# of records identified through database searching n=152

# of records after duplicates removed n = 107

# of records screened n = 91

# records excluded n = 64

# of full-text articles assessed for eligibility n = 43

# of full-text articles excluded, with reasons n = 19
   Not multiple sclerosis n=10
   Not CBT n=6
   Not controlled trials n=2
   Not English language n=1

# of studies included in qualitative synthesis n=7:
   Larcombe et al 1984
   Mohr et al 2000
   Mohr et al 2001 (8 citations)
   Mohr et al 2005 (9 citations)
   Forman et al 2010
   Lincoln et al 2011 (3 citations)
   Cooper et al 2011

# of studies included in quantitative synthesis (meta-analysis) n=7