Appendix A: Search strategy.

| Diagnosis | initial search: exp somatoform disorders |
|--------------|---|
| | updateexp somatoform disorders/ or exp hypochondriasis |
| | initial search: somatoform or somati@atioppochondri*.tw. |
| | updatemultisomatoform (medical* unexplain* symptom*) or (unexplained physical symptom*) or (somati?ing |
| Design | randomized controlled trial.pt. or controlled clinical trial.pt. or randomized.ab. or placebo.ab. or clinibabtrials |
| | randomly.ab. otrial.ti,ab. or groups.ab. |
| Intervention | |
| | (psychology)"/ or cognitive therapy/ or desensitization, psychologic/ eraiphyp/loosivelablation techniques/ or |
| | meditation/ or bibliotherapy/ or color therapy/ or crisis intervention/ or dance therapy/ or gestalt therapy |
| | suggestion/ or autosuggestion/ or "imagery (psychotherapy)"/ or music theraptyheoarptyonoalirpstyixlaeoanalytic |
| | therapy/ or free association/ or transactional analysis/ or psychotherapeutic processes/ or abreactional analysis/ |
| | or "countertransference (psychology)"/ or psychotherapy, brief/ or psychothepsgychonulteipalpy, onatieemabtive/ |
| | or reality therapy/ or socioenvironmental therapy/ or milieu therapy/ or therapeutic community/ or psyrgho |
| | (Psychotherap* or ((centered or based or focused or oriented or acceptance data and acceptance or before or brief o |
| | person or cognitive or dynamic or energetic or coherence or collaborative or contemplative or dasein* or d |
| | feminist or sensiti?ation or existen* or exposure or gestalt or holistic or phonamishitegr*hyr shertn* or |
| | shortterm* or lentegm* or longterm* or interpersonal*-perisoneal* or logo* or mindfulness* or multimodal or n |
| | modal or narrative or positive or provoquative hor rational* or reality or solutions tems or transactional* or |
| | transpersonal or eclectic* or experiential* or expressive* or individual or insight* or persuasion or releations |
| | implosive or inhibition or aversion or relaxation contaillocatorschemal adj5 (treatnt or therapy or therapies)) |
| | intervention*).tw. |
| Humans | Humans/ |

| Diagnosis | somatoform disorder/ or somatization /or hypochondriasis |
|--------------|---|
| | somatoform or somati?ation* or hypochondri*.tw. |
| Design | expcontrolled clinical trial/ or comparative study/ or treatment outcome/ or random*.tw. or clinical trial*.t |
| Intervention | counter transference/ or crisis intervention/ or hypnosis/ or psychoanalysis/ or suggestion/ or transference art therapy/ or assertive training/ or autogenic training/ or aversion therapy/ or behavior contractingn/oor |
| | behavior therapy/ or cognitive behavioral stress management/ or cognitive rehabilitation/ or cognitive ther |
| | therapy/ or guided imagery/ or milieu therapy/ or music therapy/ or pet therapy/ or psychodrama/ ooleela playing/ or sex therapy/ or sociotherapy/ or therapeutic community/ or validation therapy/ |
| | (sedMedline term list for text words referring to psychological interventions) |
| Humans | "Human" [Subjects] |

| Diagnosis | initial searchsomatoform disorders/ or somatization disorder/ or sor haytimationd ribasis updateexpsomatoform disorders/ or exp hypochondriasis | | | | | |
|-------------|---|--|--|--|--|--|
| | initial search: somatoform or somati@atippochondri* tw. | | | | | |
| | updateSomatoform or Somati?ation or hypochondr* or Multisomatoform or (Medical* adj1 unexplain* adj1 s | | | | | |
| | (health adj1 anxiety) oex(plained adj1 physical adj1 symptom*) or (somati?ing adj1 patient*) | | | | | |
| Design | (random* or placebo* or assign* or allocat*).mp. or (control* or compar* or ((clin* or evaluat* or prospective studi* or study))).tw. or resultant effectiveness evaluation or explanation or experimental design or versus.id. or vs.i | | | | | |
| Interventio | psychotherapy/ or adlerian psychotherapy/ or adolescent psychotherapy/ or analytical psychotherapy/ or a | | | | | |
| n | brief psychotherapy/ enteltentered therapy/ or cognitive behavior therapy/ or eclectic psychotherapy/ or e | | | | | |
| | therapy/ or existential therapy/ or experiential psychotherapy/ or expressive psychotherapy/ or eye moven | | | | | |
| | therapy/ or feminist thera py /iadric psychotherapy/ or gestalt therapy/ or guided imagery/ or individual psyc | | | | | |
| | insight therapy/ or integrative psychotherapy/ or interpersonal psychotherapy/ or logotherapy/ or narsioniv | | | | | |
| | therapy/ or primal the capps ychodrama/ or psychodynamic psychotherapy/ or rational emotive behavior the | | | | | |
| | therapy/ or relationship therapy/ or solution focused therapy/ or supportive psychotherapy/ or transactions | | | | | |
| | behavior therapy/ or exp exptosarrapy/ or exp aversion therapy/ or exp humanistic psychotherapy/ or exp hy | | | | | |
| | exp psychoanalysis/ or psychotherapeutic counseling/ or behavior modification/ or biofeedback training | | | | | |
| | management/ or "fading (conditioning) self management/ or bibliotherapy/ or computer assisted therapy | | | | | |
| | therapy/ or multimodal treatment approach/ or online therapy/ or partial hospitalization/ or personal/therapy/ | | | | | |
| | exp cognitive techniques/ or exp caretatitherapy/ or exp cross cultural treatment/ or outpatient treatment/ | | | | | |
| | therapy/ or mirroring/ or morita therapy/ or motivational interviewing/ or mutual storytelling techniq techniques/ or exp relaxation therapy/ | | | | | |
| • | (see Medline term list for text words referring to psychological interventions) | | | | | |
| 1 | (See Medille terri list for text words referring to psychological litter vertions) | | | | | |

| Diagnosis | initial search: Somatoform Diso (etemb ode all trees) update: Somatoform Disorders, (this term only) |
|--------------|--|
| | initial search: somatoform or somati?atiypocomondri* update(medical* NEXT unexplain* NEXT symptom*):ti,ab,kw or (Somatoform or Somati?ation or hypochondr* multisomatoform):ti,ab,kw or (SomatiPXfTgpatient*):ti,ab,kw or "Health anxiety":ti,ab,kw or (Unexplain* NEXT physical* NEXT symptom*):ti,ab,kw |
| Intervention | Psychotherapy (explode all trees) |
| | Psychotherap* or intervention* or (Centered NEAR5 treatment*) or (Centered NEAR5 therapies or (based NEAR5 treatment*) or (based NEAR5 treatment*) or (based NEAR5 treatment*) or (based NEAR5 therapies) or (acceptance NEAR5 (acceptance NEAR5 therapies) or (attachment NEAR5 treatment*) or (attachment NEAR5 treatment*) or (attachment NEAR5 treatment*) |

included in the meta-analysis) 10 Describe method of data extraction from reports (such as 7-8 Data piloted forms, independently, in duplicate) and any processes collection for obtaining and confirming data from investigators process Data items 11 List and define all variables for which data were sought (such 7-8 as PICOS, funding sources) and any assumptions and simplifications made Risk of bias 12 Describe methods used for assessing risk of bias of individual 8 in individual studies (including specification of whether this was done at the studies study or outcome level), and how this information is to be used in any data synthesis 13 8 Summary State the principal summary measures (such as risk ratio, measures difference in means). Synthesis of 14 Describe the methods of handling data and combining results of 9 studies, if done, including measures of consistency (such as I2 results statistic) for each meta-analysis Risk of bias 10 15 Specify any assessment of risk of bias that may affect the across studies cumulative evidence (such as publication bias, selective reporting within studies) Additional 16 9 Describe methods of additional analyses (such as sensitivity or analyses subgroup analyses, meta-regression), if done, indicating which were pre-specified Results Study 17 Give numbers of studies screened, assessed for eligibility, and 10 selection included in the review, with reasons for exclusions at each Appendix B stage, ideally with a flow diagram Study 18 For each study, present characteristics for which data were Appendix C characteristic extracted (such as study size, PICOS, follow-up period) and provide the citations Risk of bias 19 Present data on risk of bias of each study and, if available, any Appendix C within studies outcome-level assessment (see item 12). Results of 20 For all outcomes considered (benefits or harms), present for Appendix E individual each study (a) simple summary data for each intervention group studies and (b) effect estimates and confidence intervals, ideally with a

forest plot

| Synthesis of | 21 | Present results of each meta-analysis done, including | 11-13 |
|----------------|----|---|-------------|
| results | | confidence intervals and measures of consistency | Figure 1 |
| | | | Appendix D |
| Risk of bias | 22 | Present results of any assessment of risk of bias across studies | 12 |
| across studies | | (see item 15) | |
| Additional | 23 | Give results of additional analyses, if done (such as sensitivity | 13-14 |
| analysis | | or subgroup analyses, meta-regression) (see item 16) | Table 1 & 2 |
| Discussion | | | |
| Summary of | 24 | Summarise the main findings including the strength of evidence | 14-15 |
| evidence | | for each main outcome; consider their relevance to key groups | |
| | | (such as health care providers, users, and policy makers) | |
| Limitations | 25 | Discuss limitations at study and outcome level (such as risk of | 16-17 |
| | | bias), and at review level (such as incomplete retrieval of | |
| | | identified research, reporting bias) | |
| Conclusions | 26 | Provide a general interpretation of the results in the context of | 15-16; 18 |
| | | other evidence, and implications for future research | |
| Funding | | | |
| Funding | 27 | Describe sources of funding for the systematic review and other | 19 |
| | | support (such as supply of data) and role of funders for the | |
| | | systematic review | |
| | | | |