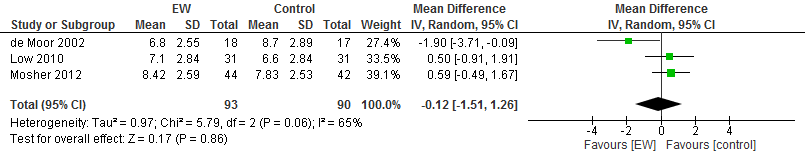
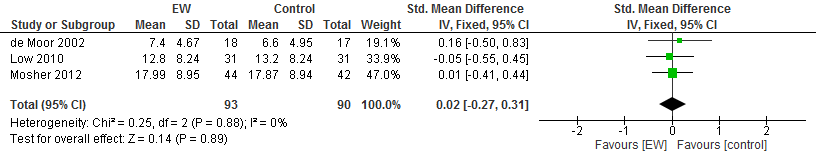
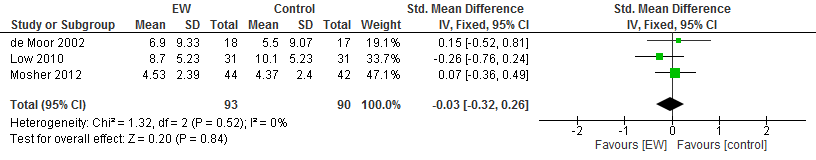
# Additional file 4: Results of the meta-analysis for the outcomes of interest



**Figure S1.** Pooled data comparing the effectiveness of EW on sleep (sleep quality/sleep duration) compared with the control task



**Figure S2.** Pooled data comparing the effectiveness of EW on depression compared with the control task



**Figure S3.** Pooled data comparing the effectiveness of EW on distress compared with the control task