Figure 1. Flowchart for how Articles were Chosen for Inclusion

Papers retrieved from CINAHL, EMBASE, PSYCH INFO, MEDLINE (597)

Abstracts remaining after title scanning (47)

Papers Excluded (17):
- Not original research: (4)
- Foreign Language: (1)
- Review: (1)
- Not looking at anxiety or depression: (9)
- Clinical trial: (2)

Full Papers retrieved (30)

Papers excluded (16):
- No Statistics: (2)
- Not looking at anxiety/depression: (9)
- Not primary study: (3)
- Foreign Language: (1)
- Clinical trial: (1)

Further papers identified from reference lists as potentially relevant (25)

Papers excluded (24):
- No relevant statistics: (9)
- Not specifically about anxiety/depression: (5)
- Not primary study: (2)
- Excludes depression/anxiety: (3)
- No comparator: (1)
- Clinical trial (5)

References from review papers thought to be potentially relevant (0)

Reference from other sources (citation checking, conferences, experts) (1)

Total Number of Papers: 14 + 1 + 1 = 16