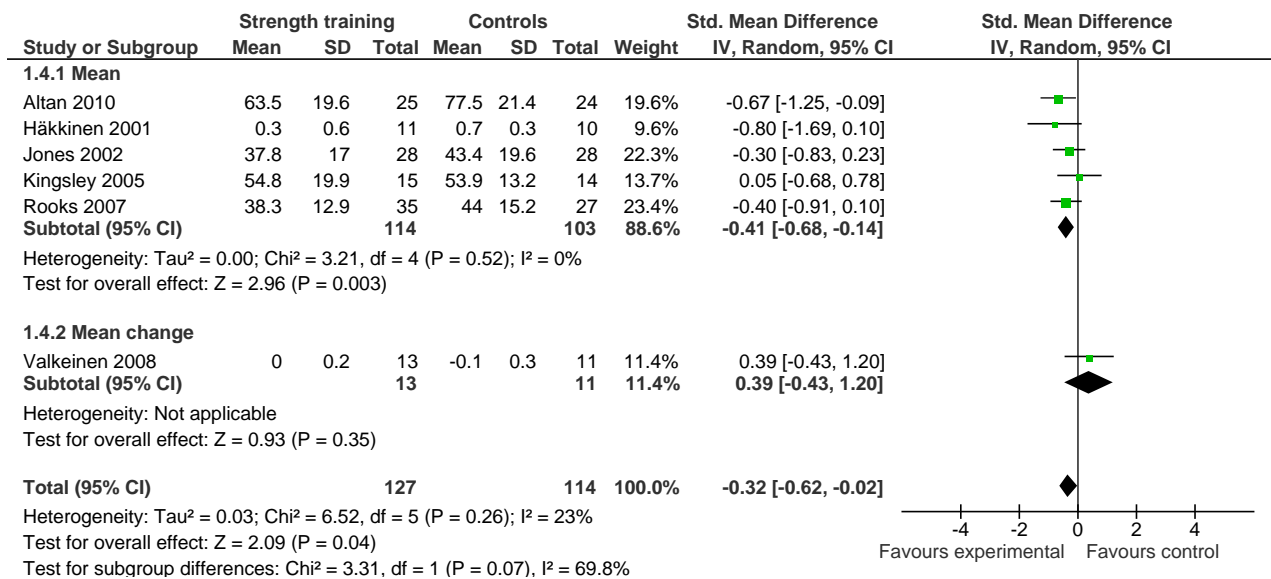
### Sleep at final treatment



## Fatigue at final treatment



## Health-related quality of life at final treatment



## Dropout rate

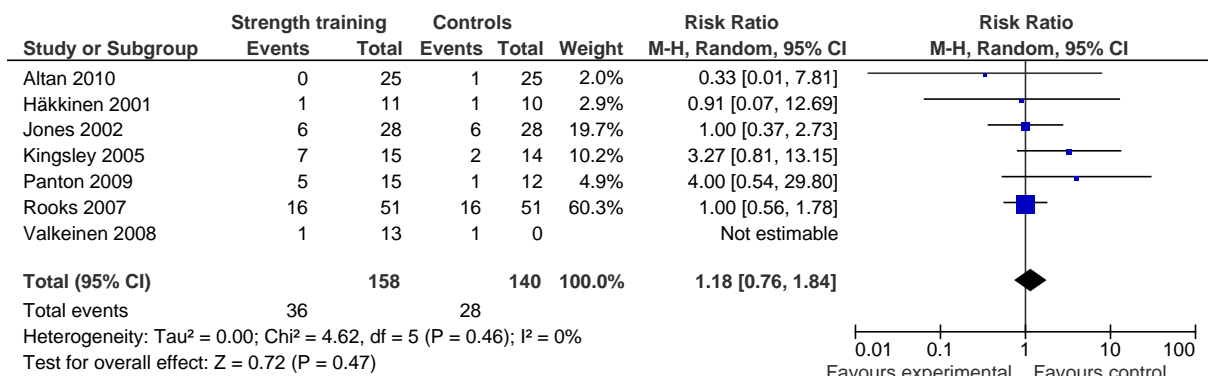
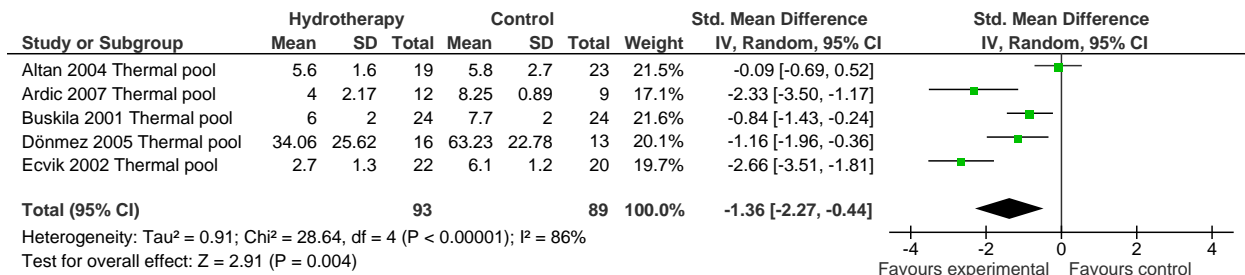
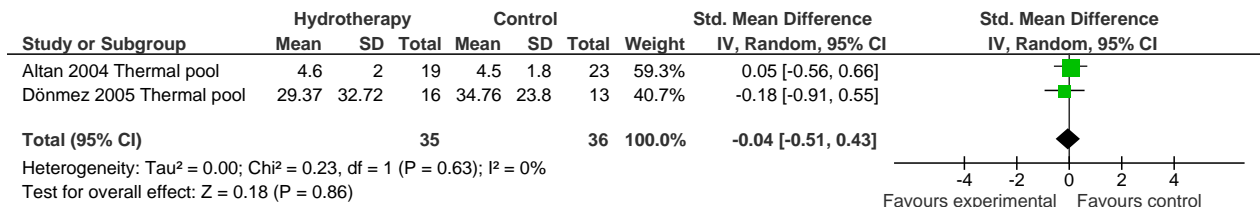


Figure 4: Forest plots of the effect estimates (standardised mean differences) of **thermal baths** versus controls on predefined outcomes at final treatment

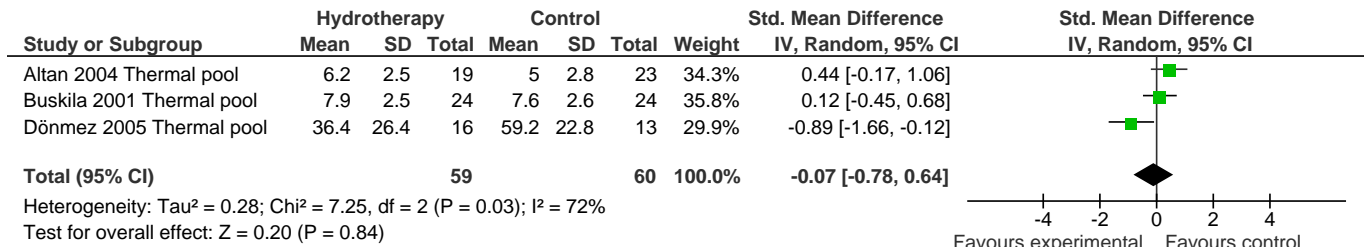
### Pain at final treatment



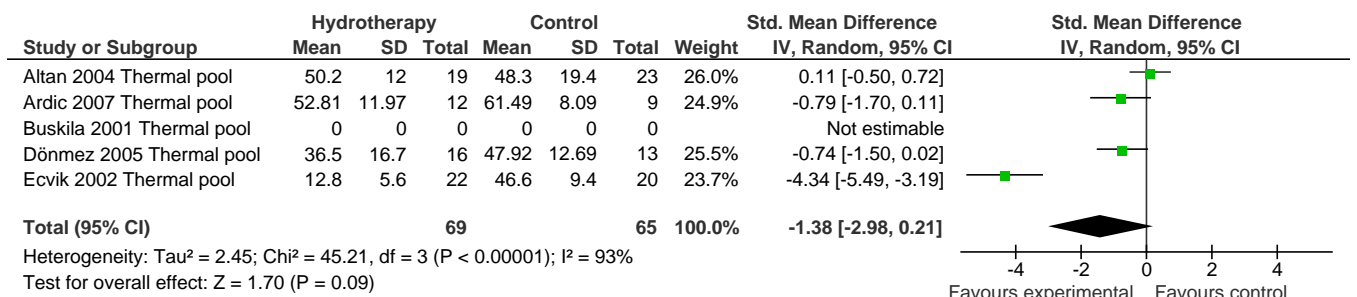
### Sleep at final treatment



### Fatigue at final treatment



### Health-related quality of life at final treatment



## Dropout rate

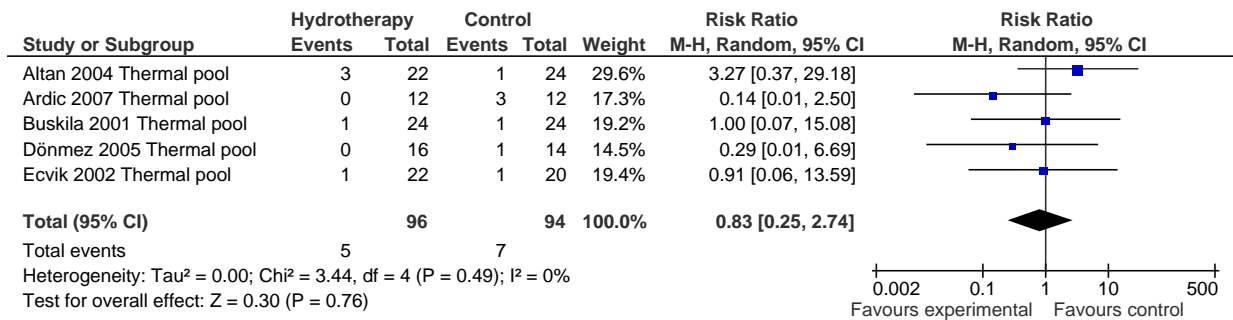
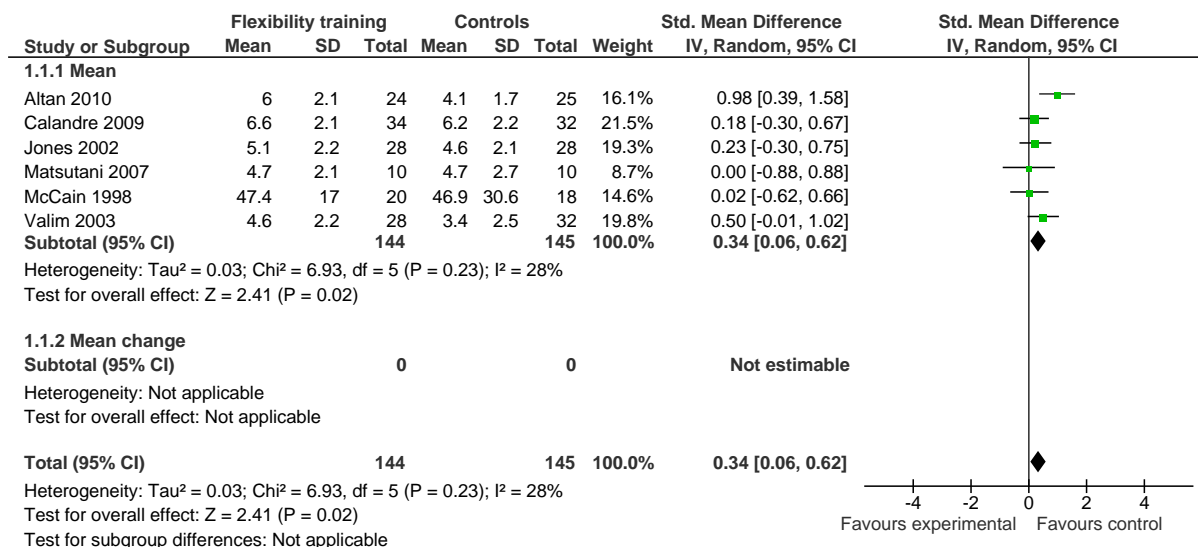
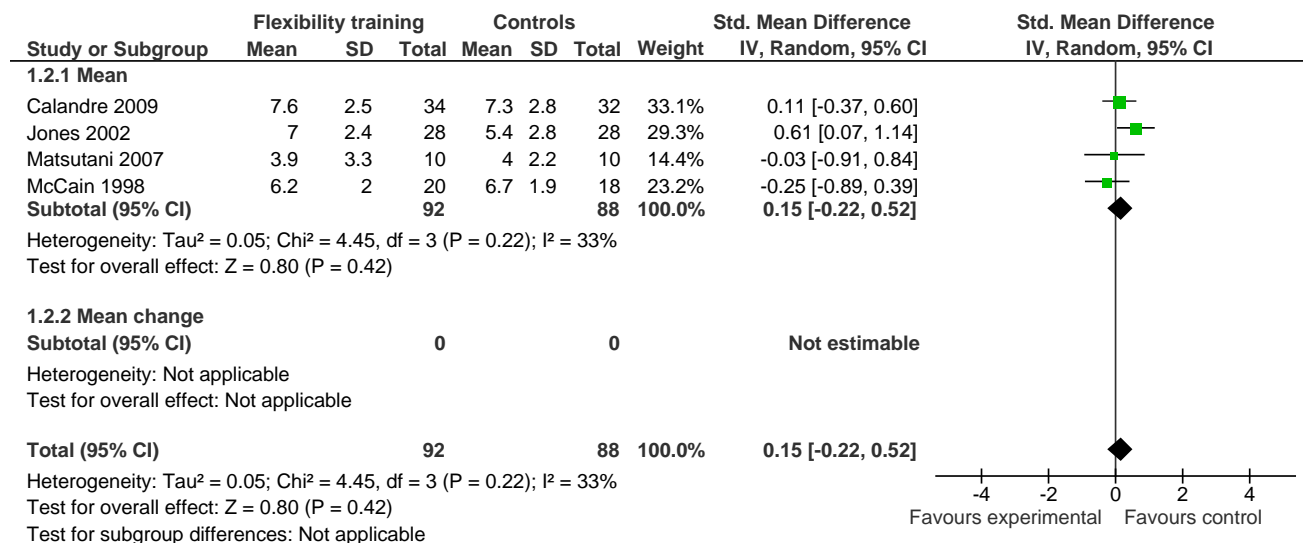


Figure 5: Forest plots of the effect estimates (standardised mean differences) of **stretching** versus controls on predefined outcomes at final treatment and follow-up

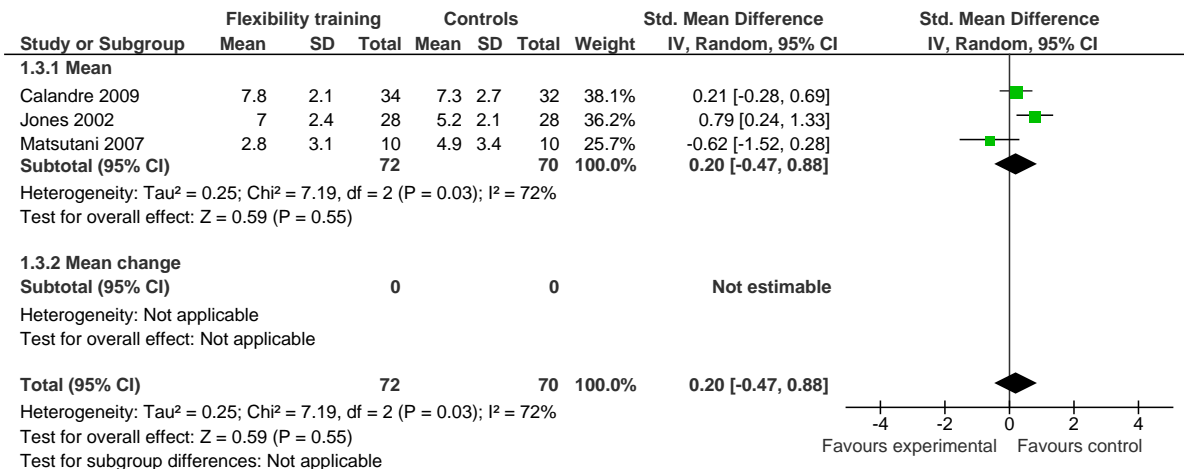
### Pain at final treatment



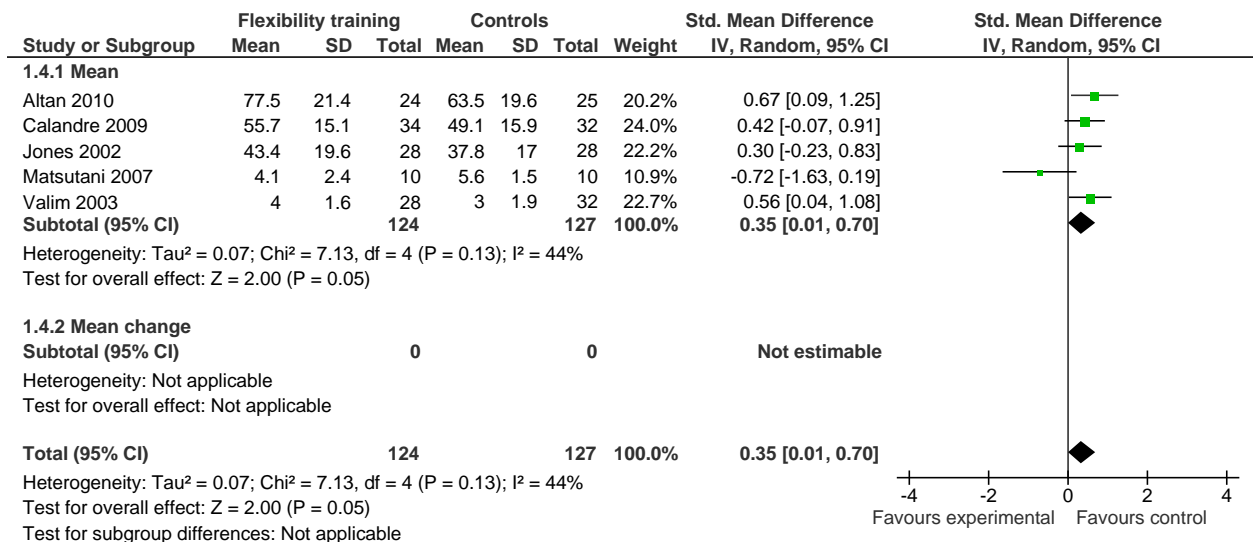
### Sleep at final treatment



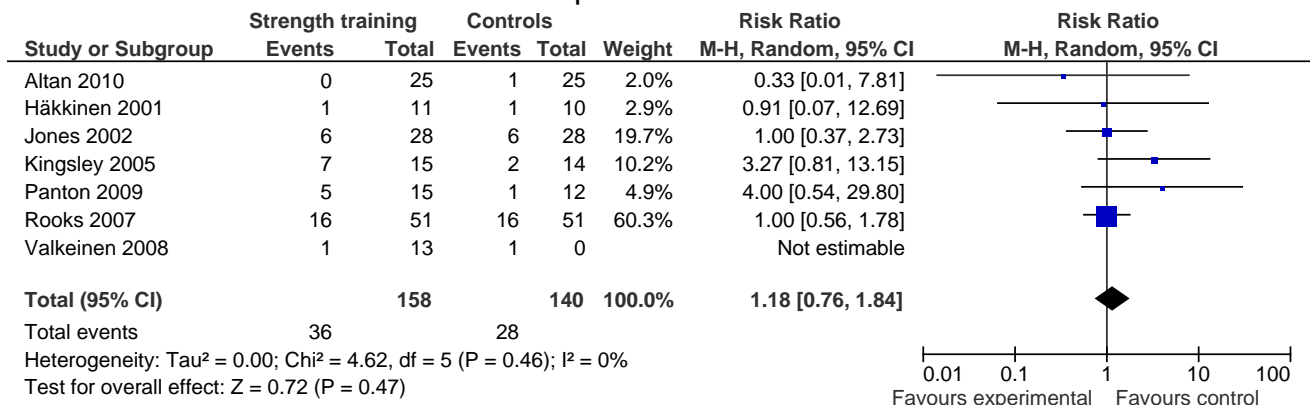
## Fatigue at final treatment



## Health-related quality of life at final treatment

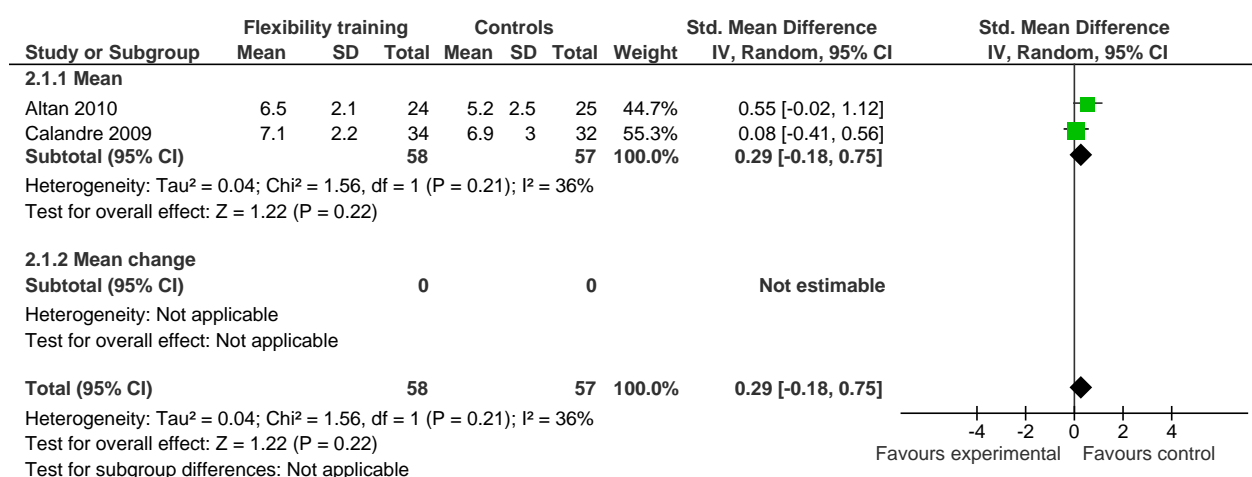


## Dropout rate





## Pain at follow-up



## Health-related quality of life at follow-up

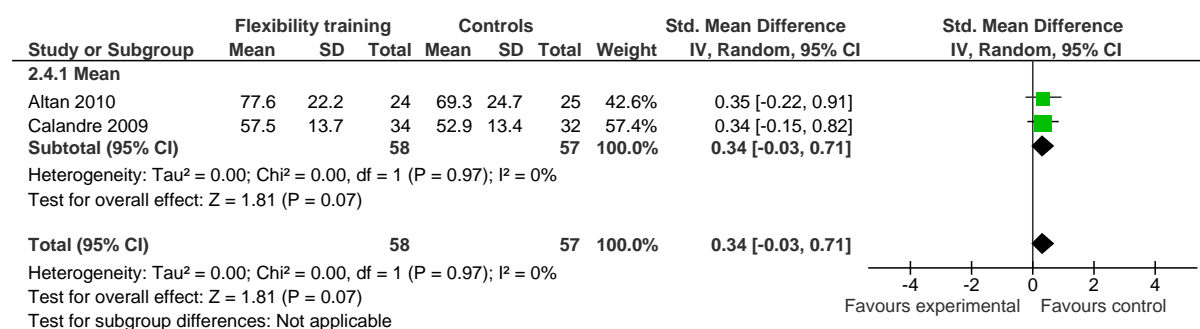
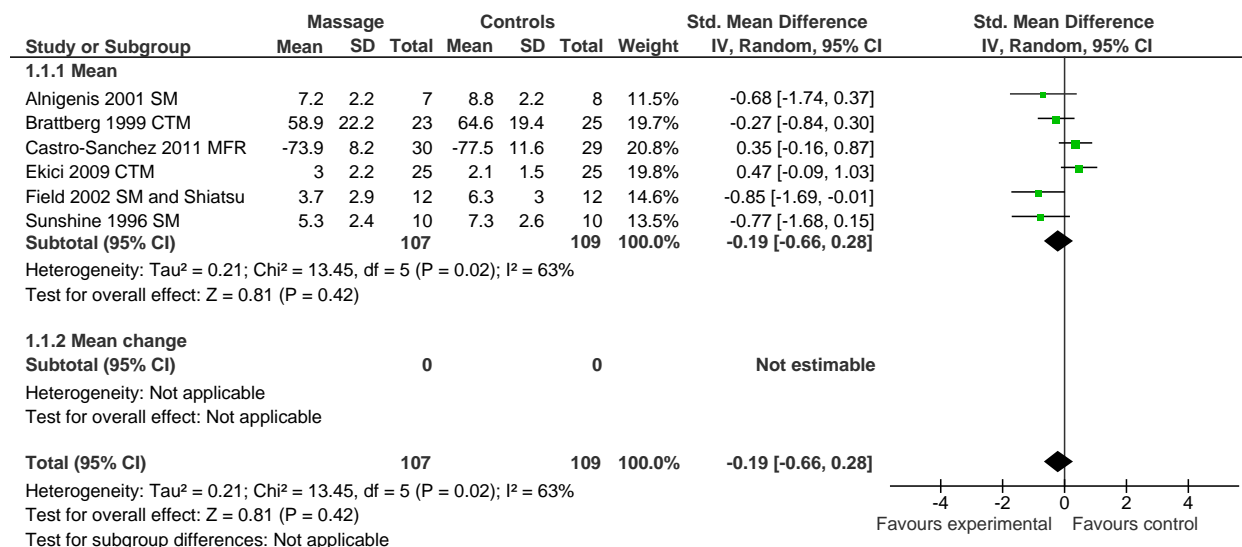
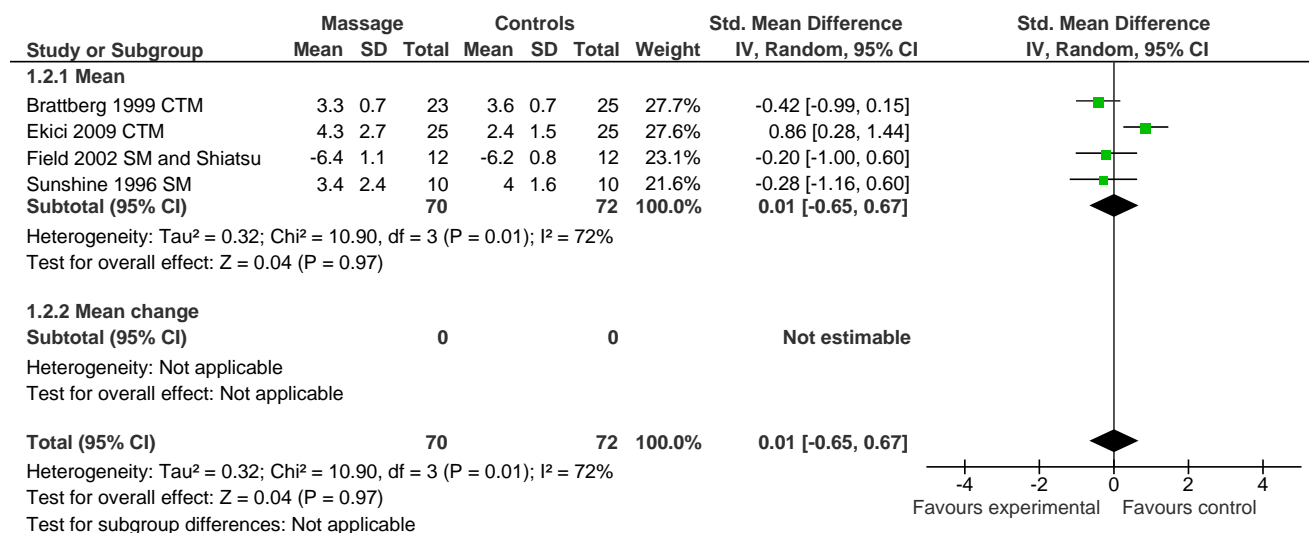


Figure 6: Forest plots of the effect estimates (standardised mean differences) of **massage** versus controls on predefined outcomes at final treatment

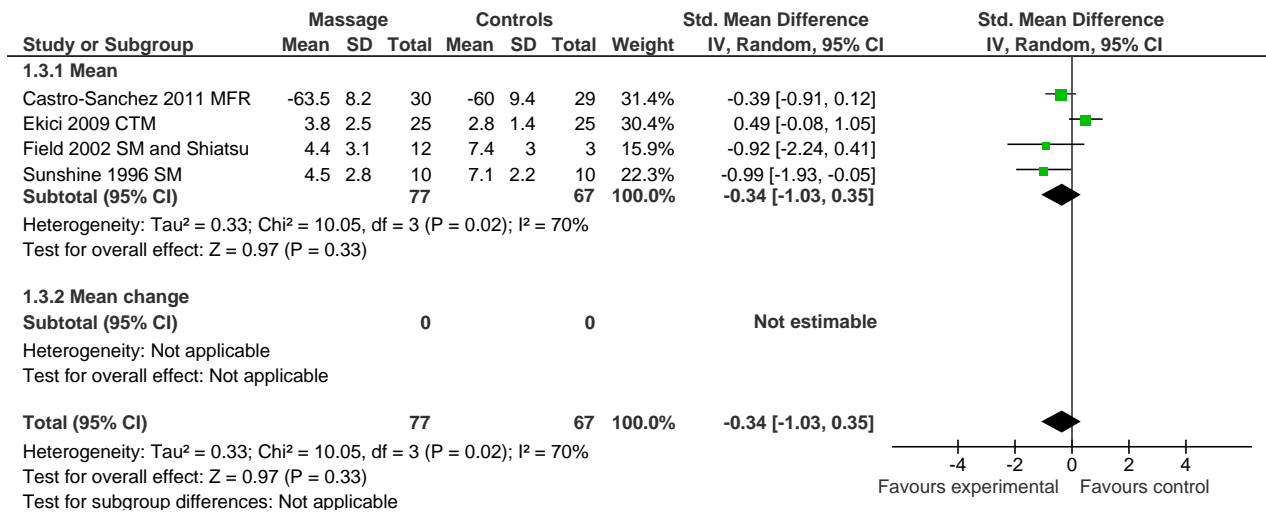
### Pain at final treatment



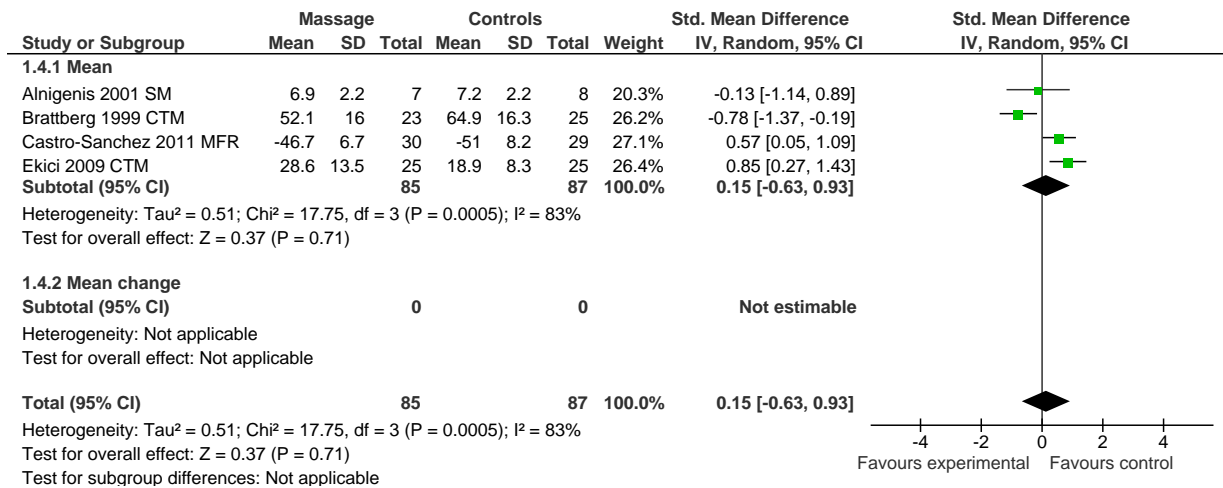
### Sleep at final treatment



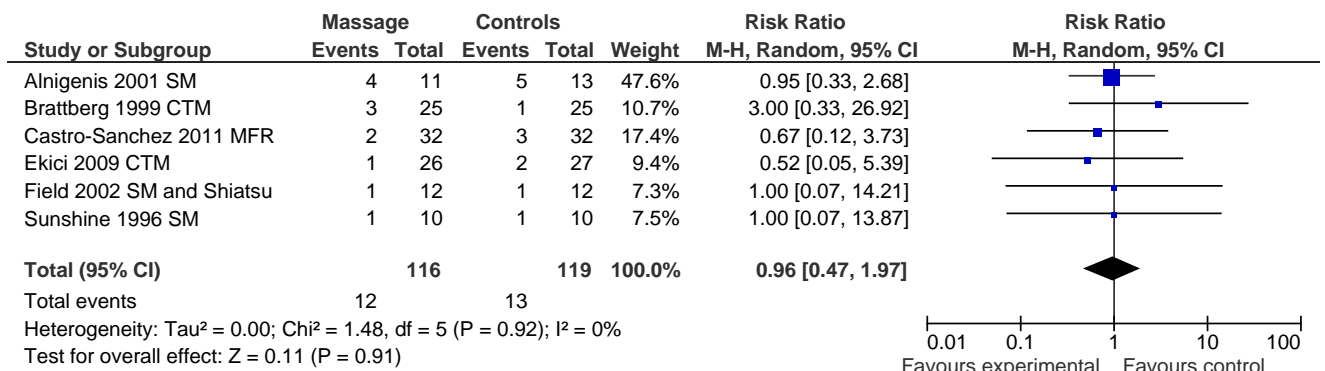
## Fatigue at final treatment



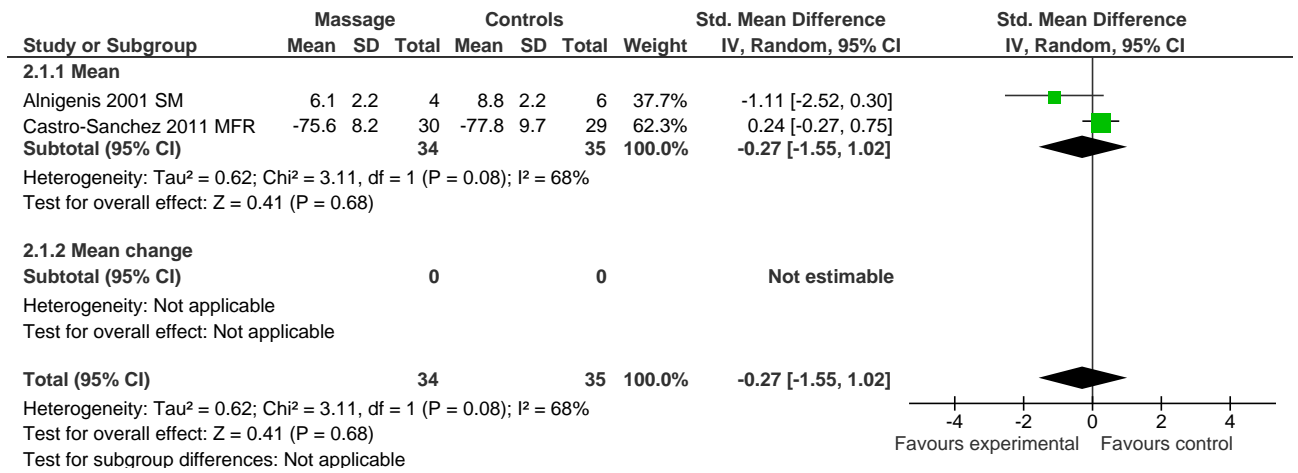
## Health-related quality of life at final treatment



## Dropout rate



## Pain at follow-up



## Health-related quality of life at follow-up

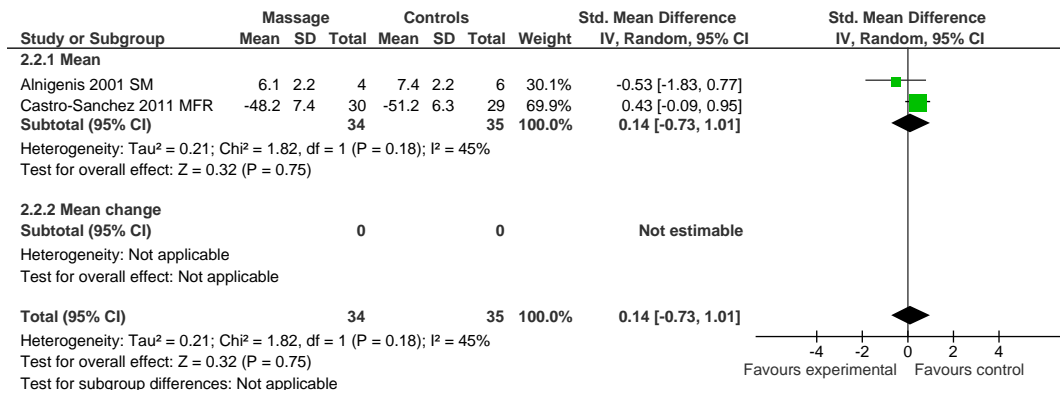
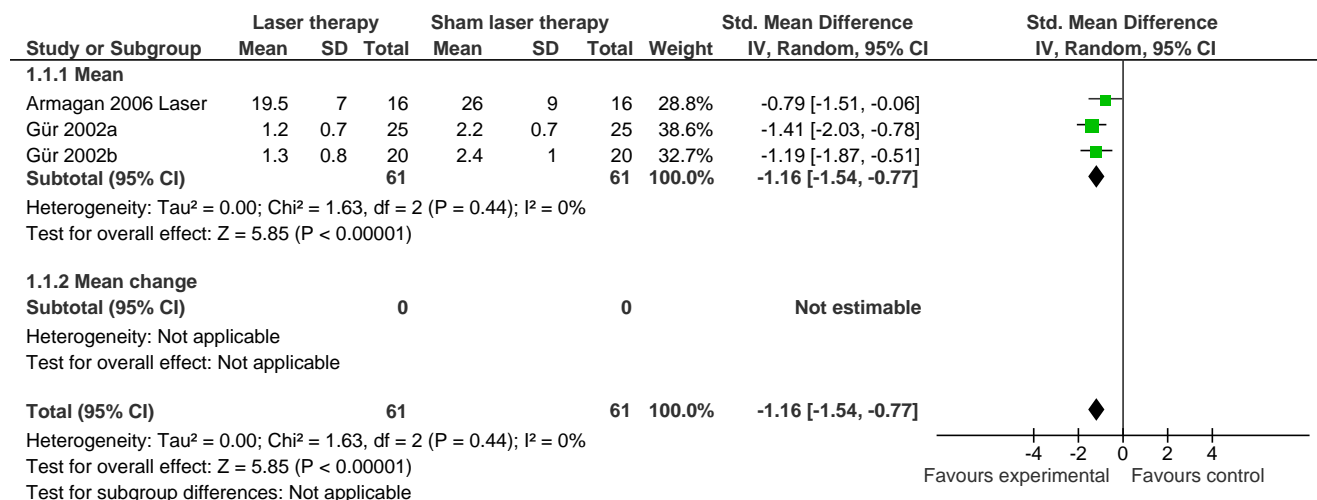
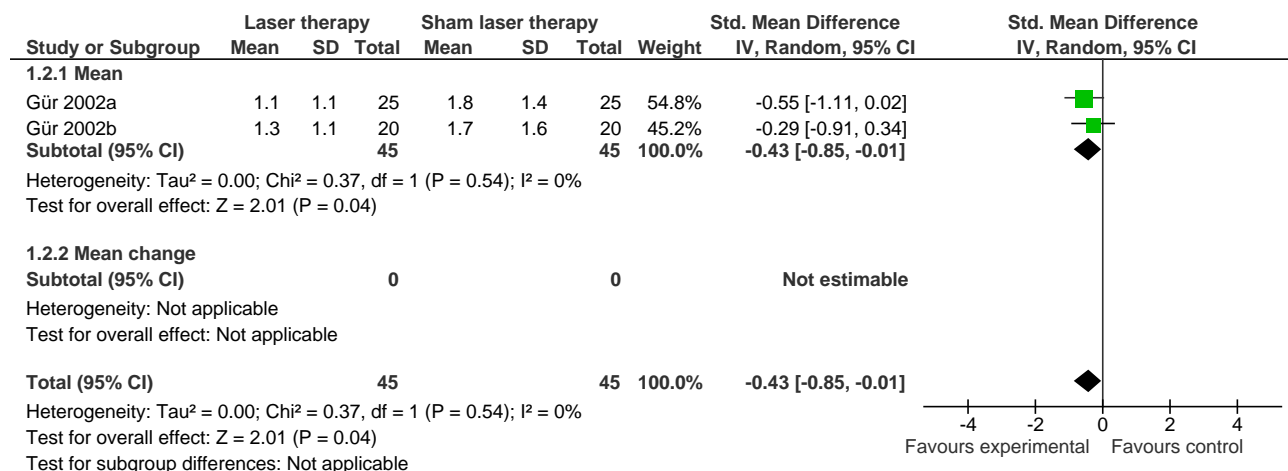


Figure 7: Forest plots of the effect estimates (standardised mean differences) of **laser therapy** versus controls on predefined outcomes at final treatment

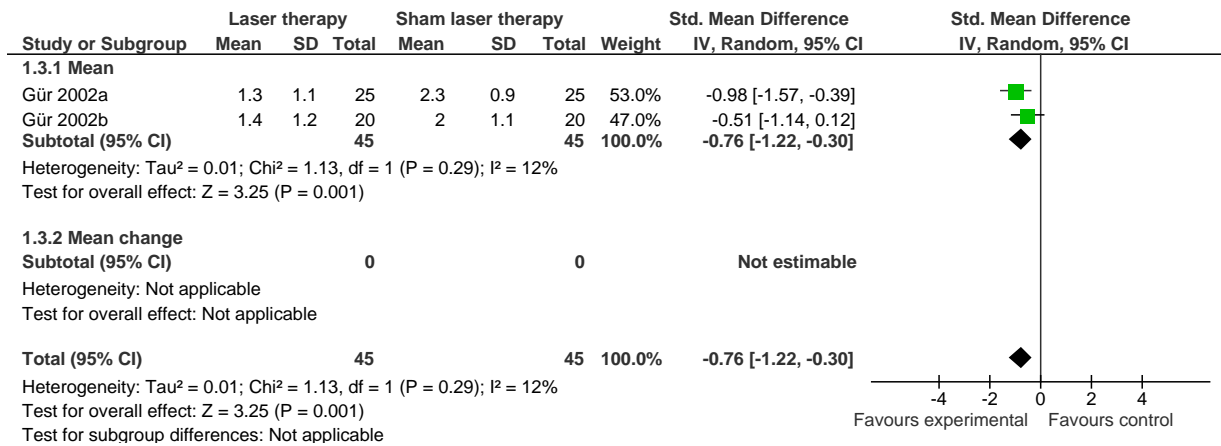
### Pain at final treatment



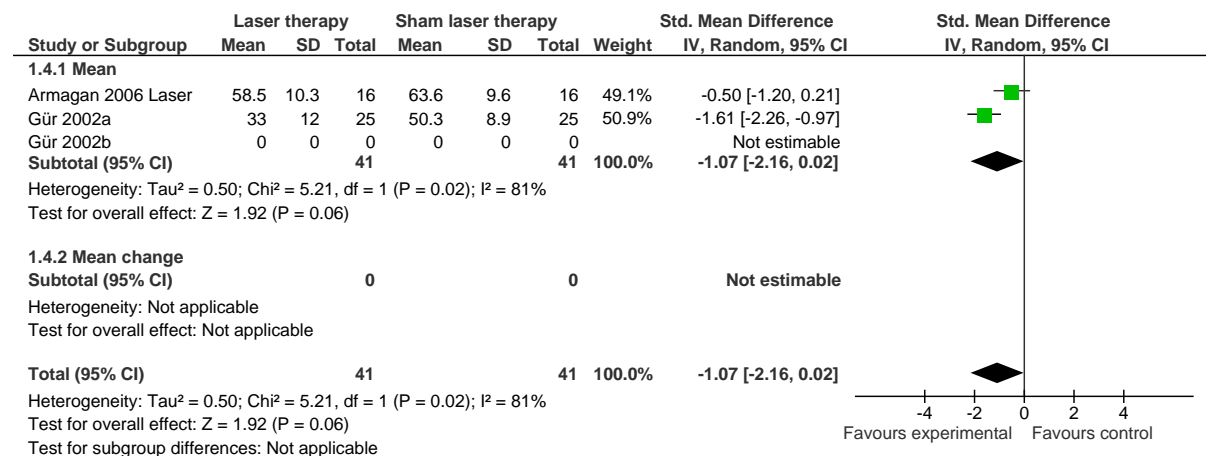
### Sleep at final treatment



## Fatigue at final treatment



## Health-related quality of life at final treatment



## Dropout rate

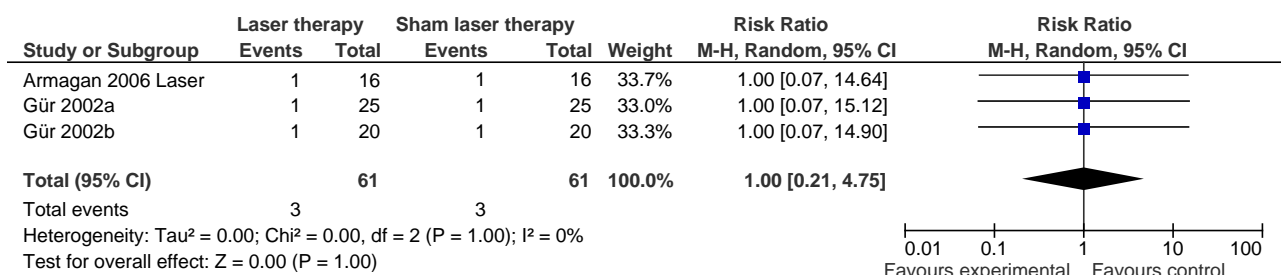
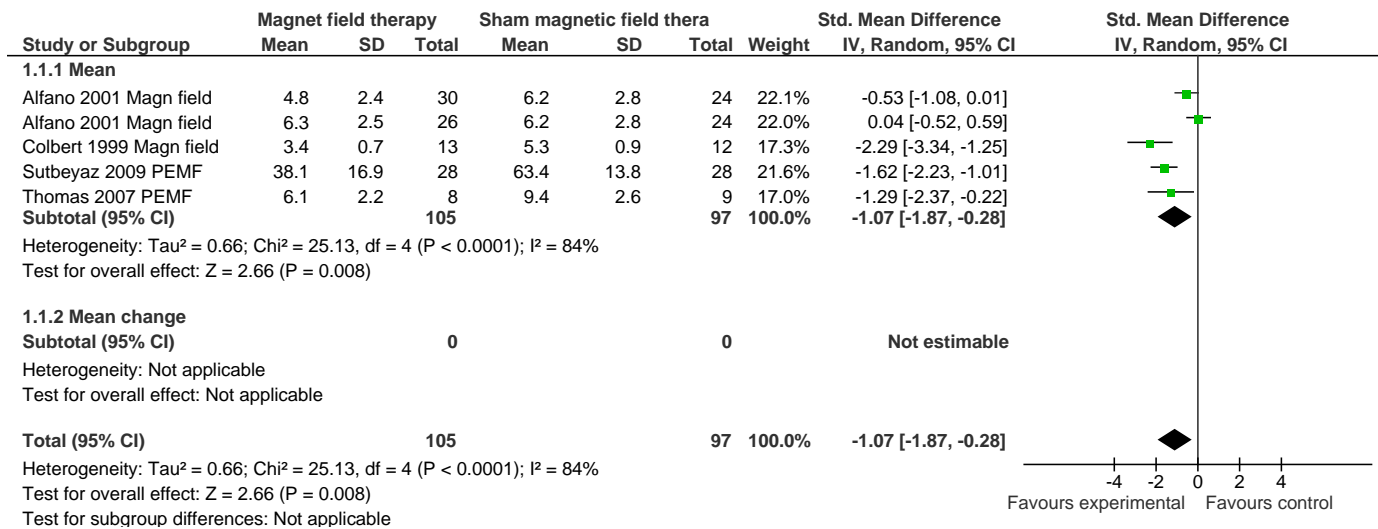
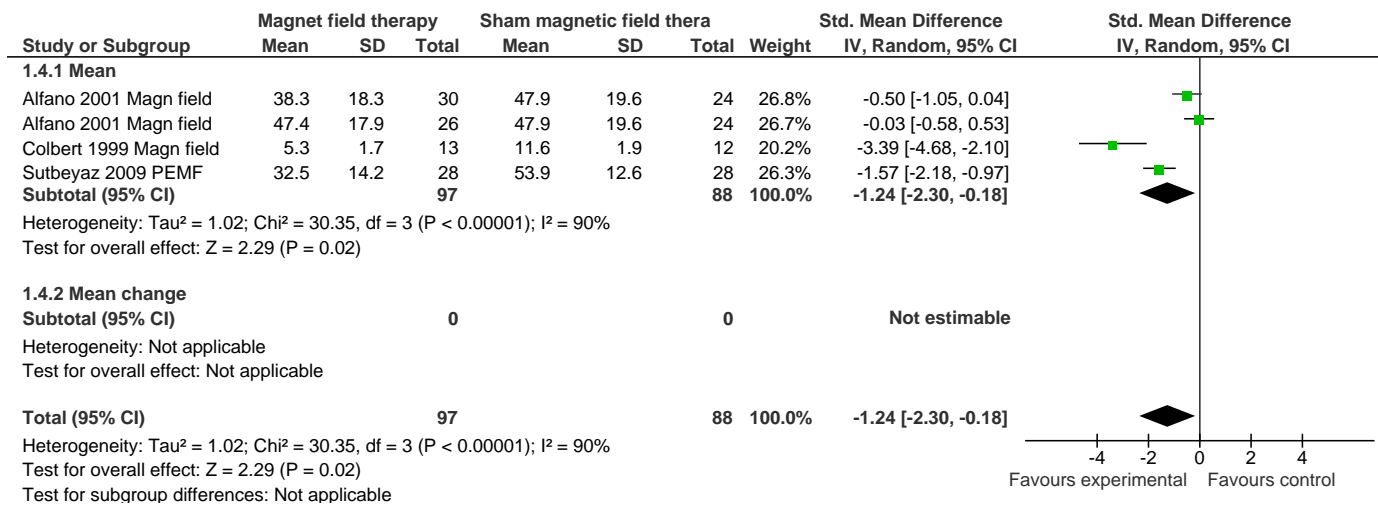


Figure 8: Forest plots of the effect estimates (standardised mean differences) of **magnetic field therapy** versus controls on predefined outcomes at final treatment

Pain at final treatment



Health-related quality of life at final treatment



Dropout rate

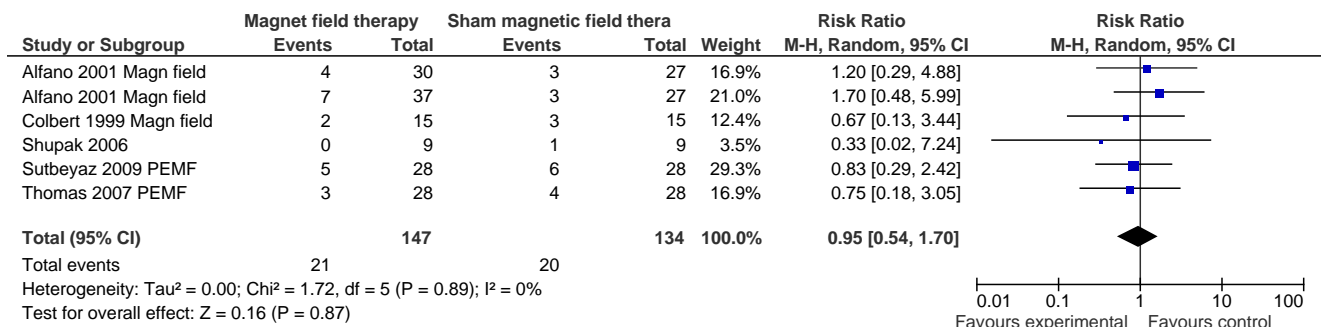
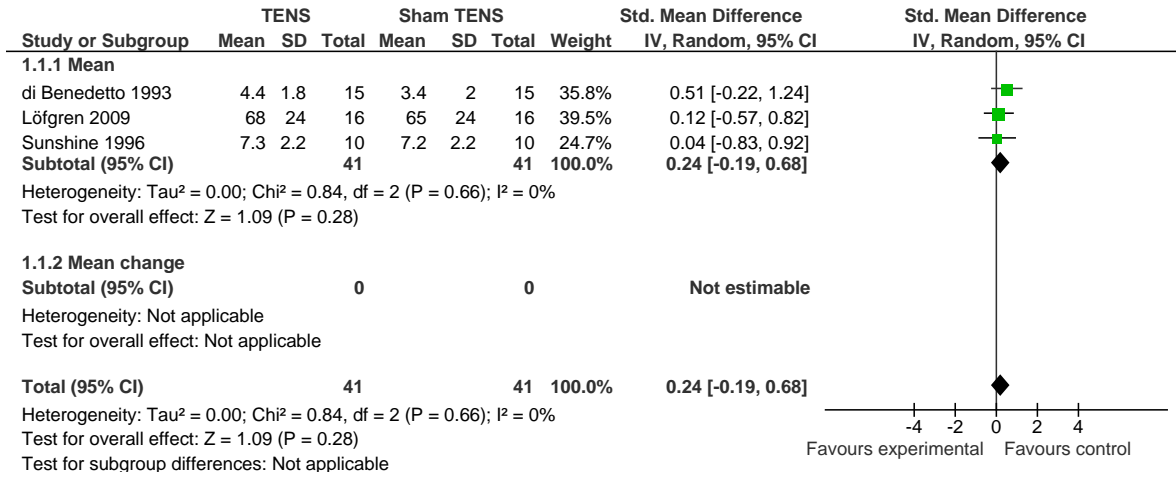


Figure 9: Forest plots of the effect estimates (standardised mean differences) of **transcutaneous electrical nerve stimulation (TENS)** versus controls on predefined outcomes at final treatment

### Pain at final treatment



### Fatigue at final treatment

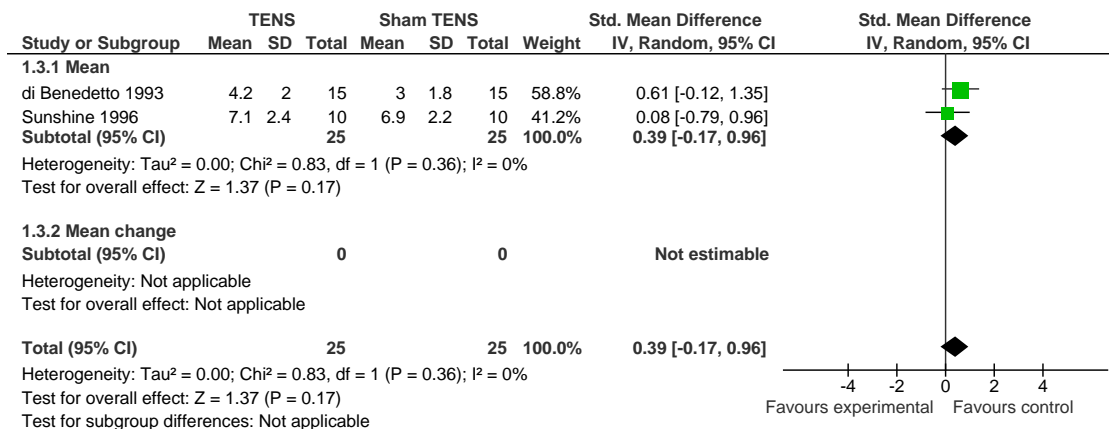
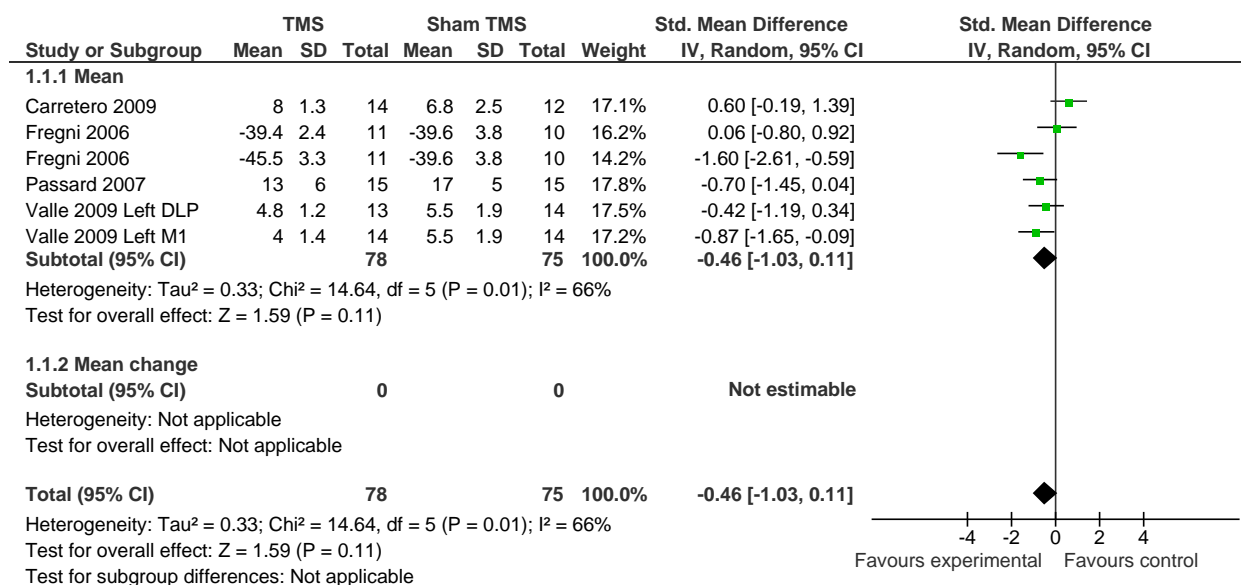


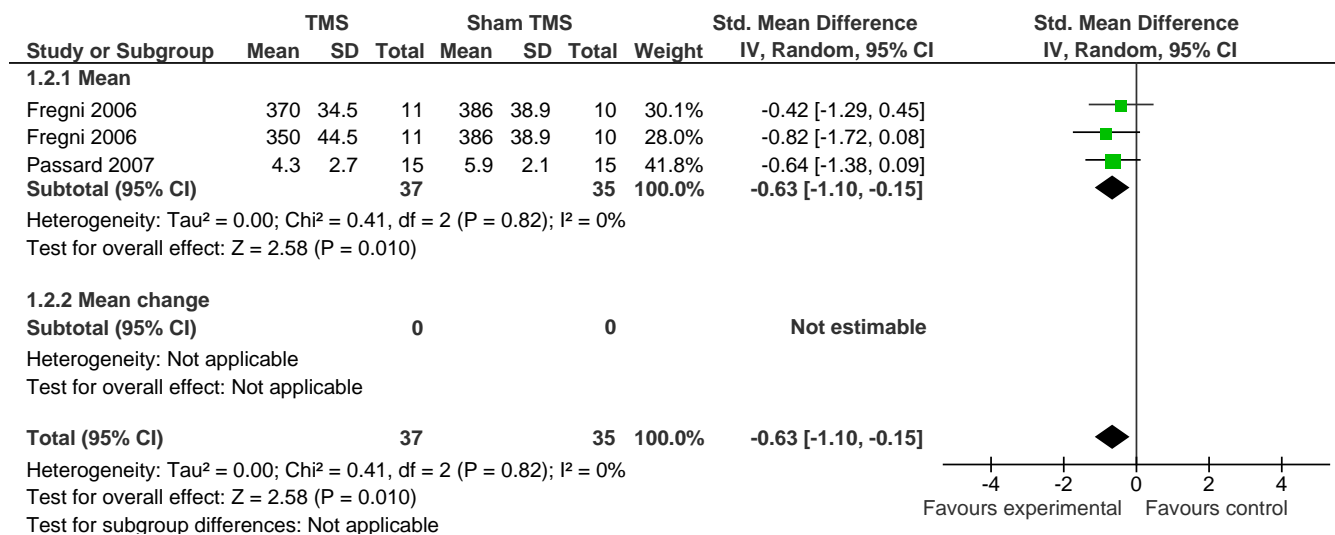


Figure 10: Forest plots of the effect estimates (standardised mean differences) of **transcranial magnetic stimulation (TMS)** versus controls on predefined outcomes at final treatment and follow-up

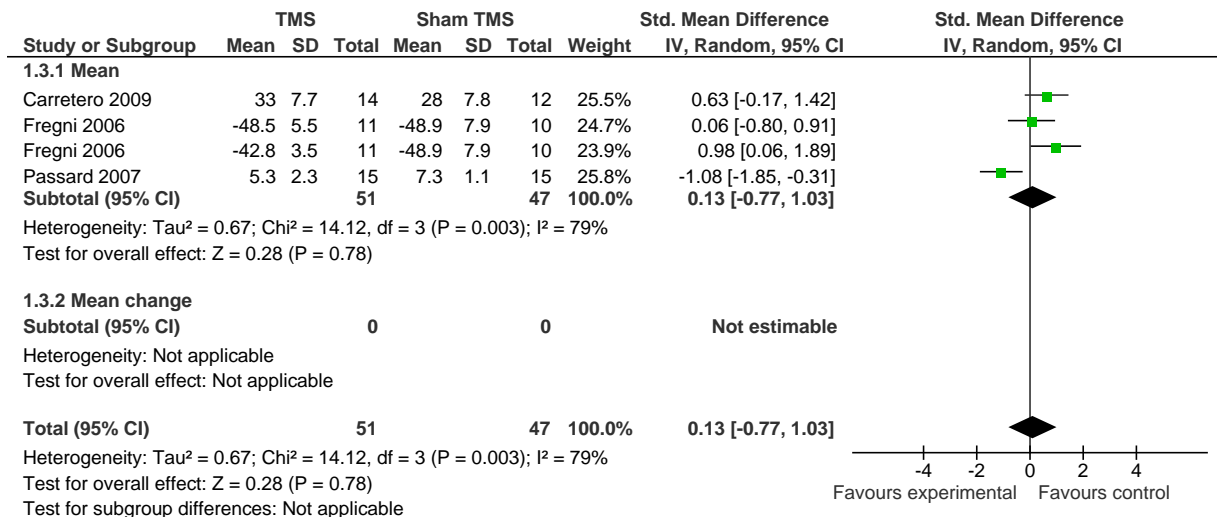
### Pain at final treatment



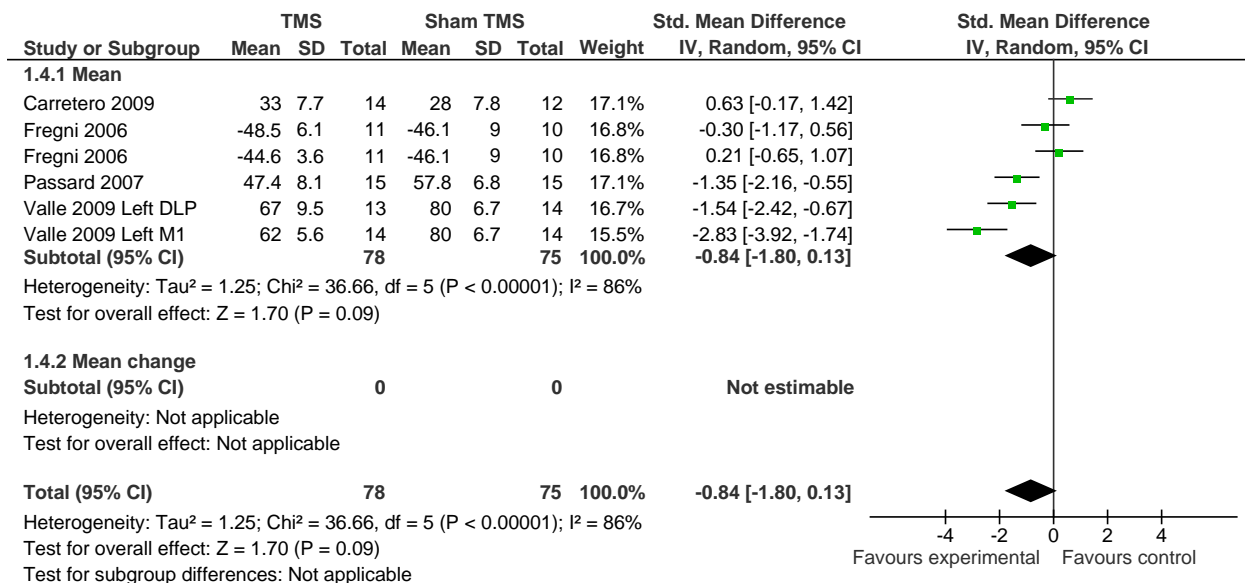
### Sleep at final treatment



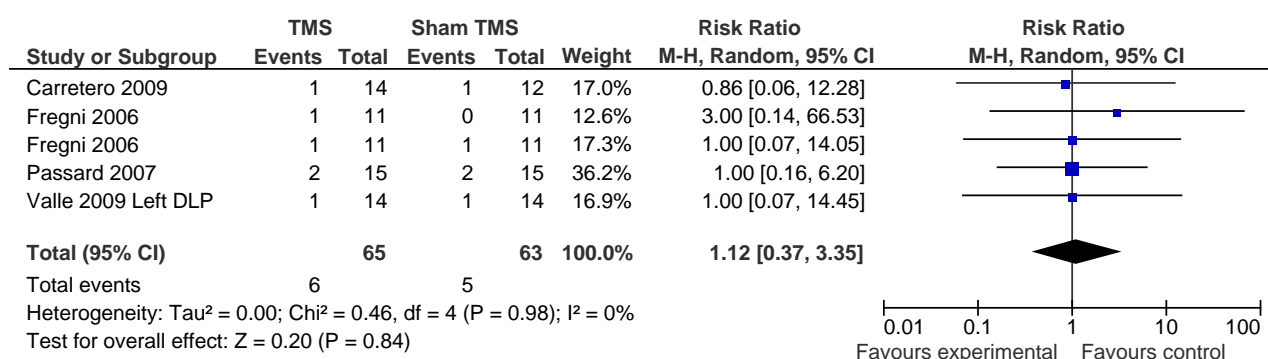
## Fatigue at final treatment



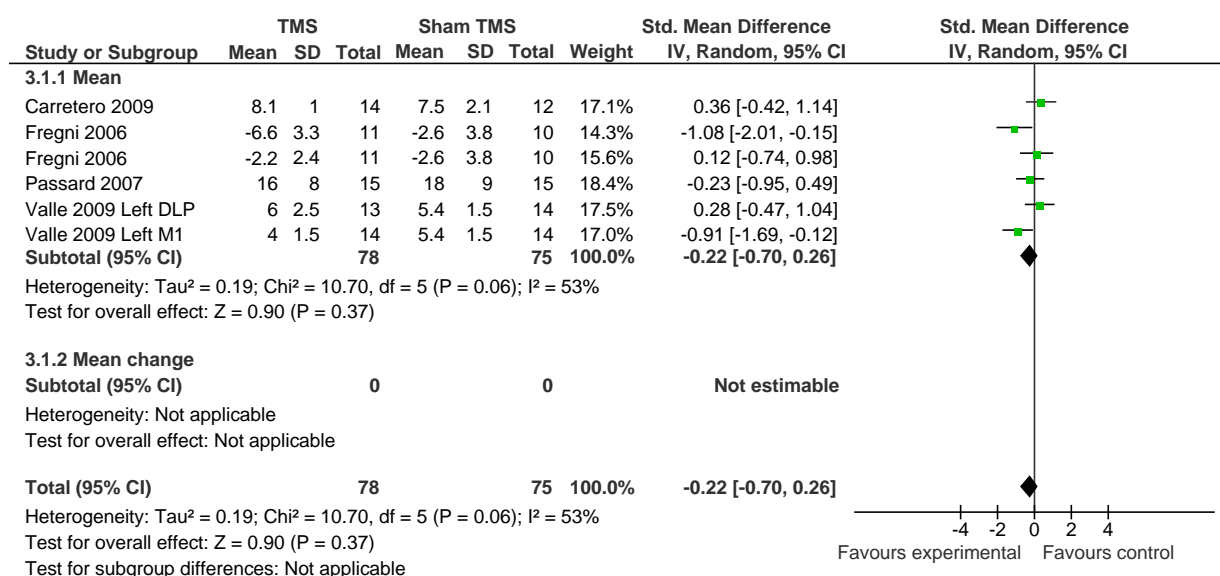
## Health-related quality of life at final treatment



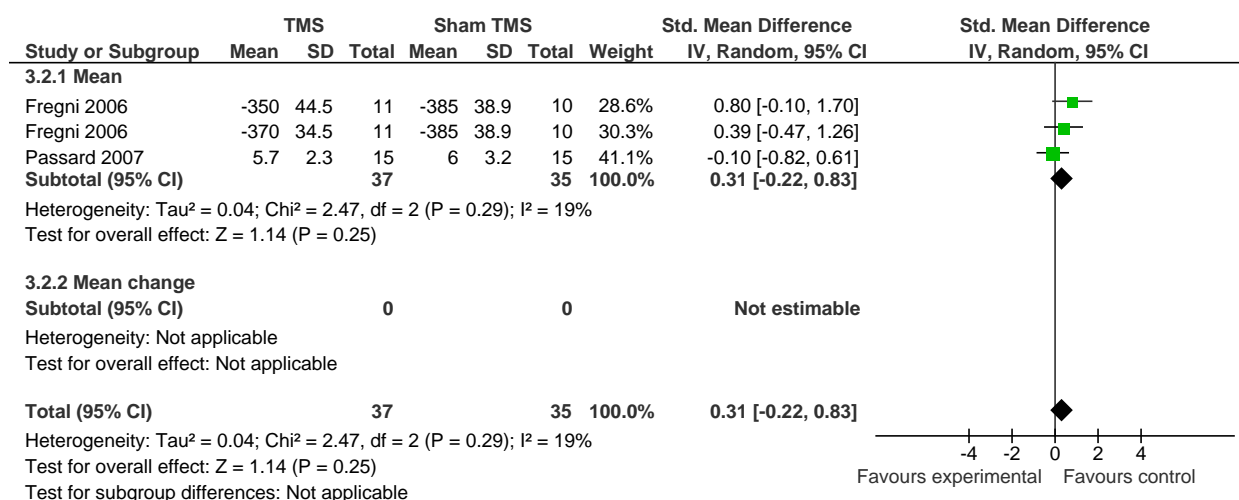
## Dropout rate



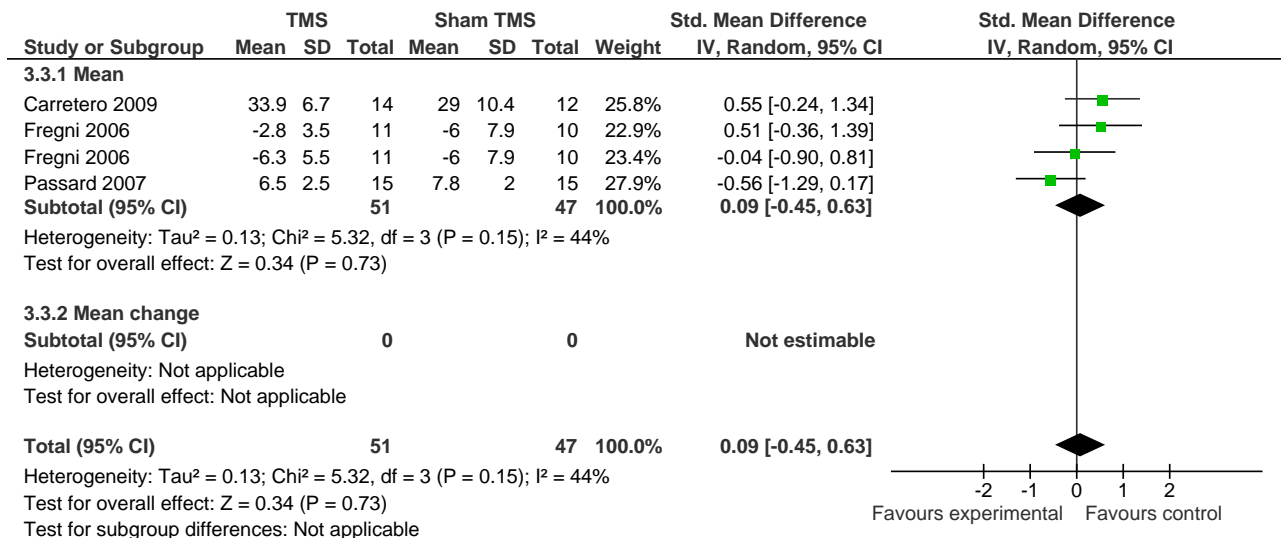
## Pain at follow-up



## Sleep at follow-up



## Fatigue at follow-up



## Health-related quality of life at follow-up

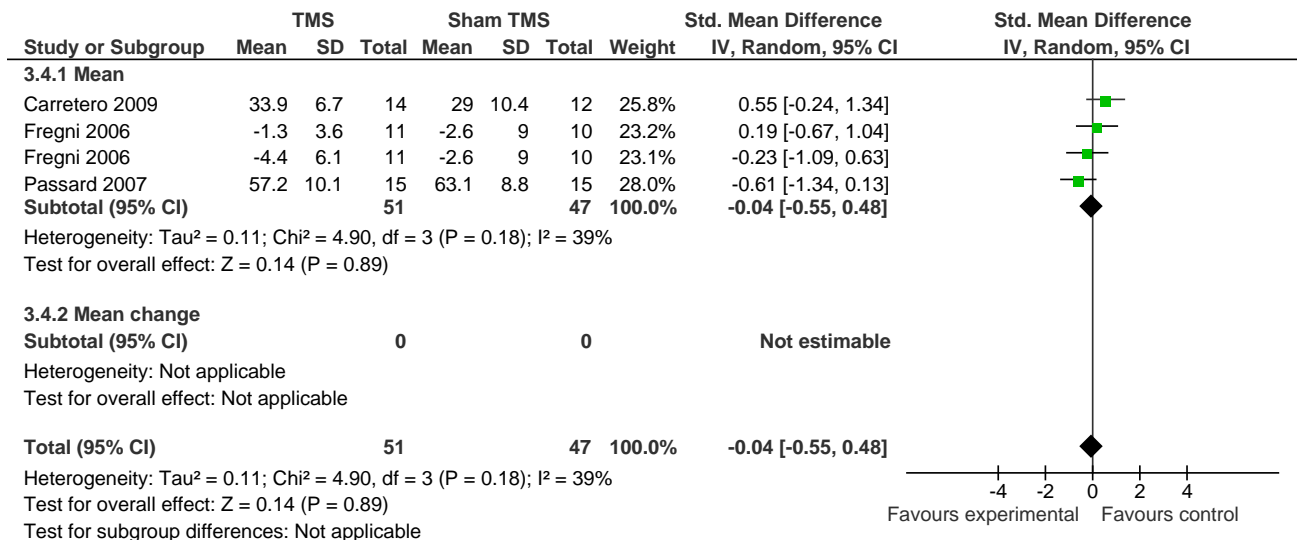
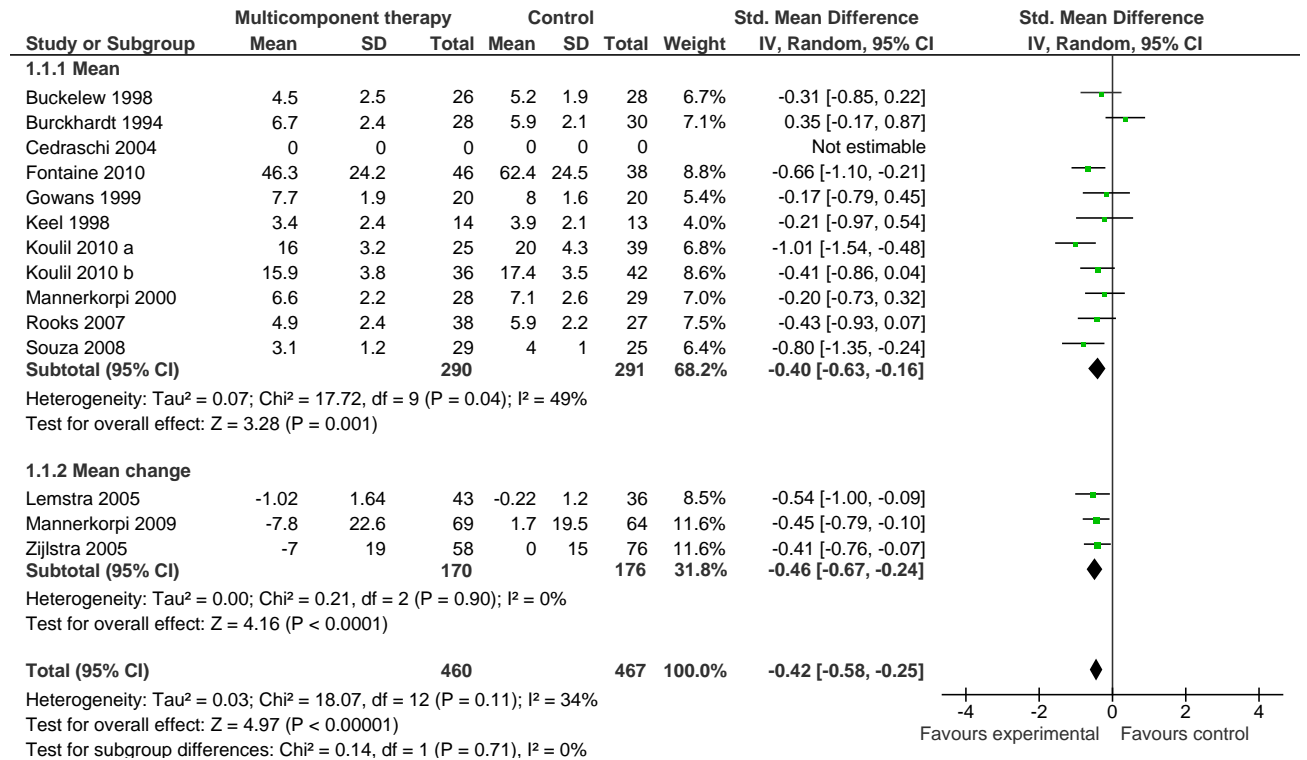
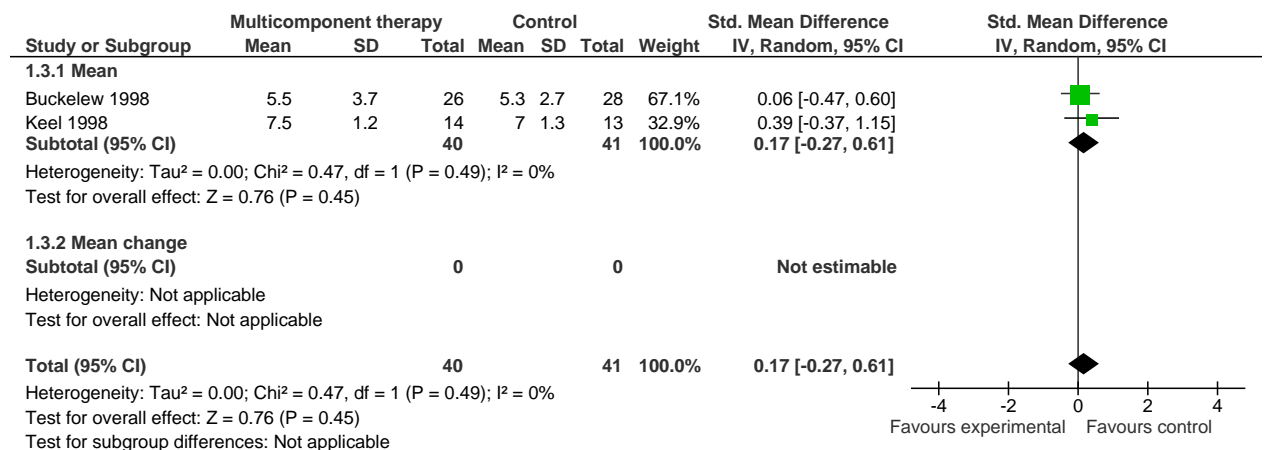


Figure 11: Forest plots of the effect estimates (standardised mean differences) of **multicomponent treatment** versus controls on predefined outcomes at posttreatment and at follow-up

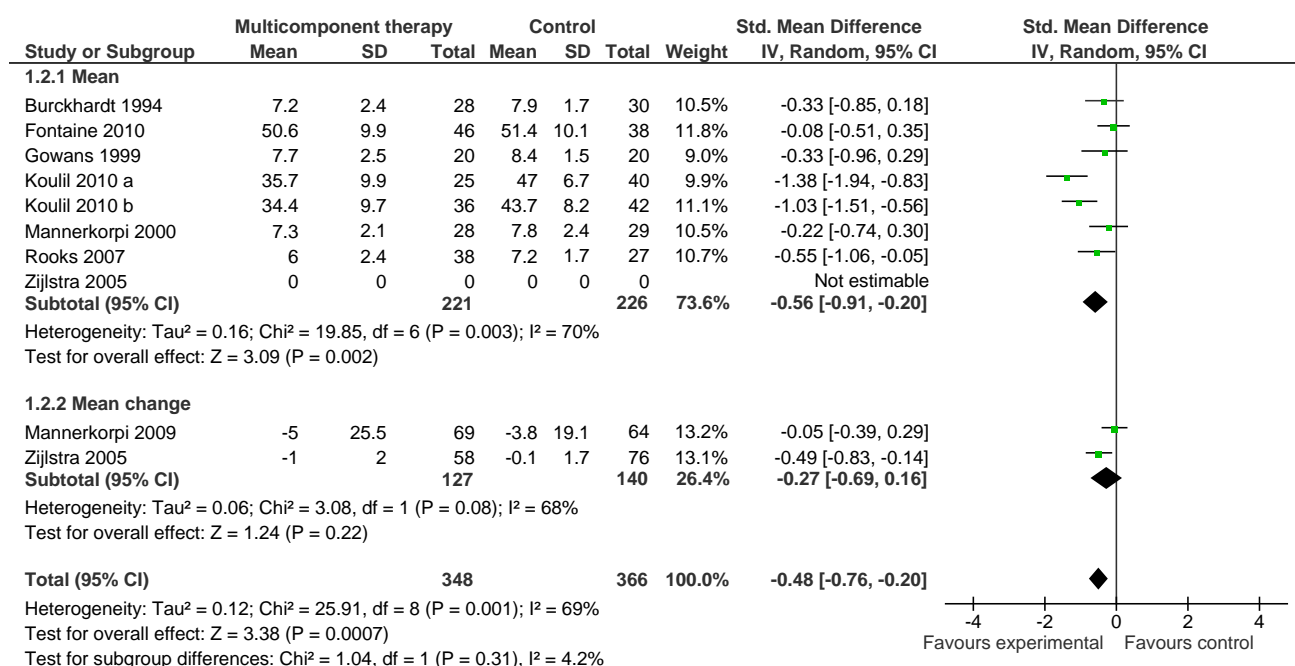
### Pain at final treatment



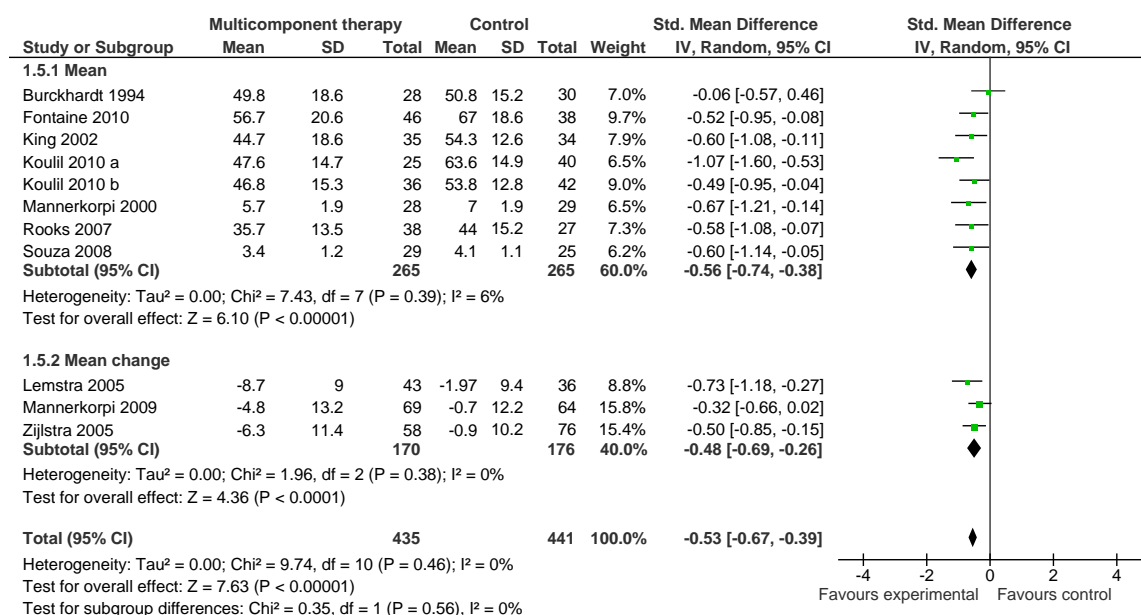
### Sleep at final treatment



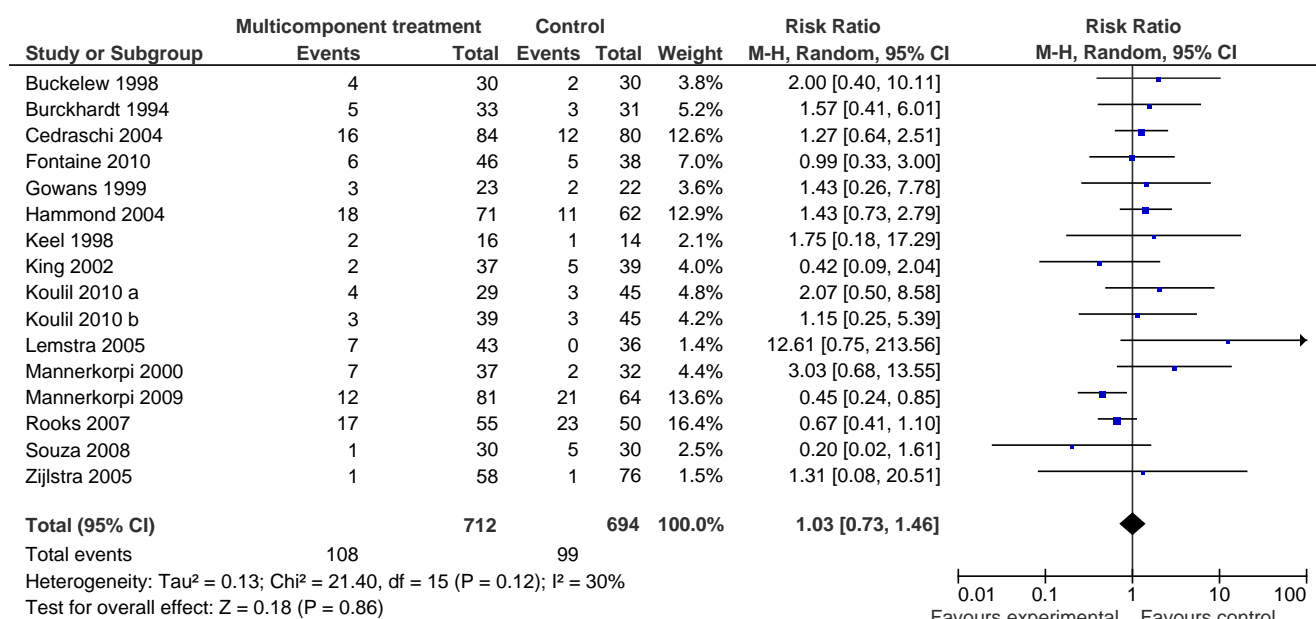
## Fatigue at final treatment



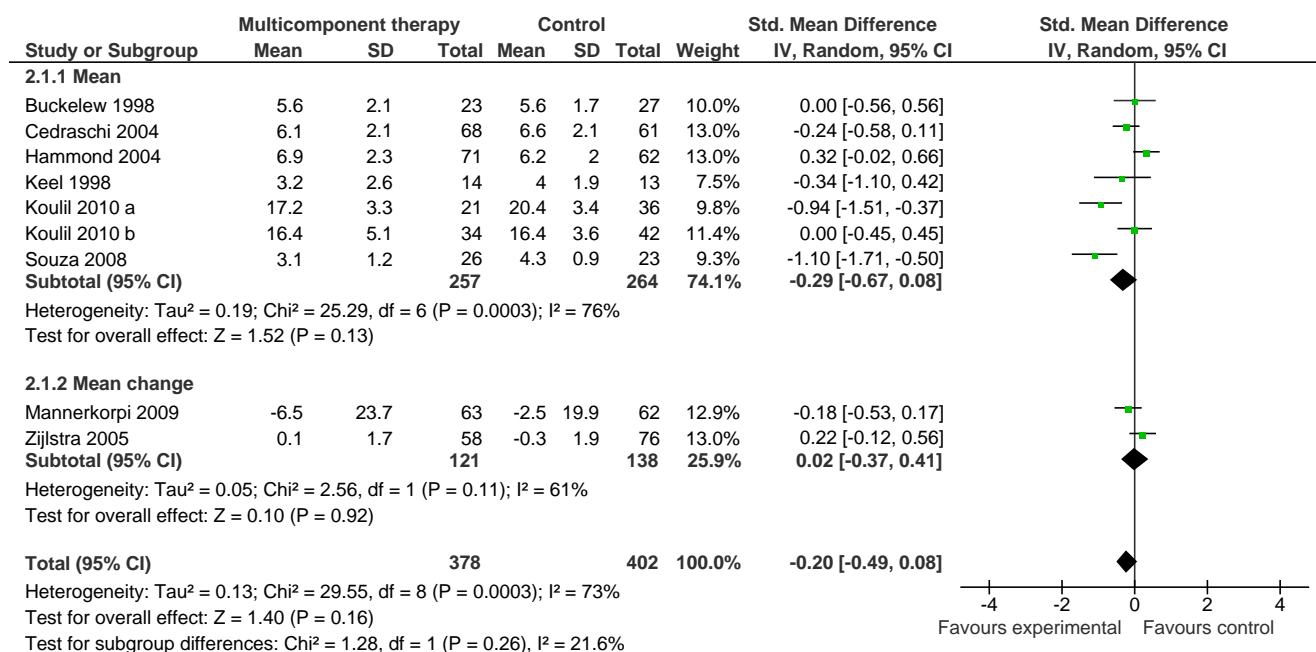
## Health-related quality of life at final treatment



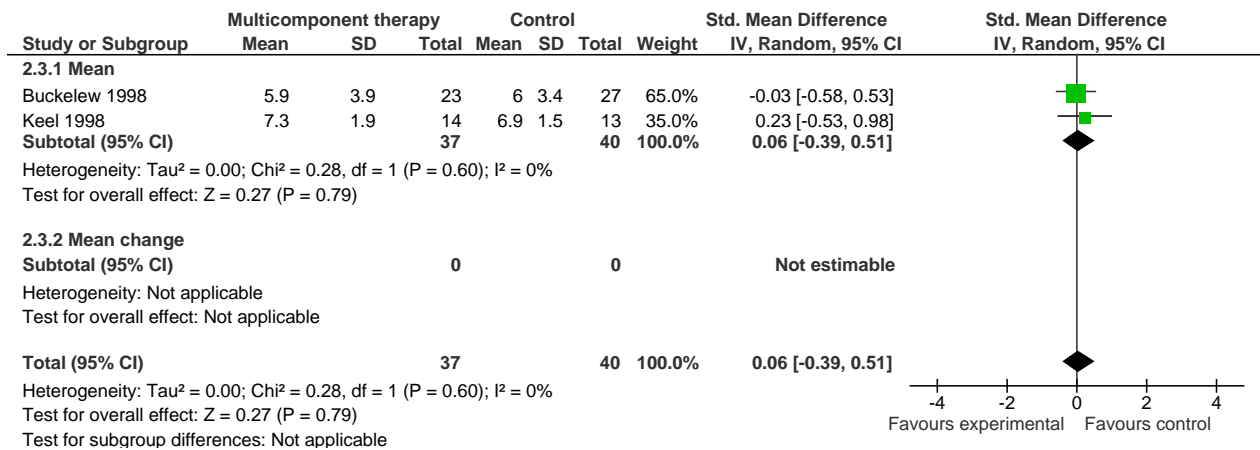
## Dropout rate



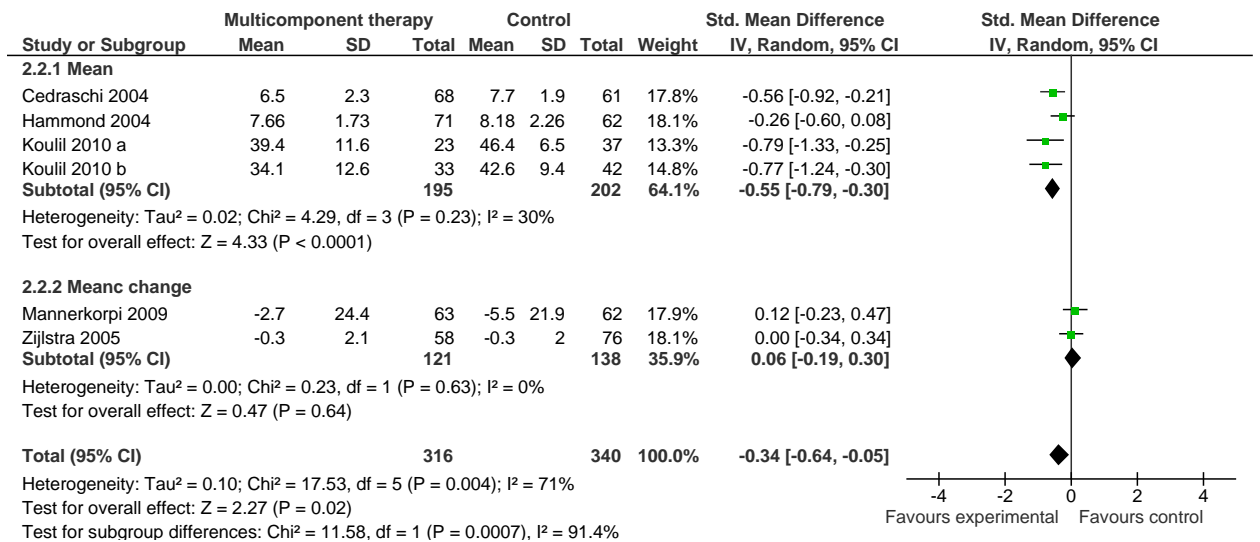
## Pain at follow-up



## Sleep at follow-up



## Fatigue at follow-up





## Health-related quality of life at follow-up

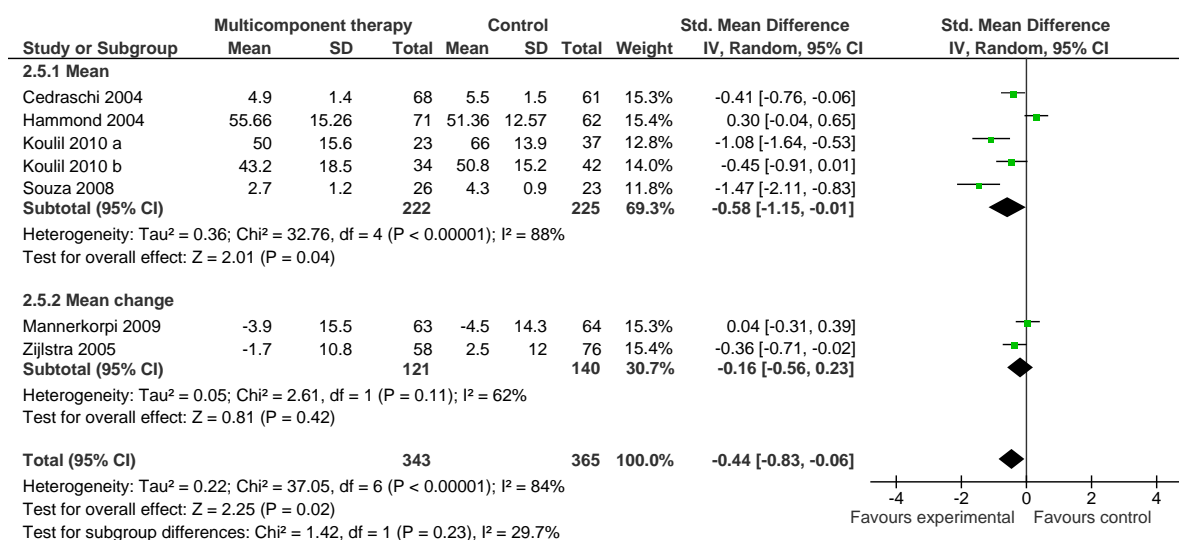
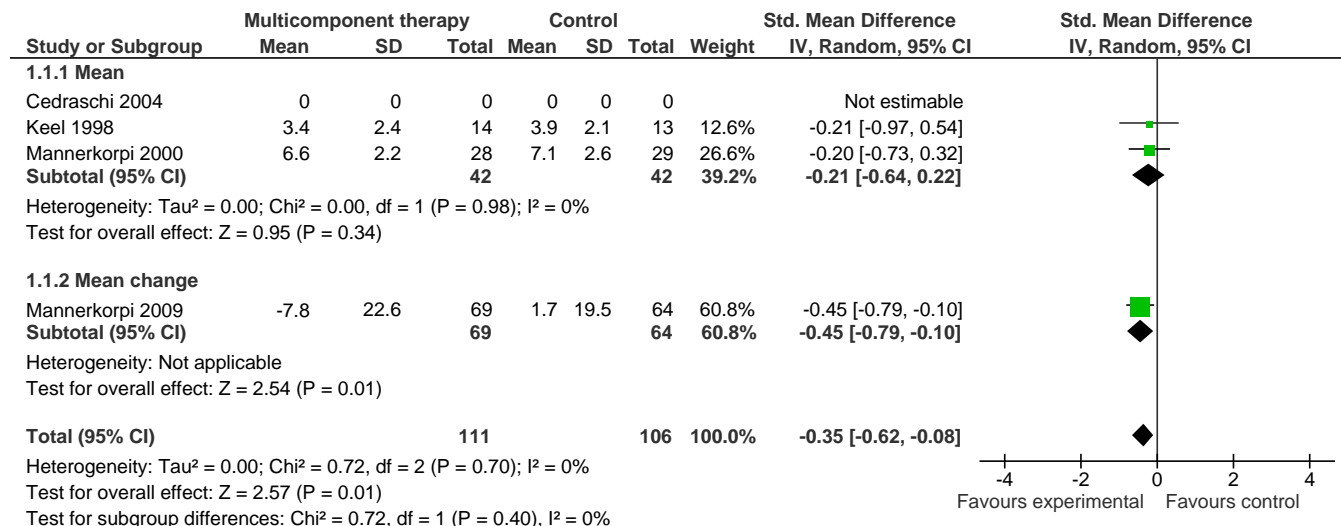
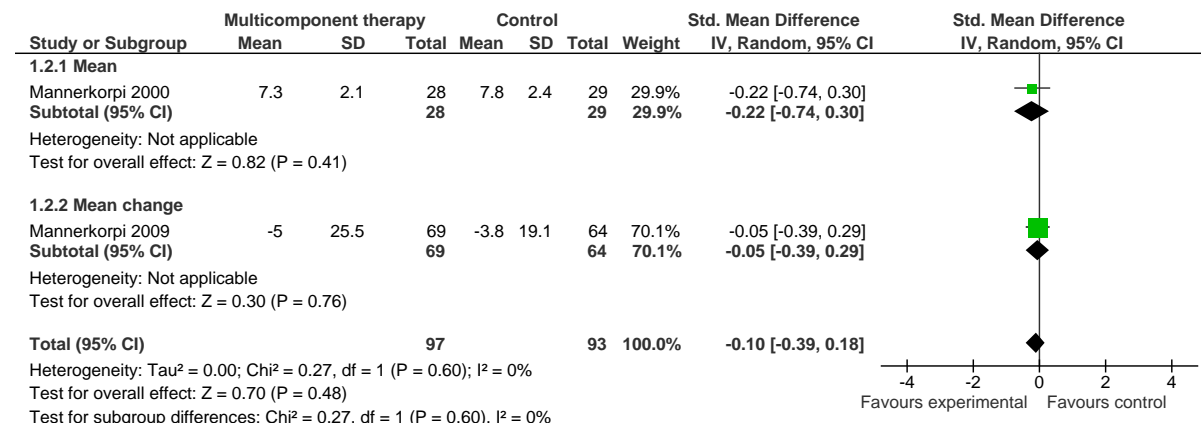


Figure 12: Effect estimates (standardised mean differences) of **relaxation combined with aerobic exercise** versus controls on predefined outcomes at final treatment and at follow-up

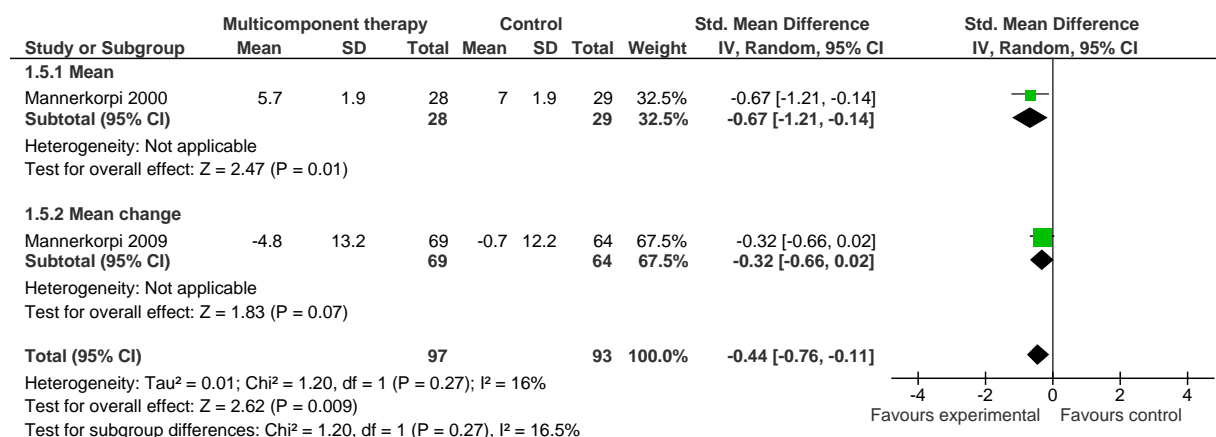
### Pain at final treatment



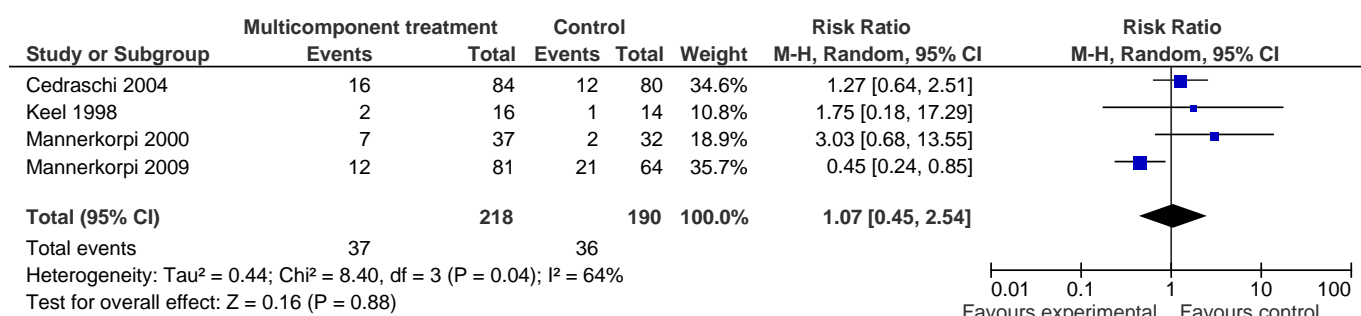
### Fatigue at final treatment



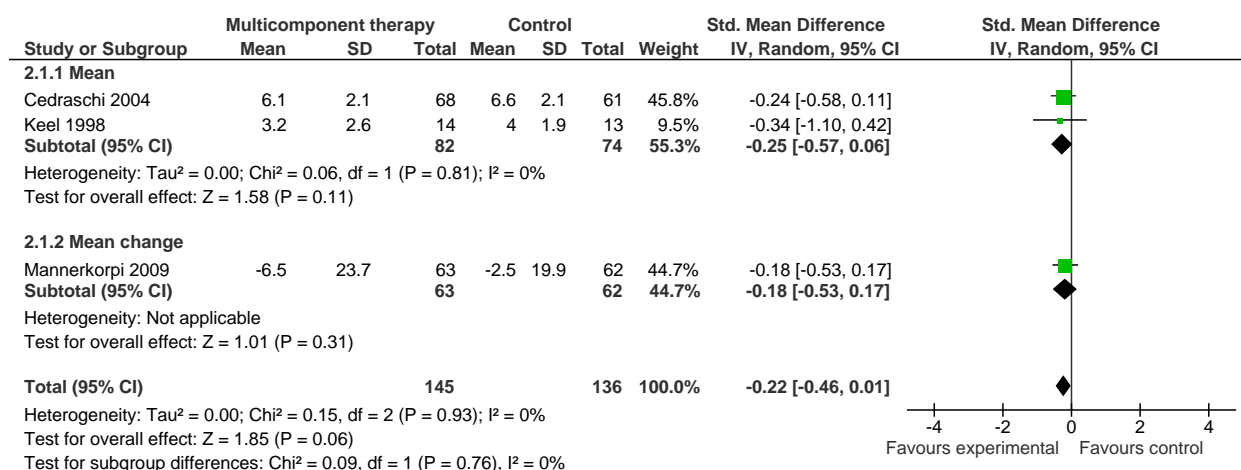
### Health-related quality of life at final treatment



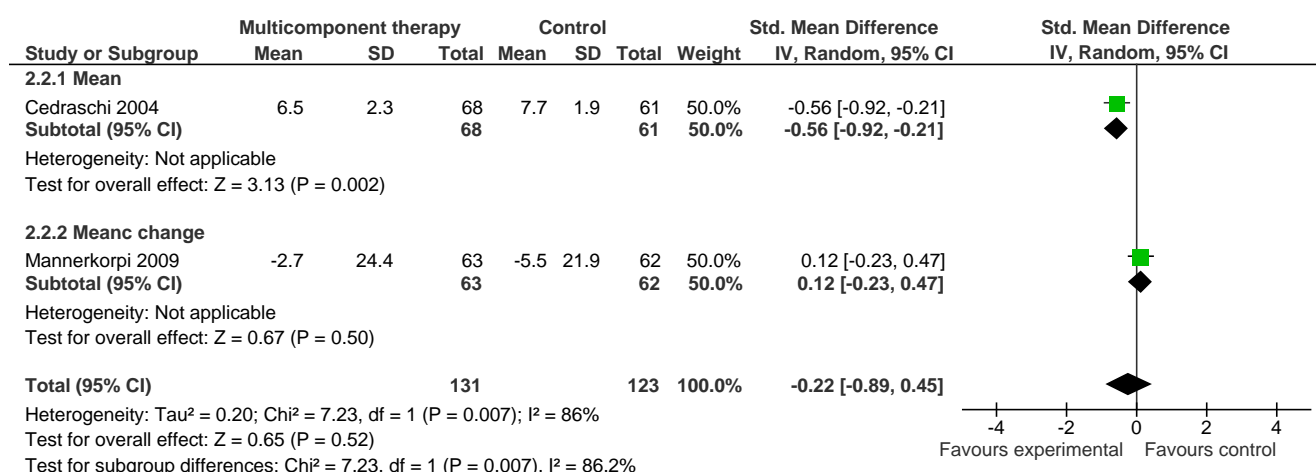
## Dropout rate



## Pain at follow-up



## Fatigue at follow-up



## Health-related quality of life at follow-up

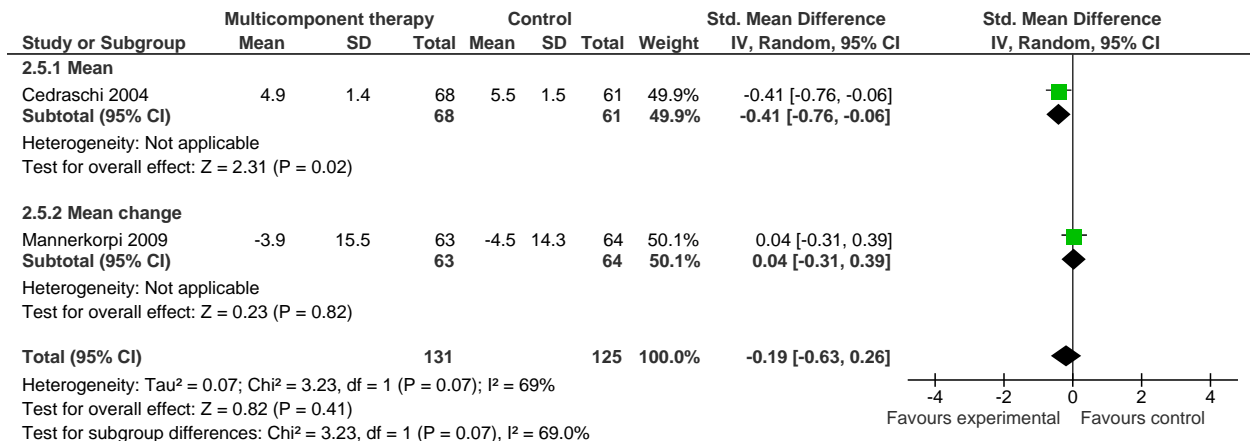
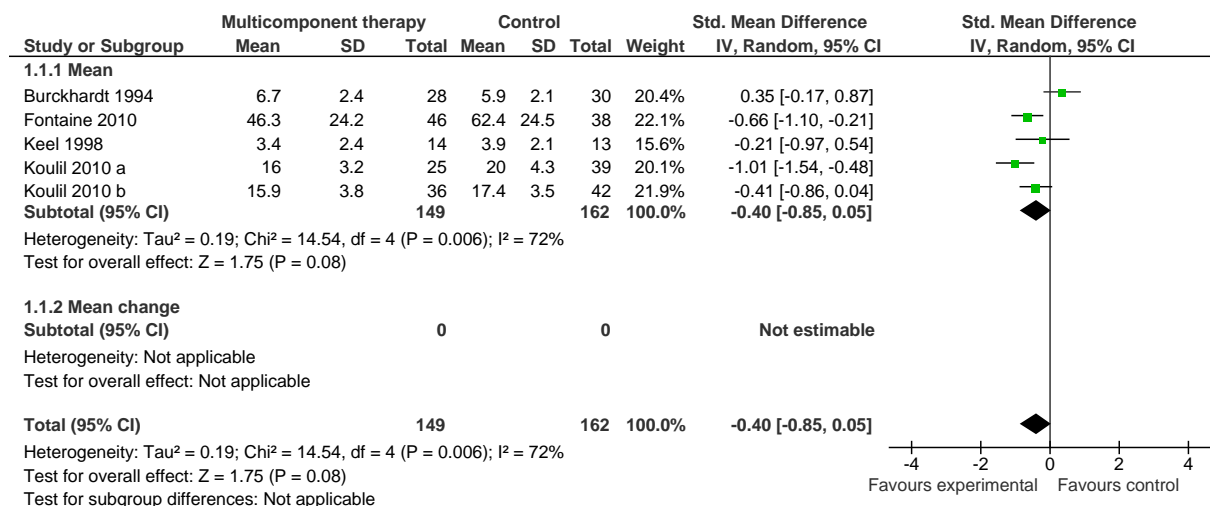
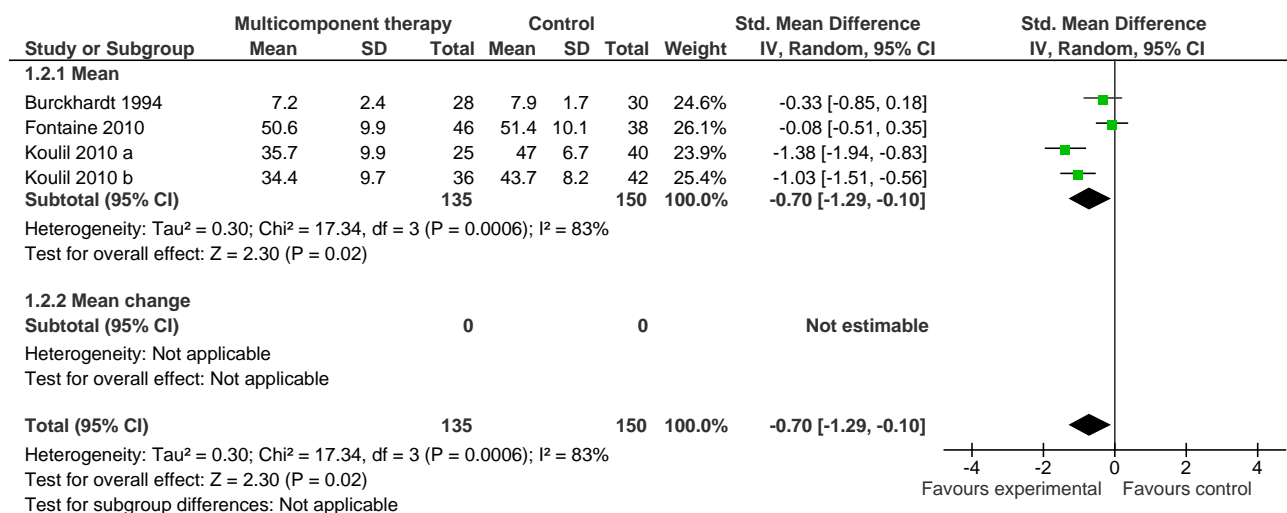


Figure 13: Effect estimates (standardised mean differences) of **cognitive behavioral therapies combined with aerobic exercise** versus controls on predefined outcomes at final treatment and at follow-up

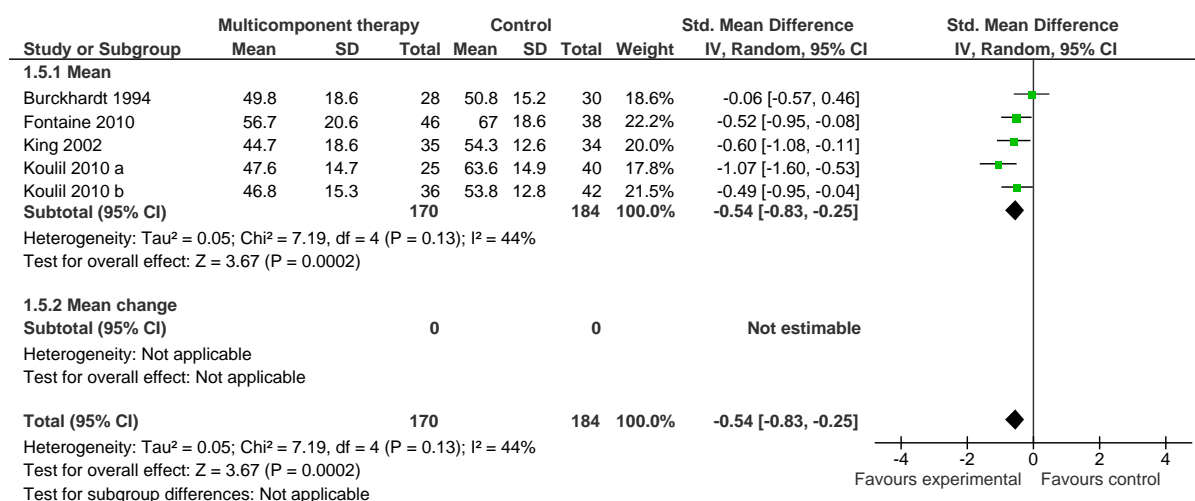
### Pain at final treatment



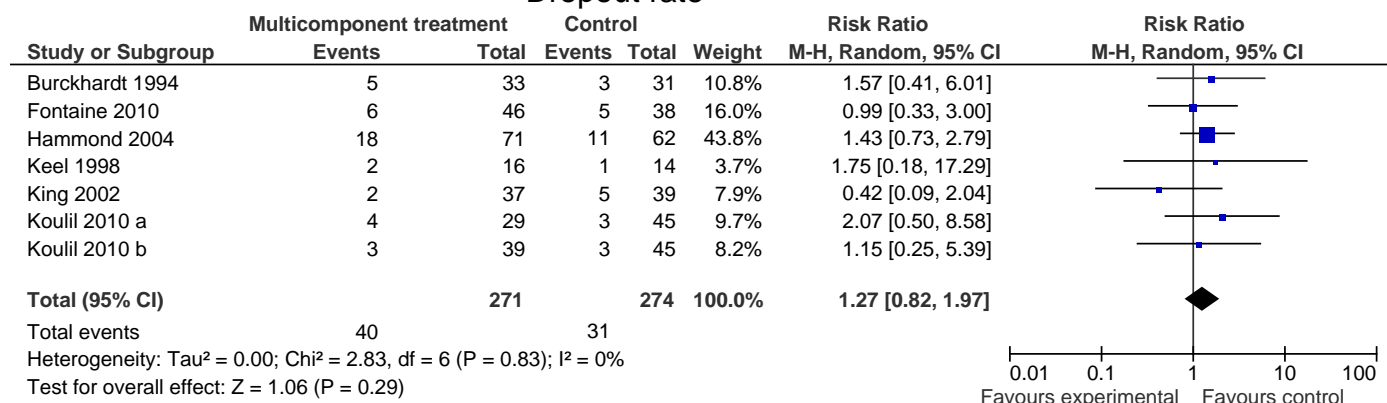
### Fatigue at final treatment



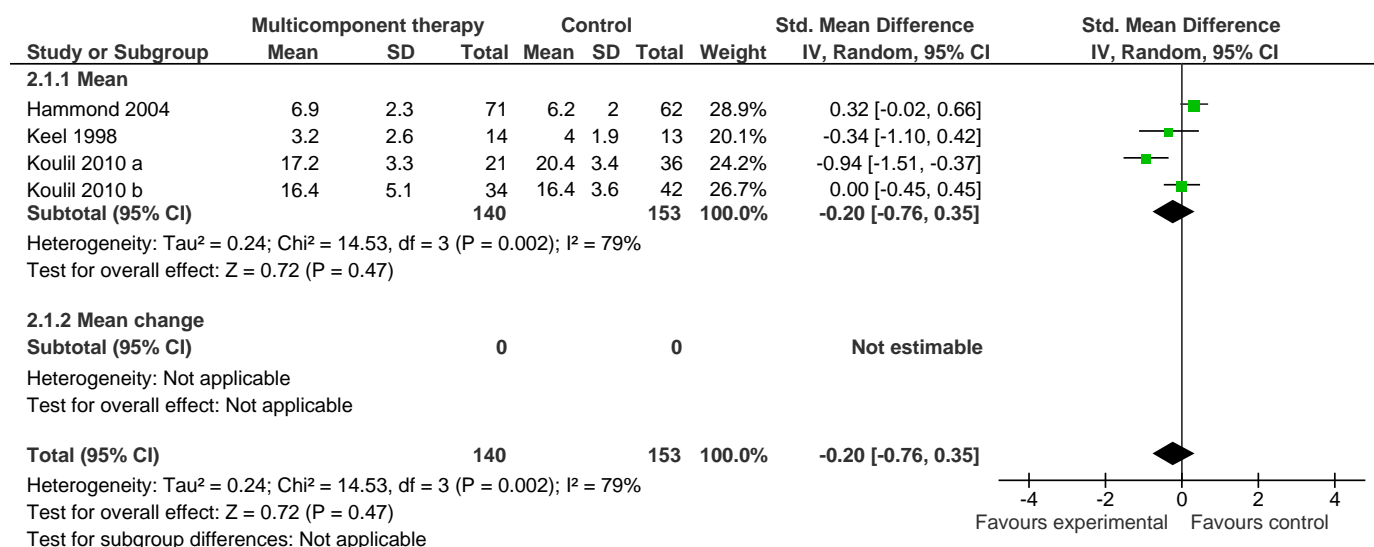
## Health-related quality of life at final treatment



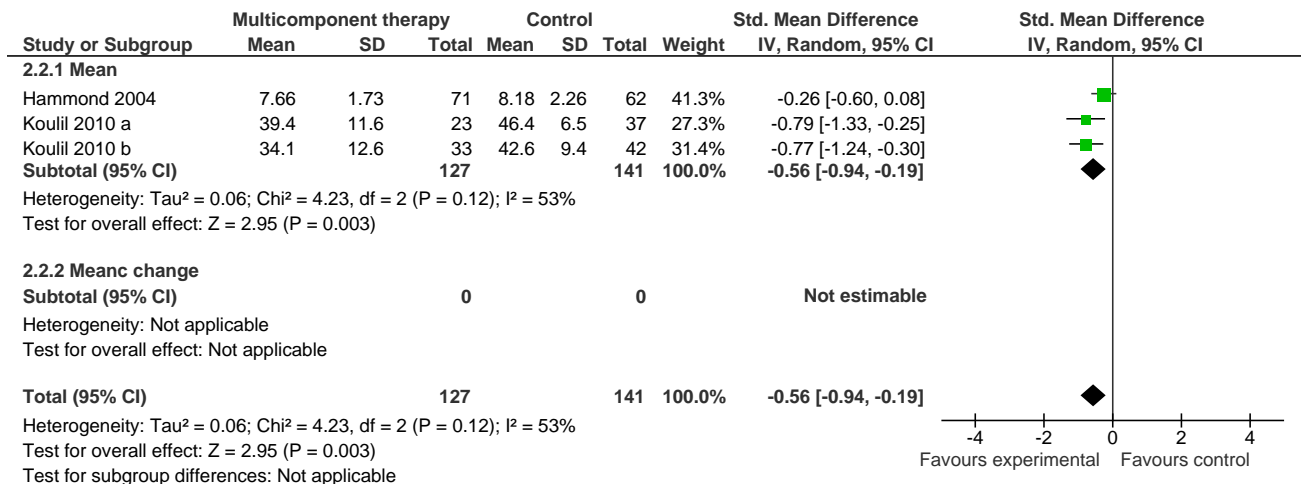
## Dropout rate



## Pain at follow-up



## Fatigue at follow-up



## Health-related quality of life at follow-up

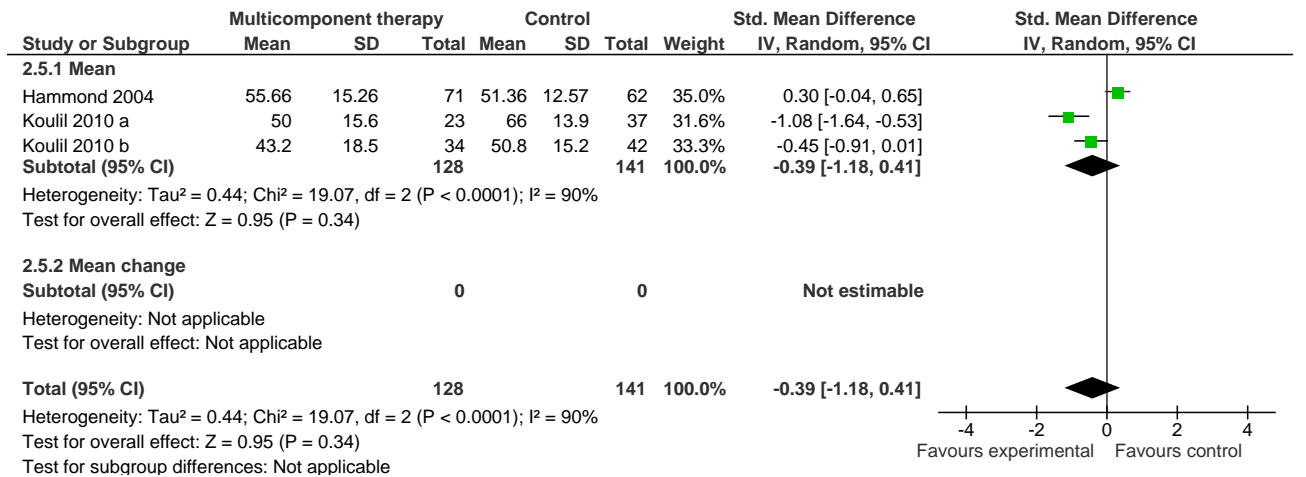
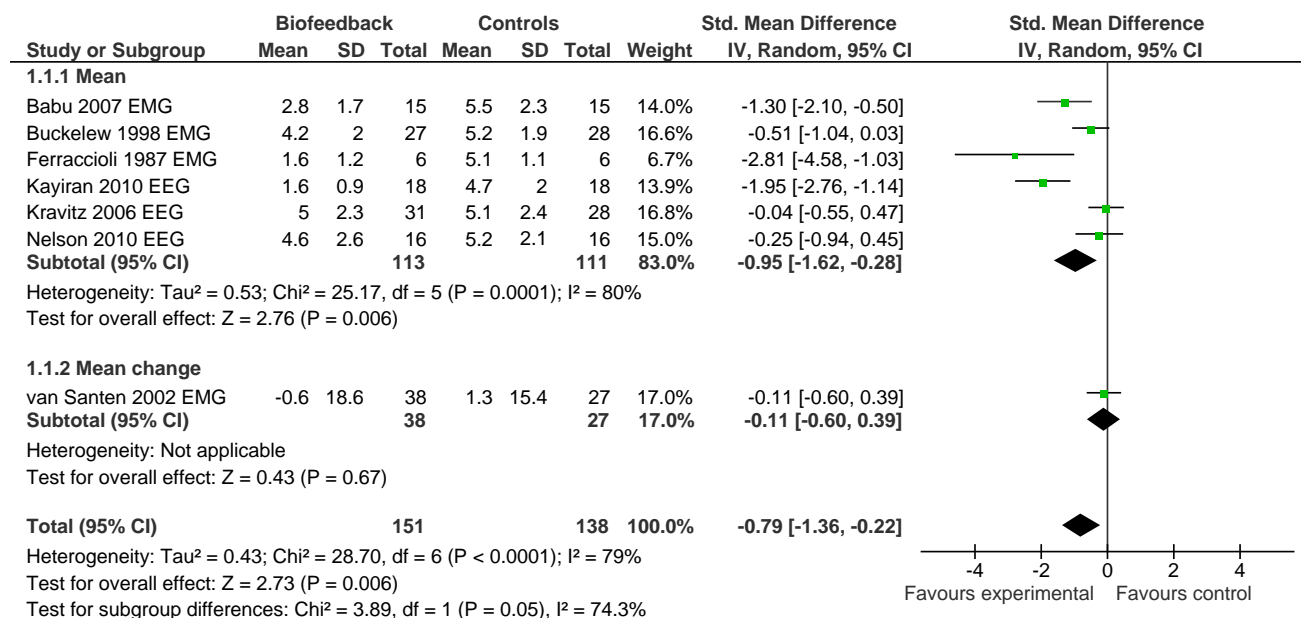
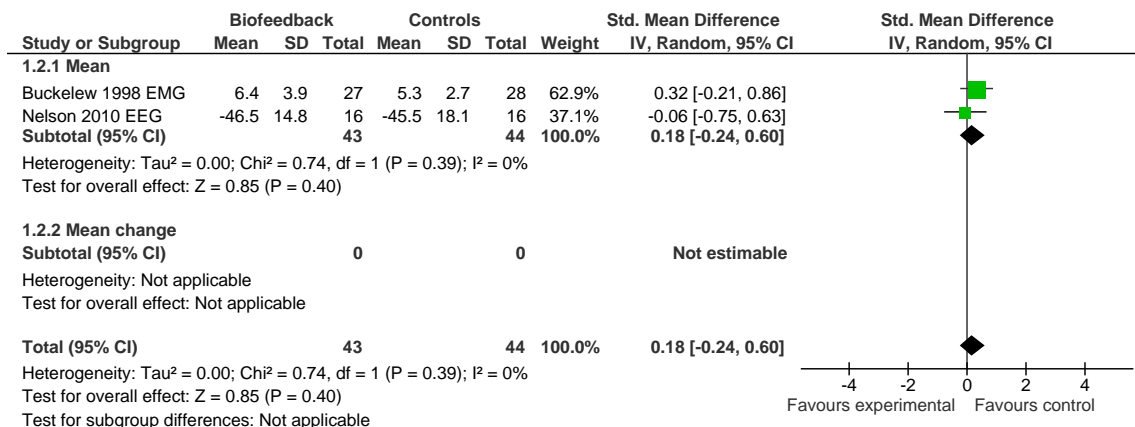


Figure 14: Effect estimates (standardised mean differences) of **biofeedback** versus controls on predefined outcomes at final treatment and at follow-up

### Pain at final treatment

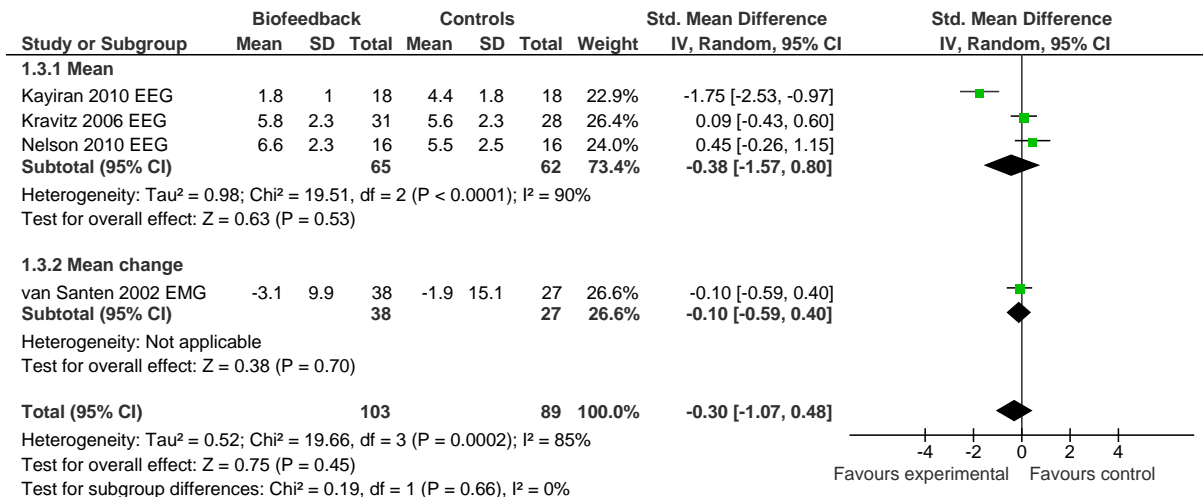


### Sleep at final treatment

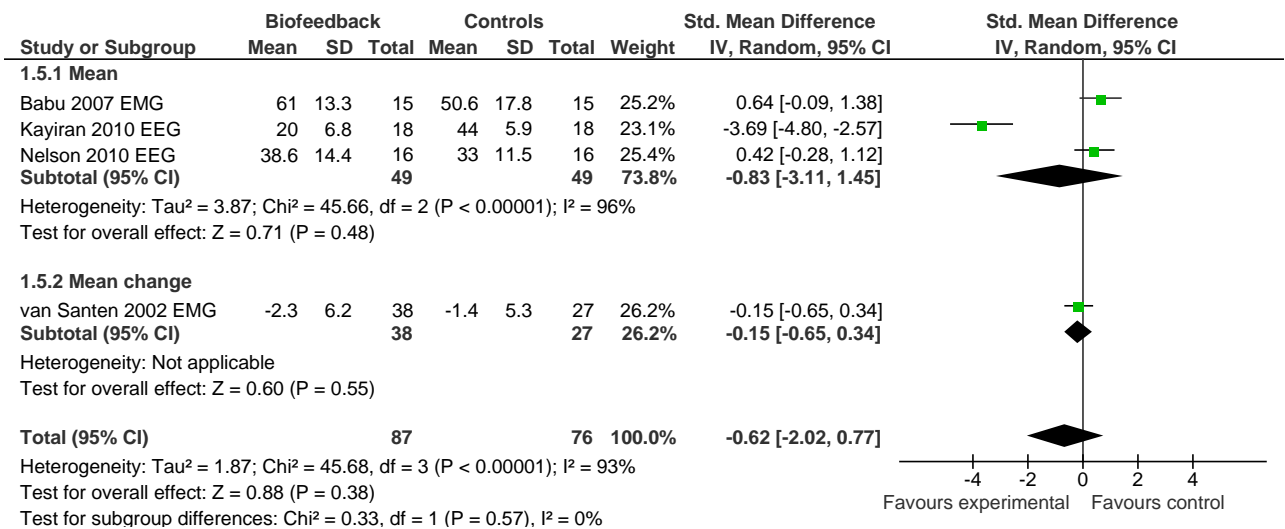




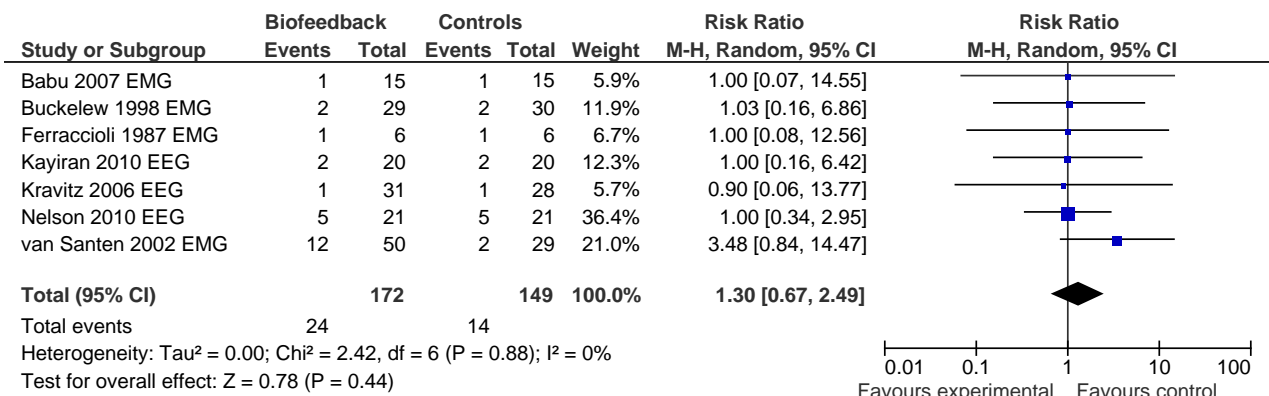
## Fatigue at final treatment



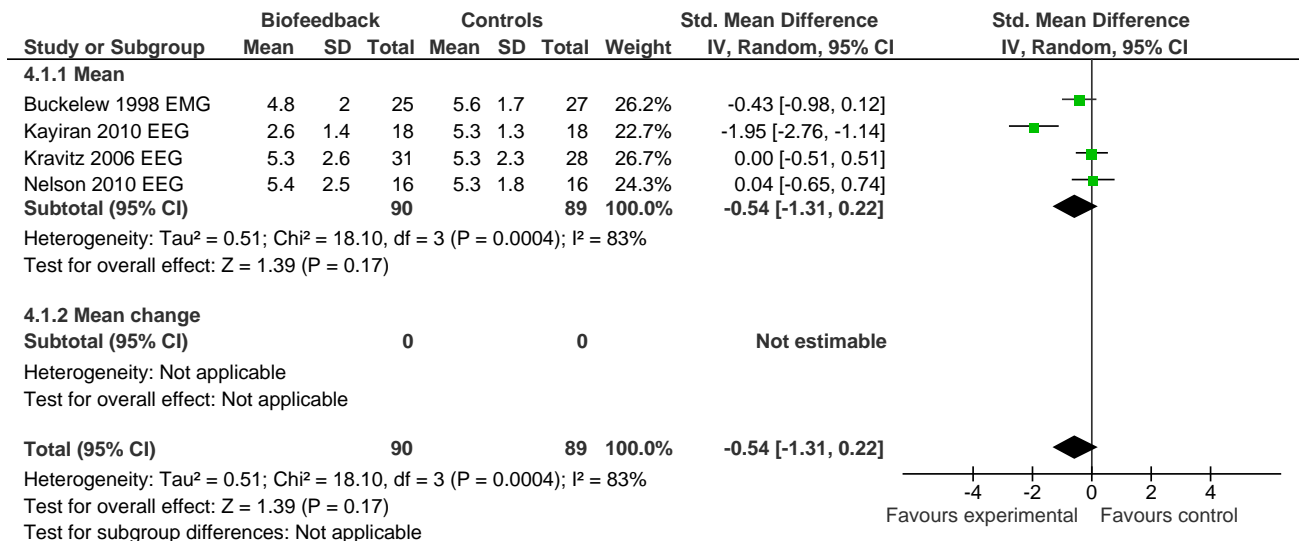
## Health-related quality of life at final treatment



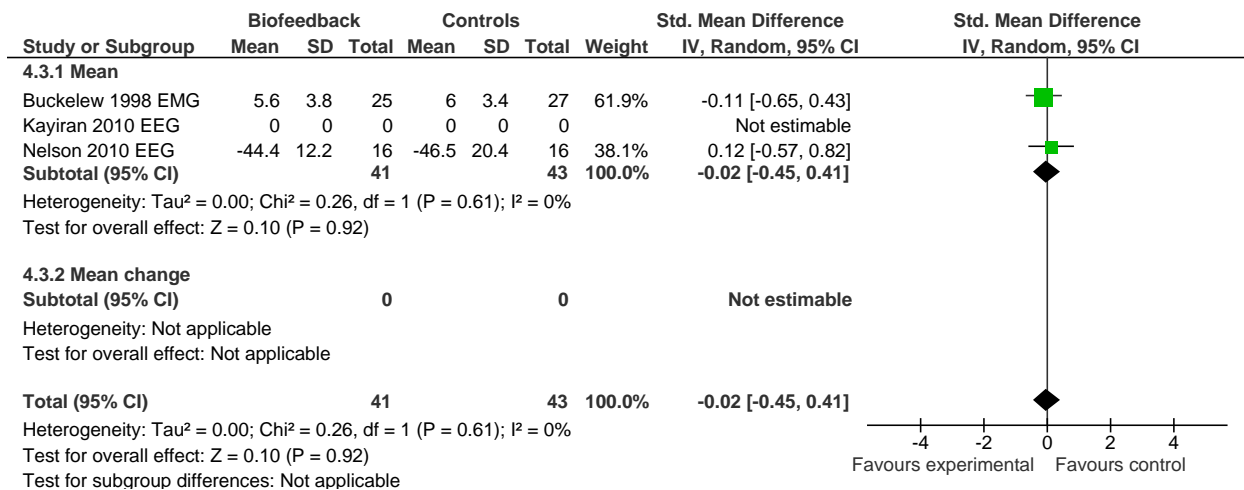
## Dropout rate



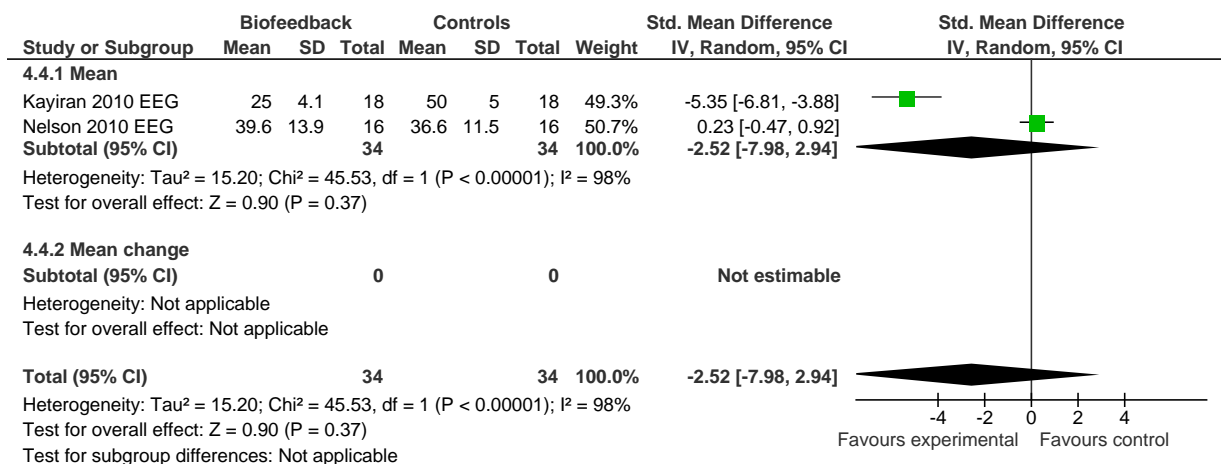
## Pain at follow-up



## Sleep at follow-up



## Fatigue at follow-up



### Health-related quality of life at follow-up

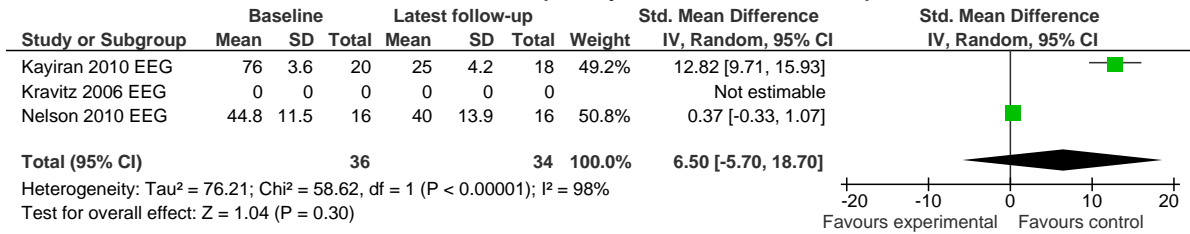
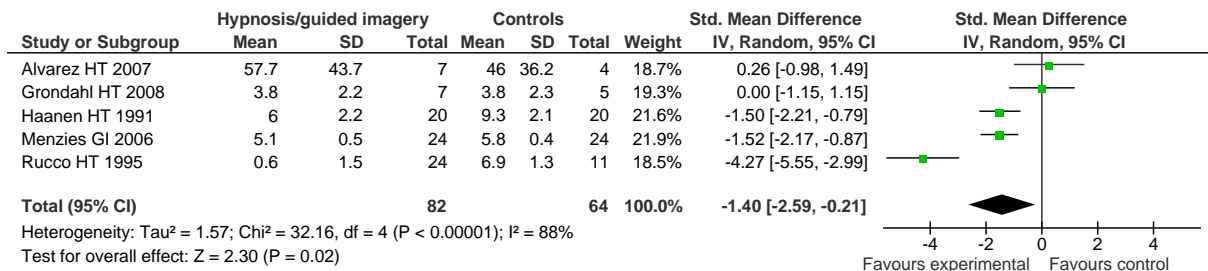
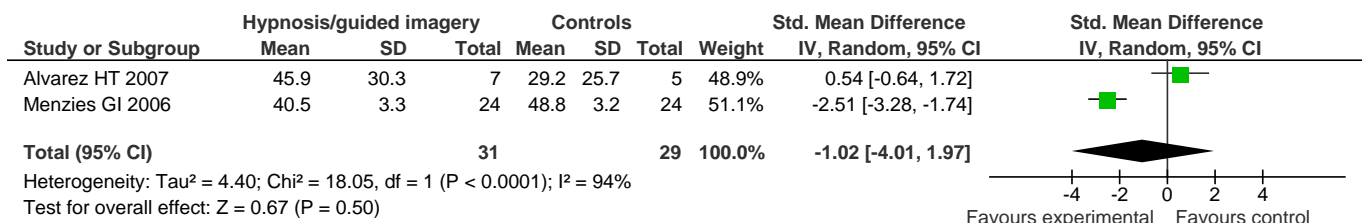


Figure 15: Effect estimates (standardised mean differences) of **hypnosis/guided imagery** versus controls on predefined outcomes at final treatment and at follow-up

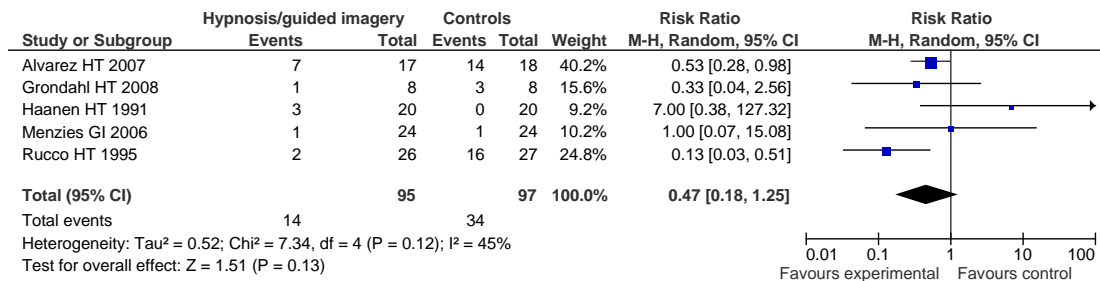
### Pain at final treatment



### Health-related quality of life at final treatment



### Dropout rate



### Pain at follow-up

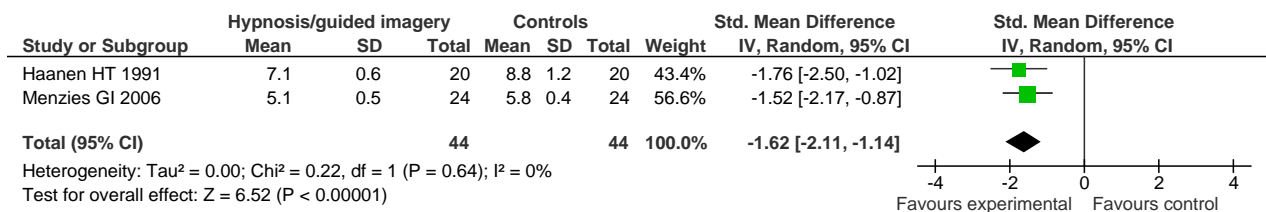
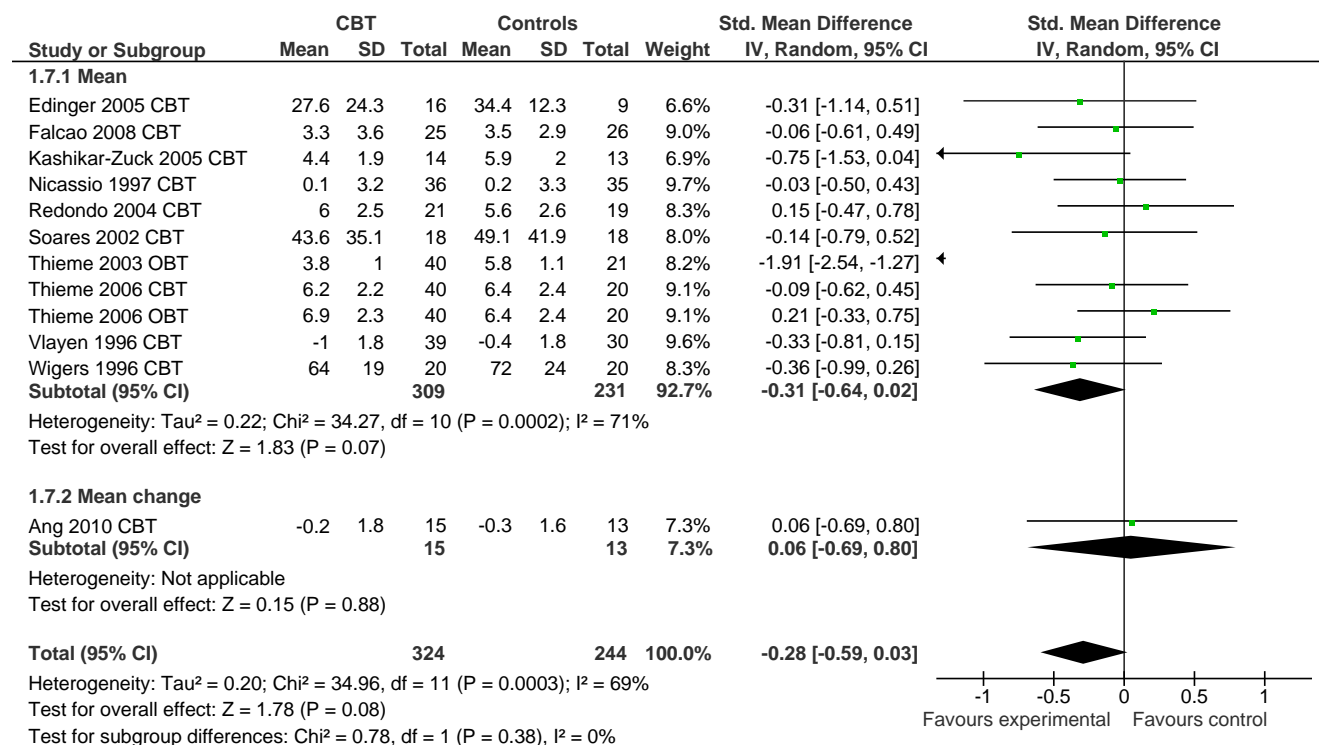


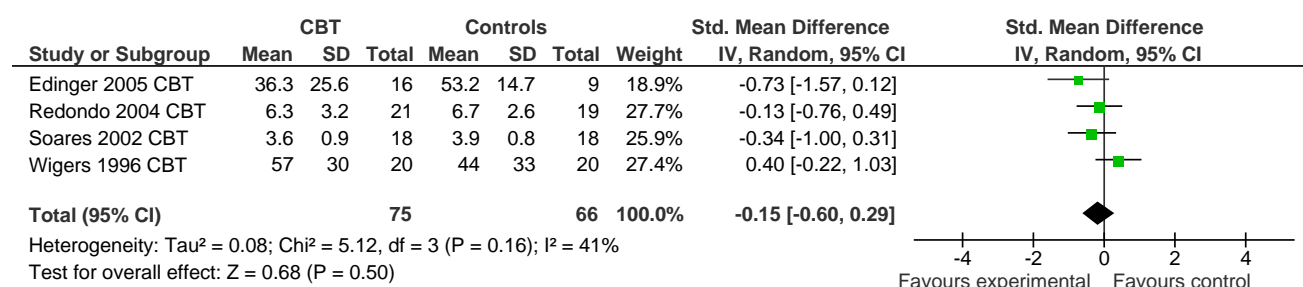
Figure 16: Effect estimates (standardised mean differences) of **cognitive-behavioral therapies** (CBT) versus controls on predefined outcomes at final treatment and at follow-up

### Pain at final treatment

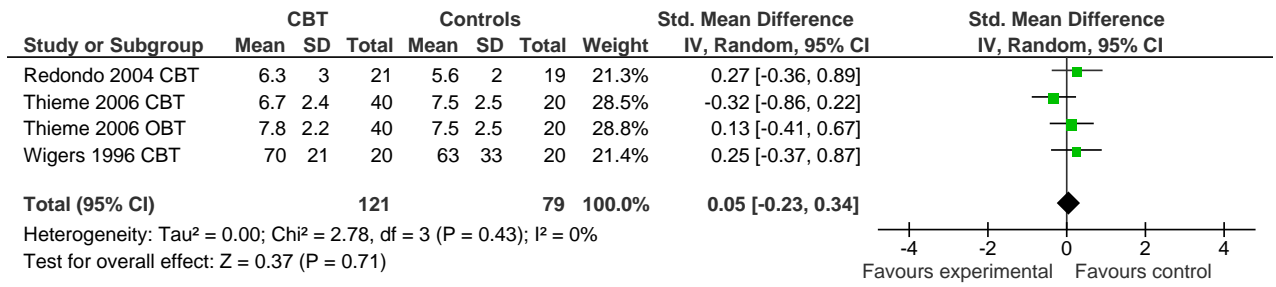


CBT = Cognitive behavioural therapy  
OBT = Operant behavioural therapy

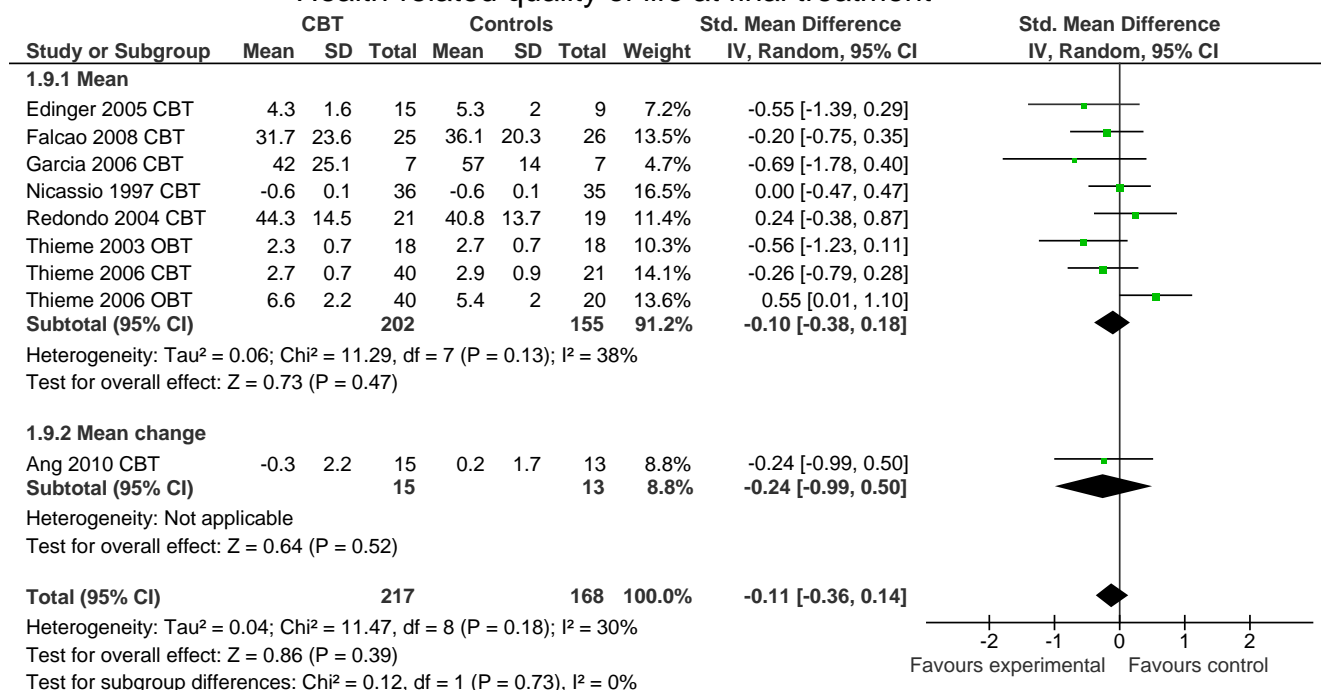
### Sleep at final treatment



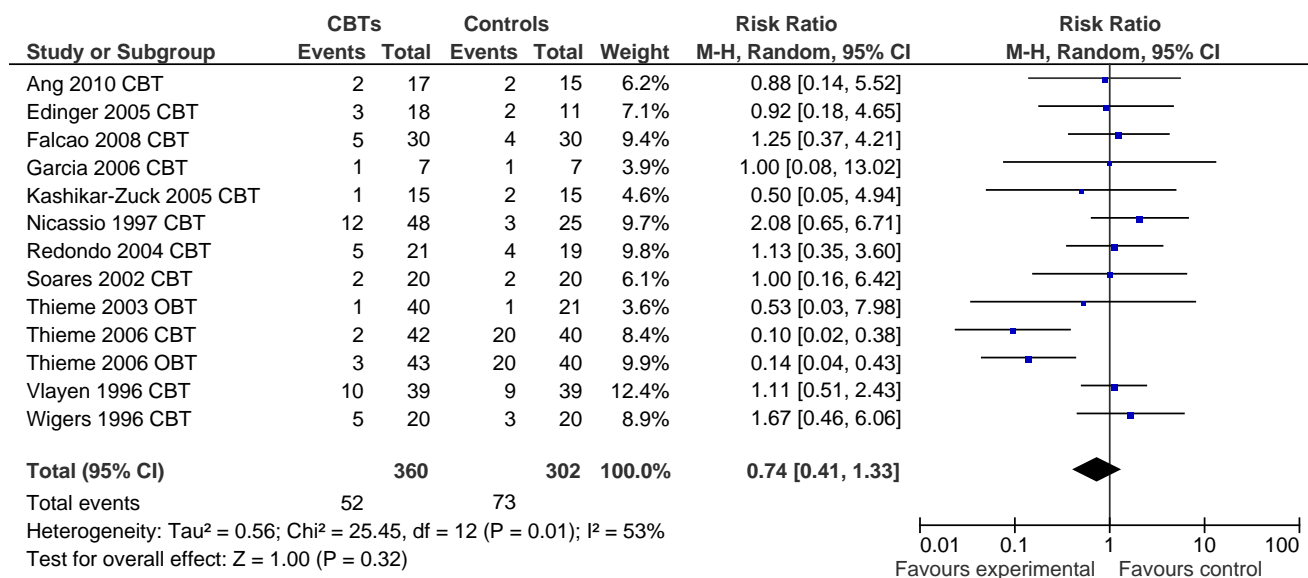
### Fatigue at final treatment



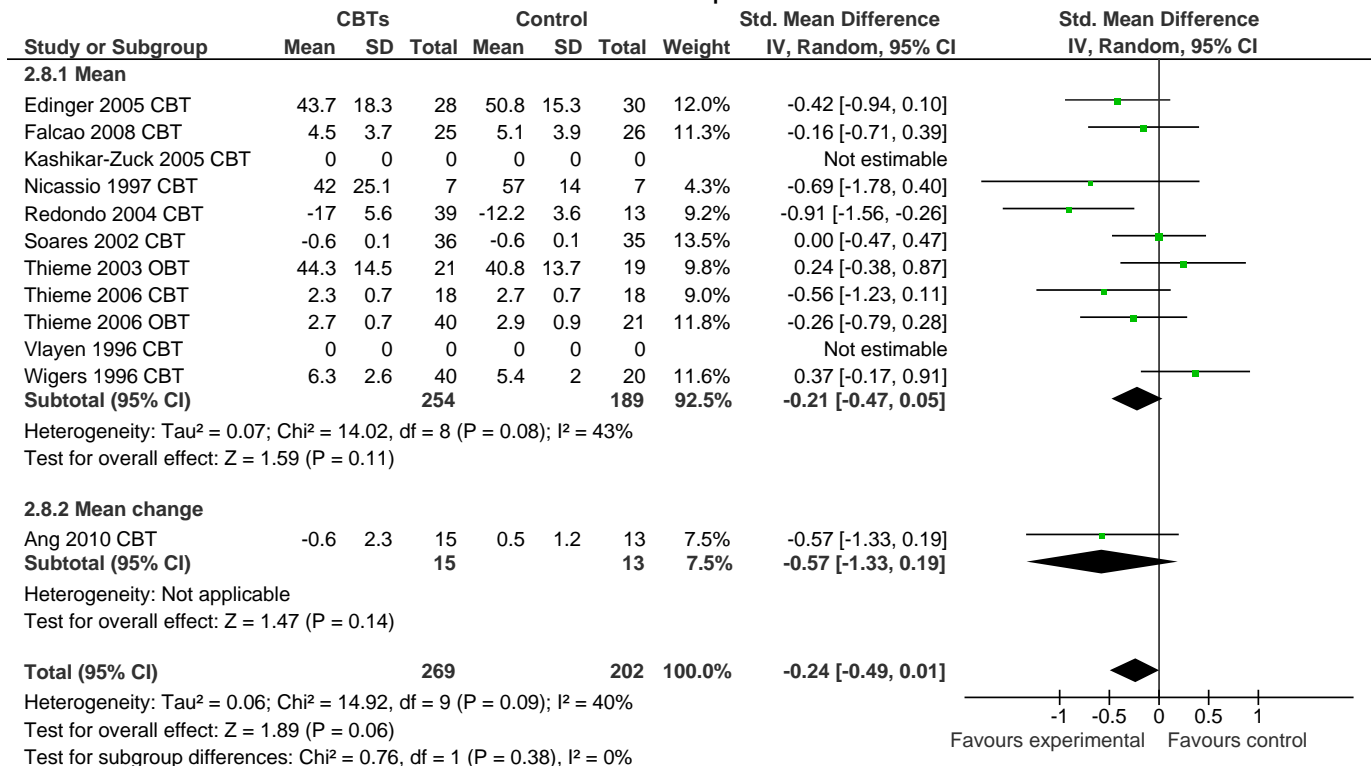
## Health-related quality of life at final treatment



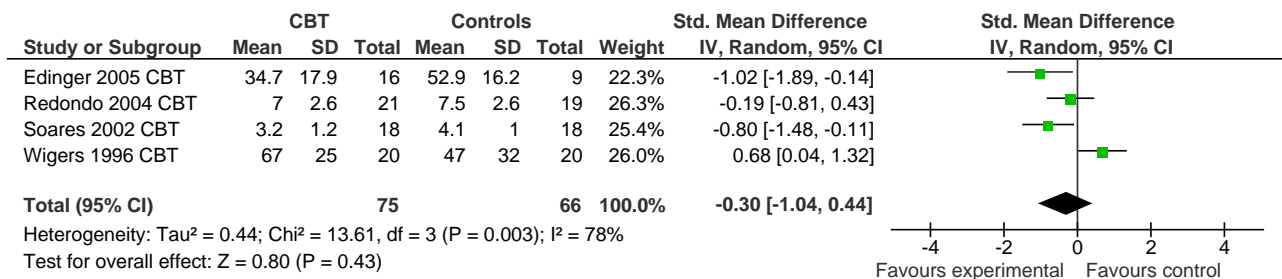
## Dropout rate



### Pain at follow-up

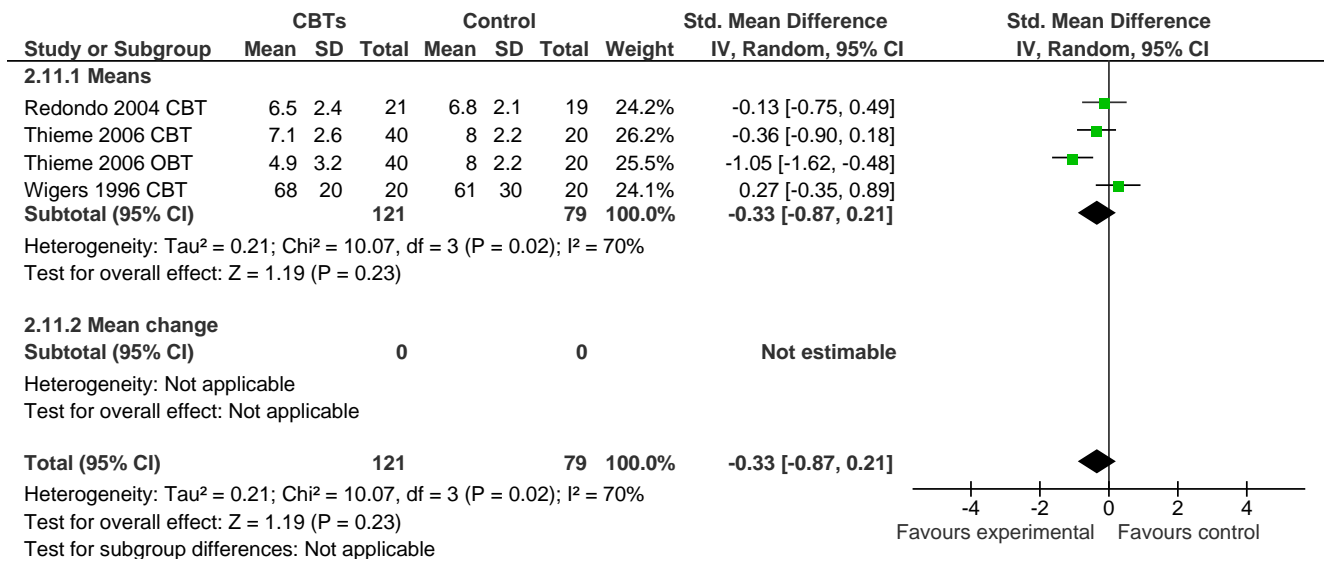


### Sleep at follow-up





## Fatigue at follow-up



## Health-related quality of life at follow-up

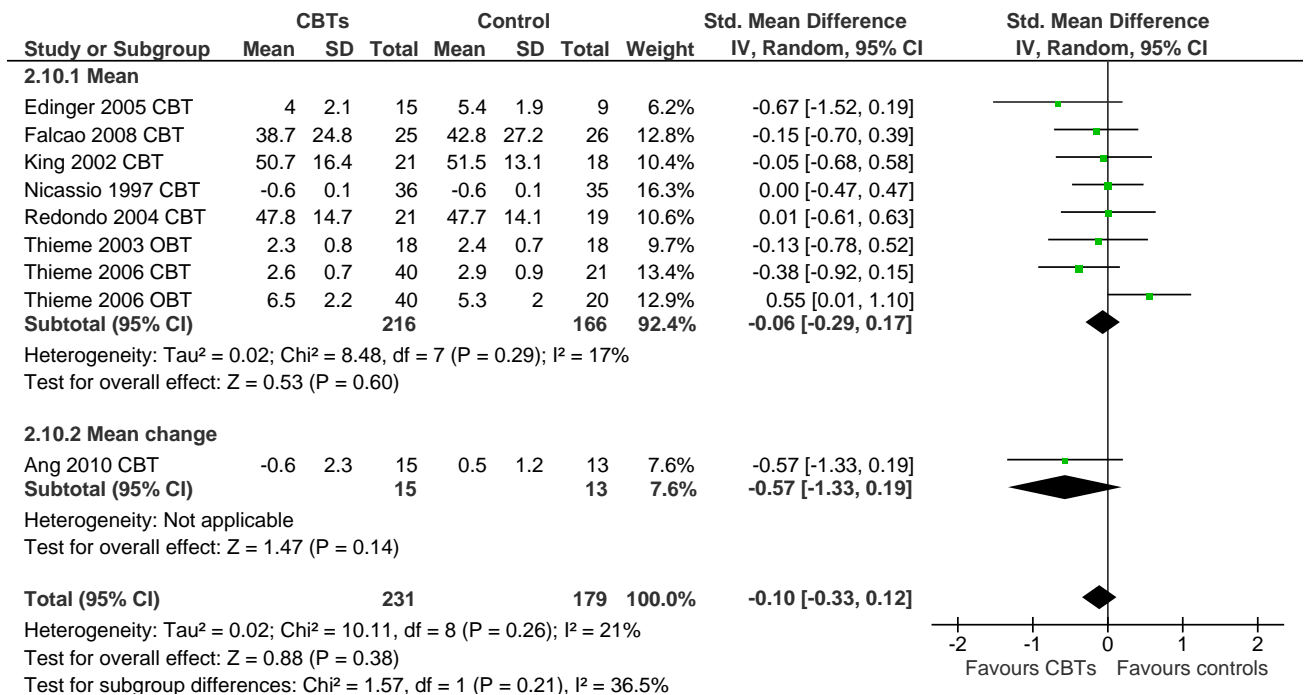
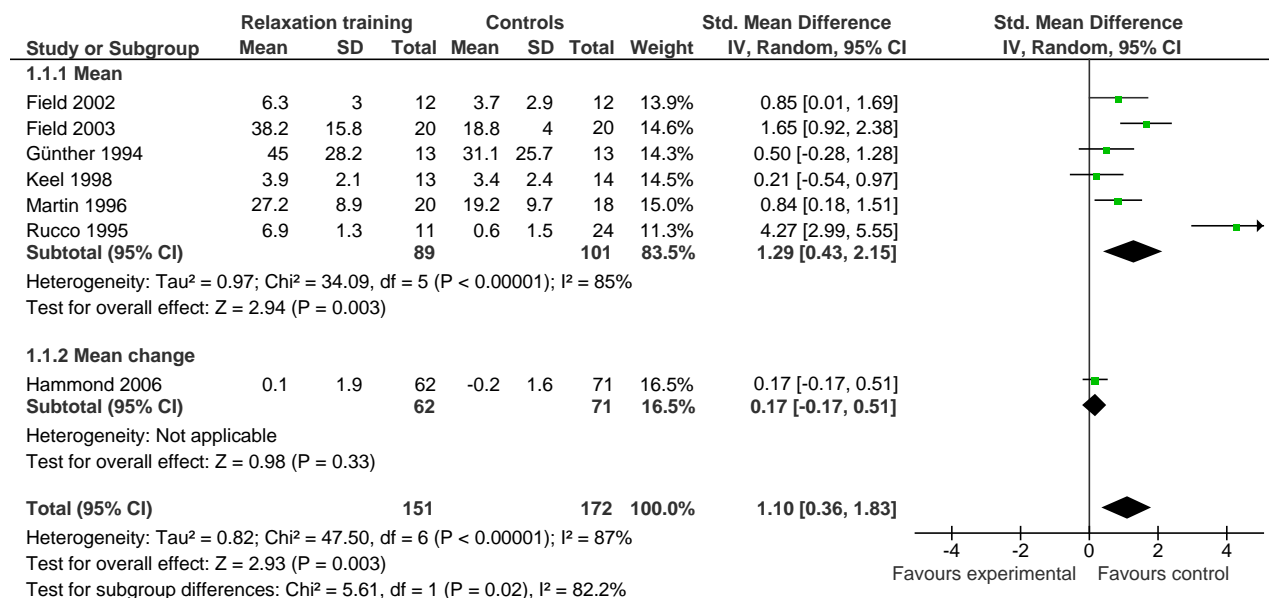
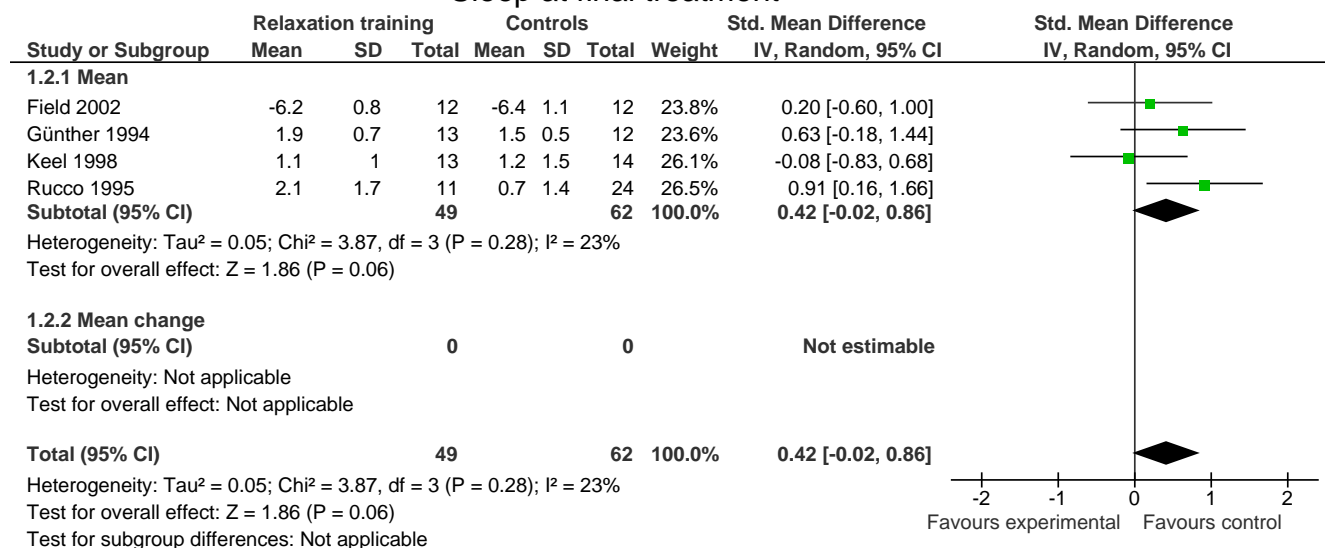


Figure 17: Effect estimates (standardised mean differences) of **relaxation** versus controls on predefined outcomes at final treatment and at follow-up

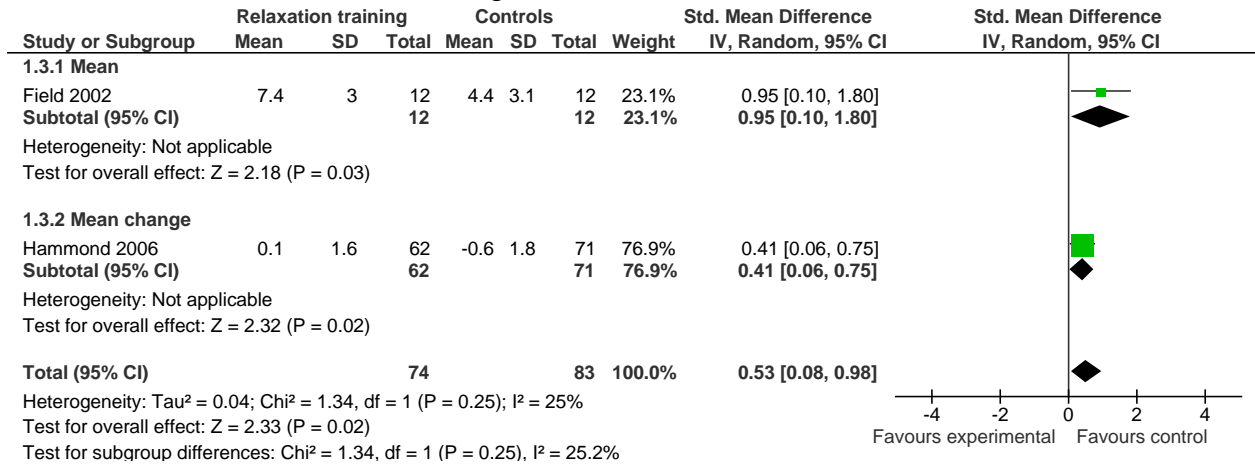
### Pain at final treatment



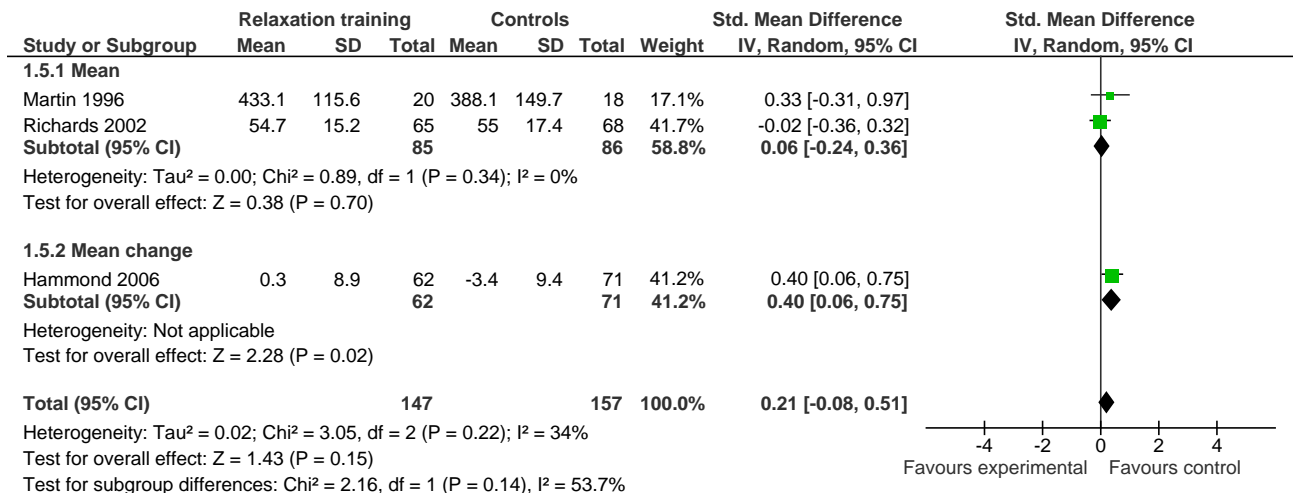
### Sleep at final treatment



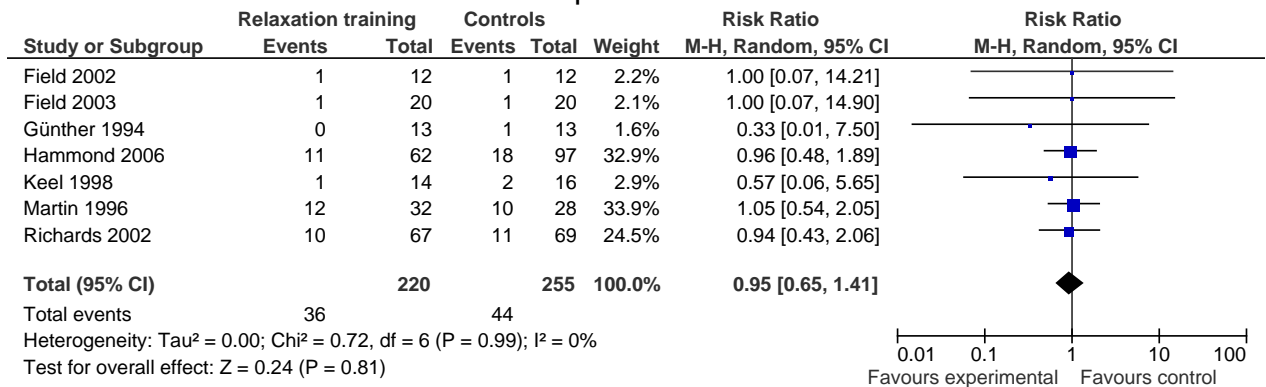
### Fatigue at final treatment



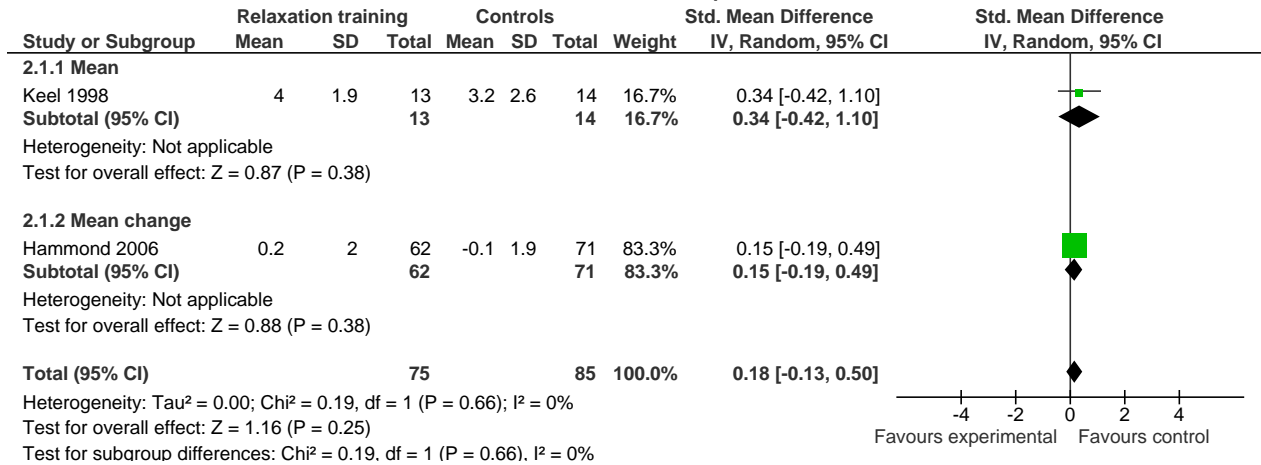
### Health-related quality of life at final treatment



### Dropout rate



### Pain at follow-up



### Health-related quality of life at follow-up

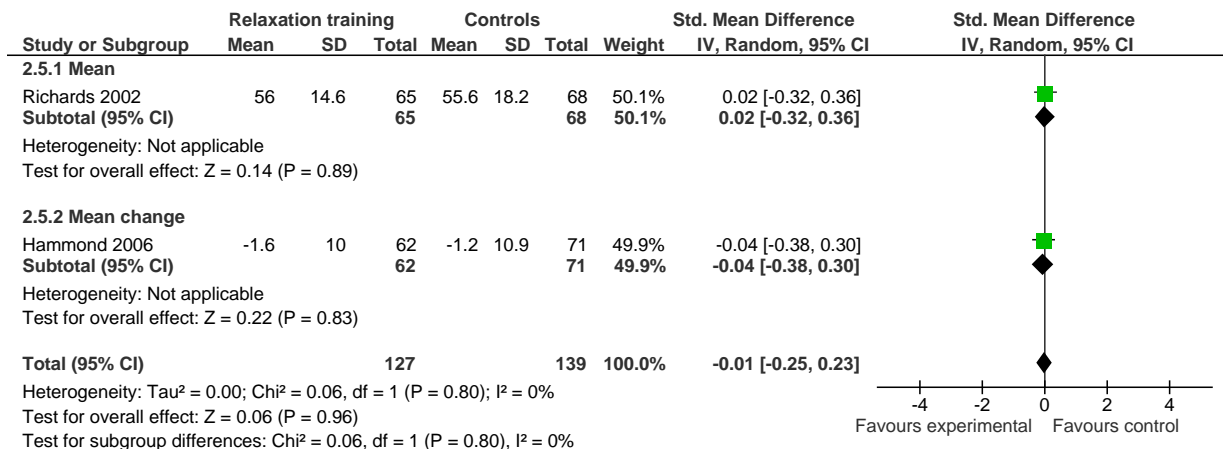
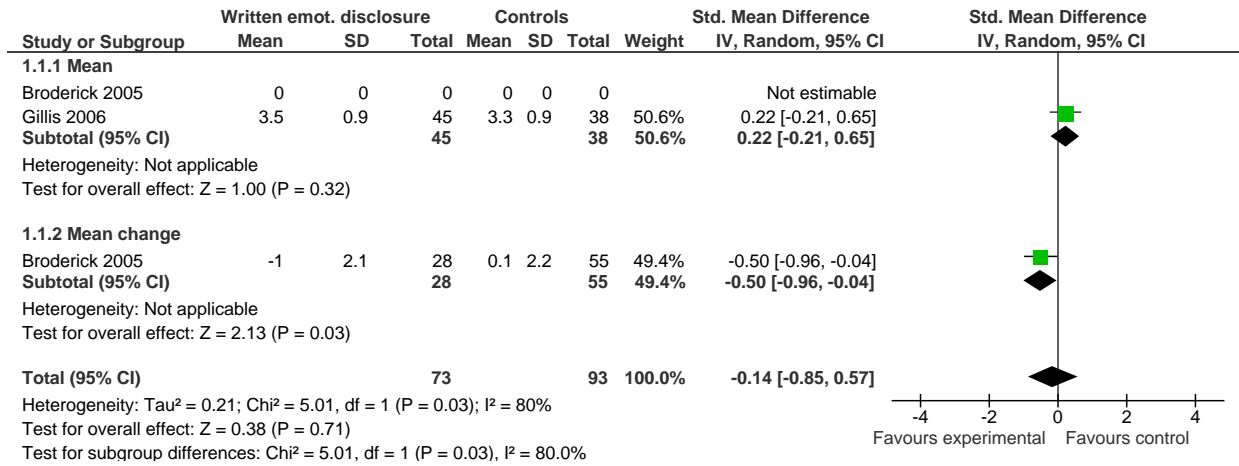
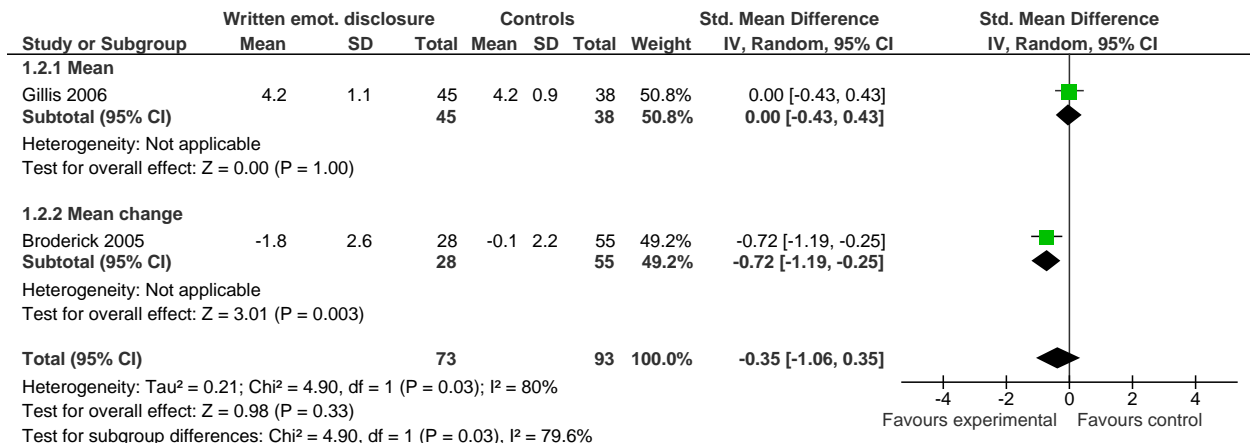


Figure 18: Effect estimates (standardised mean differences) of **written emotional disclosure** versus controls on predefined outcomes at final treatment and at follow-up

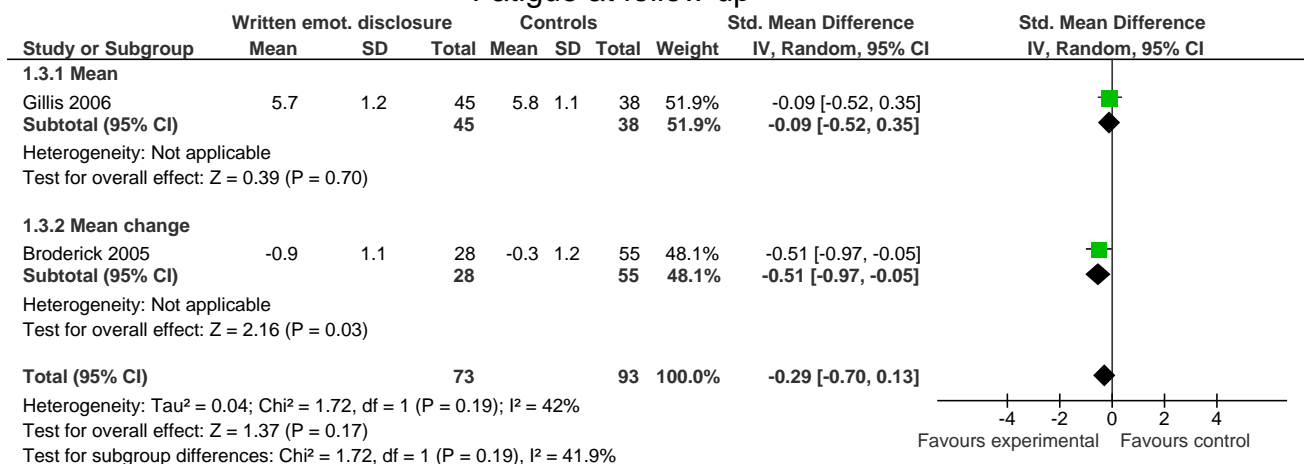
### Pain at follow-up



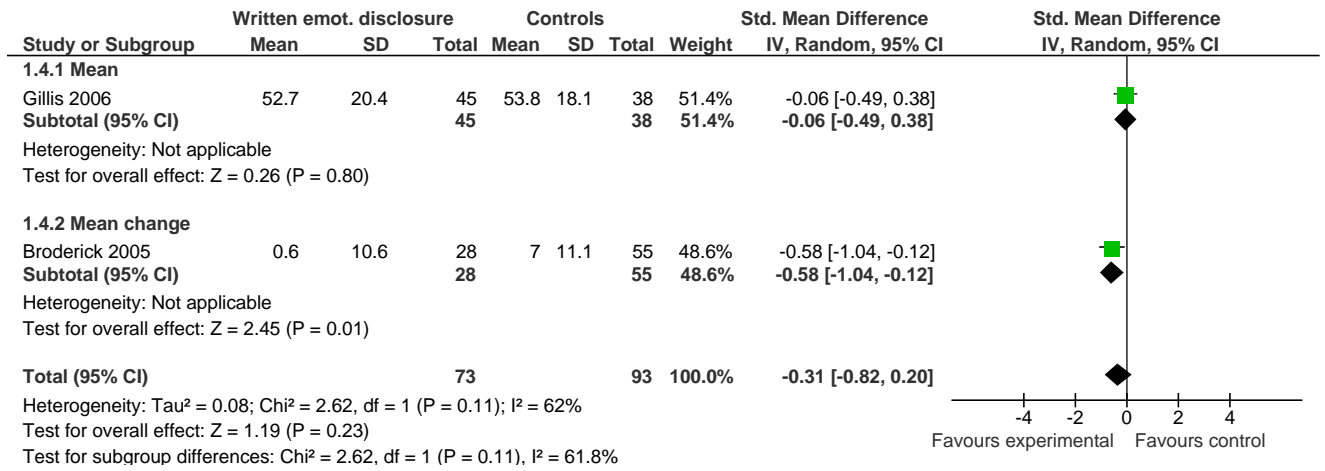
### Sleep at follow-up



### Fatigue at follow-up



## Health-related quality of life at follow-up



## Dropout rate

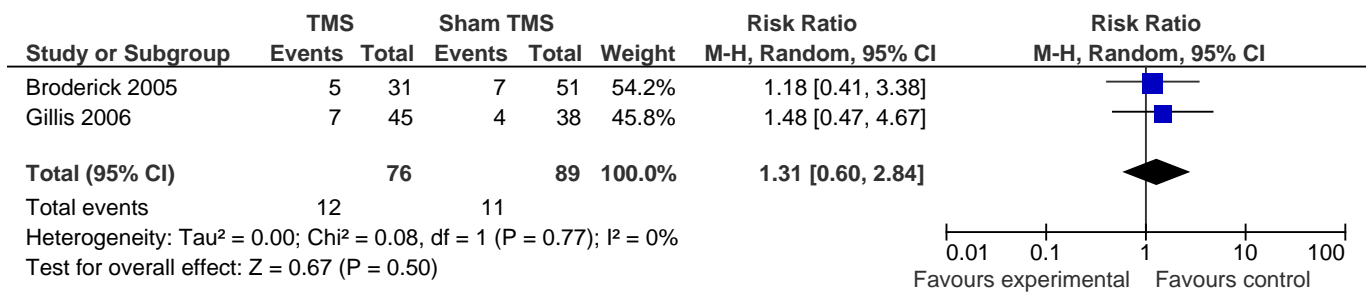
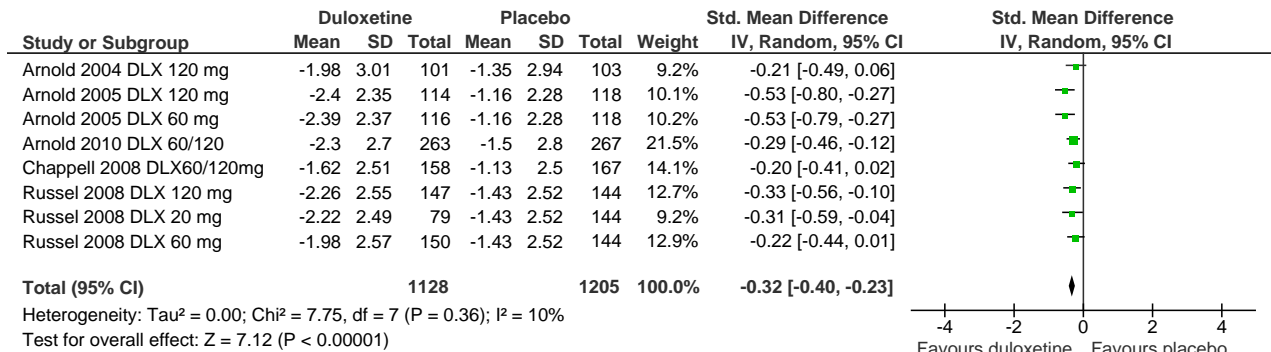
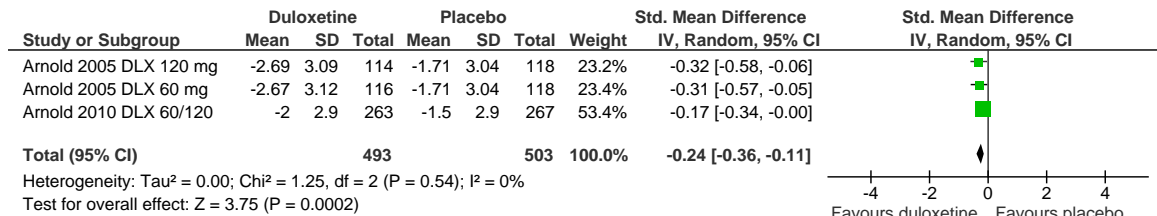


Figure 19: Forest plots of the effect estimates (standardised mean differences) of **duloxetine** versus placebo on predefined outcomes at final treatment

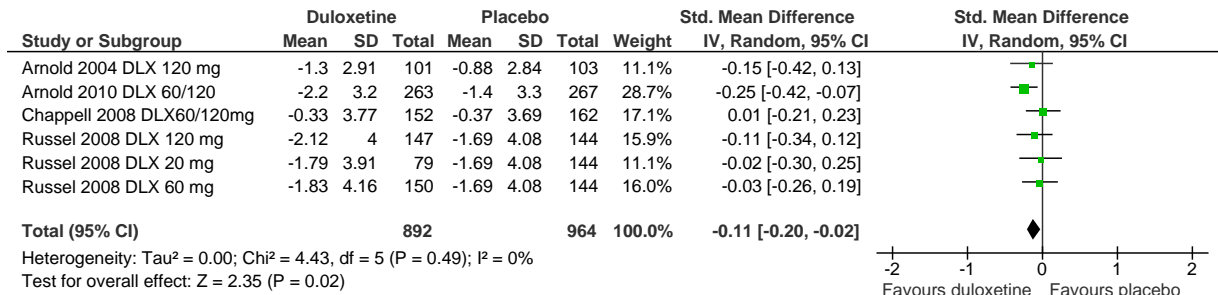
### Pain at final treatment



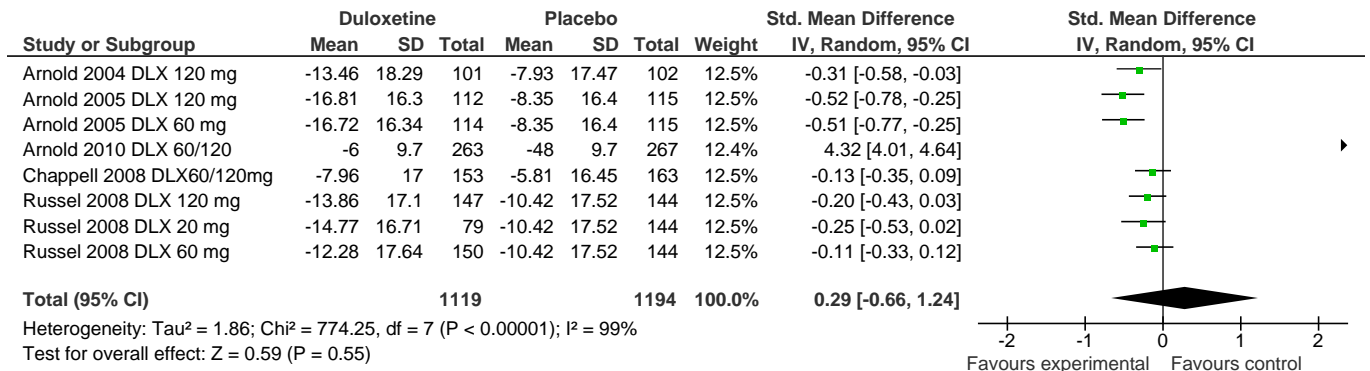
### Sleep at final treatment



### Fatigue at final treatment



### Health-related quality of life at final treatment



## Dropout rate

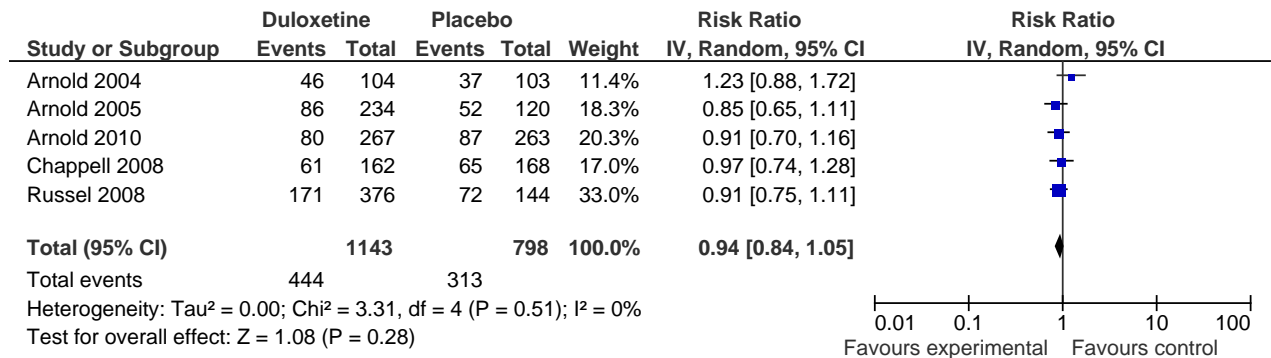
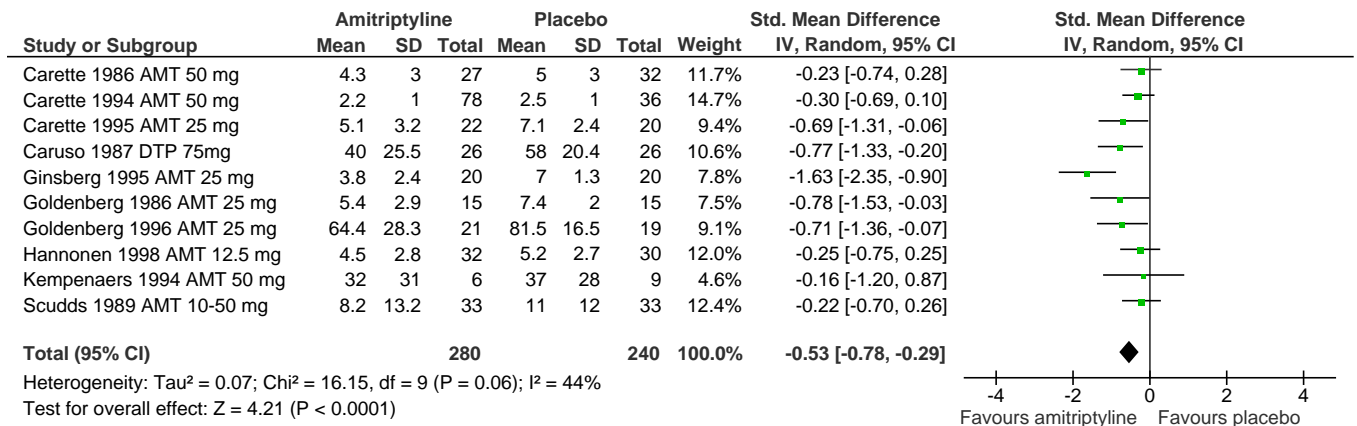




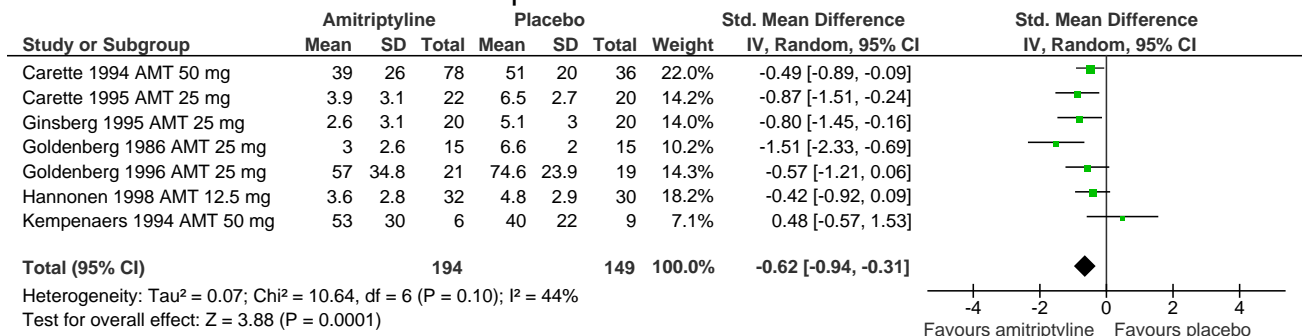
Figure 20: Forest plots of the effect estimates (standardised mean differences) of **tricyclic antidepressants** versus placebo on predefined outcomes at final treatment

**Pain at final treatment**

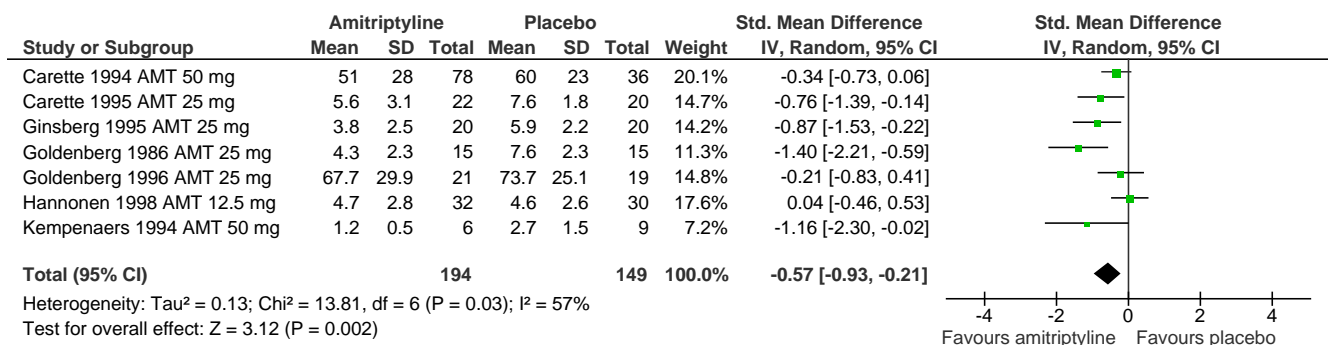


AMT = Amitriptylin  
 DTP = Dotiepin

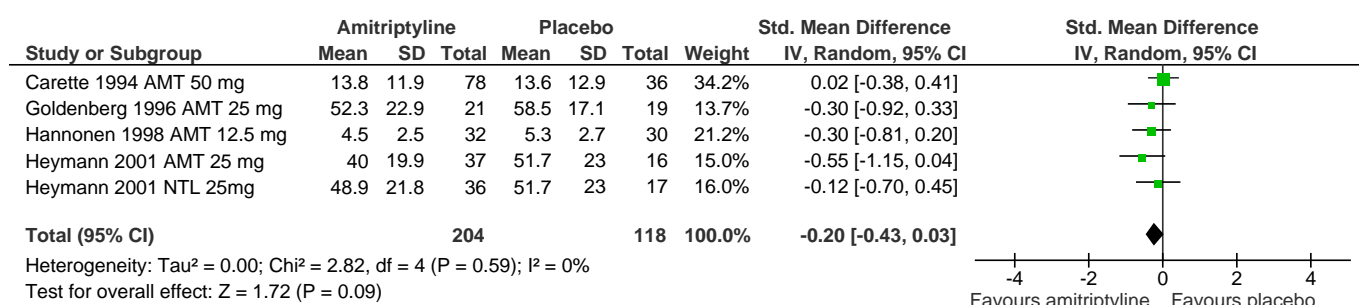
**Sleep at final treatment**



**Fatigue at final treatment**



## Health-related quality of life at final treatment



## Dropout rate

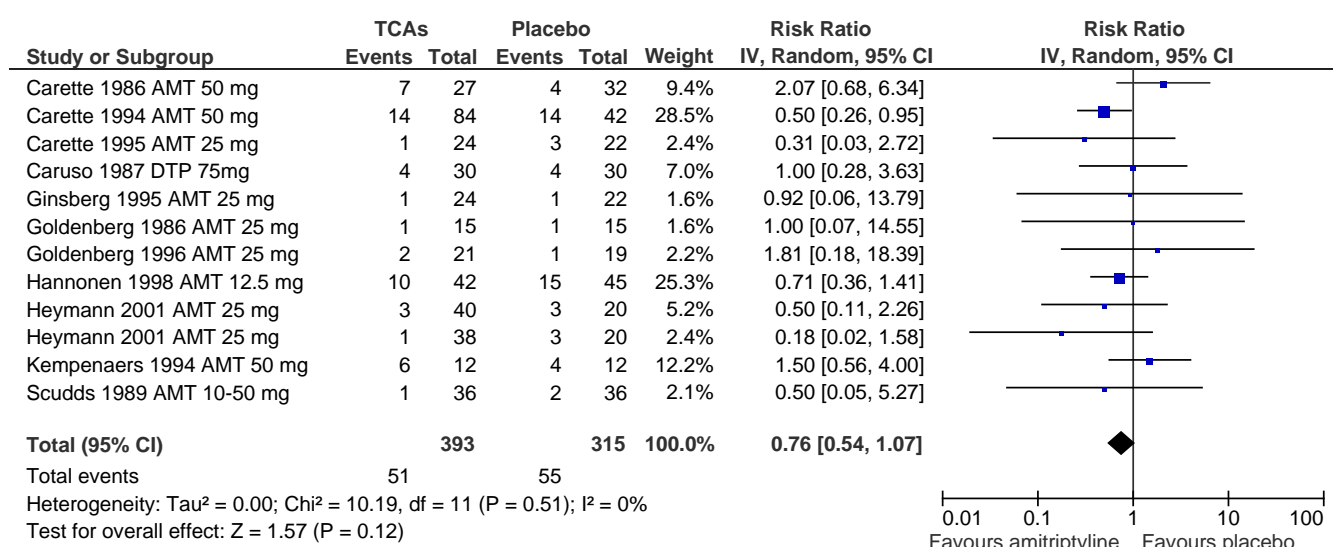
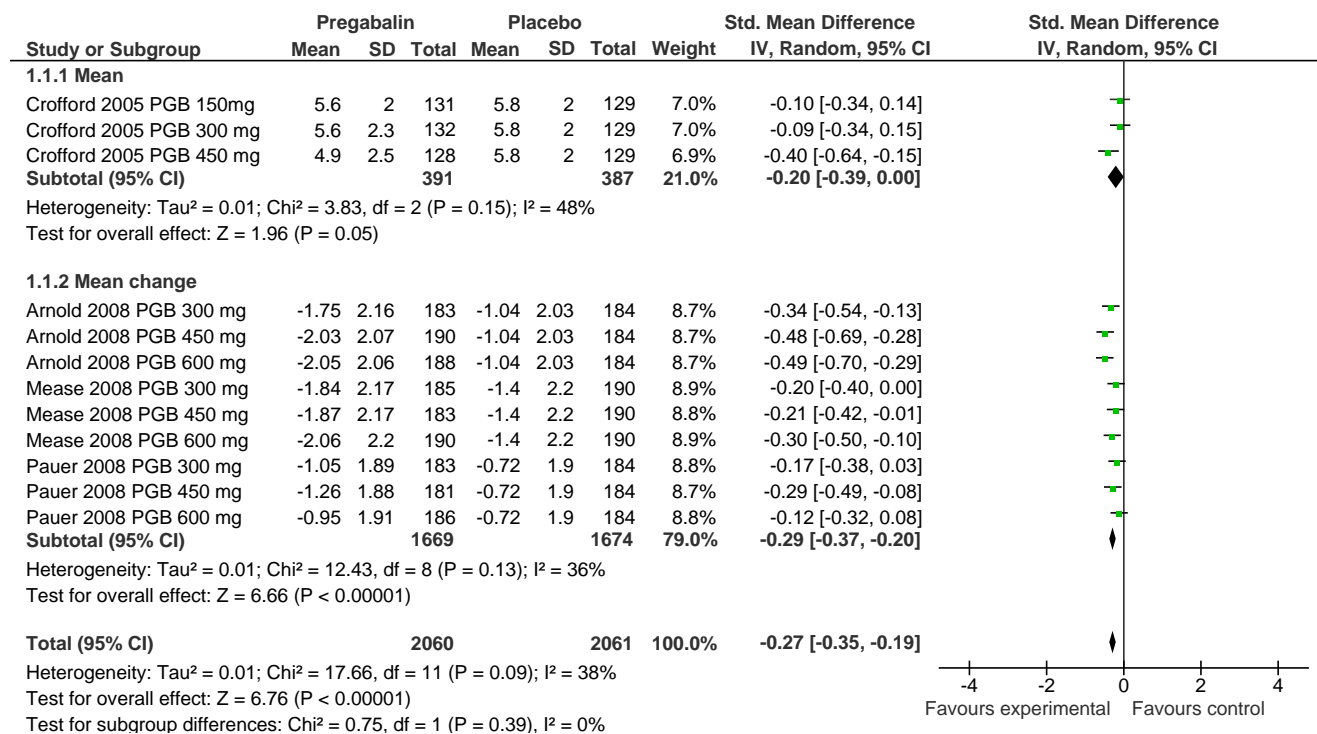
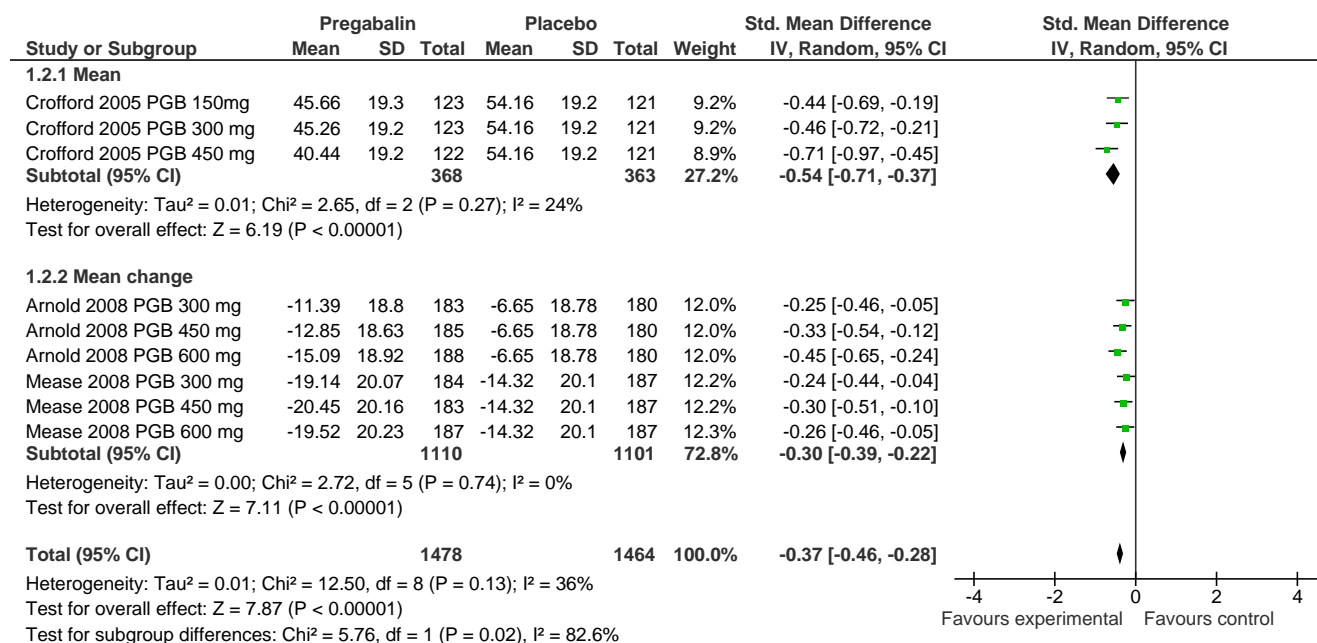


Figure 21: Forest plots of the effect estimates (standardised mean differences) of pregabalin versus placebo on predefined outcomes at final treatment

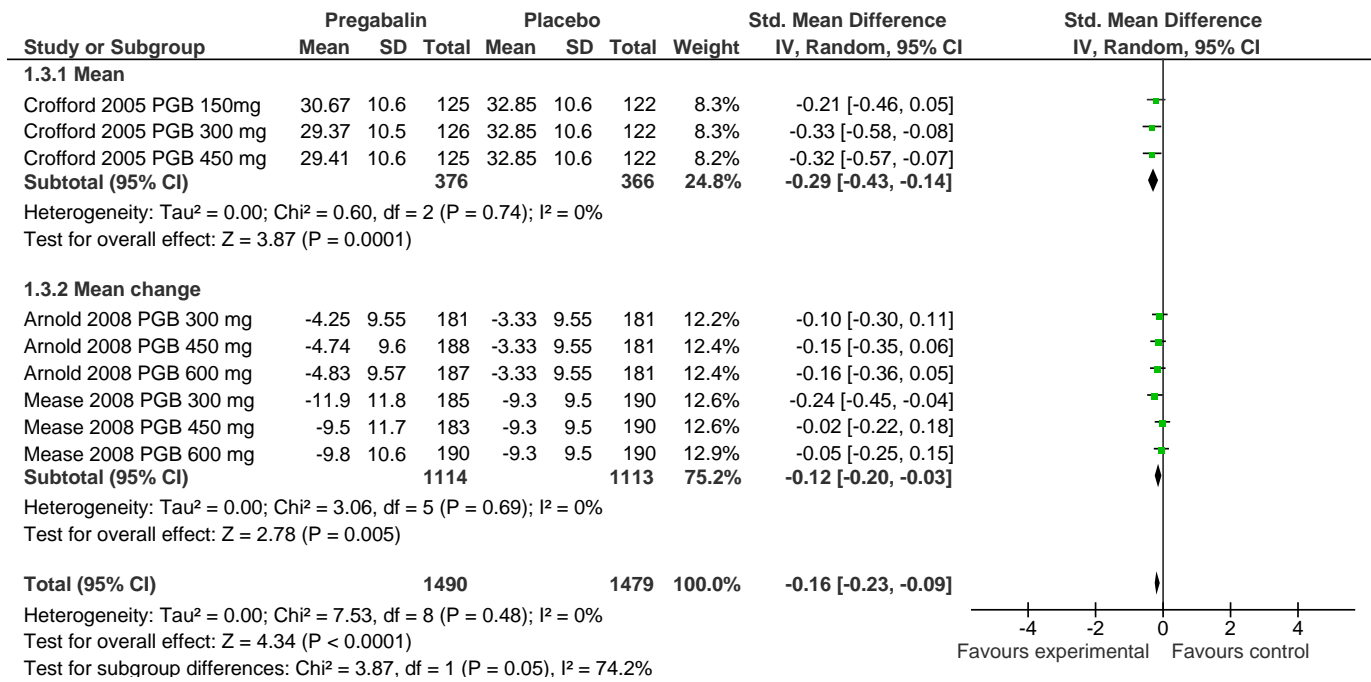
### Pain at final treatment



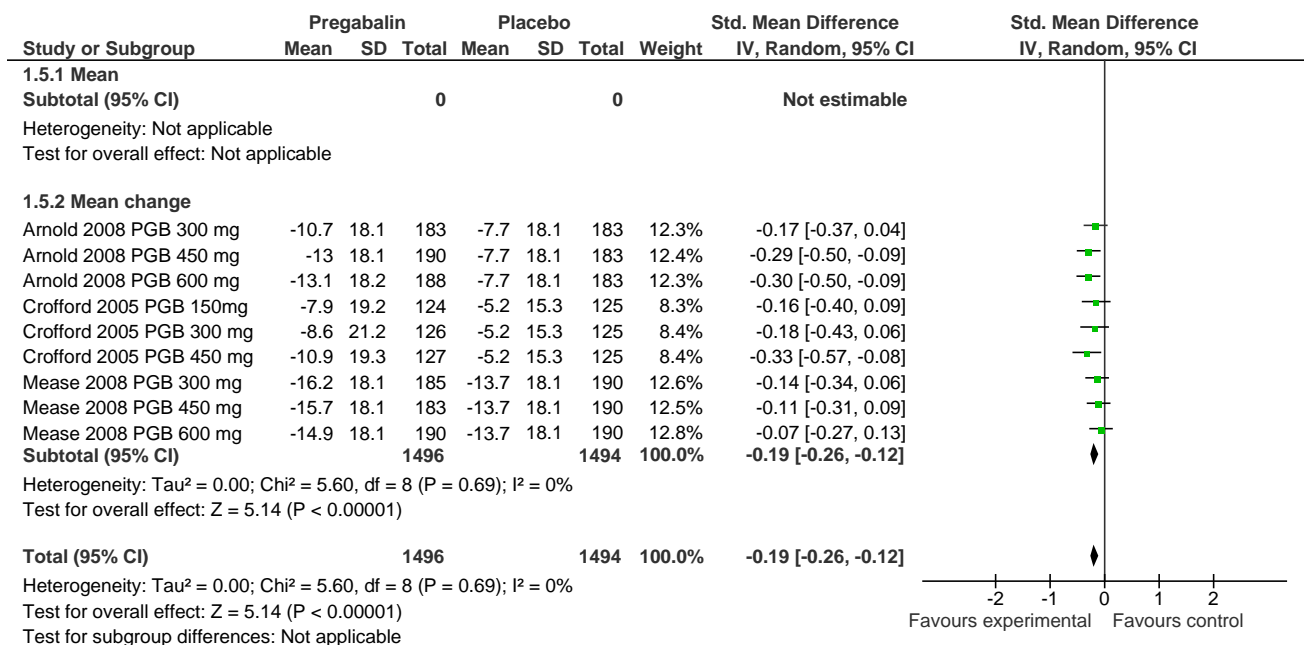
### Sleep at final treatment



## Fatigue at final treatment



## Health-related quality of life at final treatment



## Dropout rate

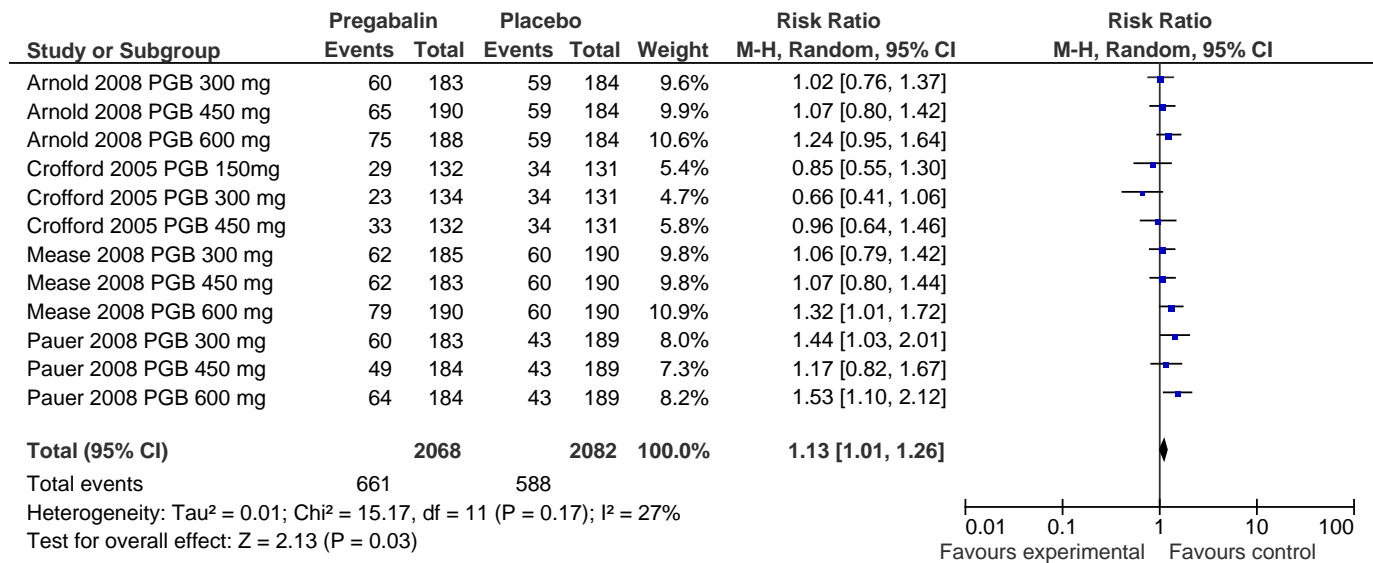
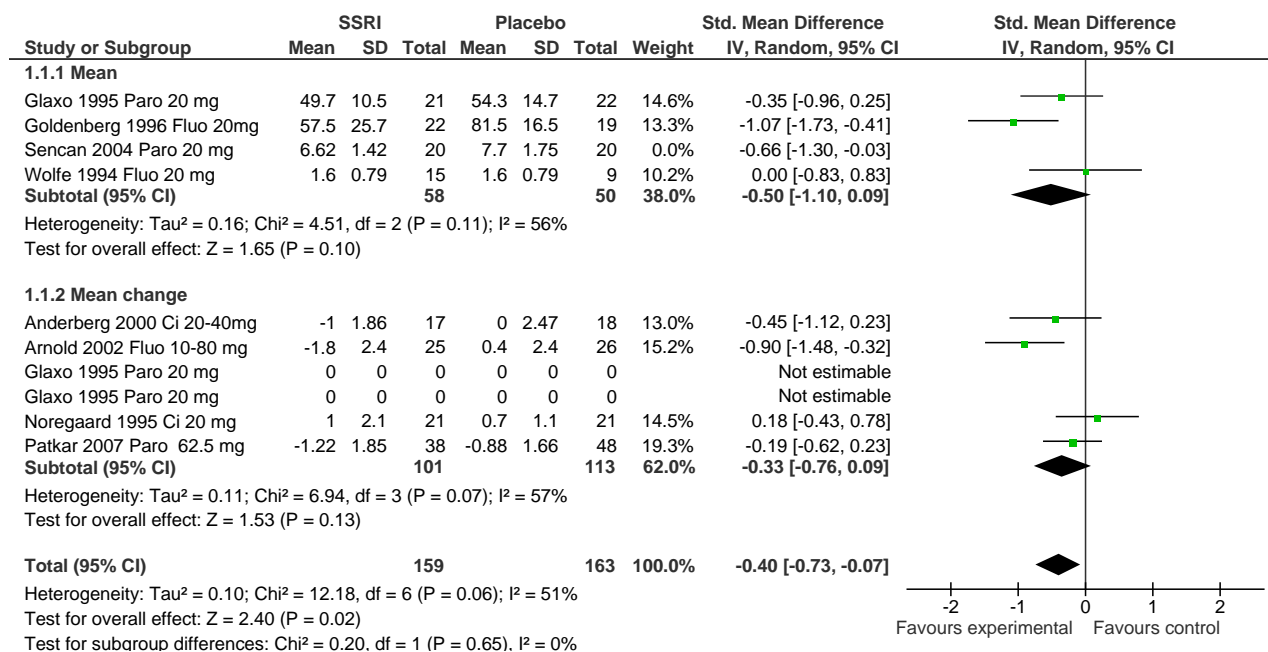


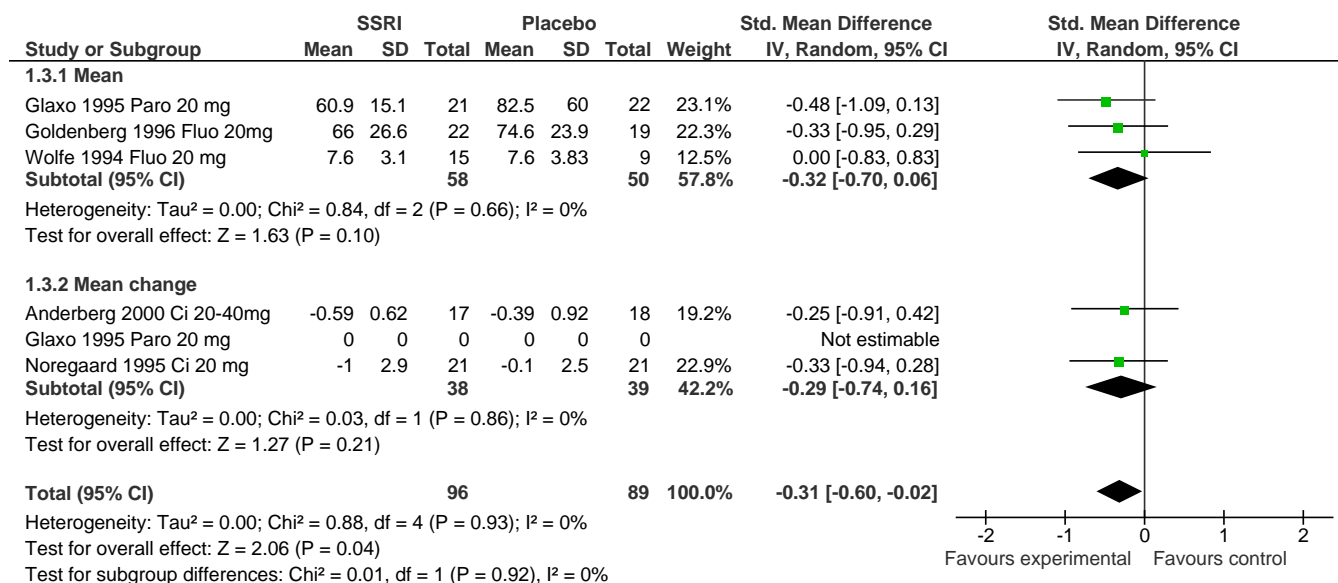
Figure 22: Forest plots of the effect estimates (standardised mean differences) of **serotonin reuptake inhibitors (SSRI)** versus placebo on predefined outcomes at final treatment

### Pain at final treatment

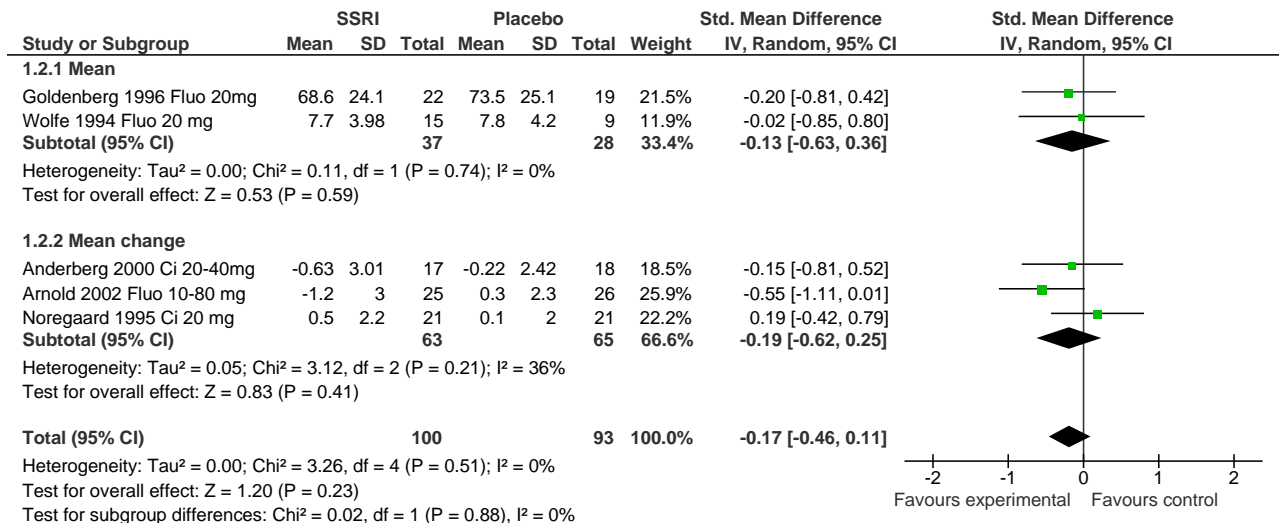


*Ci* Cipramil  
*Fluo* Fluoxetine  
*Paro* Paroxetine

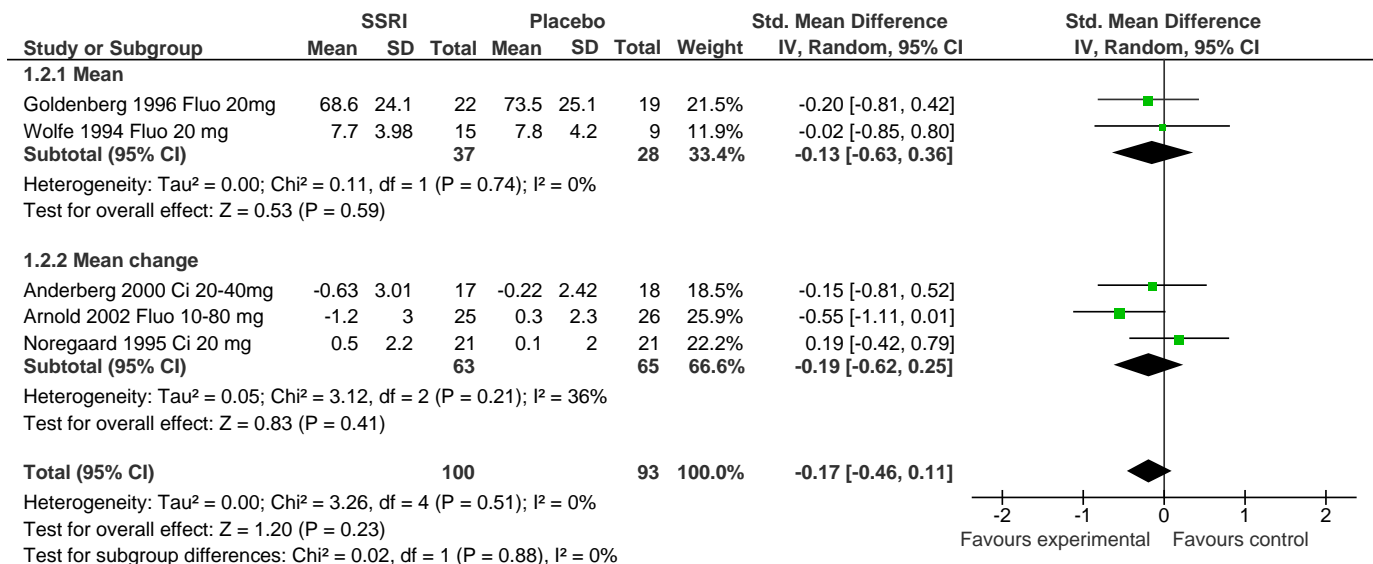
### Sleep at final treatment



## Fatigue at final treatment



## Health-related quality of life at final treatment



## Dropout rate

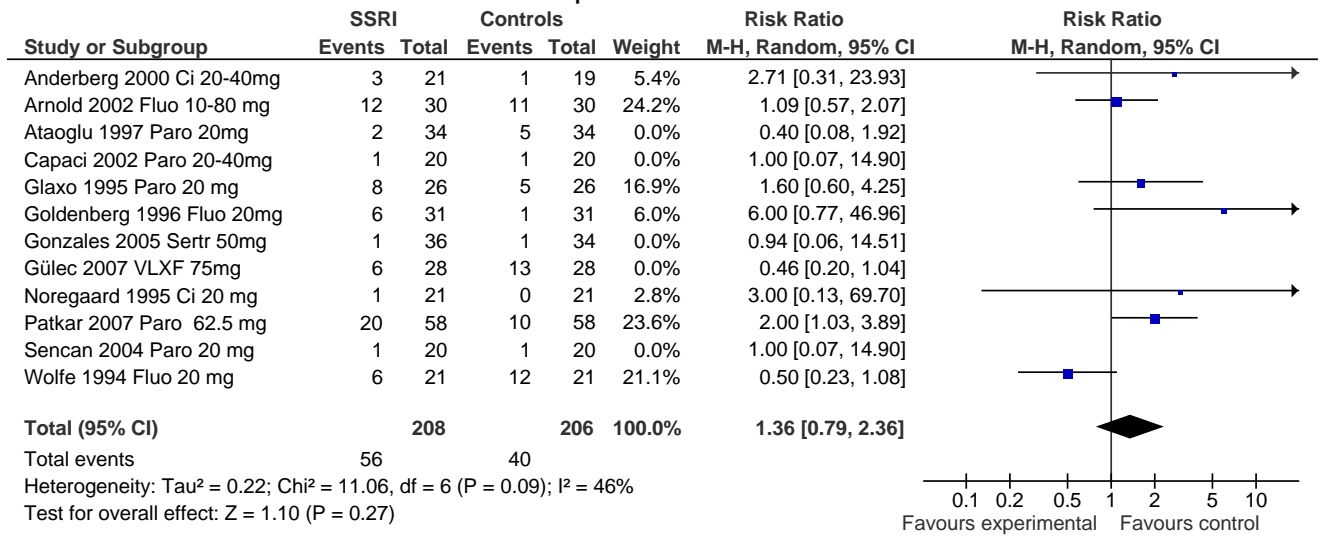
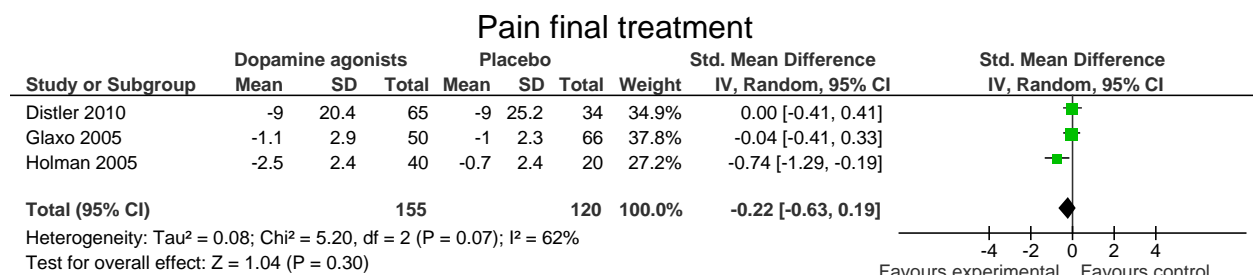
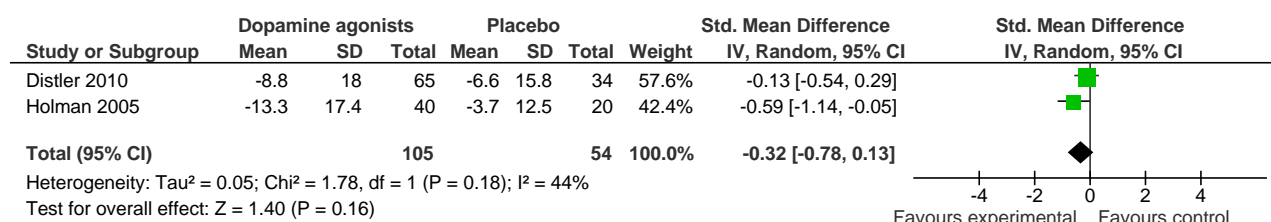




Figure 23: Forest plots of the effect estimates (standardised mean differences) of **dopamine agonists** versus placebo on predefined outcomes at final treatment



### Health-related quality of life at final treatment



### Dropout rate

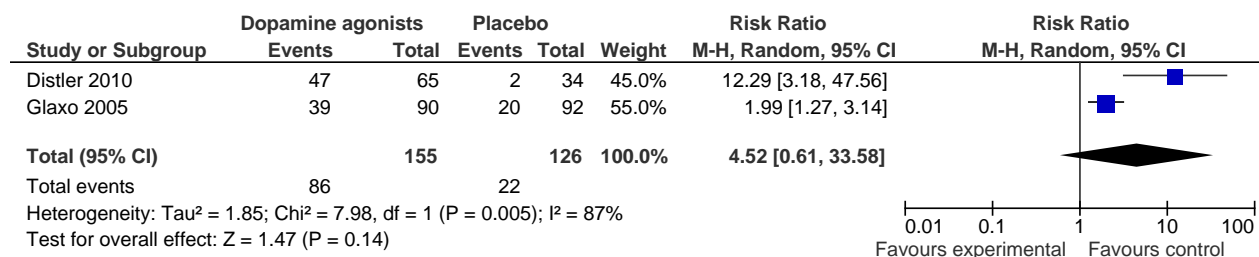
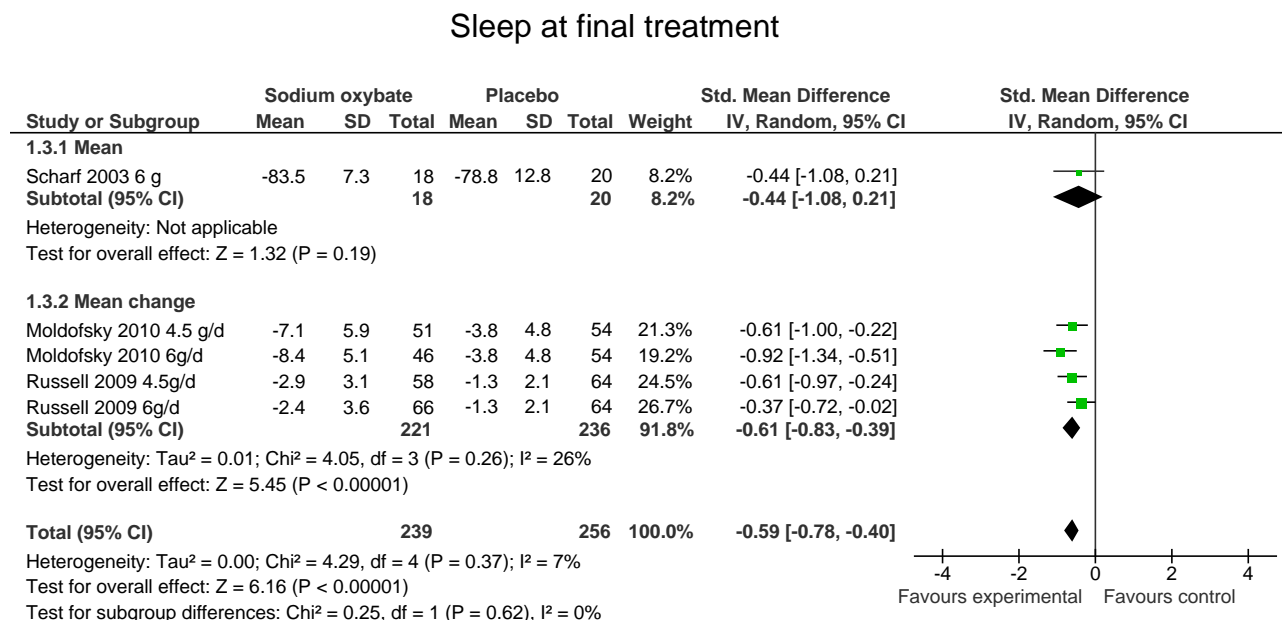
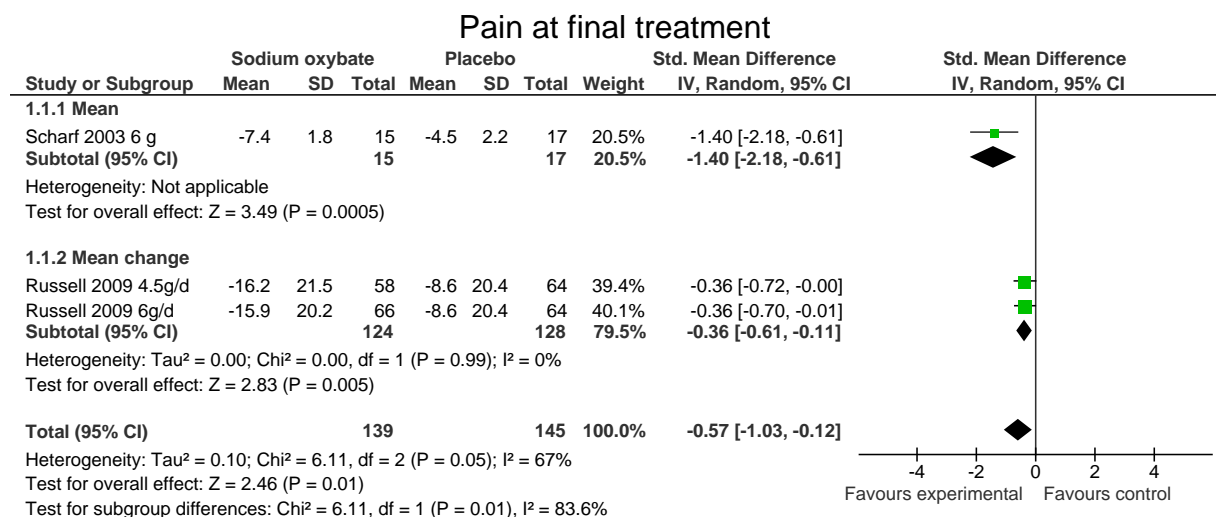
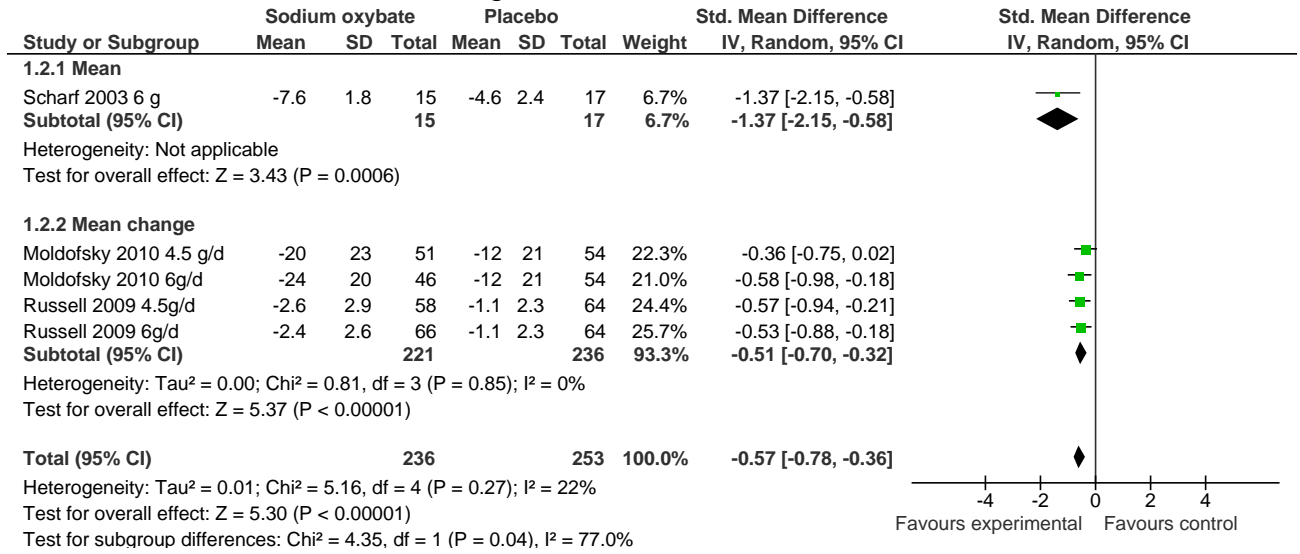


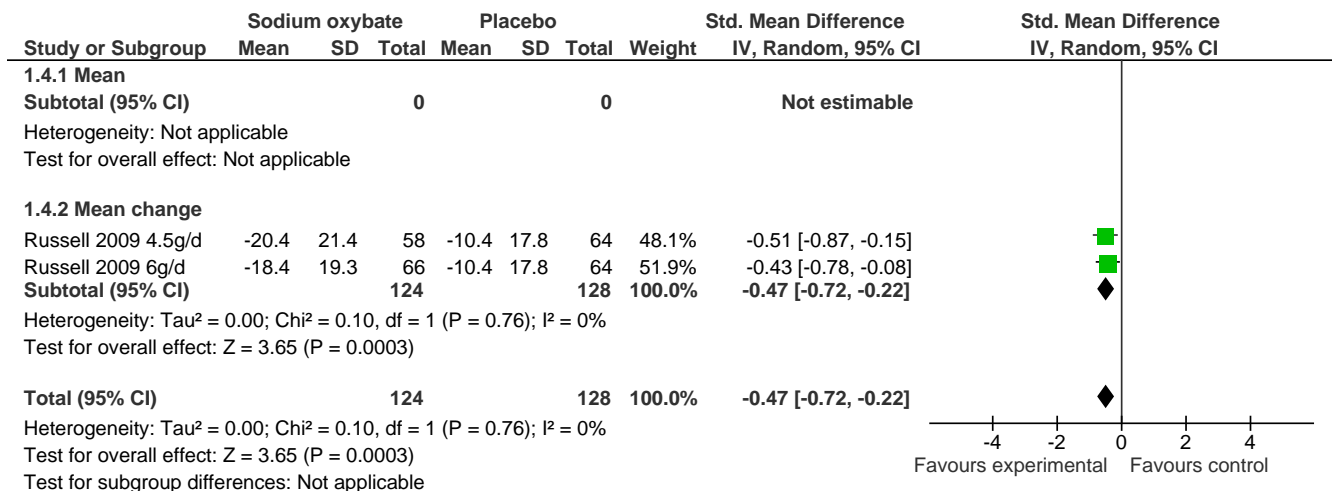
Figure 24: Forest plots of the effect estimates (standardised mean differences) of **sodium oxybate** versus placebo on predefined outcomes at final treatment



### Fatigue at final treatment



### Health-related quality of life at final treatment



### Dropout rate

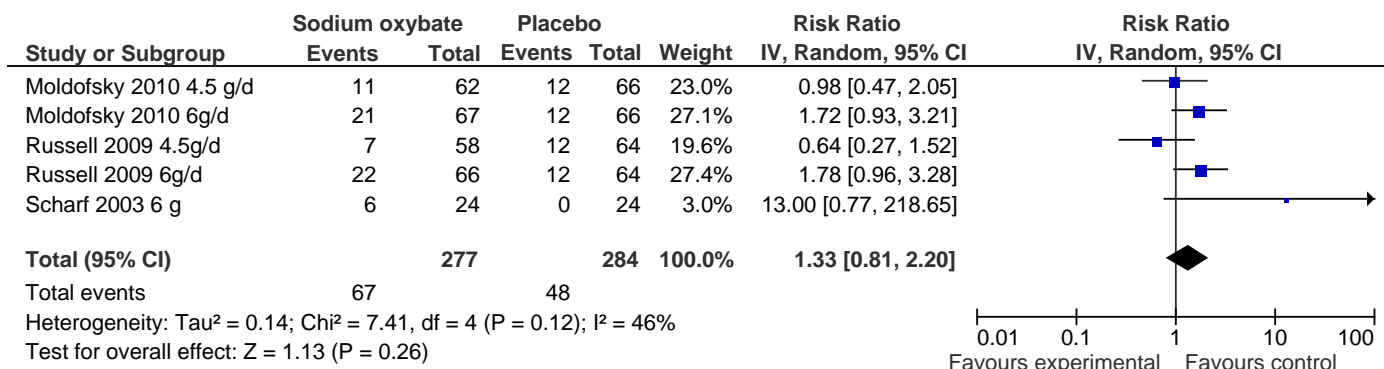
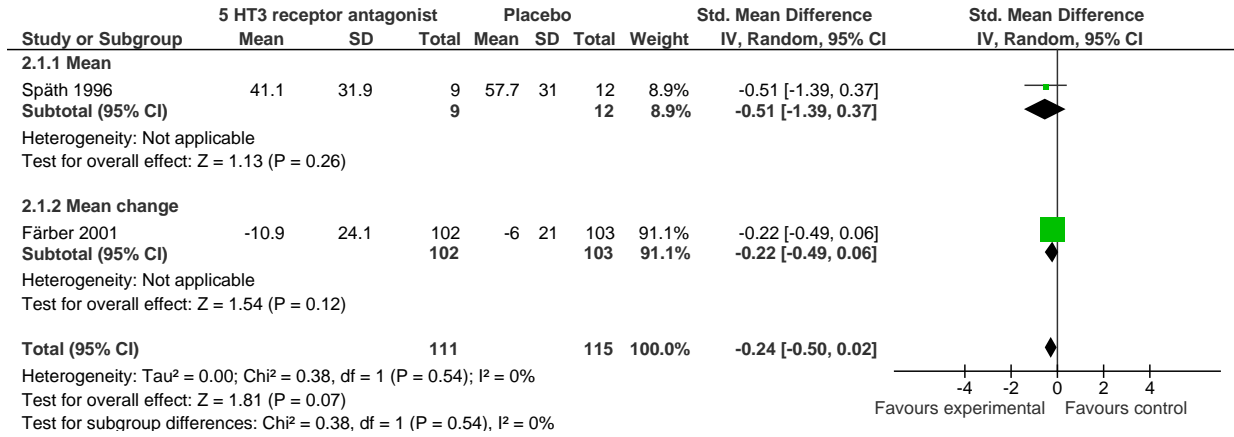


Figure 25: Forest plots of the effect estimates (standardised mean differences) of **5HT<sub>3</sub> receptor agonists** versus placebo on predefined outcomes at final treatment

### Pain at final treatment



### Dropout rate

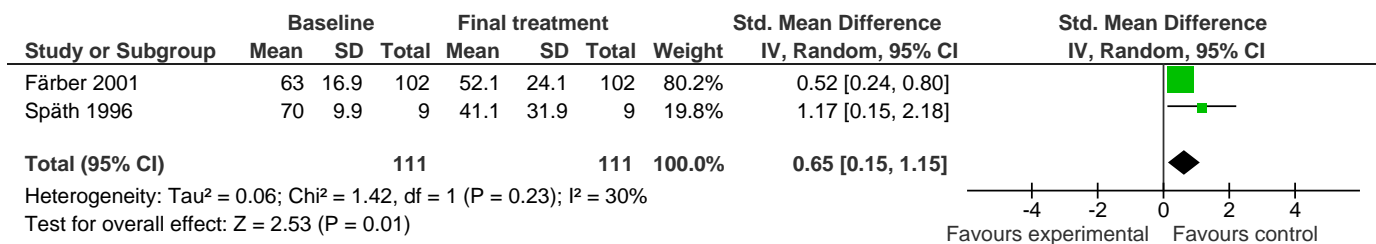
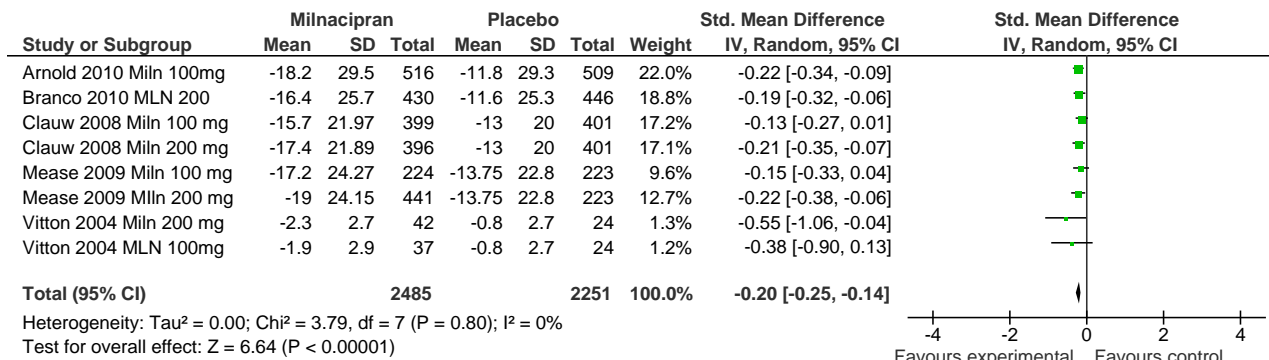
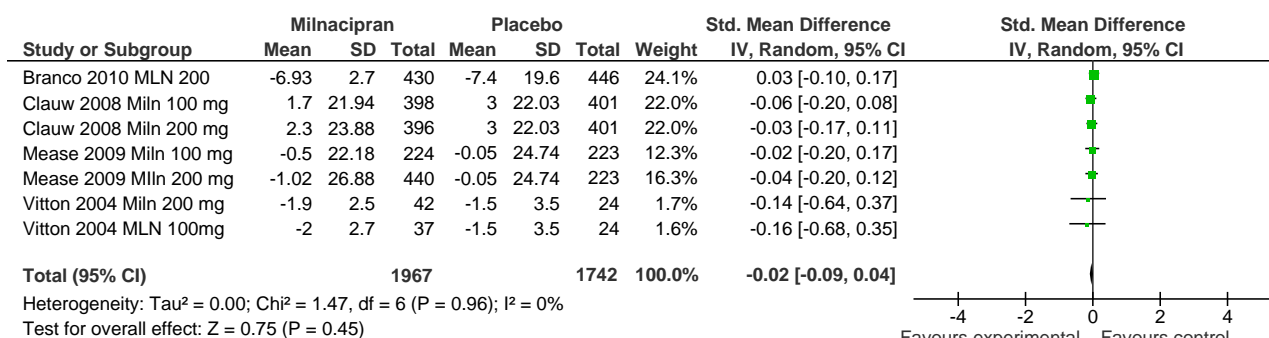


Figure 26: Forest plots of the effect estimates (standardised mean differences) of milnacipran versus placebo on predefined outcomes at final treatment

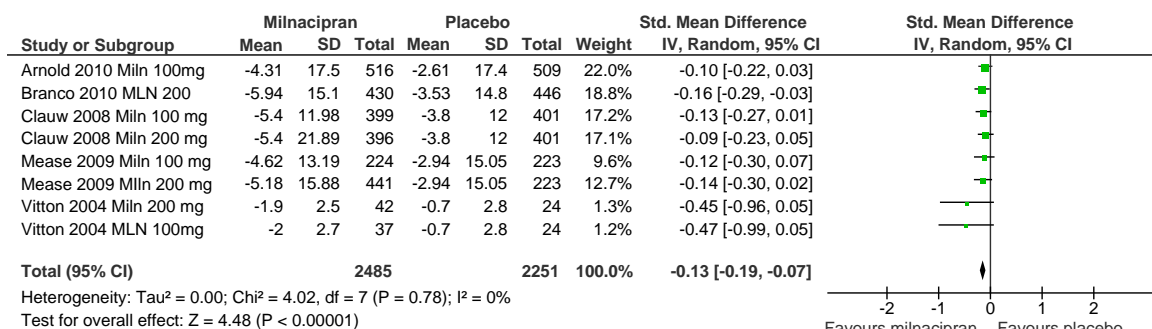
### Pain at final treatment



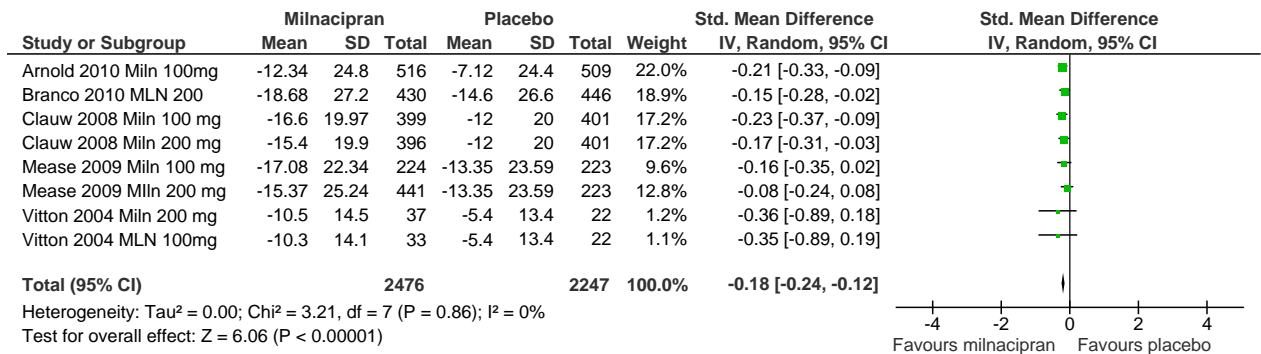
### Sleep at final treatment



### Fatigue at final treatment



## Health-related quality of life at final treatment



## Dropout rate

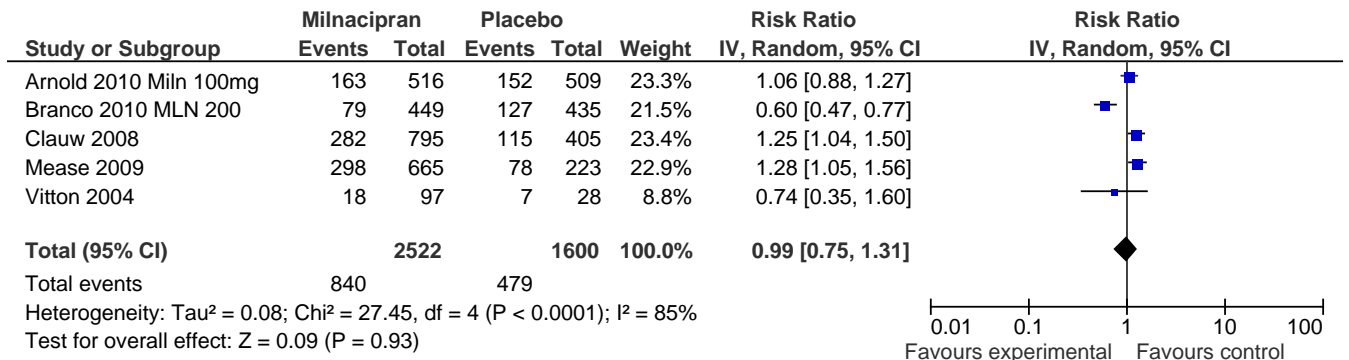
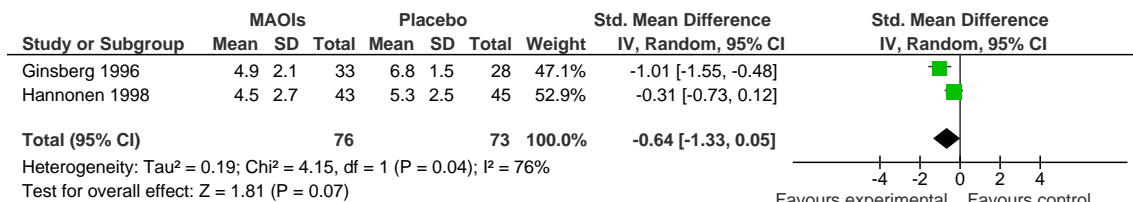
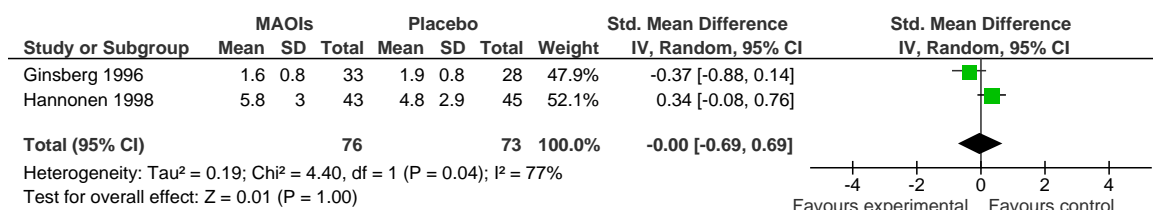


Figure 27: Forest plots of the effect estimates (standardised mean differences) of **monoamine oxidase inhibitors** versus placebo on predefined outcomes at final treatment

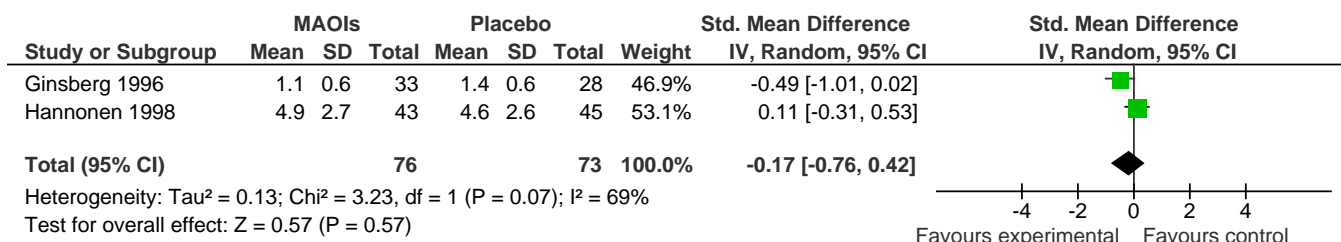
### Pain at final treatment



### Sleep at final treatment



### Fatigue at final treatment



### Dropout rate

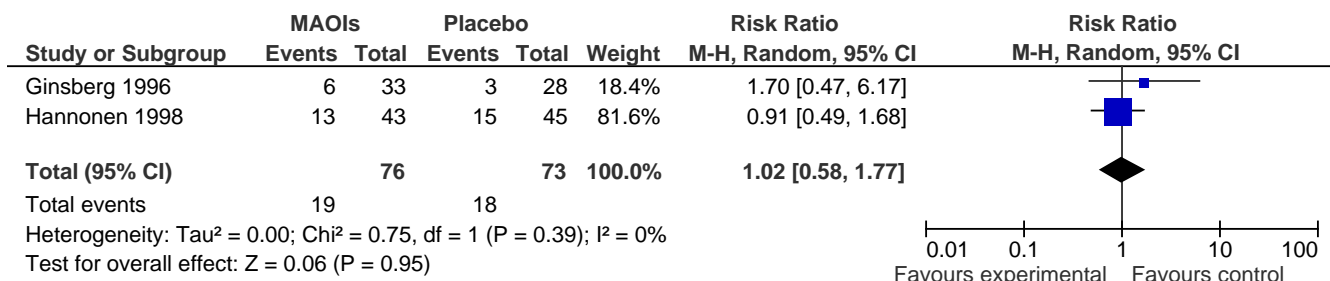
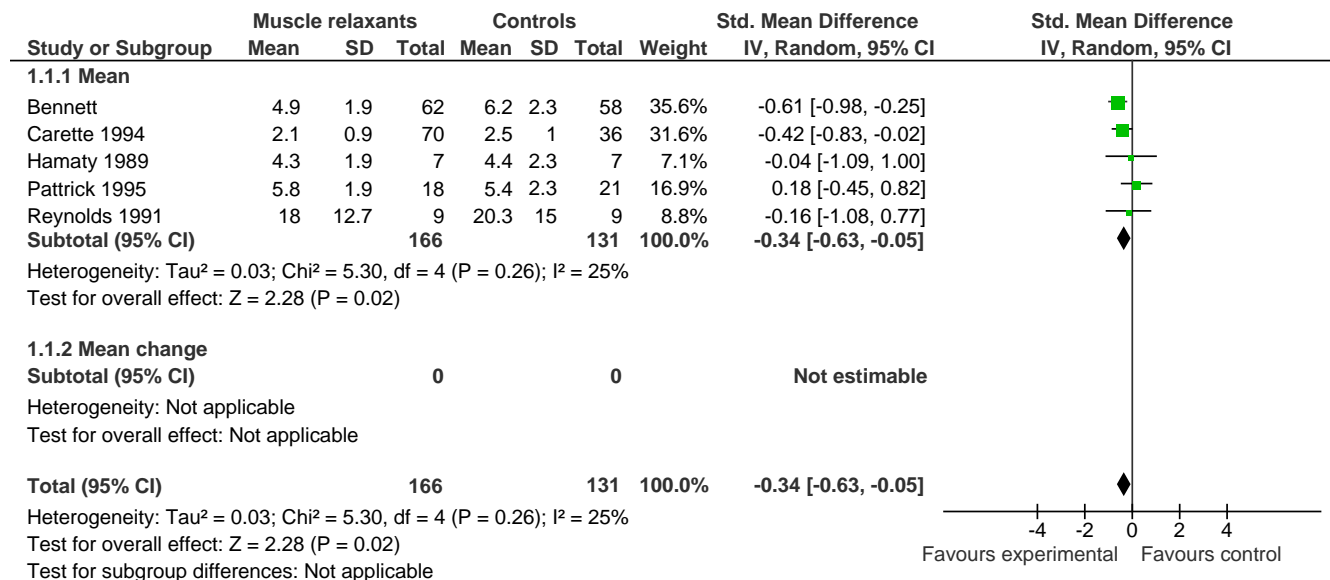


Figure 28: Forest plots of the effect estimates (standardised mean differences) of **muscle relaxants** versus placebo on predefined outcomes at final treatment

### Pain at final treatment



### Dropout rate

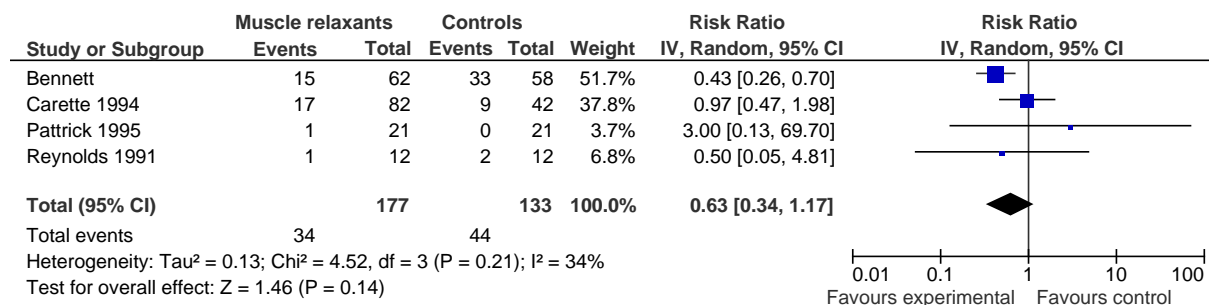
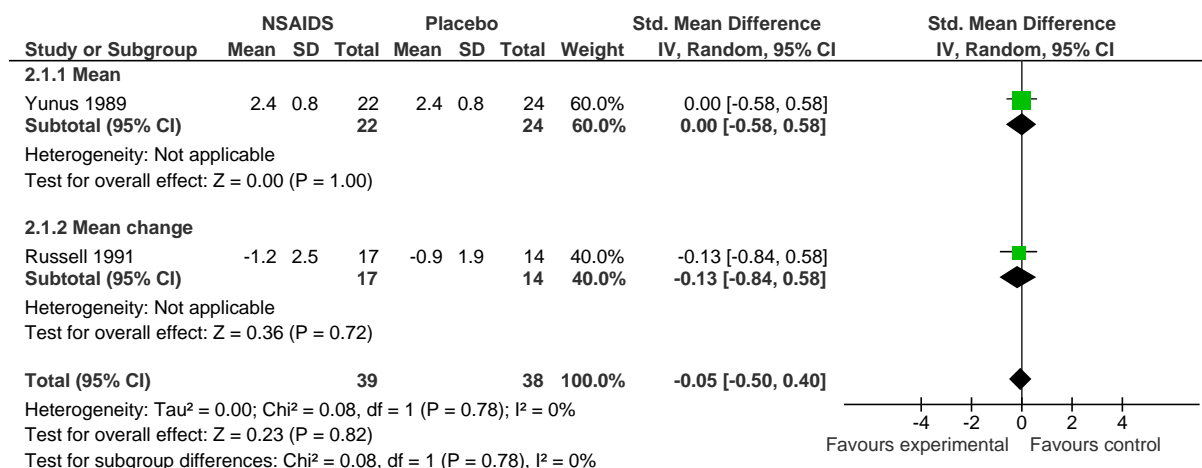




Figure 29: Forest plots of the effect estimates (standardised mean differences) of **nonsteroidal agents** (NSAIDs) versus placebo on predefined outcomes at final treatment

### Pain at final treatment



### Dropout rate

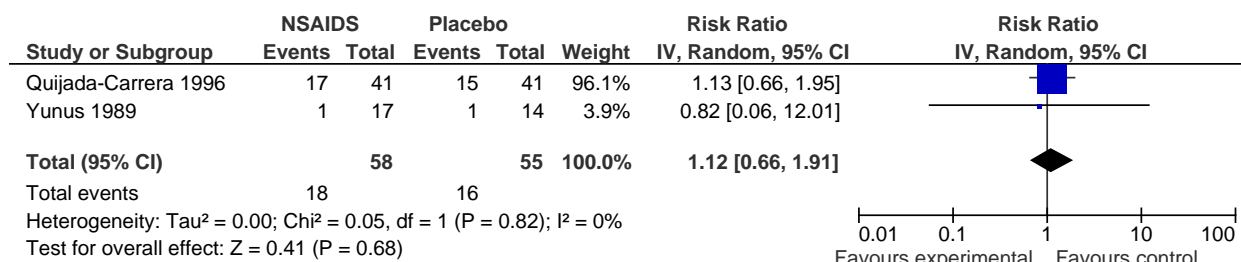
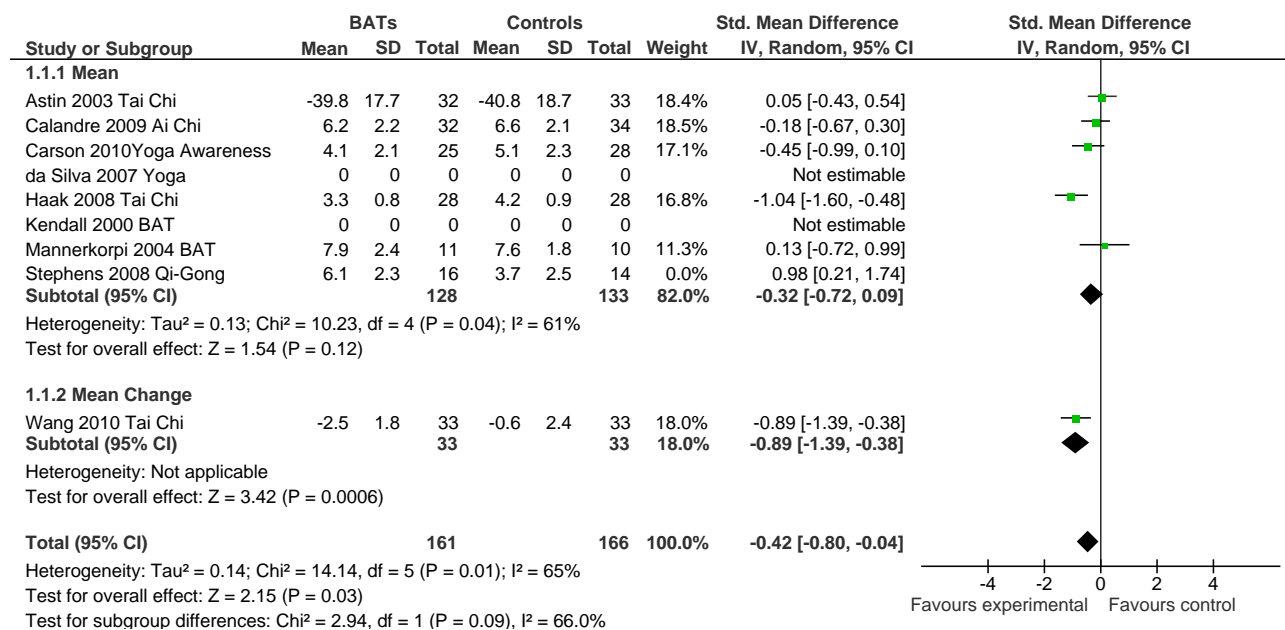


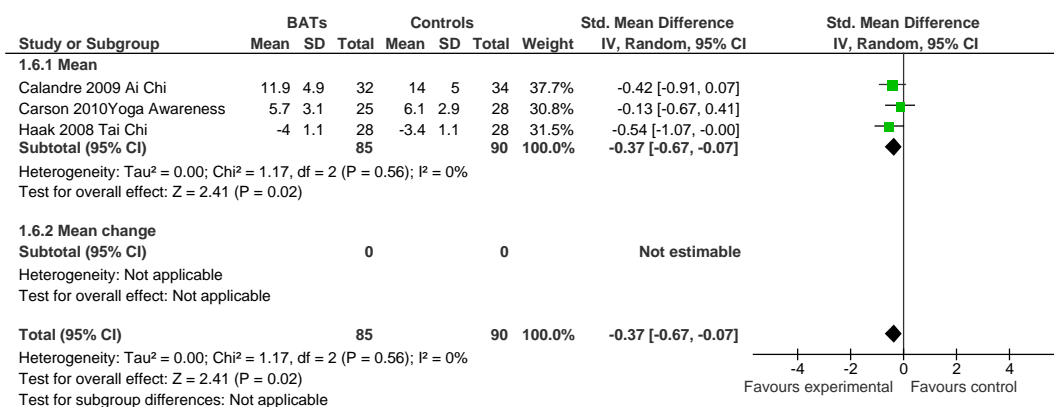
Figure 30: Effect estimates (standardised mean differences) of meditative movement therapies versus controls on predefined outcomes at final treatment and at follow-up

### Pain at final treatment

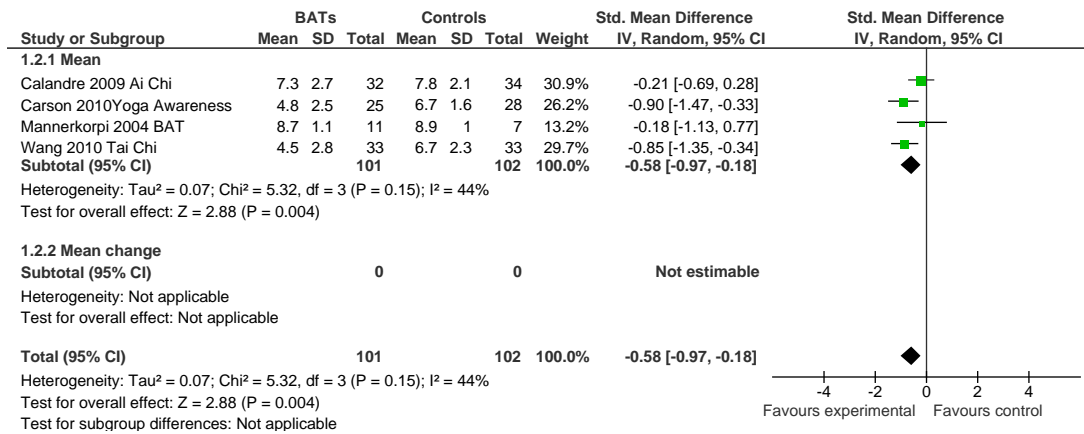


### BAT Body Awareness Therapy

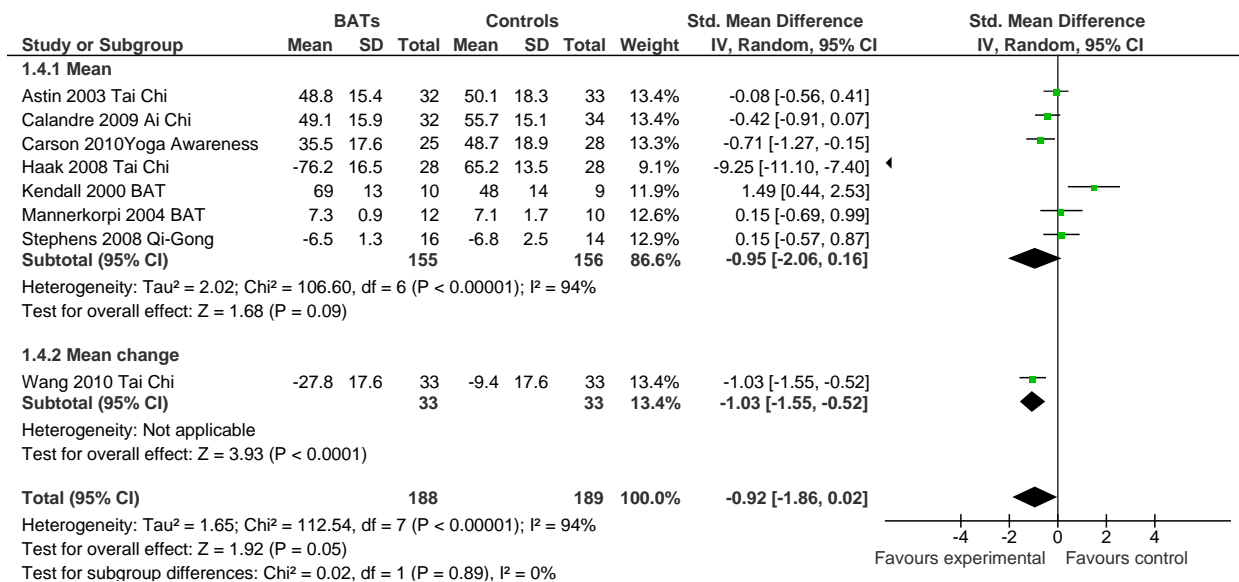
### Sleep at final treatment



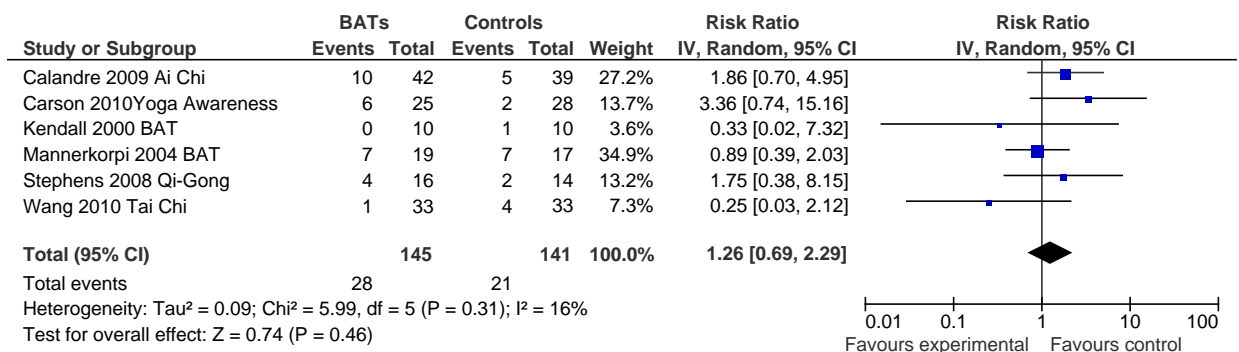
## Fatigue at final treatment



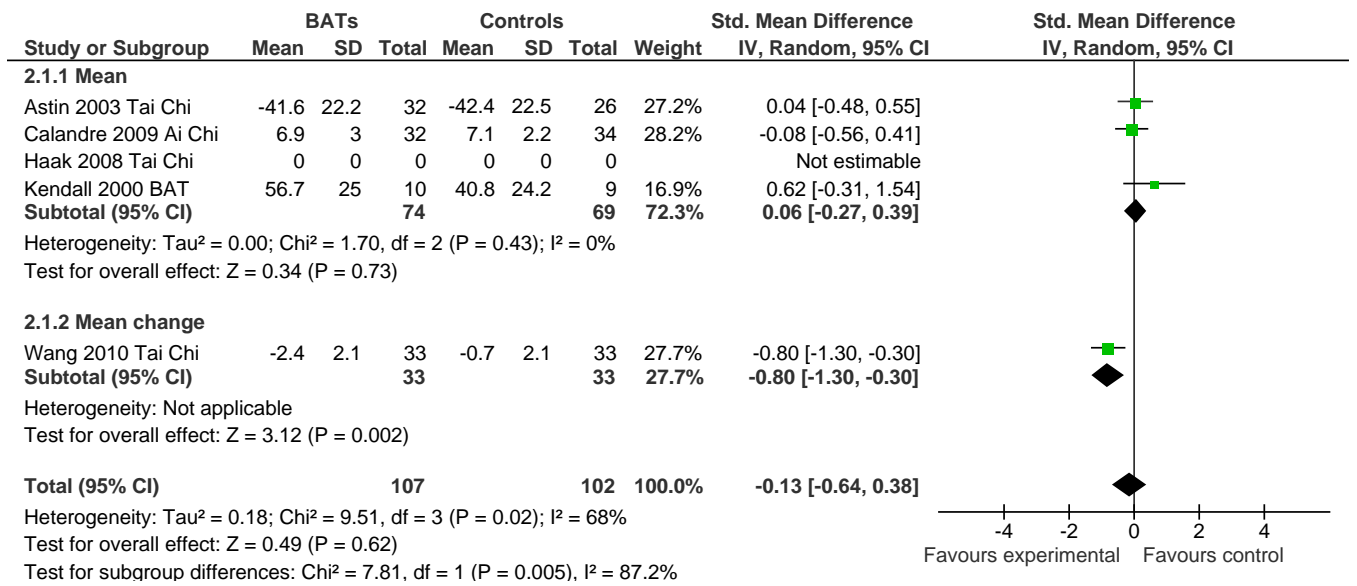
## Health-related quality of life at final treatment



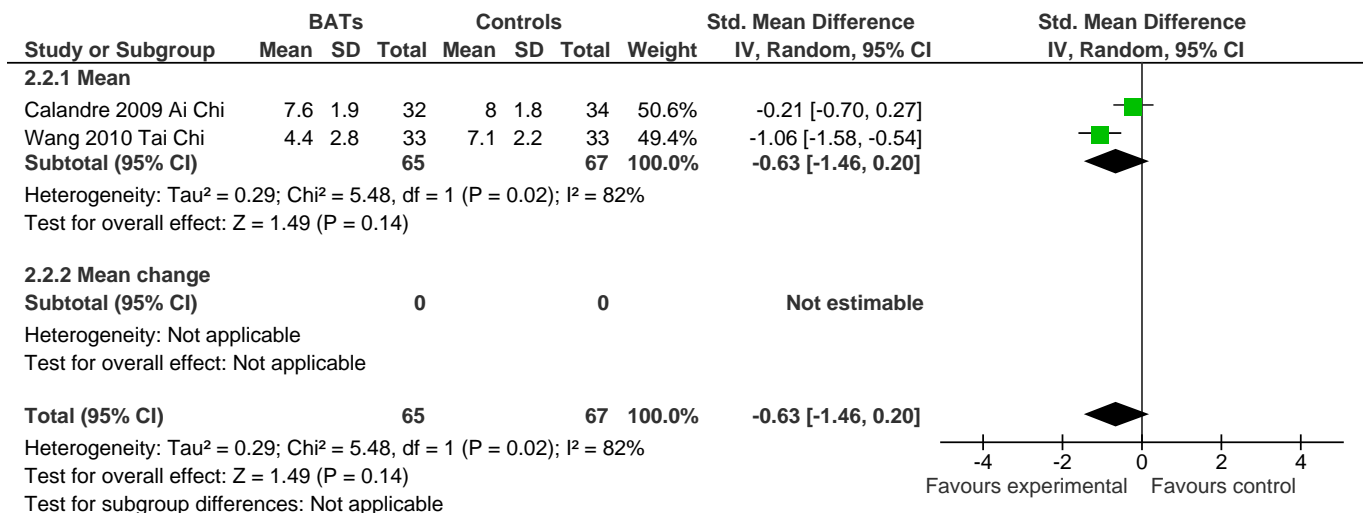
## Dropout rate



## Pain at follow-up



## Fatigue at follow-up



## Health-related quality of life at follow-up

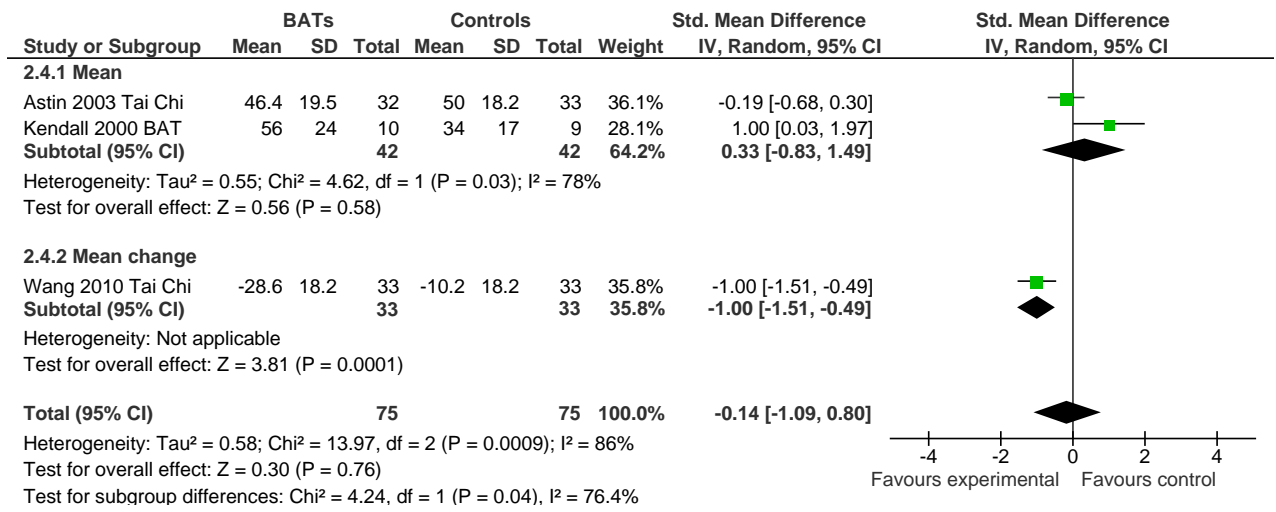
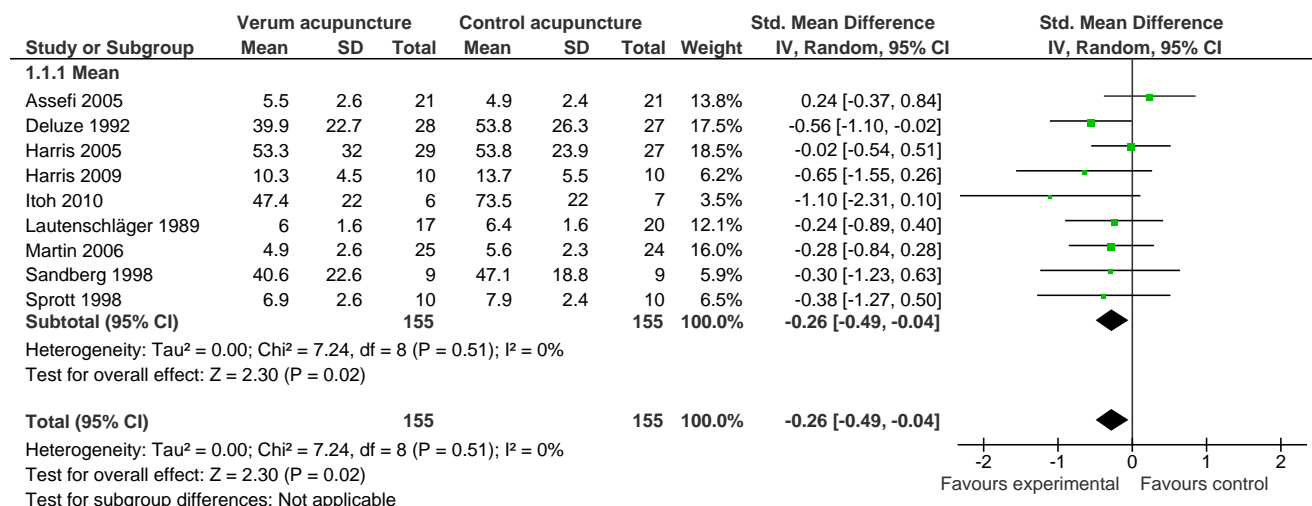
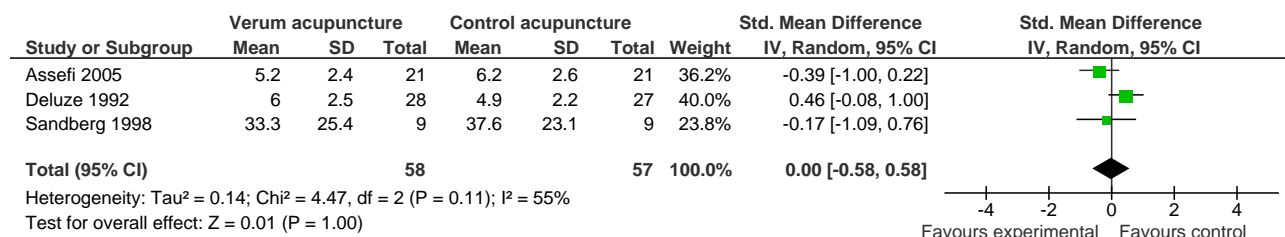


Figure 31: Effect estimates (standardised mean differences) of **acupuncture** versus controls on predefined outcomes at final treatment and at follow-up

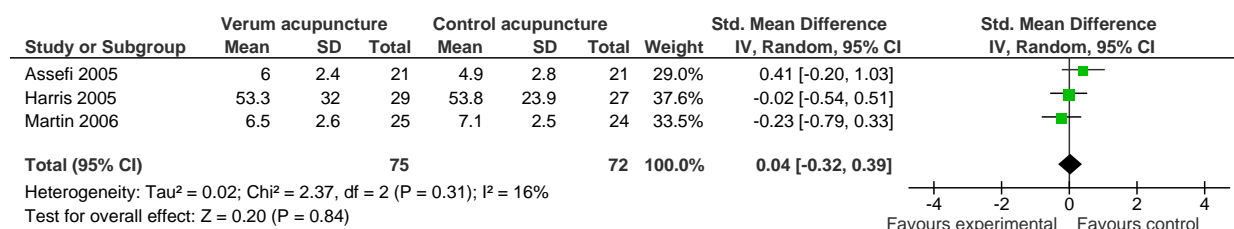
### Pain final treatment



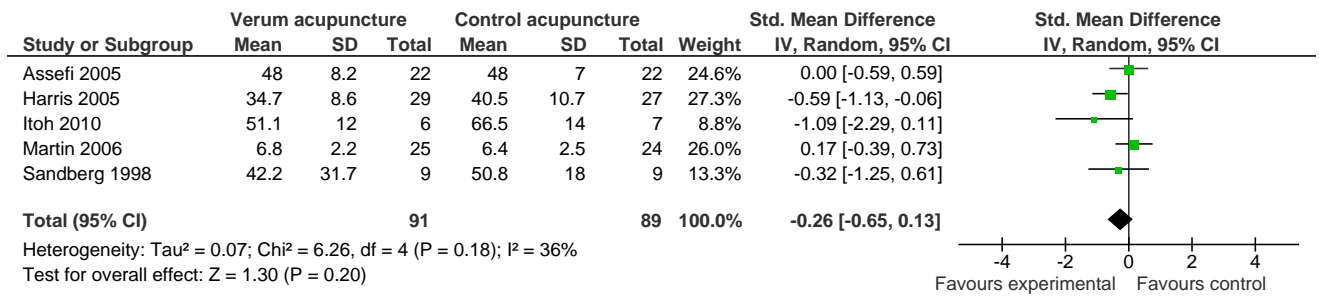
### Sleep at final treatment



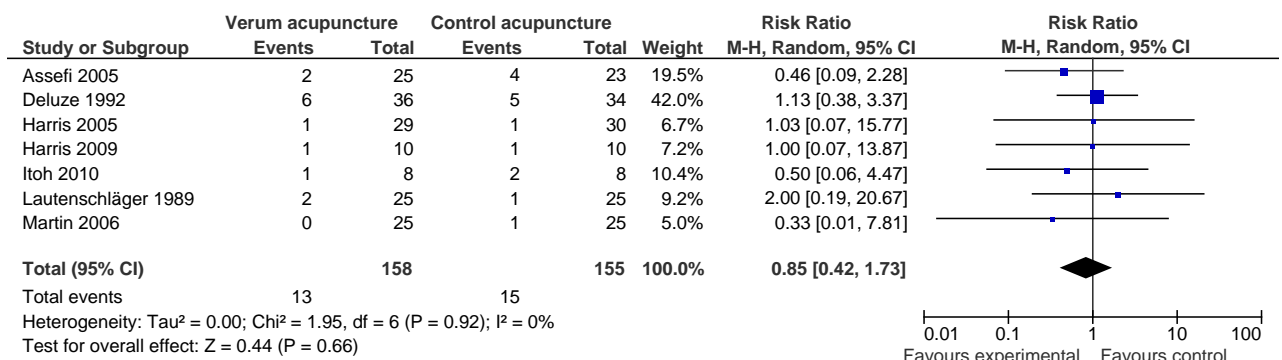
### Fatigue at final treatment



## Health-related quality of life at final treatment



## Dropout rate



## Pain at follow-up

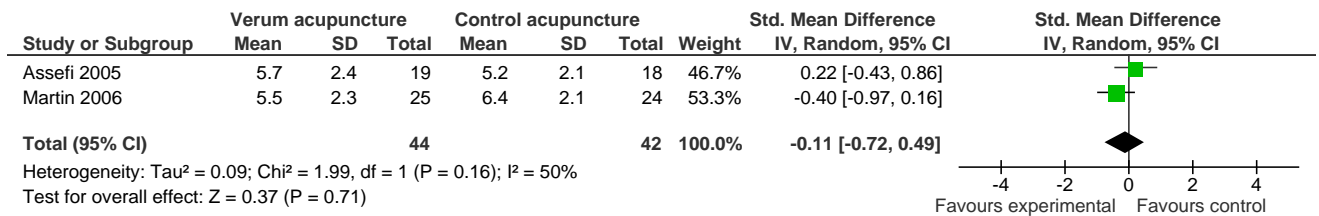
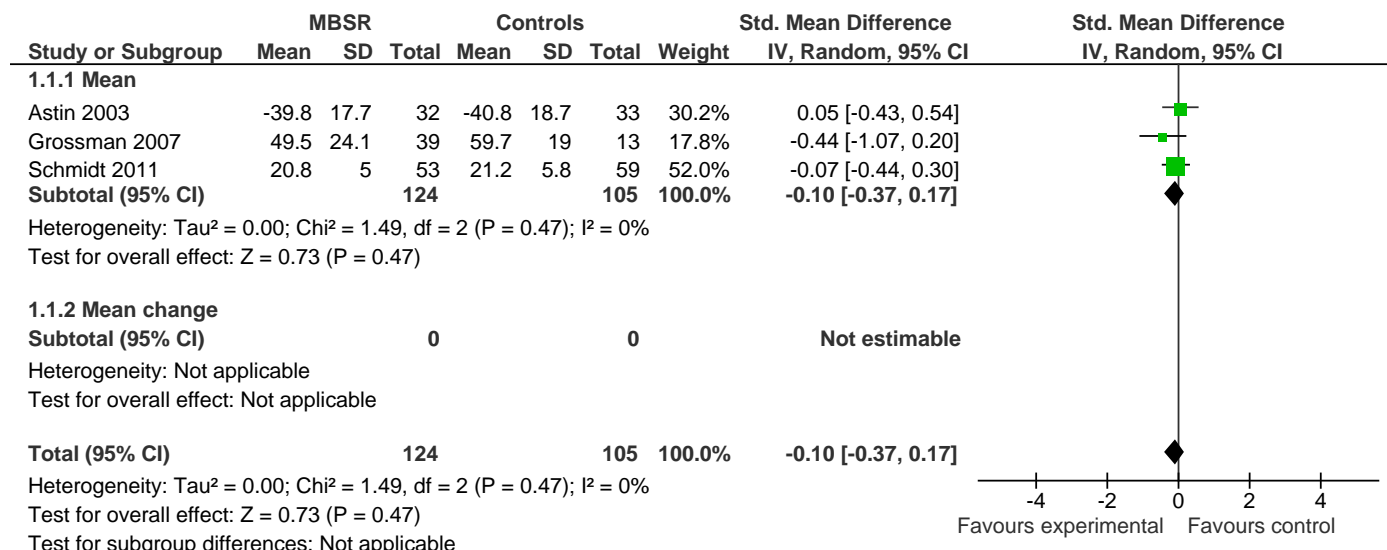
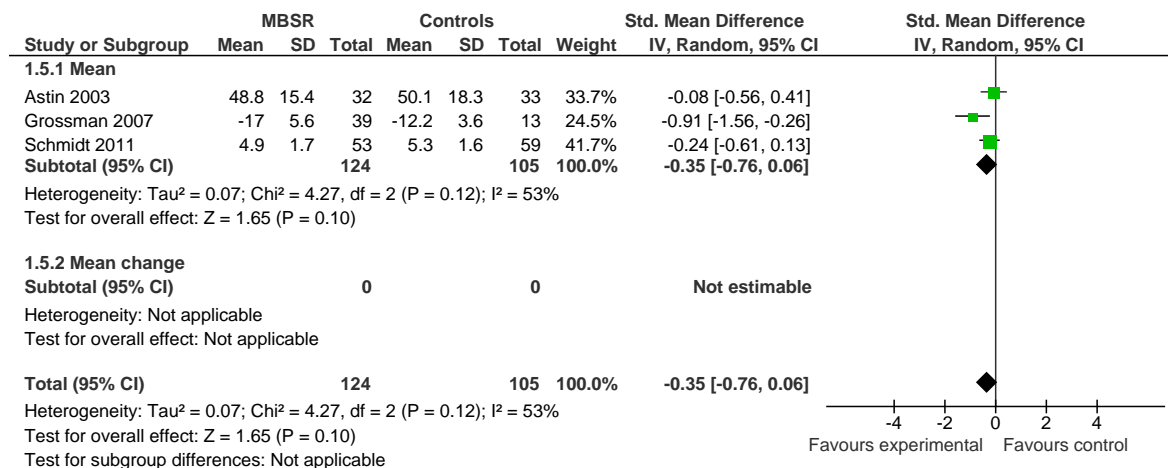


Figure 32: Effect estimates (standardised mean differences) of **mindfulness-based stress reduction** (MBSR) versus controls on predefined outcomes at final treatment and at follow-up

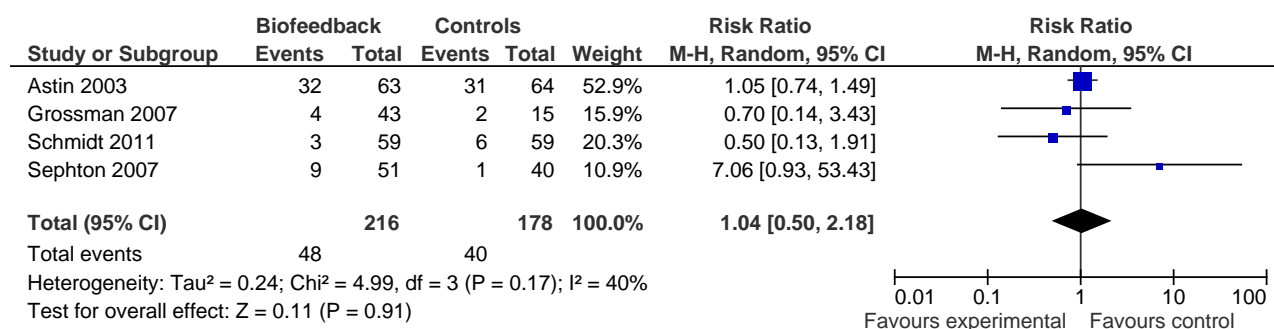
### Pain at final treatment



### Health-related quality of life at final treatment

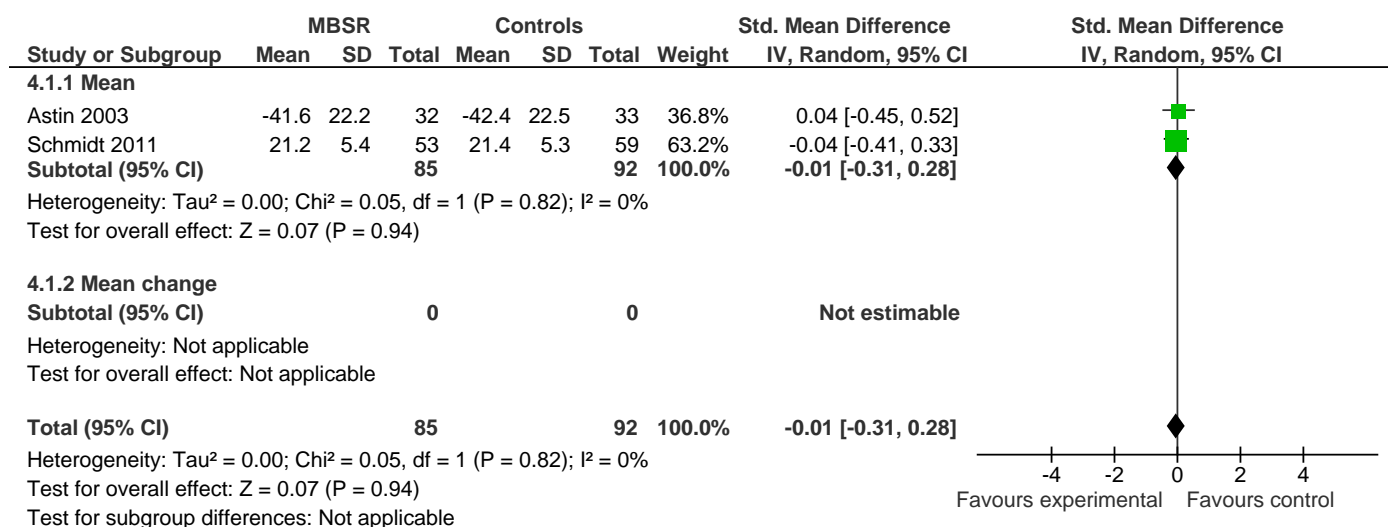


### Dropout rate





## Pain at follow-up



## Health-related quality of life at follow-up

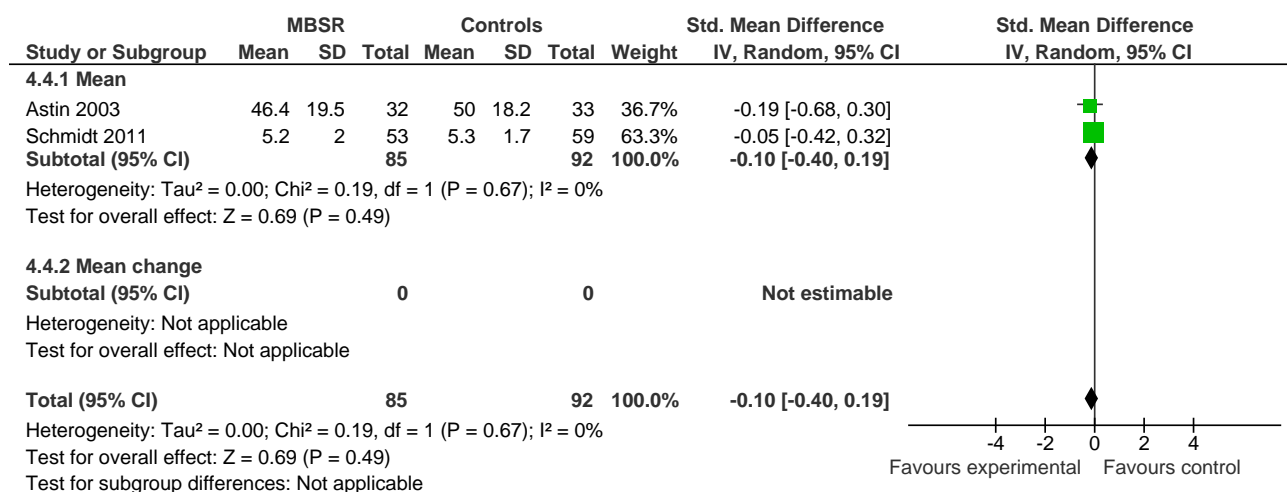
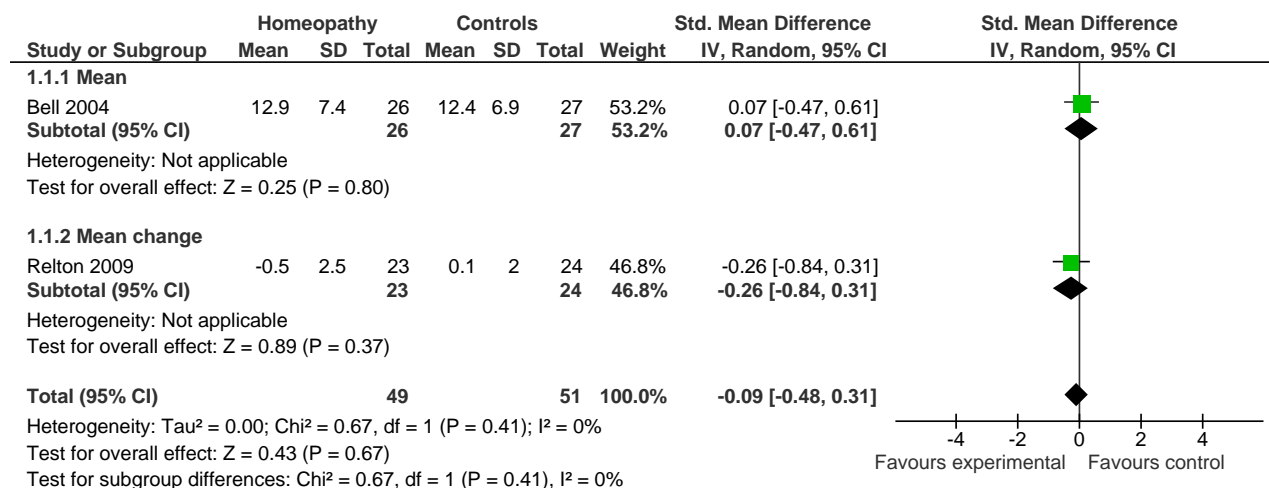
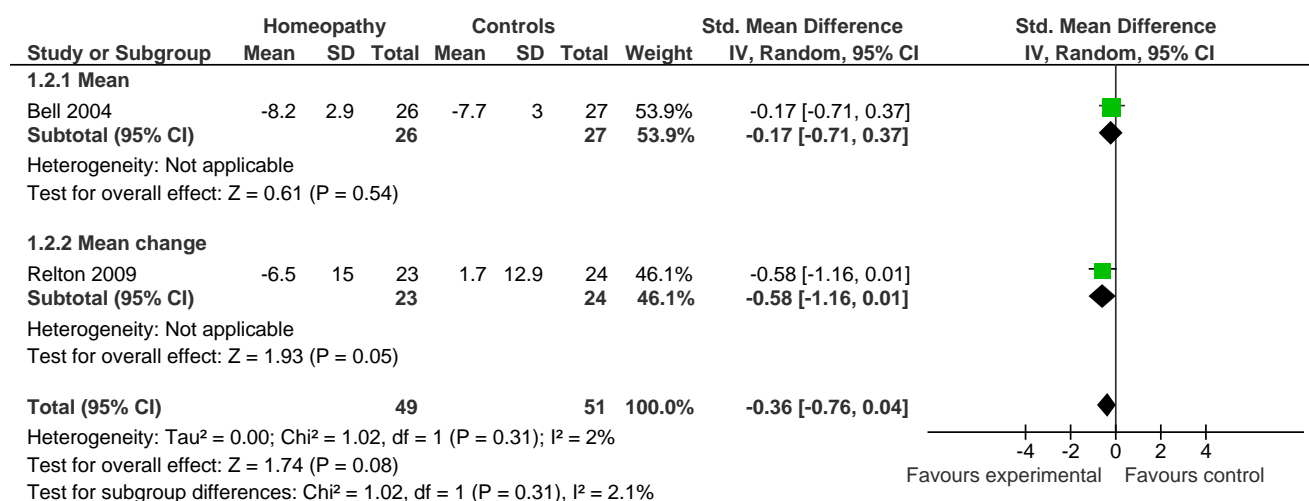


Figure 33: Effect estimates (standardised mean differences) of **homeopathy** versus controls on predefined outcomes at final treatment and at follow-up

### Pain at final treatment



### Health-related quality of life at final treatment



### Dropout rate

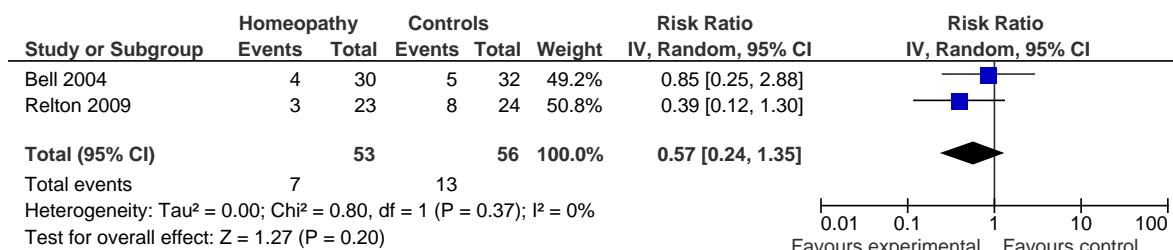
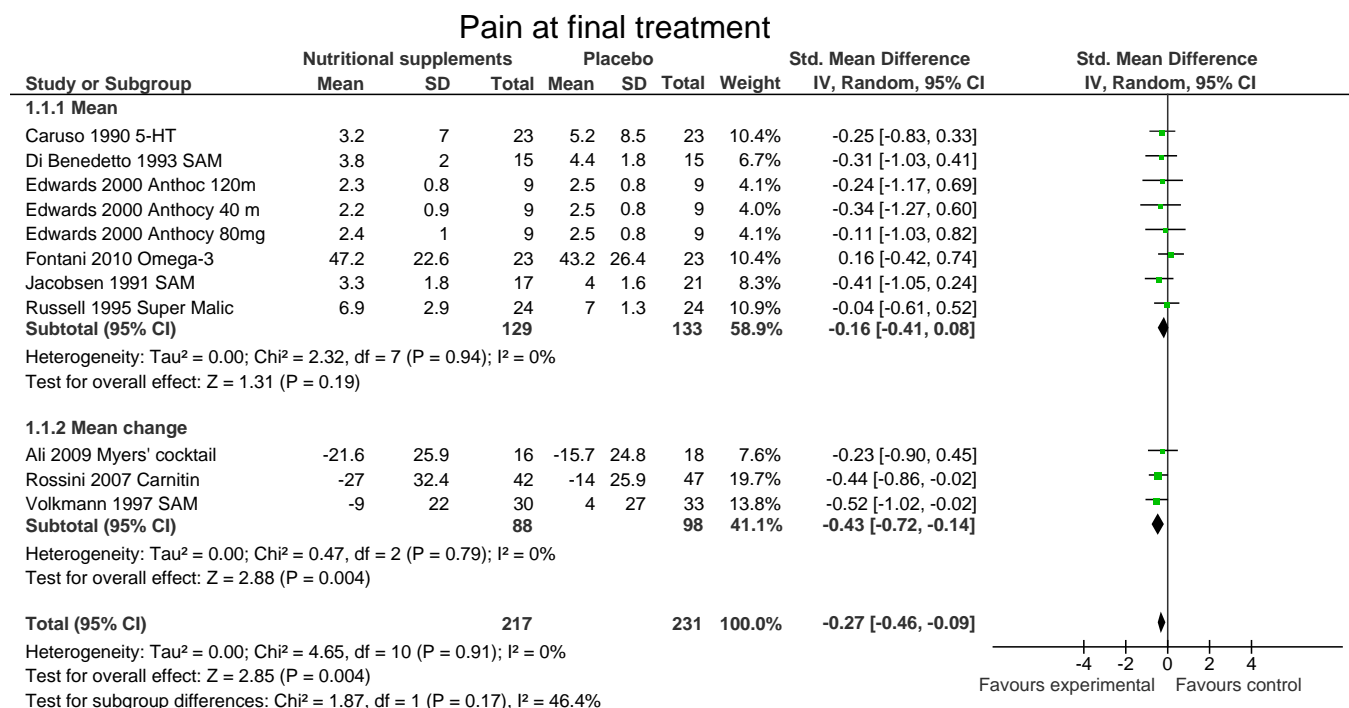
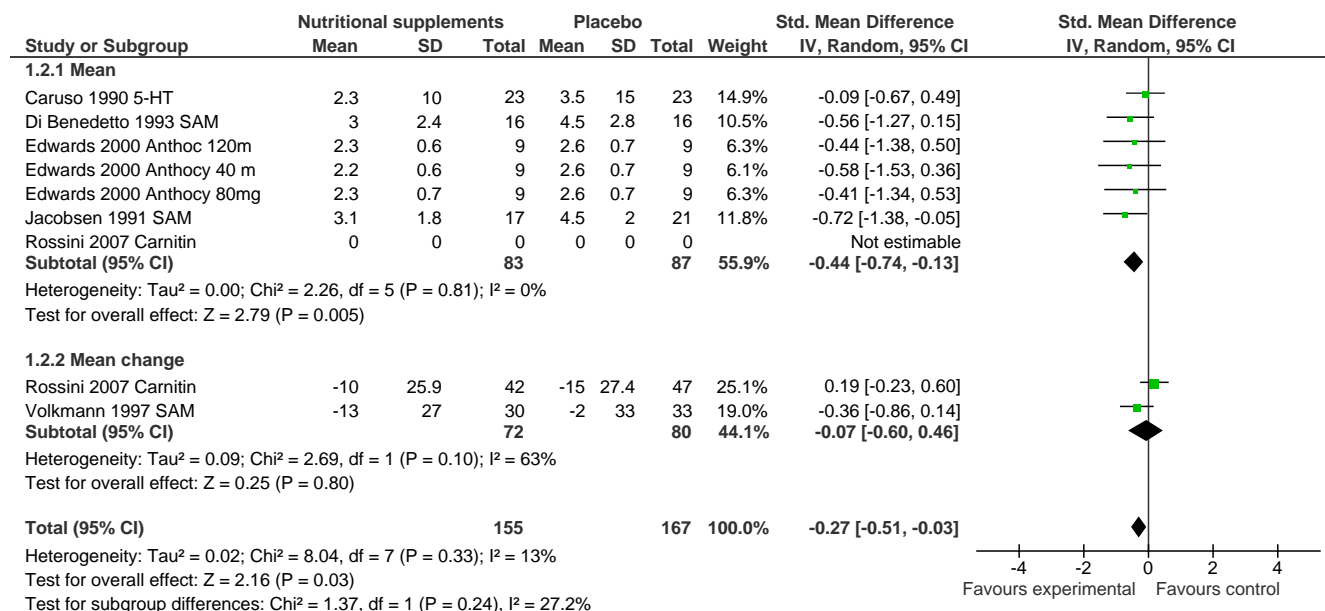


Figure 34: Effect estimates (standardised mean differences) of **nutritional supplements** versus controls on predefined outcomes at final treatment

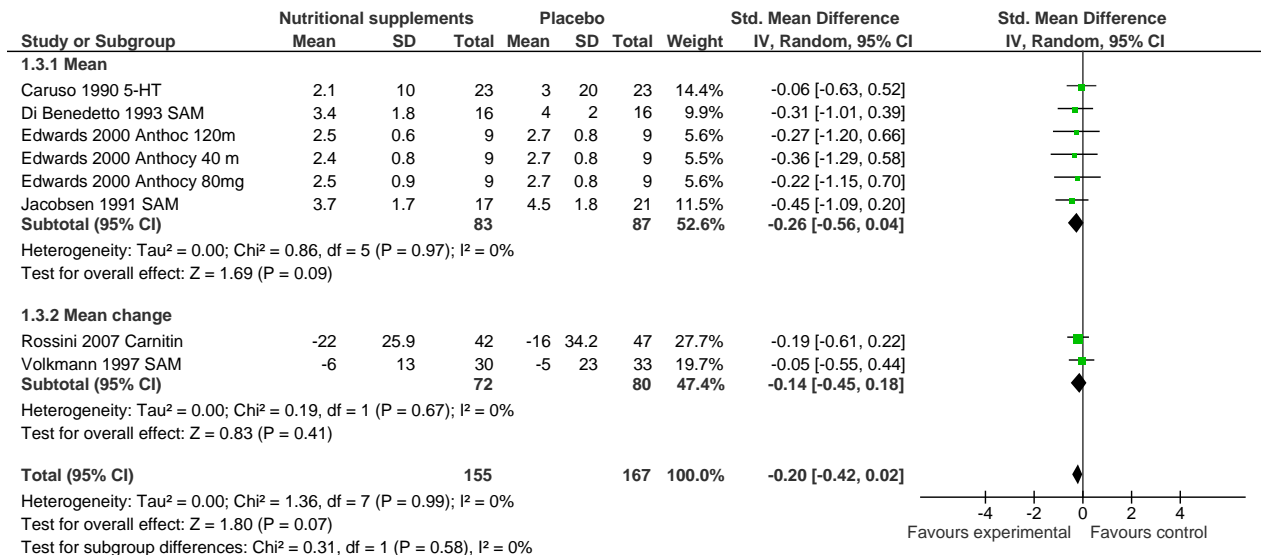


Anthoc = anthocyanides; 5-HT = 5-hydroxytryptamine; SMA = S-adenosyl methionine

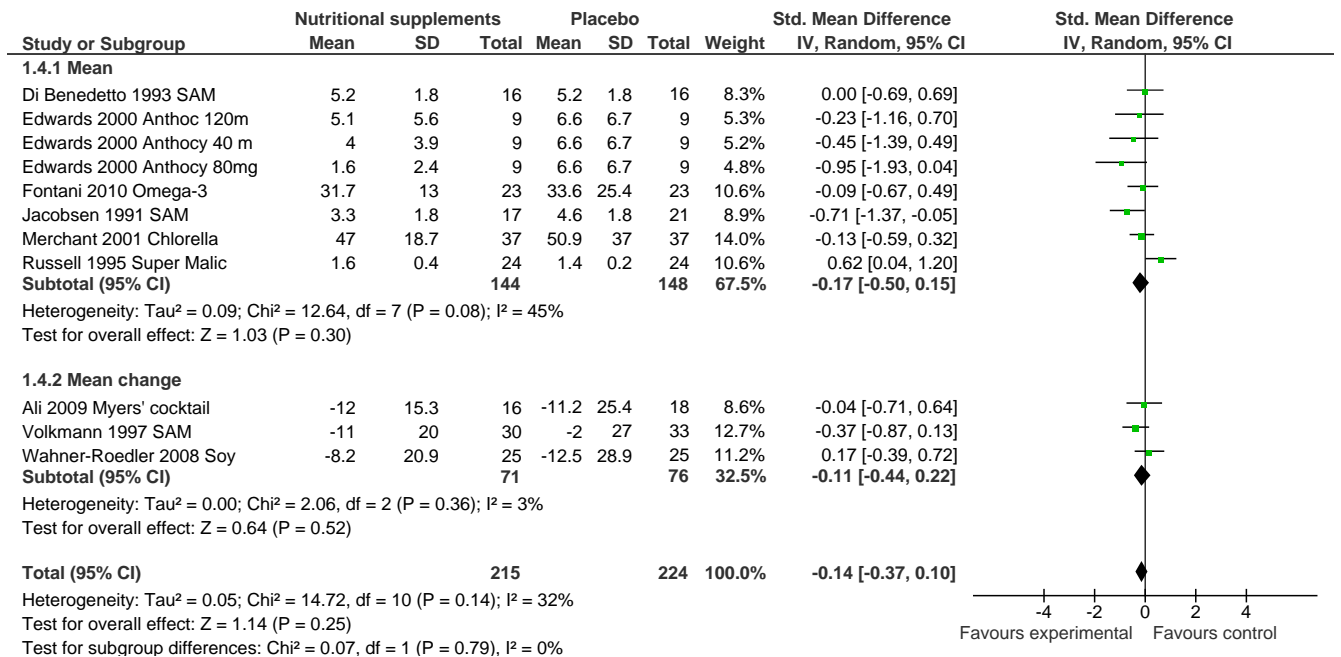
### Sleep at final treatment



## Fatigue at final treatment



## Health-related quality of life at final treatment



## Dropout rate

