

Table S6. Result of included studies

Outcome	Study	ES	[95% CI]	p-value	Design
Anxiety	Chambers 2012	-0.330	[-0.970, 0.310]	0.312	NRS
	Chambers 2017	-0.090	[-0.375, 0.195]	0.536	RCT
Depression	Chambers 2012	-0.130	[-0.765, 0.505]	0.688	NRS
	Nelson 2019	-0.060	[-0.600, 0.480]	0.828	RCT
Cancer-related distress	Chambers 2012	-0.460	[-1.105, 0.185]	0.162	NRS
	Chambers 2017	-0.330	[-0.615, 0.045]	0.023	RCT
PSA anxiety	Chambers 2012	0.470	[-0.175, 1.115]	0.153	NRS
	Chambers 2017	0.100	[-0.185, 0.385]	0.492	RCT
Prostate cancer anxiety	Chambers 2012	-0.290	[-0.925, 0.345]	0.371	NRS
	Victorson 2017	-2.140	[-2.910, 1.370]	0.000	RCT
Quality of life	Chambers 2012	-0.340	[-0.980, 0.300]	0.298	NRS
	Chambers 2017	0.110	[-0.170, 0.390]	0.449	RCT
	Nelson 2019	0.530	[-0.020, 1.080]	0.059	RCT
	Victorson 2017	-1.620	[-2.320, -0.920]	0.000	RCT
Post-traumatic growth	Chambers 2017	0.250	[-0.030, 0.530]	0.086	RCT
	Victorson 2017	1.380	[0.710, 2.050]	0.000	RCT

Note: *p*, level of statistical significance ($p < 0.05$); (95% CI), 95% confidence intervals around the effect size; NRS, non-randomised study; RCT, randomised controlled trial. Effect size, Cohen's $d = (M_1 - M_2) / \text{Pooled Standard Deviation}$ where M_1 and M_2 are means of participants receiving treatment and those without treatment, respectively.