Supplementary Material

Appendix 1: Search Strategies

Search strategy for Anxiety searches:

1. (adolesc* or preadolesc* or pre-adolesc* or boy* or girl* or child* or infan* or preschool* or pre-school* or juvenil* or minor* or pe?diatri* or pubescen* or pre-pubescen* or prepubescen* or puberty or teen* or young* or youth* or school* or high-school* or highschool* or sibling* or schoolchild* or school child* or children).tw.
2. exp Adolescent/ or exp Child/ or exp Child, Preschool/ or exp Infant/ or exp Minors/ or exp Pediatrics/
3. 1 or 2
4. Chronic Fatigue Syndrome.tw
5. myalgic encephal*.tw.
6. chronic fatigue syndrome*.mp.
7. myalgic encephal*.mp.
8. anxiety disorder/
9. exp anxiety disorder
10. exp obsessive-compulsive disorder
11. exp panic
12. anxi*.tw
13. generalised anxiety disorder.tw
14. obsessive compulsive.tw
15. OCD.tw
16. Phobia*.tw
17. Social anxiety.tw
18. Separation anxiety.tw
19. Panic.tw
20. exp Chronic Fatigue Syndrome/
21. exp Anxiety Disorders/ or exp Social Phobia/ or exp Panic Disorder/ or exp Anxiety/ or exp Social Anxiety
22. exp Separation Anxiety Disorder/ or Separation Anxiety/
23. exp Generalized Anxiety Disorder
24. exp Obsessive Compulsive Disorder
25. exp Phobias/
26. 4 or 5 or 6 or 7 or 20
27. 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 21 or 22 or 23 or 24 or 25
28. 3 and 26 and 27
29. Limit 28 to yr="2016-current"

Search strategy for Depression searches:

1. (adolesc* or preadolesc* or pre-adolesc* or boy* or girl* or child* or infan* or preschool* or pre-school* or juvenil* or minor* or pe?diatri* or pubescen* or pre-pubescen* or prepubescen* or puberty or teen* or young* or youth* or school* or high-school* or highschool* or sibling* or schoolchild* or school child* or children).tw.
2. exp Adolescent/ or exp Child/ or exp Child, Preschool/ or exp Infant/ or exp Minors/ or exp Pediatrics/
3. 1 or 2
4. chronic fatigue syndrome*.mp.
5. exp Chronic Fatigue Syndrome
6. Chronic Fatigue Syndrome.tw
7. myalgic encephal*.mp.
8. myalgic encephal*.tw.
9. 4 or 5 or 6 or 7 or 8
10. depressive disorder.mp.
11. exp depression/
12. depress*.tw
13. dysthymi*.tw
14. exp adjustment disorders/
15. adjustment disorder*.mp.
16. low mood.tw.
17. 10 or 11 or 12 or 14 or 14 or 15 or 16
18. 3 and 9 and 17
19. Limit 18 to yr = “2015 – current
Appendix 2: Quality Assessment

Supplementary Table 1: Quality Assessment of all studies included in this updated review, using Cochrane Risk of Bias scales ROBINS-I and RoB-2

(a) Observational Studies

<table>
<thead>
<tr>
<th>Authors (year)</th>
<th>Did the study address a clearly focused issue?</th>
<th>Was the cohort recruited in an acceptable way?</th>
<th>Was the exposure accurately measured to minimise bias?</th>
<th>Was the outcome accurately measured to minimise bias?</th>
<th>Confounding factors?</th>
<th>Follow-up of subjects complete enough and long enough?</th>
<th>Overall Rating using Cochrane risk of bias scale ROBINS-I (low/unclear/high)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chalder et al (2002)</td>
<td>Yes, No.</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t tell</td>
<td>Can’t tell, yes</td>
<td>Unclear</td>
<td></td>
</tr>
<tr>
<td>Diaz-Caneja et al (2007)</td>
<td>Can’t tell, No</td>
<td>Can’t tell</td>
<td>Can’t tell</td>
<td>Can’t tell</td>
<td>Yes</td>
<td>Yes, no</td>
<td>High</td>
</tr>
<tr>
<td>Lloyd et al (2012); Rimes et al (2014)</td>
<td>Yes, No</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t tell</td>
<td>Can’t tell, yes</td>
<td>Unclear</td>
<td></td>
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<tr>
<td>Rimes et al (2007)</td>
<td>Yes, No</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t tell</td>
<td>Can’t tell, yes</td>
<td>Unclear</td>
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</tr>
<tr>
<td>Van de Putte et al (2007)</td>
<td>Yes, No</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t tell</td>
<td>Can’t tell, yes</td>
<td>Unclear</td>
<td></td>
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<tr>
<td>Kawatani et al (2011)</td>
<td>Yes, No</td>
<td>Yes (Case control)</td>
<td>Yes</td>
<td>Can’t tell</td>
<td>No, Yes</td>
<td>High</td>
<td></td>
</tr>
<tr>
<td>Gordon and Lubitz (2009)</td>
<td>Yes, No</td>
<td>Yes (Case series)</td>
<td>No</td>
<td>No</td>
<td>Can’t tell</td>
<td>Yes, No</td>
<td>High*</td>
</tr>
<tr>
<td>Henderson (2014)</td>
<td>Yes, No</td>
<td>No (Case series)</td>
<td>No</td>
<td>No</td>
<td>Can’t tell</td>
<td>No, Yes</td>
<td>High*</td>
</tr>
<tr>
<td>Denborough et al (2003)</td>
<td>Yes, No</td>
<td>Yes (Case series)</td>
<td>No</td>
<td>Yes</td>
<td>Can’t tell</td>
<td>Yes, Yes</td>
<td>High*</td>
</tr>
<tr>
<td>Rowe (2019)</td>
<td>No, No</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes, Yes</td>
<td>Unclear</td>
</tr>
</tbody>
</table>

(b) Randomised controlled trials

<table>
<thead>
<tr>
<th>Authors (year)</th>
<th>Did the trial address a clearly defined question?</th>
<th>Was the assignment of patients, healthcare fair?</th>
<th>Were the groups comparable?</th>
<th>Aside from the experimental intervention, were all of the patients included?</th>
<th>Overall Rating using Cochrane risk of bias scale RoB-2 (low/unclear/high)</th>
</tr>
</thead>
</table>

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<table>
<thead>
<tr>
<th>Study</th>
<th>Focused issue?</th>
<th>Patients to treatments randomised?</th>
<th>Professionals and research staff blinded?</th>
<th>Similar at the start of the trial?</th>
<th>Investigation, were the groups treated equally?</th>
<th>Entered the trial properly accounted for at its conclusion?</th>
<th>Risk of bias scale</th>
</tr>
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<tbody>
<tr>
<td>Nijhof et al (2012); Nijhof et al (2013)</td>
<td>Yes, no</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t tell</td>
<td>Low</td>
</tr>
<tr>
<td>Rowe (1997)</td>
<td>Yes, no</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Low</td>
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<tr>
<td>Wright et al (2005)</td>
<td>Yes, no</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t tell</td>
<td>Low</td>
</tr>
<tr>
<td>Gordon et al (2010)</td>
<td>Yes, no</td>
<td>Yes</td>
<td>No (pts), No (HCPs), Yes (assessors)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Low</td>
</tr>
<tr>
<td>Crawley et al (2018)</td>
<td>Yes, no</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Low</td>
</tr>
</tbody>
</table>