Appendix 1. Studies included in Meta-analysis

a1. O'Moore KA, Newby JM, Andrews G, Hunter DJ, Bennell K, Smith J, et al. Internet cognitive-behavioral therapy for depression in older adults with knee osteoarthritis: a randomized controlled trial. Arthritis Care & Research. 2018;70(1): 61-70. https://doi.org/10.1002/acr.23257

a2. Ferwerda M, van Beugen S, van Middendorp H, Spillekom-van Koulil S, Donders AR, Visser H, et al. A tailored-guided internet-based cognitive-behavioral intervention for patients with rheumatoid arthritis as an adjunct to standard rheumatological care: results of a randomized controlled trial. Pain. 2017;158 (5):868-78. https://doi.org/10.1097/j.pain.0000000000000845

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a4. Helminen EE, Sinikallio SH, Valjakka AL, Vaisanen-Rouvali RH, Arokoski JP. Effectiveness of a cognitive-behavioural group intervention for knee osteoarthritis pain: a randomized controlled trial. Clinical Rehabilitation. 2015;29(9):868-81. https://doi.org/10.1177/0269215514558567

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a8. Vitiello MV, Rybarczyk B, Von Korff M, Stepanski EJ. Cognitive behavioral therapy for insomnia improves sleep and decreases pain in older adults with co-morbid insomnia and osteoarthritis. Journal of Clinical Sleep Medicine. 2009;5(4): 355-62.

a9. Hammond A, Bryan J, Hardy A. Effects of a modular behavioural arthritis education programme: a pragmatic parallel-group randomized controlled trial. Rheumatology (Oxford, England). 2008;47(11):1712-8. https://doi.org/10.1093/rheumatology/ken380

a10. Zautra AJ, Davis MC, Reich JW, Nicassio P, Tennen H, Finan P, et al. Comparison of cognitive behavioral and mindfulness meditation interventions on adaptation to rheumatoid arthritis for patients with and without history of recurrent depression. Journal of Consulting and Clinical Psychology. 2008;76(3):408-21. https://doi.org/10.1037/0022-006X.76.3.408

a11. Sharpe L, Sensky T, Timberlake N, Ryan B, Allard S. Long-term efficacy of a cognitive behavioural treatment from a randomized controlled trial for patients recently diagnosed with rheumatoid arthritis. Rheumatology (Oxford, England). 2003;42(3):435-41.

a12. Evers A, Kraaimaat F, van Riel P, de Jong A. Tailored cognitive-behavioral therapy in early rheumatoid arthritis for patients at risk: a randomized controlled trial. Pain. 2002;100 (1-2):141-53.

a13. Sharpe L, Sensky T, Timberlake N, Ryan B, Brewin CR, Allard S. A blind, randomized, controlled trial of cognitive-behavioural intervention for patients with recent onset rheumatoid arthritis: preventing psychological and physical morbidity. Pain. 2001;89(2-3):275-83. https://doi.org/10.1016/s0304-3959(00)00379-1