Figure S4: Pooled SMD about psychiatric symptoms which assessed at different time point Experimental Control Std. Mean Difference Std. Mean Difference SD Total Mean SD Total Weight IV, Random, 95% CI IV. Random, 95% CI Study or Subgroup Mean 8.3.1 3 months Liu L. et al 2018 50.29 7.8 45 55.09 7.53 45 25.5% -0.62 [-1.04, -0.20] Liu SS, et al 2017 50.33 7.4 58 55.08 7.76 26.4% -0.62 [-1.04, -0.21] 40 Shen YR, et al 2016 30.26 4.12 81 32.01 4.38 30 25.6% -0.41 [-0.84, 0.01] Yang J. et al 2017 42.68 9.02 53.39 10.55 22.5% -1.08 [-1.55, -0.62] 41 41 225 100.0% -0.67 [-0.94, -0.41] Subtotal (95% CI) 156 Heterogeneity:  $Tau^2 = 0.02$ :  $Chi^2 = 4.50$ . df = 3 (P = 0.21):  $I^2 = 33\%$ Test for overall effect: Z = 5.00 (P < 0.00001)8.3.2 6 months Liu L. et al 2018 42.22 6.52 45 51.28 6.49 26.2% -1.38 [-1.84, -0.92] Liu SS, et al 2017 43.62 5.93 58 51.26 6.53 28.9% -1.23 [-1.67, -0.79] Shen YR, et al 2016 25.56 3.84 81 30.38 4.18 27.7% -1.22 [-1.67, -0.77] Ying C. et al 2020 46.07 15.07 28 59.46 20.57 17.2% -0.74 [-1.31, -0.17] Subtotal (95% CI) 212 138 100.0% -1.18 [-1.42, -0.94] Heterogeneity:  $Tau^2 = 0.00$ :  $Chi^2 = 3.04$ . df = 3 (P = 0.38):  $I^2 = 1\%$ Test for overall effect: Z = 9.71 (P < 0.00001) 8.3.3 12 months Huang YB, et al 2019 23.96 2.87 80 32.81 3.95 33.5% -2.55 [-2.97, -2.13] 80 Shen YR, et al 2016 3.15 81 28.42 33.0% -2.11 [-2.62, -1.61] 21.18 4.02 Xiang JF. et al 2019 50.67 7.2 45 54.02 6.98 33.5% -0.47 [-0.89, -0.05] 45 Subtotal (95% CI) 206 155 100.0% -1.71 [-3.02, -0.40] Heterogeneity:  $Tau^2 = 1.28$ ;  $Chi^2 = 51.46$ , df = 2 (P < 0.00001);  $I^2 = 96\%$ Test for overall effect: Z = 2.56 (P = 0.01) 8.3.4 18 months Xiang JF. et al 2019 42.81 5.88 45 50.35 6.21 45 100.0% -1.24 [-1.69, -0.78] Subtotal (95% CI) 45 45 100.0% -1.24 [-1.69, -0.78] Heterogeneity: Not applicable Test for overall effect: Z = 5.35 (P < 0.00001) Favours [experimental] Favours [control]

Test for subaroup differences:  $Chi^2 = 10.33$ . df = 3 (P = 0.02).  $I^2 = 71.0\%$