

Identification

Records identified through database searching: n=1296

Records excluded: n=237
Reason: Duplicates

Screening

Title screening: n= 1059

Records excluded: n=341
Reason: Not Depersonalisation/derealisation

Abstract screening: n=718

Records excluded: n=689
Reason: Not treatment articles or no outcome provided

Eligibility

Full-text articles assessed for eligibility: n=29

Full-text articles excluded: n=25
Reasons: Retrospective studies and open trials

Included

Studies included in qualitative synthesis: n=4