National Institute for Health and Care Excellence

Draft for consultation

Depression in adults

[Supplement B2] Forest plots for treatment of a new episode of less severe depression

NICE guideline CG90 (update)

Evidence review supplement

November 2021

Draft for consultation

This evidence review supplement was developed by the National Guideline Alliance which is a part of the Royal College of Obstetricians and Gynaecologists



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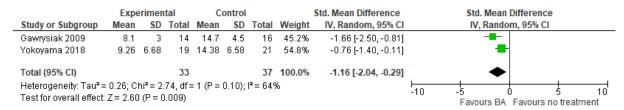
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Subtotal (95% CI) 75 75 100.0% 1.45 [1.05, 2.01] Total events 45 31 Heterogeneity: Not applicable	10
Subtotal (95% CI) 75 75 100.0% 1.45 [1.05, 2.01] Total events 45 31 Heterogeneity: Not applicable Test for overall effect: Z = 2.23 (P = 0.03)	
Subtotal (95% CI) Total events 45 31 Heterogeneity: Not applicable Test for overall effect: Z = 2.23 (P = 0.03) Test for subgroup differences: Not applicable Test for subgroup differences: Not applicable	elf-h
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Subtotal (95% CI) 75 75 100.0% 1.45 [1.05, 2.01] Total events 45 31 Heterogeneity: Not applicable Test for overall effect: Z = 2.23 (P = 0.03) Test for subgroup differences: Not applicable 78 Less severe: Computerised Coping with Depression course with support versus TAU	82 83 83 86 87
Subtotal (95% CI) 75 75 100.0% 1.45 [1.05, 2.01] Total events 45 31 Heterogeneity: Not applicable Test for overall effect: Z = 2.23 (P = 0.03) Test for subgroup differences: Not applicable 78 Less severe: Computerised Coping with Depression course with support versus TAU	82 83 83 86 87
Subtotal (95% CI) 75 75 100.0% 1.45 [1.05, 2.01] Total events 45 31 Heterogeneity: Not applicable Test for overall effect: Z = 2.23 (P = 0.03) Test for subgroup differences: Not applicable 78 Less severe: Computerised Coping with Depression course with support versus TAU	82 83 86 87 89
Subtotal (95% CI) 75 75 100.0% 1.45 [1.05, 2.01] Total events 45 31 Heterogeneity: Not applicable Test for overall effect: Z = 2.23 (P = 0.03) Test for subgroup differences: Not applicable 78 Less severe: Computerised Coping with Depression course with support versus TAU 8 Less severe: Cognitive bias modification with support versus attention placebo 8 Less severe: Self-help with support versus self-help 8 Less severe: Psychoeducation group versus waitlist 8 Less severe: SSRIs versus placebo 8 Less severe: TCAs versus placebo 8 Less severe: Supervised high intensity exercise individual versus no treatment 9	82 83 86 87 89 91
Subtotal (95% CI) 75 75 100.0% 1.45 [1.05, 2.01] Total events 45 31 Heterogeneity: Not applicable Test for overall effect Z = 2.23 (P = 0.03) Test for subgroup differences: Not applicable 78 Less severe: Computerised Coping with Depression course with support versus TAU	82 83 83 86 87 89 91
Subtotal (95% CI) 75 75 100.0% 1.45 [1.05, 2.01] Total events 45 31 Heterogeneity: Not applicable Test for overall effect: Z = 2.23 (P = 0.03) Test for subgroup differences: Not applicable 78 Less severe: Computerised Coping with Depression course with support versus TAU	82 83 83 86 87 89 91 92

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Less severe: Yoga group versus waitlist	C
Less severe: Yoga group versus attention placebo)
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Less severe: Mindfulness meditation group versus supervised high intensity exercise group	7
Less severe: Body-mind-spirit group + any AD versus any AD 107	7
Less severe: Progressive muscle relaxation individual versus any TCA 109	9
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Less severe: Traditional acupuncture + counselling versus TAU	C

Forest plots for the treatment of a new episode of less severe depression

3 Less severe: Behavioural activation (BA) individual versus no treatment

4 Figure 1: Depression symptomatology endpoint



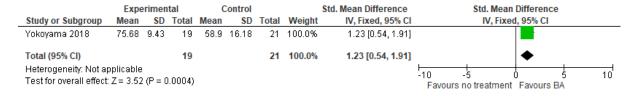
6 Figure 2: Depression symptomatology change score

	E	xperimental		Control			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Randon	n, 95% CI	
Gawrysiak 2009	-12.9	4.78121324	14	-5.1	3.25806691	16	42.6%	-1.88 [-2.76, -1.00]		-		
Yokoyama 2018	-6.16	4.50324328	19	-1	4.475958	21	57.4%	-1.13 [-1.80, -0.45]		-		
Total (95% CI)			33			37	100.0%	-1.45 [-2.18, -0.72]		•		
Heterogeneity: Tau² = Test for overall effect				0.18); l²	2 = 44%				-10	-5 0 Favours BA	5 Favours no t	10

8 Figure 3: Discontinuation (any reason)

	Experim	ental	Conti	rol		Risk Ratio					
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI				
Gawrysiak 2009	0	14	0	16		Not estimable					
Total (95% CI)		14		16		Not estimable					
Total events	0		0								
Heterogeneity: Not as	oplicable						0.01	01 1	1 1		100
Test for overall effect:	Not applic	able					0.01	Favours BA	Favours no	treatn	

10 Figure 4: Quality of life endpoint



12 Less severe: Behavioural activation (BA) individual versus waitlist

13 Figure 5: Depression symptomatology endpoint

	Expe	erimen	ital	С	ontrol			Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	m, 95% CI IV, Random, 95% CI					
McIndoo 2016	6.57	4.47	16	13.08	4.85	14	51.8%	-1.36 [-2.17, -0.56]		-	-			
Taylor 2017	5.81	4.04	16	12.08	5.25	12	48.2%	-1.33 [-2.16, -0.49]		-	⊢			
Total (95% CI)			32			26	100.0%	-1.34 [-1.93, -0.76]		•	•			
Heterogeneity: Tau² = Test for overall effect:		0.95);	I= 0%		-10	-5 Favours B	0 BA Favo	5 urs waitlist	10					

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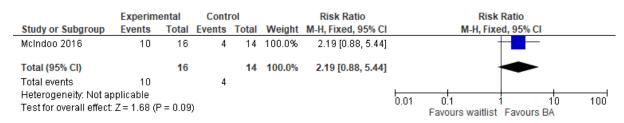
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2 Figure 6: Depression symptomatology change score



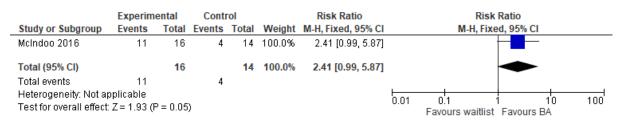
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4 Figure 7: Remission ITT



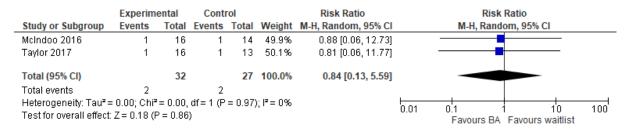
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6 Figure 8: Response ITT



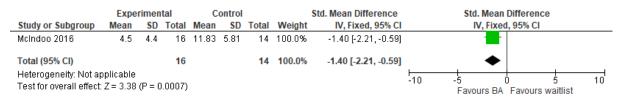
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8 Figure 9: Discontinuation (any reason)

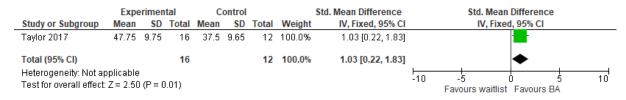


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10 Figure 10: Depression symptomatology at 1-month follow-up



1 Figure 11: Quality of life endpoint



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4 Less severe: Behavioural activation (BA) individual versus mindfulness-based stress reduction (MBSR) individual

6 Figure 12: Depression symptomatology endpoint

Experimental				C	ontrol			Std. Mean Difference		ence			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIndoo 2016	6.57	4.47	16	7.44	5.24	20	100.0%	-0.17 [-0.83, 0.49]					
Total (95% CI)			16			20	100.0%	-0.17 [-0.83, 0.49]			•		
Heterogeneity: Not ap Test for overall effect:	•).61)						-10	-5 Favou	0 rs BA Favo	5 urs MBSR	10

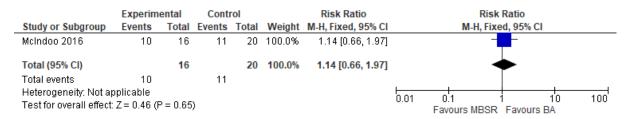
8 Figure 13: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIndoo 2016	-7.36	2.97816218	16	-7	3.49010029	20	100.0%	-0.11 [-0.77, 0.55]					
Total (95% CI)			16			20	100.0%	-0.11 [-0.77, 0.55]			•		
Heterogeneity: Not ap Test for overall effect:									-10	-5 Favours	0 BA Favo	5 ours MBSR	10

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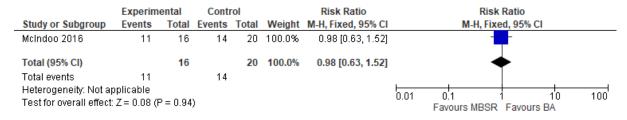
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10 Figure 14: Remission (ITT)



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12 Figure 15: Response (ITT)



1 Figure 16: Discontinuation (any reason)

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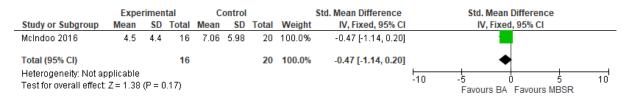
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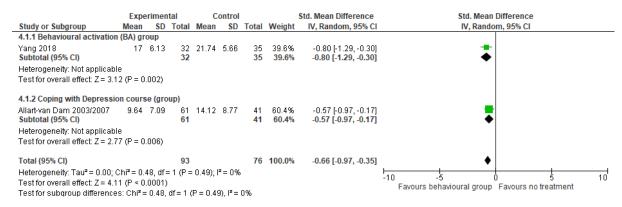


3 Figure 17: Depression symptomatology at 1-month follow-up

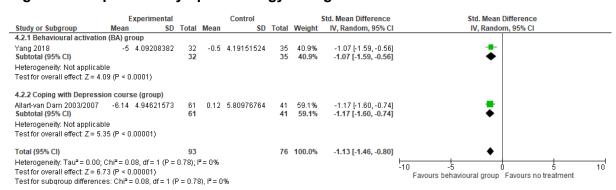


5 Less severe: Behavioural therapies group versus no treatment

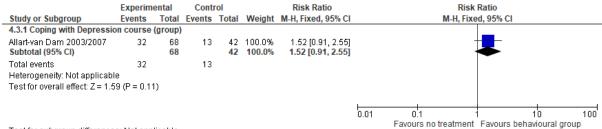
6 Figure 18: Depression symptomatology at endpoint



8 Figure 19: Depression symptomatology change score

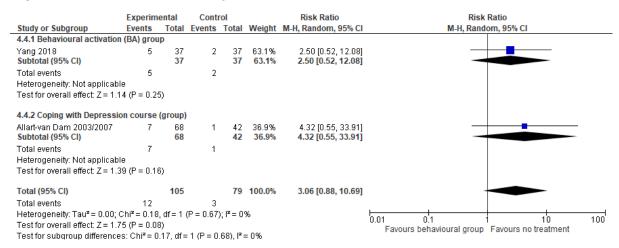


1 Figure 20: Remission (ITT)



2 Test for subgroup differences: Not applicable

3 Figure 21: Discontinuation (any reason)



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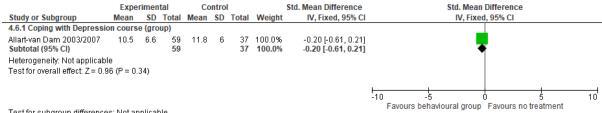
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6 Figure 22: Depression symptomatology at 6-month follow-up

	Expe	rimen	ıtal	Co	ontro	l		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
4.5.1 Coping with Depression	on cours	e (gro	oup)						
Allart-van Dam 2003/2007 Subtotal (95% CI)	10.8	7.2	57 57	13.8	7.6	35 35	100.0% 100.0 %	-0.40 [-0.83, 0.02] - 0.40 [-0.83, 0.02]	•
Heterogeneity: Not applicabl Test for overall effect: Z = 1.8		06)							
									-10 -5 0 5 10
Test for subgroup difference	s: Not an	plical	ble						Favours behavioural group Favours no treatment

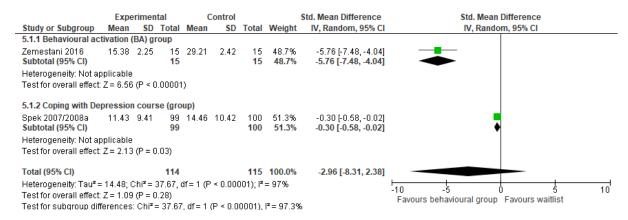
8 Figure 23: Depression symptomatology at 12-month follow-up



9 Test for subgroup differences: Not applicable

1 Less severe: Behavioural therapies group versus waitlist

2 Figure 24: Depression symptomatology endpoint



4 Figure 25: Depression symptomatology change score

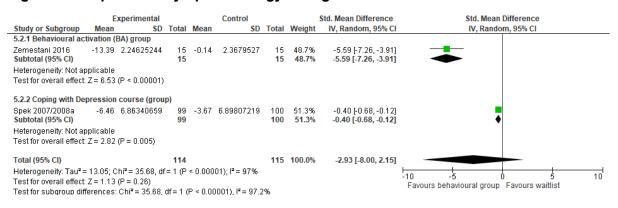
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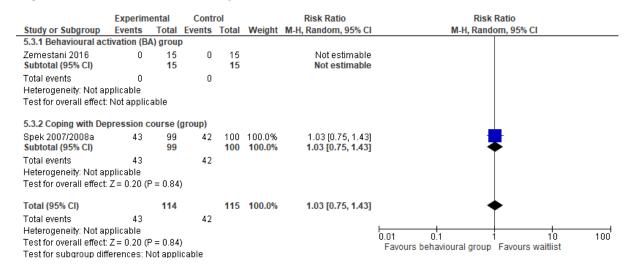
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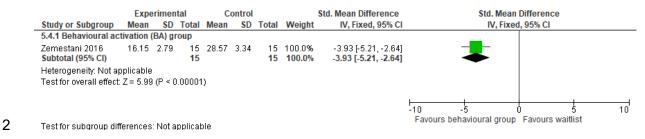
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8 Figure 26: Discontinuation (any reason)



1 Figure 27: Depression symptomatology at 3-month follow-up



4 Less severe: Behavioural activation (BA) group versus TAU

5 Figure 28: Depression symptomatology endpoint

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	Experimental Control						Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Vazquez 2020	10.4	7.36	70	19.6	7.24	80	100.0%	-1.25 [-1.61, -0.90]	
Total (95% CI)			70			80	100.0%	-1.25 [-1.61, -0.90]	•
Heterogeneity: Not ap Test for overall effect:	•		0.00001)					-10 -5 0 5 10 Favours BA group Favours TAU

7 Figure 29: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Vazquez 2020	-12.3	5.14991262	70	-3.5	5.09171877	80	100.0%	-1.71 [-2.09, -1.33]					
Total (95% CI)			70			80	100.0%	-1.71 [-2.09, -1.33]		♦			
Heterogeneity: Not ap Test for overall effect:)						-10 -5	BA group	0 5 Favours TAL	J	10

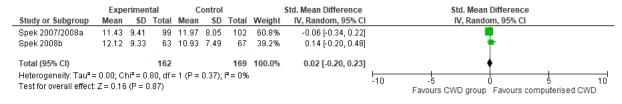
9 Figure 30: Discontinuation (any reason)



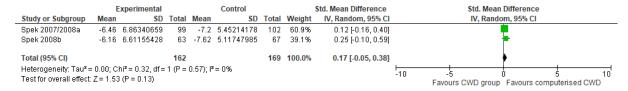
11 Less severe: Coping with Depression course (group) versus computerised

12 Coping with Depression course

13 Figure 31: Depression symptomatology endpoint



1 Figure 32: Depression symptomatology change score



3 Figure 33: Discontinuation (any reason)

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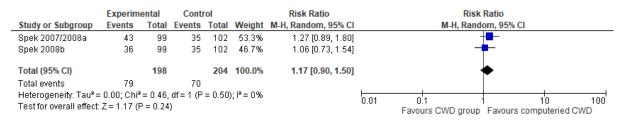
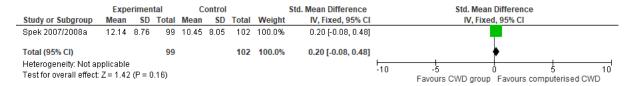


Figure 34: Depression symptomatology at 10-month follow-up



1 Less severe: Cognitive and cognitive behavioural therapies individual versus no

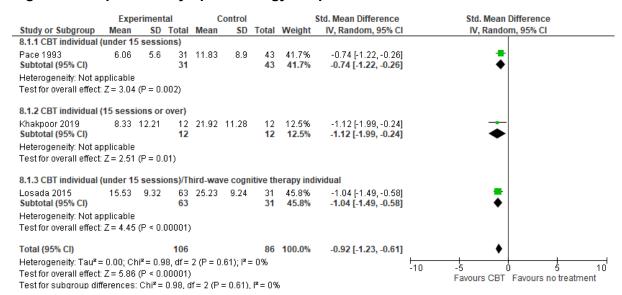
2 treatment

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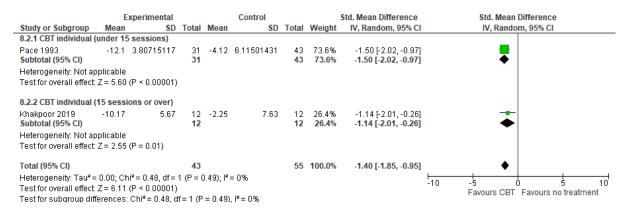
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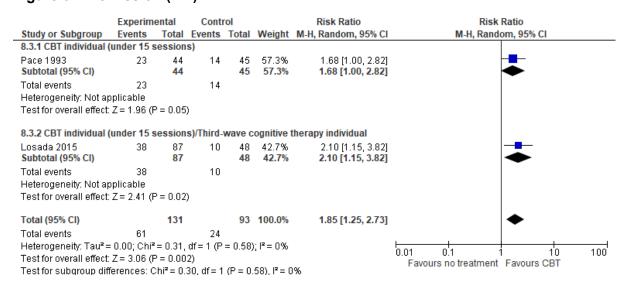
3 Figure 35: Depression symptomatology endpoint



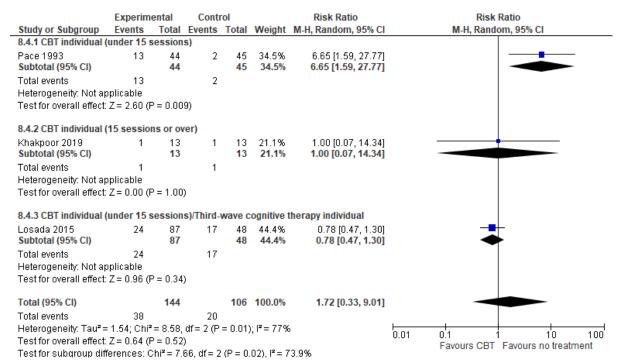
5 Figure 36: Depression symptomatology change score



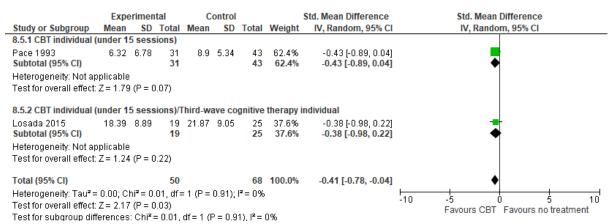
7 Figure 37: Remission (ITT)



2 Figure 38: Discontinuation (any reason)

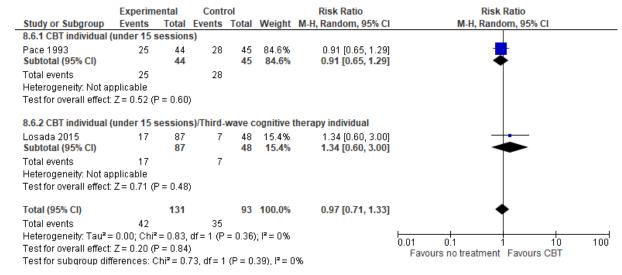


4 Figure 39: Depression symptomatology at 1-6 month follow-up



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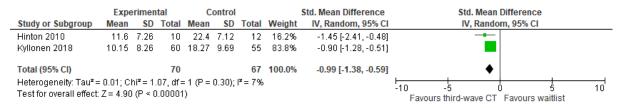
Figure 40: Remission at 1-6 month follow-up (ITT)



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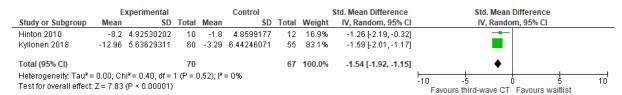
6 Less severe: Third-wave cognitive therapy individual versus waitlist

7 Figure 41: Depression symptomatology endpoint



8

9 Figure 42: Depression symptomatology change score



10

11 Figure 43: Remission (ITT)

	Experim	Cont	rol		Risk Ratio		Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
Kyllonen 2018	36	60	12	59	100.0%	2.95 [1.71, 5.09]		-
Total (95% CI)		60		59	100.0%	2.95 [1.71, 5.09]		•
Total events	36		12					
Heterogeneity: Not ap Test for overall effect		P = 0.00	01)				0.01	0.1 1 10 100 Favours waitlist Favours third-wave CT

12

1

4 Figure 44: Discontinuation (any reason)



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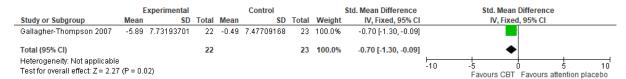
7 Less severe: CBT individual (under 15 sessions) versus attention placebo

8 Figure 45: Depression symptomatology endpoint

	Experimental Control						Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Gallagher-Thompson 2007	10.79	11.05	22	12	11.28	23	100.0%	-0.11 [-0.69, 0.48]					
Total (95% CI)			22			23	100.0%	-0.11 [-0.69, 0.48]		◀	•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.36		'2)							-10	-5 Favours CBT	0 Favours atte	5 ntion p	10 lacebo

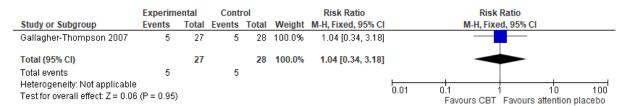
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10 Figure 46: Depression symptomatology change score



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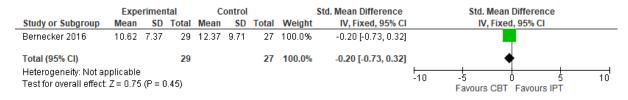
12 Figure 47: Discontinuation (any reason)



13

1 Less severe: CBT individual (15 sessions or over) versus IPT

2 Figure 48: Depression symptomatology endpoint



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6 Figure 49: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference			ean D	ifference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed,	95% CI	
Bernecker 2016	-13.52	6.50193433	29	-12.54	6.57712703	27	100.0%	-0.15 [-0.67, 0.38]					
Total (95% CI)			29			27	100.0%	-0.15 [-0.67, 0.38]			•		
Heterogeneity: Not ap Test for overall effect:	•								-10	-5 Favours C	Ö BT I	5 Favours IPT	10

8 Less severe: CBT individual (under 15 sessions) versus computerised-CBT (CCBT) with support

10 Figure 50: Depression symptomatology endpoint

	Experimental Control				Control			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ced, 95% CI	l	
Wagner 2014	12.33	8.77	28	12.41	10.03	25	100.0%	-0.01 [-0.55, 0.53]					
Total (95% CI)			28			25	100.0%	-0.01 [-0.55, 0.53]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.98)						-10	-5 Favours Cl	0 BT Favour:	5 s CCBT	10 w/support

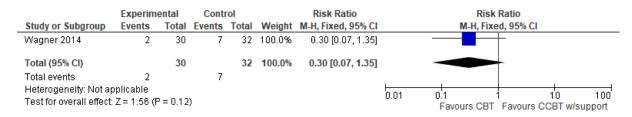
12 Figure 51: Remission (ITT)

	Experimental Control					Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Wagner 2014	14	30	13	32	100.0%	1.15 [0.65, 2.03]	-
Total (95% CI)		30		32	100.0%	1.15 [0.65, 2.03]	*
Total events	14		13				
Heterogeneity: Not ap Test for overall effect:	•	P = 0.63)				0.01 0.1 10 100 Favours CCBT w/support Favours CBT

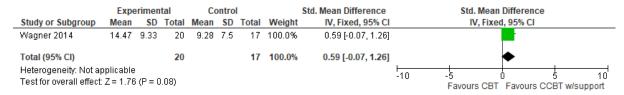
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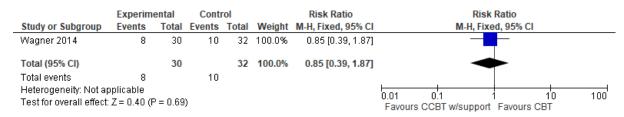
14 Figure 52: Discontinuation (any reason)



1 Figure 53: Depression symptomatology at 3-month follow-up



3 Figure 54: Remission at 3-month follow-up (ITT)



5 Less severe: CBT individual (15 sessions or over) versus any TCA

6 Figure 55: Depression symptomatology endpoint

	Expe	erimen	tal	Control				Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 959	% CI	
Murphy 1995	2.27	2.37	11	9.7	6.77	10	100.0%	-1.44 [-2.42, -0.45]		-	F		
Total (95% CI)			11			10	100.0%	-1.44 [-2.42, -0.45]		•	•		
Heterogeneity: Not ap Test for overall effect:	•		0.004)						-10	-5 Favours CB	0 T Fav	5 ours any TCA	10

8 Figure 56: Depression symptomatology change score

	E	xperimental			Control		Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Murphy 1995	-13.46	3.25486559	11	-6.7	4.48715389	10	100.0%	-1.67 [-2.69, -0.65]		-			
Total (95% CI)			11			10	100.0%	-1.67 [-2.69, -0.65]		•			
Heterogeneity: Not a Test for overall effect									-10	-5 C	5 Favours any	TCA	10

10 Figure 57: Remission (ITT)



12 Figure 58: Response (ITT)

	Experim	imental Control				Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Murphy 1995	11	11	4	12	100.0%	2.77 [1.30, 5.90]	-
Total (95% CI)		11		12	100.0%	2.77 [1.30, 5.90]	•
Total events	11		4				
Heterogeneity: Not ap	plicable						0.01 0.1 1 10 100
Test for overall effect:	Z = 2.64 (F	P = 0.00	8)				Favours any TCA Favours CBT

11

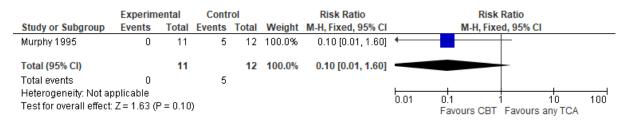
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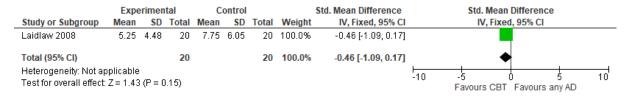
1 Figure 59: Discontinuation (any reason)

2 3 4



1 Less severe: CBT individual (15 sessions or over) versus any AD

2 Figure 60: Depression symptomatology endpoint



4 Figure 61: Depression symptomatology change score

	E	Experimental			Control			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Laidlaw 2008	-6.15	2.97644083	20	-4.05	4.34684943	20	100.0%	-0.55 [-1.19, 0.08]					
Total (95% CI)			20			20	100.0%	-0.55 [-1.19, 0.08]		•			
Heterogeneity: Not ap Test for overall effect									-10	-5 Favours CBT	0 Favours ar	5 1V AD	10

6 Figure 62: Remission (ITT)

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	Experim	Experimental		Control		Risk Ratio		Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
Laidlaw 2008	14	21	8	23	100.0%	1.92 [1.01, 3.62]		-
Total (95% CI)		21		23	100.0%	1.92 [1.01, 3.62]		•
Total events	14		8					
Heterogeneity: Not ap	•						0.01	0.1 1 10 100
Test for overall effect:	Z = 2.00 (F	2 = 0.05)					Favours any AD Favours CBT

8 Figure 63: Discontinuation (any reason)

	Experimental Control					Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Laidlaw 2008	1	21	3	23	100.0%	0.37 [0.04, 3.24]	
Total (95% CI)		21		23	100.0%	0.37 [0.04, 3.24]	
Total events	1		3				
Heterogeneity: Not ap	plicable						0.01 0.1 1 10 100
Test for overall effect:	Z = 0.90 (F	P = 0.37)				Favours CBT Favours any AD

10 Figure 64: Depression symptomatology at 3-month follow-up

	Expe	Experimental Control						Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean					Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Laidlaw 2008	5.15	4.75	20	6.7	6.23	20	100.0%	-0.27 [-0.90, 0.35]					
Total (95% CI)			20			20	100.0%	-0.27 [-0.90, 0.35]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.39)						-10	-5 Favour	0 S CBT Favo	5 urs any AD	10

12 Figure 65: Depression symptomatology at 6-month follow-up

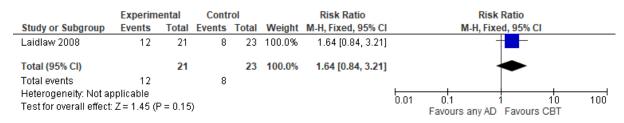
	Expe	erimen	tal	C	ontrol			Std. Mean Difference		Std. M	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	CI	
Laidlaw 2008	6.7	5.03	20	7.55	6.13	20	100.0%	-0.15 [-0.77, 0.47]					
Total (95% CI)			20			20	100.0%	-0.15 [-0.77, 0.47]			•		
Heterogeneity: Not ap Test for overall effect			1.64)						-10	-5 Favours C	0 BT Favo	5 urs any AD	10

2 Figure 66: Remission at 3-month follow-up (ITT)



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4 Figure 67: Remission at 6-month follow-up (ITT)



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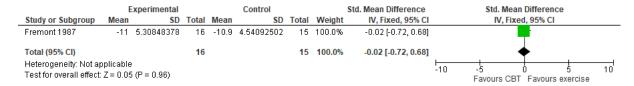
6 Less severe: CBT individual (under 15 sessions) versus supervised high intensity exercise group

8 Figure 68: Depression symptomatology endpoint

	Expe	rimen	tal	Co	ontro	I		Std. Mean Difference		Std. Me	an Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ced, 95%	CI	
Fremont 1987	8	7.1	16	6.1	6.6	15	100.0%	0.27 [-0.44, 0.98]					
Total (95% CI)			16			15	100.0%	0.27 [-0.44, 0.98]			•		
Heterogeneity: Not a Test for overall effect			0.46)						-10	-5 Favours Cl	0 BT Favoi	5 Jrs exercise	10

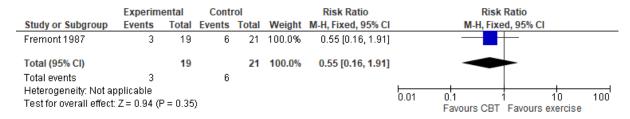
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10 Figure 69: Depression symptomatology change score

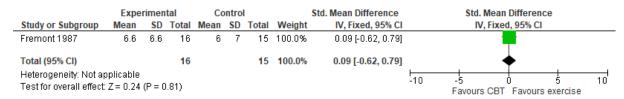


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12 Figure 70: Discontinuation (any reason)



1 Figure 71: Depression symptomatology at 2-month follow-up



3 Figure 72: Depression symptomatology at 4-month follow-up

	Expe	rimen	tal	Co	ontro	I		Std. Mean Difference		Std. Me	an Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ked, 95%	CI	
Fremont 1987	9.9	7.7	13	6.8	7.1	13	100.0%	0.41 [-0.37, 1.18]					
Total (95% CI)			13			13	100.0%	0.41 [-0.37, 1.18]			•		
Heterogeneity: Not ap Test for overall effect			1.31)						-10	-5 Favours Cl	0 BT Favor	5 urs exercise	10 e

5 Less severe: CBT individual (15 sessions or over) versus progressive muscle6 relaxation individual

7 Figure 73: Depression symptomatology endpoint

	Expe	erimen	ital	Co	ontro	I		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Murphy 1995	2.27	2.37	11	4.39	6.1	13	100.0%	-0.43 [-1.24, 0.39]					
Total (95% CI)			11			13	100.0%	-0.43 [-1.24, 0.39]			•		
Heterogeneity: Not ap Test for overall effect:).30)						-10	-5 Favour	0 S CBT Favo	5 urs relaxat	10 ion

9 Figure 74: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std. Mean	Difference	e	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
Murphy 1995	-13.46	3.25486559	11	-11.14	4.03900978	13	100.0%	-0.60 [-1.43, 0.22]					
Total (95% CI)			11			13	100.0%	-0.60 [-1.43, 0.22]		•	1		
Heterogeneity: Not ap Test for overall effect									-10	-5 Favours CBT) Favours	5 relaxation	10

11 Figure 75: Remission (ITT)



13 Figure 76: Response (ITT)

	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Murphy 1995	11	11	10	14	100.0%	1.37 [0.96, 1.95]	—
Total (95% CI)		11		14	100.0%	1.37 [0.96, 1.95]	•
Total events	11		10				
Heterogeneity: Not ap Test for overall effect:	• •	P = 0.08)				0.01 0.1 1 10 100 Favours relaxation Favours CBT

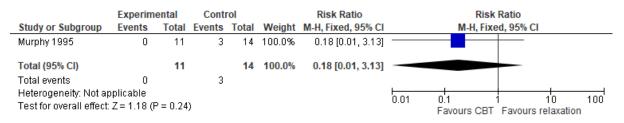
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1 Figure 77: Discontinuation (any reason)



3 Less severe: CBT individual (under 15 sessions) + supervised high intensity exercise group versus supervised high intensity exercise group

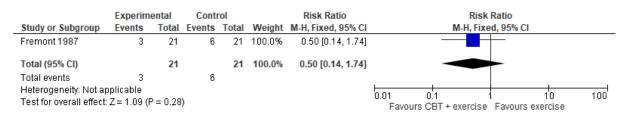
5 Figure 78: Depression symptomatology endpoint

	Expe	rimen	tal	Co	ntro	ı		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
Fremont 1987	10	9.8	18	6.1	6.6	15	100.0%	0.45 [-0.25, 1.14]			-		
Total (95% CI)			18			15	100.0%	0.45 [-0.25, 1.14]			•		
Heterogeneity: Not ap Test for overall effect	•	(P = 0).21)						-10 - Favours C	5 BT + exercise	0 Favours exer	† 5 rcise	10

7 Figure 79: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95% C	1	
Fremont 1987	-7.7	6.48382603	18	-10.9	4.54092502	15	100.0%	0.55 [-0.15, 1.25]					
Total (95% CI)			18			15	100.0%	0.55 [-0.15, 1.25]			•		
Heterogeneity: Not ap Test for overall effect:									-10 Favour	-5 s CBT + exe	0 ercise Favou	5 rs exercise	10

9 Figure 80: Discontinuation (any reason)



11 Figure 81: Depression symptomatology at 2-month follow-up

	Expe	rimen	ıtal	Co	ntro	I		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
Fremont 1987	6.2	6.5	18	6	7	15	100.0%	0.03 [-0.66, 0.71]		-			
Total (95% CI)			18			15	100.0%	0.03 [-0.66, 0.71]		. •			
Heterogeneity: Not ap Test for overall effect		(P = 0).93)						-10 - Favours C	5 BT + exercise	0 Favours exer	5 cise	10

13 Figure 82: Depression symptomatology at 4-month follow-up

	Expe	rimen	tal	Co	ntro	ı		Std. Mean Difference		Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% CI		
Fremont 1987	7.5	5.4	13	6.8	7.1	13	100.0%	0.11 [-0.66, 0.88]			-		
Total (95% CI)			13			13	100.0%	0.11 [-0.66, 0.88]			*		
Heterogeneity: Not ap Test for overall effect			1.78)						-10 Favours	-5 CBT + exercis	0 e Favours exe	5 ercise	10

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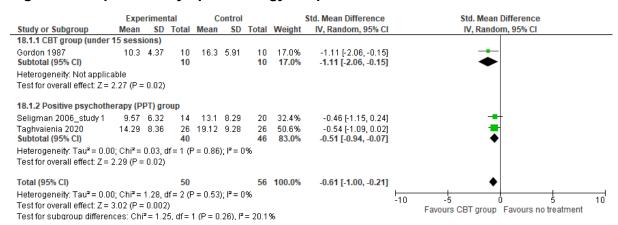
1 Less severe: Cognitive and cognitive behavioural therapies group versus no

2 treatment

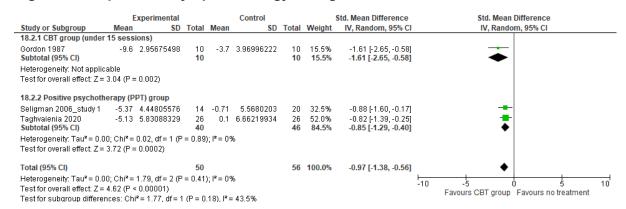
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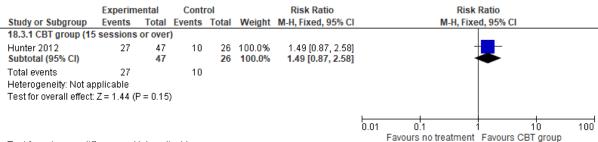
3 Figure 83: Depression symptomatology endpoint



5 Figure 84: Depression symptomatology change score

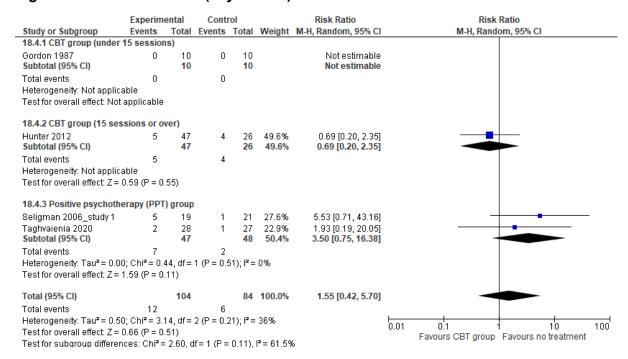


7 Figure 85: Remission (ITT)

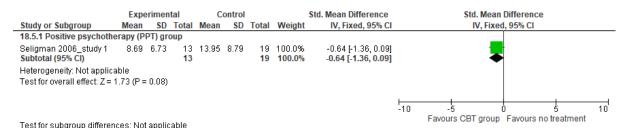


8 Test for subgroup differences: Not applicable

1 Figure 86: Discontinuation (any reason)



3 Figure 87: Depression symptomatology at 3-month follow-up

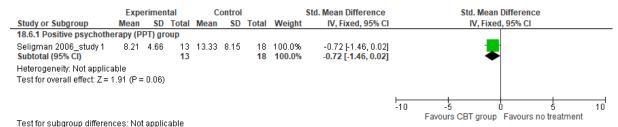


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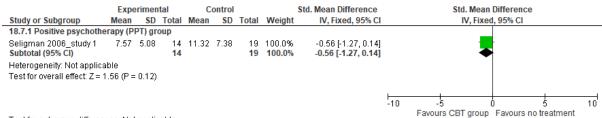
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5 Figure 88: Depression symptomatology at 6-month follow-up

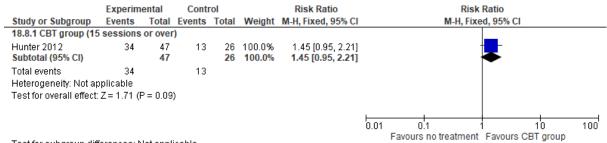


7 Figure 89: Depression symptomatology at 12-month follow-up



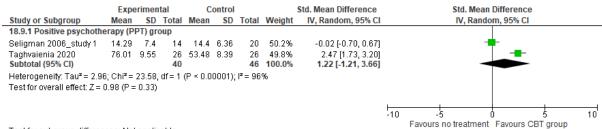
8 Test for subgroup differences: Not applicable

1 Figure 90: Remission at 3-month follow-up (ITT)



2 Test for subgroup differences: Not applicable

3 Figure 91: Quality of life endpoint



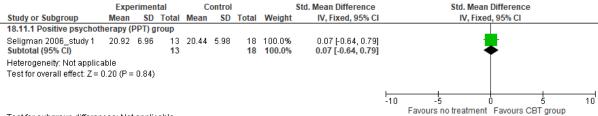
4 Test for subgroup differences: Not applicable

5 Figure 92: Quality of life at 3-month follow-up

	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
18.10.1 Positive psychotl	herapy (I	PPT) g	roup						
Seligman 2006_study 1 Subtotal (95% CI)	21.15	7.73	13 13	19.26	6.29	19 19	100.0% 100.0 %	0.27 [-0.44, 0.98] 0.27 [-0.44, 0.98]	
Heterogeneity: Not applica Test for overall effect: Z =		: 0.46)							
Test for subgroup differen	ices: Not	t applic	able						-10 -5 0 5 10 Favours no treatment Favours CBT group

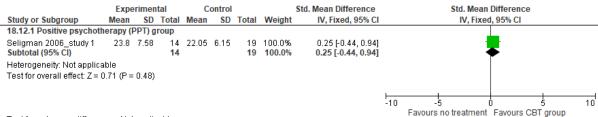
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Figure 93: Quality of life at 6-month follow-up 7



8 Test for subgroup differences: Not applicable

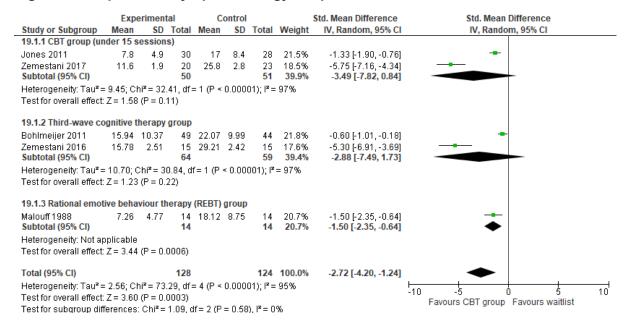
9 Figure 94: Quality of life at 12-month follow-up



10 Test for subgroup differences: Not applicable

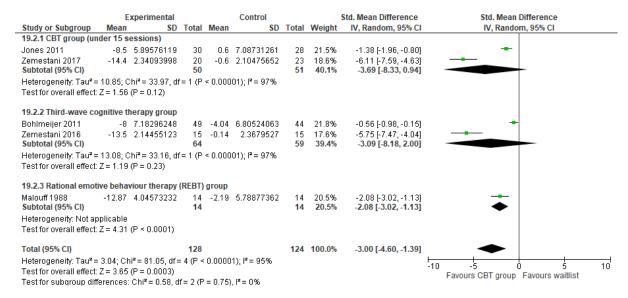
1 Less severe: Cognitive and cognitive behavioural therapies group versus waitlist

2 Figure 95: Depression symptomatology endpoint



4 Figure 96: Depression symptomatology change score

3

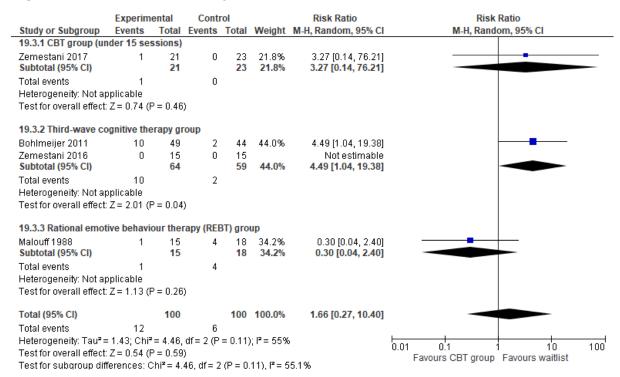


1 Figure 97: Discontinuation (any reason)

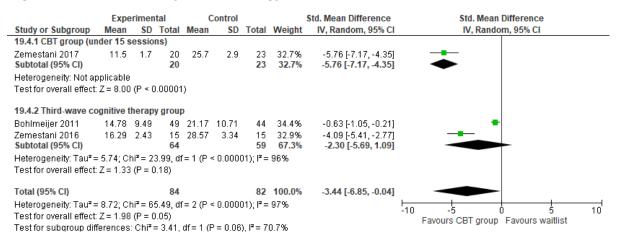
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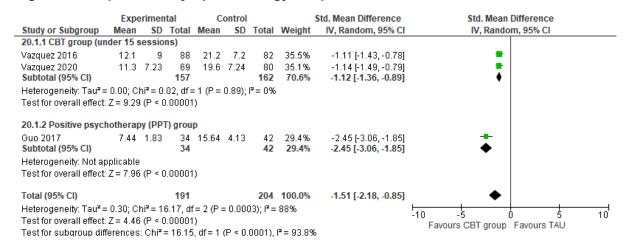


3 Figure 98: Depression symptomatology at 3-month follow-up



1 Less severe: Cognitive and cognitive behavioural therapies group versus TAU

2 Figure 99: Depression symptomatology endpoint

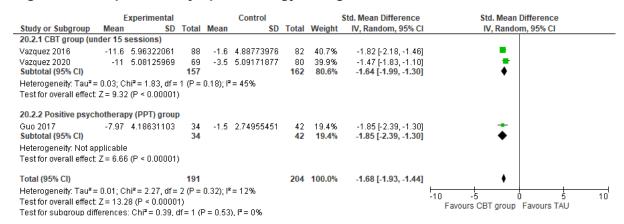


4 Figure 100: Depression symptomatology change score

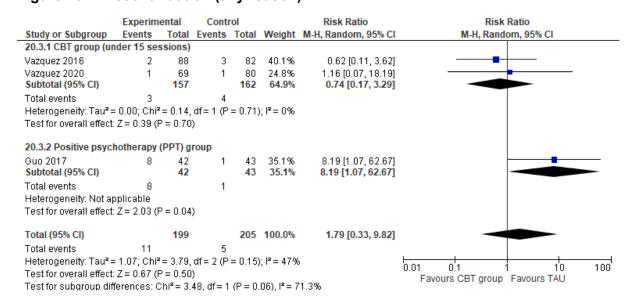
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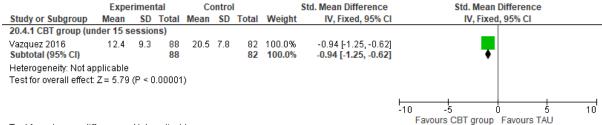
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6 Figure 101: Discontinuation (any reason)

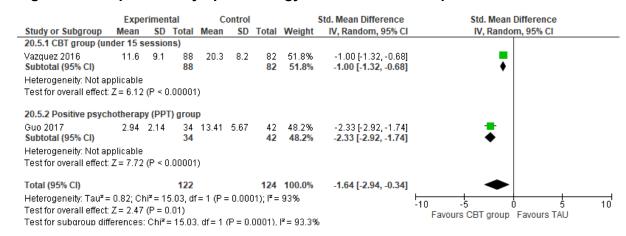


1 Figure 102: Depression symptomatology at 1-month follow-up

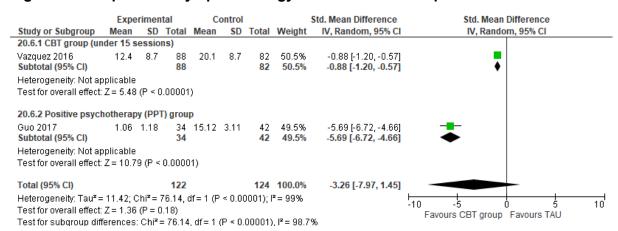


2 Test for subgroup differences: Not applicable

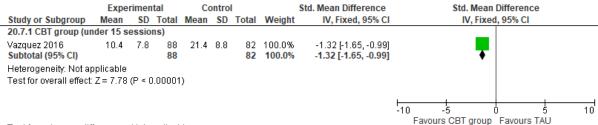
3 Figure 103: Depression symptomatology at 3-month follow-up



5 Figure 104: Depression symptomatology at 6-month follow-up



7 Figure 105: Depression symptomatology at 12-month follow-up



8 Test for subgroup differences: Not applicable

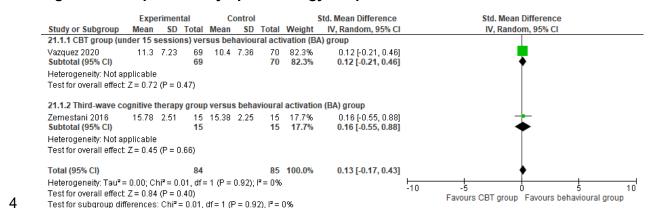
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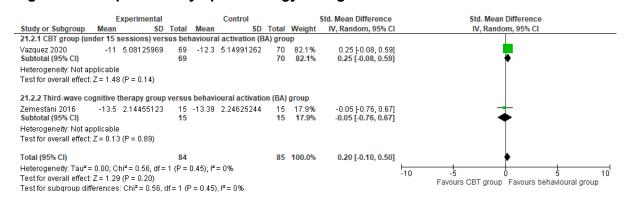
1 Less severe: Cognitive and cognitive behavioural therapies group versus

2 behavioural therapies group

3 Figure 106: Depression symptomatology endpoint

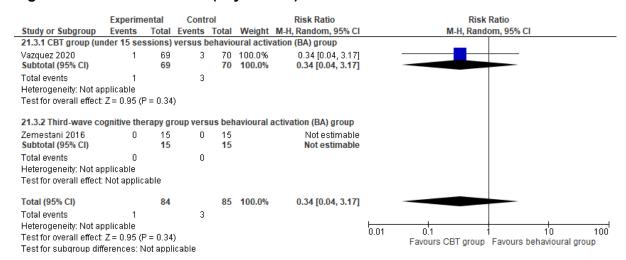


5 Figure 107: Depression symptomatology change score

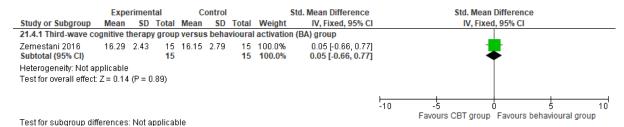


7 Figure 108: Discontinuation (any reason)

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1 Figure 109: Depression symptomatology at 3-month follow-up



3 Less severe: Rational emotive behaviour therapy (REBT) group versus problem solving group

5 Figure 110: Depression symptomatology endpoint

	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Malouff 1988	7.26	4.77	14	10	6.88	15	100.0%	-0.45 [-1.19, 0.29]	1
Total (95% CI)			14			15	100.0%	-0.45 [-1.19, 0.29]	1 ◆
Heterogeneity: Not a Test for overall effect			1.24)						-10 -5 0 5 10 Favours REBT Favours problem solving

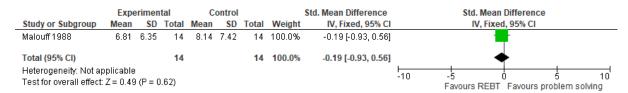
7 Figure 111: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference	Std. Mean D	ifference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed,	95% CI	
Malouff 1988	-12.87	4.04573232	14	-11.13	4.6427578	15	100.0%	-0.39 [-1.12, 0.35]	-		
Total (95% CI)			14			15	100.0%	-0.39 [-1.12, 0.35]	, •		
Heterogeneity: Not ap Test for overall effect:									-10 -5 0 Favours REBT group 1	5 Favours problem s	10 olving

9 Figure 112: Discontinuation (any reason)



11 Figure 113: Depression symptomatology at 1-month follow-up



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1 Less severe: CBT group (under 15 sessions) versus progressive muscle

2 relaxation group

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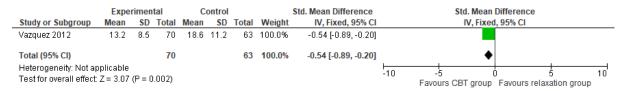
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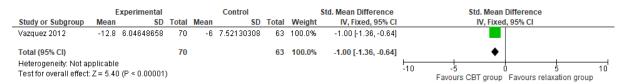
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3 Figure 114: Depression symptomatology endpoint



5 Figure 115: Depression symptomatology change score



7 Figure 116: Remission (ITT)

	Experimental		Contr	rol		Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI			
Vazquez 2012	44	70	25	63	100.0%	1.58 [1.11, 2.26]				
Total (95% CI)		70		63	100.0%	1.58 [1.11, 2.26]	•			
Total events	44		25							
Heterogeneity: Not a Test for overall effect		P = 0.01)				0.01 0.1 1 10 10 Favours relaxation group Favours CBT group			

9 Figure 117: Discontinuation (any reason)

	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	CI M-H, Fixed, 95% CI	
Vazquez 2012	5	70	2	63	100.0%	2.25 [0.45, 11.19]		
Total (95% CI)		70		63	100.0%	2.25 [0.45, 11.19]		
Total events	5		2					
Heterogeneity: Not a Test for overall effect)				0.01 0.1 10 1 Favours CBT group Favours relaxation group	00		

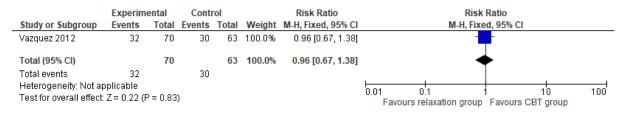
11 Figure 118: Depression symptomatology at 3-month follow-up

	Expe	erimen	ıtal	C	ontrol			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI	
Vazquez 2012	16.6	11.9	70	16.8	11.5	63	100.0%	-0.02 [-0.36, 0.32]				
Total (95% CI)			70			63	100.0%	-0.02 [-0.36, 0.32]			•	
Heterogeneity: Not ap Test for overall effect:			0.92)						-10	-5 Favours CBT group	0 Favours relax	5 10 ation group

13 Figure 119: Remission at 3-month follow-up (ITT)

	Experim	ental	tal Control			Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI			
Vazquez 2012	38	70	41	63	100.0%	0.83 [0.63, 1.10]	•			
Total (95% CI)		70		63	100.0%	0.83 [0.63, 1.10]	•			
Total events Heterogeneity: Not ap Test for overall effect		P = 0.21	41				0.01 0.1 1 10 100 Favours relaxation group Favours CBT group			

1 Figure 120: Remission at 6-month follow-up (ITT)

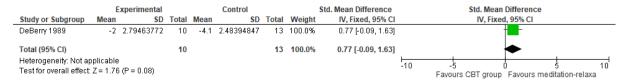


3 Less severe: CBT group (15 sessions or over) versus meditation-relaxation group

4 Figure 121: Depression symptomatology endpoint

	Expe	rimen	tal	Co	ontro	I		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
DeBerry 1989	13.2	3.9	10	10.3	3.2	13	100.0%	0.79 [-0.07, 1.66]			+		
Total (95% CI)			10			13	100.0%	0.79 [-0.07, 1.66]			•		
Heterogeneity: Not ap Test for overall effect:	•		1.07)						-10	-5 Favours CBT group	0 Favours med	5 ditation-rel	10 laxa

6 Figure 122: Depression symptomatology change score



8 Less severe: CBT group (under 15 sessions) + any AD versus any AD

9 Figure 123: Depression symptomatology endpoint

	Experimental			C	ontrol			Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV,	Fixed, 95% CI		
Zhang 2016	5.19	2.78	32	7.9	1.79	30	100.0%	-1.14 [-1.68, -0.60]				
Total (95% CI)			32			30	100.0%	-1.14 [-1.68, -0.60]		•		
Heterogeneity: Not ap Test for overall effect:	•		.0001)						-10 -5 Favours CBT group+an	0 y AD Favours ar	5 ny AD	10

11 Figure 124: Depression symptomatology change score

	Experimental							Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Zhang 2016	-4.81	2.52812183	32	-1.7	1.5040113	30	100.0%	-1.46 [-2.03, -0.90]					
Total (95% CI)			32			30	100.0%	-1.46 [-2.03, -0.90]		•			
Heterogeneity: Not ap Test for overall effect:)						-10 - Favours CBT	5 (group+any AD	Favours any A	j D	10

13 Figure 125: Discontinuation (any reason)

	Experim	Conti	rol		Risk Ratio	Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Zhang 2016	3	35	5	35	100.0%	0.60 [0.16, 2.32]	
Total (95% CI)		35		35	100.0%	0.60 [0.16, 2.32]	
Total events	3		5				
Heterogeneity: Not ap Test for overall effect	•	P = 0.46)				0.01 0.1 1 10 100 Favours CBT group+any AD Favours any AD

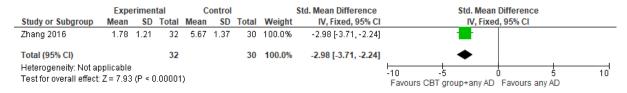
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1 Figure 126: Depression symptomatology at 12-month follow-up



3 Figure 127: Functional impairment endpoint

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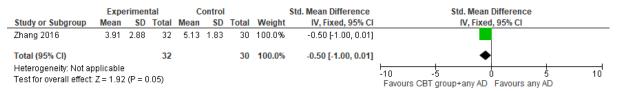
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5 Figure 128: Functional impairment at 12-month follow-up

	Experimental			Control				Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI		
Zhang 2016	2.16	2.11	32	3.83	1.37	30	100.0%	-0.92 [-1.45, -0.40]				
Total (95% CI)			32			30	100.0%	-0.92 [-1.45, -0.40]	•			
Heterogeneity: Not ap Test for overall effect:	•		.0006)						-10 -5 Favours CBT group+any AD	0 5 Favours any AD	10	

7 Figure 129: Quality of life physical health component endpoint

	Experimental			Control			Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
Zhang 2016	62.28	4.75	32	57.27	5.76	30	100.0%	0.94 [0.41, 1.47]					
Total (95% CI)			32			30	100.0%	0.94 [0.41, 1.47]			•		
Heterogeneity: Not a Test for overall effect			0.0005)						-10	-5 (Favours any AD	Favours CBT	5 group+ar	10 ny AD

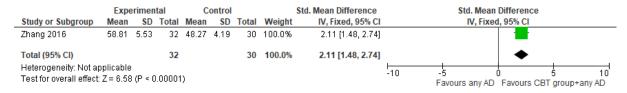
9 Figure 130: Quality of life physical health component at 12-month follow-up

	Experimental Control						Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Zhang 2016	65.5	4.05	32	58.77	5.59	30	100.0%	1.37 [0.81, 1.93]	•
Total (95% CI)			32			30	100.0%	1.37 [0.81, 1.93]	•
Heterogeneity: Not ap Test for overall effect:			0.00001	1)					-10 -5 0 5 10 Favours any AD Favours CBT group+any AD

11 Figure 131: Quality of life mental health component endpoint

	Experimental Control				ontrol			Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Zhang 2016	53.13	7.91	32	44.1	4.11	30	100.0%	1.40 [0.84, 1.96]	•			
Total (95% CI) Heterogeneity: Not ap Test for overall effect:			32 0.00001)		30	100.0%	1.40 [0.84, 1.96] -10	0 -5 0 5 10 Favours any AD Favours CBT group+any AD			

1 Figure 132: Quality of life mental health component at 12-month follow-up



3 Less severe: Problem solving individual versus no treatment

4 Figure 133: Depression symptomatology endpoint

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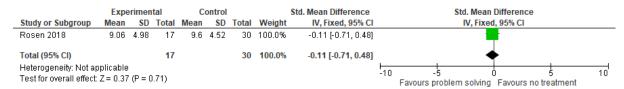
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6 Figure 134: Depression symptomatology change score

	Experimental							Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Rosen 2018	-2.47	3.42409112	17	-2.63	3.03288641	30	100.0%	0.05 [-0.55, 0.64]	-			
Total (95% CI)			17			30	100.0%	0.05 [-0.55, 0.64]	, , • , , ,			
Heterogeneity: Not ap Test for overall effect:									-10 -5 0 5 10 Favours problem solving Favours no treatment			

8 Figure 135: Discontinuation (any reason)

	Experimental Control					Risk Ratio	Risk Ratio				
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI				
Rosen 2018	12	29	5	35	100.0%	2.90 [1.15, 7.27]					
Total (95% CI)		29		35	100.0%	2.90 [1.15, 7.27]	-				
Total events	12		5								
Heterogeneity: Not ap Test for overall effect:	•	P = 0.02)				0.01 0.1 1 10 100 Favours problem solving Favours no treatment				

10 Figure 136: Depression symptomatology at 2-month follow-up

	Experimental Control					Std. Mean Difference		Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI		
Rosen 2018	8.82	4.41	17	9.93	4.27	30	100.0%	-0.25 [-0.85, 0.34]			-		
Total (95% CI)			17			30	100.0%	-0.25 [-0.85, 0.34]			•		
Heterogeneity: Not a Test for overall effect			0.41)						-10	-5 Favours problem solving	0 Favours no tre	† 5 eatment	10

12 Figure 137: Depression symptomatology at 5-month follow-up

	Experimental Control							Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
Rosen 2018	8.06	4.47	17	10.77	5.06	30	100.0%	-0.55 [-1.15, 0.06]					
Total (95% CI)			17			30	100.0%	-0.55 [-1.15, 0.06]		•	-		
Heterogeneity: Not ap Test for overall effect:).08)						-10 - Favours p	t 5 roblem solving	0 Favours no tre	5 atment	10

1 Less severe: Problem solving individual versus TAU

2 Figure 138: Depression symptomatology endpoint



4 Figure 139: Depression symptomatology change score

	E	Experimental			Control Std. Mean Difference Std. Mea						Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Kendrick 2005/2006a	-3.98	3.0968371	71	-3.81	2.98	113	100.0%	-0.06 [-0.35, 0.24]					
Total (95% CI)			71			113	100.0%	-0.06 [-0.35, 0.24]			•		
Heterogeneity: Not app Test for overall effect: Z		P = 0.71)							-10 Favours pi	-5 oblem solvino	0 Favours	5 S TAU	10

6 Figure 140: Discontinuation (any reason)

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	Experim	ental	Conti	rol		Risk Ratio	Risk Rati	0	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random,	95% CI	
Kendrick 2005/2006a	9	90	26	157	64.7%	0.60 [0.30, 1.23]			
Lynch 1997	4	15	1	14	35.3%	3.73 [0.47, 29.49]		_	
Total (95% CI)		105		171	100.0%	1.15 [0.21, 6.37]			
Total events	13		27						
Heterogeneity: Tau ² = 1.	.05; Chi² =	2.68, df	= 1 (P =	0.10); F	²= 63%		b. 04		400
Test for overall effect: Z = 0.16 (P = 0.87)							0.01 0.1 1 Favours problem solving Fav	vours TAU	100

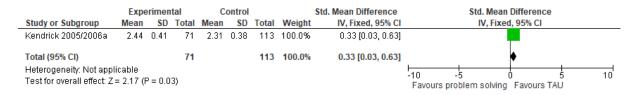
8 Figure 141: Depression symptomatology at 4-month follow-up

	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Kendrick 2005/2006a	4.71	4.47	71	4.46	3.75	113	100.0%	0.06 [-0.24, 0.36]	•
Total (95% CI) Heterogeneity: Not appl Test for overall effect: Z		° = 0.6	71 8)			113	100.0%	0.06 [-0.24, 0.36]	-10 -5 0 5 10 Favours problem solving Favours TAU

10 Figure 142: Interpersonal problems endpoint

	Expe	rimen	ital	C	Control			Std. Mean Difference	Std. Mean I	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Kendrick 2005/2006a	2.5	0.4	71	2.46	0.42	113	100.0%	0.10 [-0.20, 0.39]			
Total (95% CI)			71			113	100.0%	0.10 [-0.20, 0.39]	•	,	
Heterogeneity: Not appl Test for overall effect: Z		= 0.5	2)						-10 -5 0	Favours TAU	10 J

12 Figure 143: Interpersonal problems at 4-month follow-up



1 Figure 144: Quality of life endpoint

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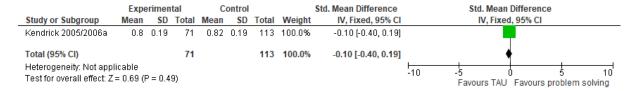
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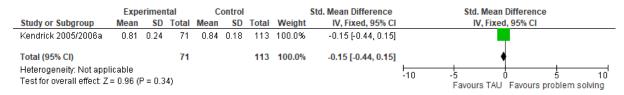
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3 Figure 145: Quality of life at 4-month follow-up

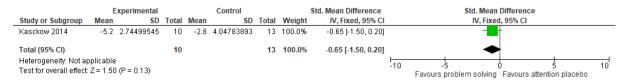


5 Less severe: Problem solving individual versus attention placebo

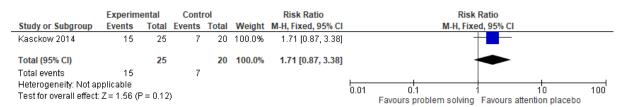
6 Figure 146: Depression symptomatology endpoint

	Exper	rimen	tal	Co	ontro	I		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI				
Kasckow 2014	3.6	4.1	10	8.8	6.1	13	100.0%	-0.94 [-1.82, -0.06]	-				
Total (95% CI)			10			13	100.0%	-0.94 [-1.82, -0.06]	•				
Heterogeneity: Not ap Test for overall effect:			0.04)						-10 -5 0 5 10 Favours problem solving Favours attention placebo				

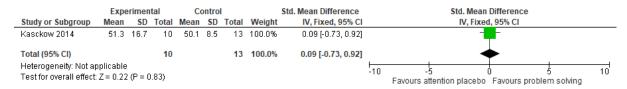
8 Figure 147: Depression symptomatology change score



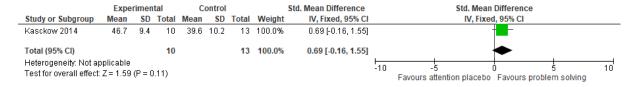
10 Figure 148: Discontinuation (any reason)



12 Figure 149: Quality of life mental health component endpoint



1 Figure 150: Quality of life physical health component endpoint



3 Less severe: Problem solving group versus waitlist

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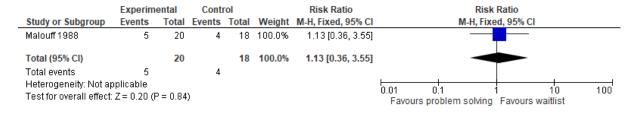
5 Figure 151: Depression symptomatology endpoint

	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Malouff 1988	10	6.88	15	18.12	8.75	14	100.0%	-1.01 [-1.79, -0.23]		
Total (95% CI)			15			14	100.0%	-1.01 [-1.79, -0.23]	•	
Heterogeneity: Not ap Test for overall effect:).01)						-10 -5 0 5 1 Favours problem solving Favours waitlist	9

7 Figure 152: Depression symptomatology change score

	E			Control			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Malouff 1988	-11.13	4.6427578	15	-2.19	5.78877362	14	100.0%	-1.66 [-2.52, -0.80]	1 -
Total (95% CI) Heterogeneity: Not ap Test for overall effect:			15			14	100.0%	-1.66 [-2.52, -0.80]	-10 -5 0 5 10 Favours problem solving Favours waitlist

9 Figure 153: Discontinuation (any reason)

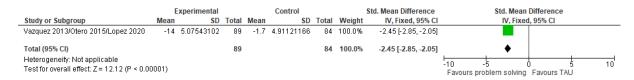


11 Less severe: Problem solving group versus TAU

12 Figure 154: Depression symptomatology endpoint

	Experimental Control				Std. Mean Difference	Std. Mean Difference							
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rando	m, 95% CI		
Khan 2019	10.06	6.45	54	12.05	6.09	58	49.8%	-0.32 [-0.69, 0.06]		-			
Vazquez 2013/Otero 2015/Lopez 2020	10.7	6.4	89	21.2	7.2	84	50.2%	-1.54 [-1.88, -1.20]		•			
Total (95% CI)			143			142	100.0%	-0.93 [-2.13, 0.27]		•	-		
Heterogeneity: Tau² = 0.71; Chi² = 22.50, df = 1 (P < 0.00001); l² = 96% Test for overall effect: Z = 1.52 (P = 0.13)									-10 Favours pro	+ -5 oblem solving) Favours T/	5 4U	10

14 Figure 155: Depression symptomatology change score



1 Figure 156: Remission (ITT)

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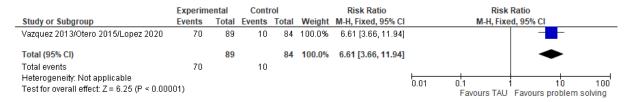
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3 Figure 157: Discontinuation (any reason)



5 Figure 158: Depression symptomatology at 1-month follow-up

	Expe	Experimental			Control Std. N			Std. Mean Difference	Mean Difference Std. Mea				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
Vazquez 2013/Otero 2015/Lopez 2020	10.3	7.8	89	20.8	8.7	84	100.0%	-1.27 [-1.59, -0.94]					
Total (95% CI)			89			84	100.0%	-1.27 [-1.59, -0.94]		•			
Heterogeneity: Not applicable Test for overall effect: Z = 7.59 (P < 0.00)	001)								-10 - Favours pro	5 blem solving	0 Favours T/	5 4U	10

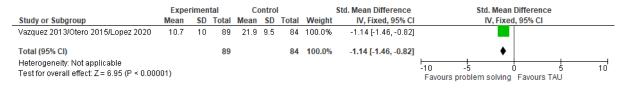
7 Figure 159: Depression symptomatology at 3-month follow-up

	Expe	Experimental			Control Std. Mean Difference				Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI		
Vazquez 2013/Otero 2015/Lopez 2020	10.4	8.2	89	20.8	9	84	100.0%	-1.20 [-1.53, -0.88]				
Total (95% CI)			89			84	100.0%	-1.20 [-1.53, -0.88]	•			
Heterogeneity: Not applicable Test for overall effect: Z = 7.27 (P < 0.00)	001)								-10 -5 Favours problem solving	0 : Favours TAL	5 10 J	

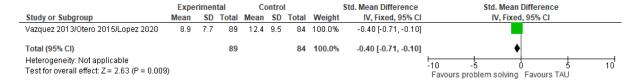
9 Figure 160: Depression symptomatology at 6-month follow-up

	Expe				Control Std. Mean Difference			Std. Mean Difference	Std. Mean		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Vazquez 2013/Otero 2015/Lopez 2020	10.7	8.8	89	20.4	9.6	84	100.0%	-1.05 [-1.37, -0.73]			
Total (95% CI)			89			84	100.0%	-1.05 [-1.37, -0.73]	•		
Heterogeneity: Not applicable Test for overall effect: Z = 6.46 (P < 0.000	101)								-10 -5 Favours problem solving	0 5 Favours TAU	10

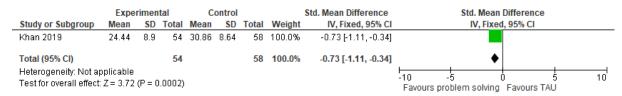
11 Figure 161: Depression symptomatology at 12-month follow-up



1 Figure 162: Depression symptomatology at 8-year follow-up



3 Figure 163: Functional impairment endpoint



5 Less severe: Counselling versus no treatment

6 Figure 164: Depression symptomatology endpoint

	Expe	rimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	xed, 95%	6 CI	
Friedli 1997	11.7	7.7	59	15.6	10.5	51	100.0%	-0.43 [-0.80, -0.05]					
Total (95% CI)			59			51	100.0%	-0.43 [-0.80, -0.05]			•		
Heterogeneity: Not ap Test for overall effect:		(P = 0	.03)						-10	-5 Favours counsell	0 ng Favo	5 ours no treatme	10 nt

8 Figure 165: Discontinuation (any reason)

	Experimental Control				Risk Ratio	Risk Ratio				
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	d, 95% CI	
Friedli 1997	11	70	15	66	100.0%	0.69 [0.34, 1.39]		-		
Total (95% CI)		70		66	100.0%	0.69 [0.34, 1.39]		•	-	
Total events	11		15							
Heterogeneity: Not ap Test for overall effect:	•	P = 0.30)				0.01	0.1 Favours counselling	10 Favours no treatment	100

10 Figure 166: Depression symptomatology at 6-month follow-up

	Experimental Control					Std. Mean Difference	Std. Mean Difference							
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 9	95% CI		
Friedli 1997	9.7	8.5	62	13.5	10.7	55	100.0%	-0.39 [-0.76, -0.03]						
Total (95% CI)			62			55	100.0%	-0.39 [-0.76, -0.03]			•			
Heterogeneity: Not ap Test for overall effect			1.04)						-10	-5 Favours couns	0 elling F	avours no tre	atment	10

12 Figure 167: Interpersonal problems endpoint

	Experimental Control					Std. Mean Difference	Std. Mean Difference							
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixe	d, 95% CI		
Friedli 1997	2.2	0.5	59	2.3	0.6	51	100.0%	-0.18 [-0.56, 0.19]						
Total (95% CI)			59			51	100.0%	-0.18 [-0.56, 0.19]			•			
Heterogeneity: Not a Test for overall effect			1.34)						-10	Favour	5 s counselling	0 Favours no tr	5 eatment	10

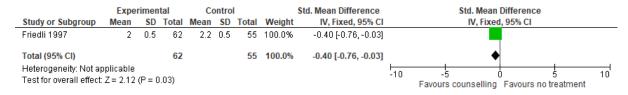
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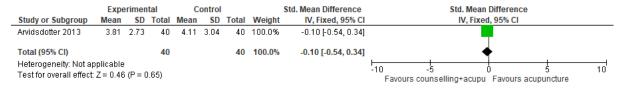
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1 Figure 168: Interpersonal problems at 6-month follow-up



3 Less severe: Counselling + traditional acupuncture versus traditional4 acupuncture

5 Figure 169: Depression symptomatology endpoint



7 Figure 170: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Arvidsdotter 2013	-3.8	2.40103103	40	-3.54	2.80101767	40	100.0%	-0.10 [-0.54, 0.34]			
Total (95% CI)			40			40	100.0%	-0.10 [-0.54, 0.34]			
Heterogeneity: Not ap Test for overall effect:									-10 -5 Favours counselling+acupu	0 5 Favours acupur	10 ncture

9 Figure 171: Discontinuation (any reason)

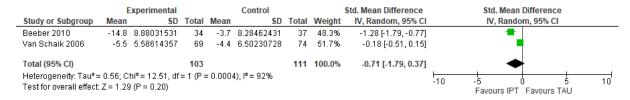
	Experimental Control				Risk Ratio	Risk Ratio					
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI				
Arvidsdotter 2013	3	40	4	40	100.0%	0.75 [0.18, 3.14]					
Total (95% CI)		40		40	100.0%	0.75 [0.18, 3.14]					
Total events	3		4								
Heterogeneity: Not ap Test for overall effect:		o = 0.69)				0.01 0.1 10 100 Favours counselling+acupu Favours acupuncture				

11 Less severe: IPT versus TAU

12 Figure 172: Depression symptomatology endpoint

	Experimental Control				Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI	
Beeber 2010	11.5	9.5	34	19.1	9.9	37	46.2%	-0.77 [-1.26, -0.29]		-	
Van Schaik 2006	13.9	7.9	69	14.9	9.6	74	53.8%	-0.11 [-0.44, 0.22]		•	
Total (95% CI)			103			111	100.0%	-0.42 [-1.06, 0.23]		•	
Heterogeneity: Tau ² = 0.17; Chi ² = 4.92, df = 1 (P = 0.03); I^2 = 80 Test for overall effect: Z = 1.27 (P = 0.20)							0%		-10	-5 0 5 Favours IPT Favours TAU	10

14 Figure 173: Depression symptomatology change score



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1 Figure 174: Remission (ITT)

	Experim	ental	Contr	rol		Risk Ratio		Risk	Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	d, 95% CI		
Van Schaik 2006	19	69	20	74	100.0%	1.02 [0.60, 1.74]		-	_		
Total (95% CI)		69		74	100.0%	1.02 [0.60, 1.74]		<			
Total events	19		20								
Heterogeneity: Not ap Test for overall effect:		P = 0.95)				0.01	0.1 Favours TAU	1 Favours IP	_	100

3 Figure 175: Response (ITT)

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	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Van Schaik 2006	16	69	18	74	100.0%	0.95 [0.53, 1.72]	-
Total (95% CI)		69		74	100.0%	0.95 [0.53, 1.72]	•
Total events	16		18				
Heterogeneity: Not ap Test for overall effect		P = 0.87)				0.01 0.1 1 10 100 Favours TAU Favours IPT

5 Figure 176: Discontinuation (any reason)

	Experim	Experimental Events Total		ol		Risk Ratio		Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI		M-H, Random, 95% CI	
Beeber 2010	5	39	4	41	26.8%	1.31 [0.38, 4.54]		- -	
Van Schaik 2006	11	69	12	74	73.2%	0.98 [0.46, 2.08]		-	
Total (95% CI)		108		115	100.0%	1.06 [0.56, 2.02]		•	
Total events	16		16						
Heterogeneity: Tau² = Test for overall effect:				= 0.69)); I² = 0%		0.01	0.1 1 10 Favours IPT Favours TAU	100

7 Figure 177: Depression symptomatology at 1-month follow-up

	Experimental Control				Std. Mean Difference	Std. Mean Difference							
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Beeber 2010	10.3	9.2	34	16	10.4	37	100.0%	-0.57 [-1.05, -0.10]					
Total (95% CI)			34			37	100.0%	-0.57 [-1.05, -0.10]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 2.36 (P = 0.02)									-10	-5 Favou	0 rs IPT Favo	5 ours TAU	10

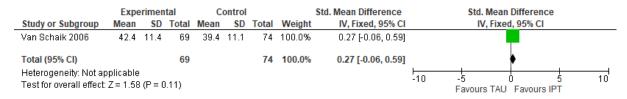
9 Figure 178: Quality of life physical health component endpoint

	Expe	Experimental			Control			Std. Mean Difference		Std. N	lean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Beeber 2010	46.4	5.5	34	43.4	6.4	37	32.5%	0.50 [0.02, 0.97]			-		
Van Schaik 2006	39.7	13.2	69	41.7	11.4	74	67.5%	-0.16 [-0.49, 0.17]			•		
Total (95% CI)			103			111	100.0%	0.05 [-0.22, 0.32]			+		
	Chi ² = 5.00, df = 1 (P = 0.03); I^2 = 80% effect: Z = 0.38 (P = 0.70)								-10	-5 Favours	0 TAU Favoi	5 Irs IPT	10

11 Figure 179: Quality of life physical health component at 1-month follow-up

	Experimental			•			9	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Beeber 2010	45.7	5.4	34	43.5	6	37	100.0%	0.38 [-0.09, 0.85]					
Total (95% CI)			34			37	100.0%	0.38 [-0.09, 0.85]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 1.59 (P = 0.11)									-10	-5 Favours	0 TAU Favo	5 urs IPT	10

1 Figure 180: Quality of life mental health component endpoint



3 Less severe: Interpersonal counselling individual versus any SSRI

4 Figure 181: Depression symptomatology at endpoint

	Exper	rimen	tal	C	ontrol			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IN	/, Fixed, 95%	CI	
Altamura 2017	4.76	3	17	6.65	3.38	24	100.0%	-0.57 [-1.21, 0.06]					
Total (95% CI)			17			24	100.0%	-0.57 [-1.21, 0.06]			•		
Heterogeneity: Not ap Test for overall effect:	•	(P = 0	.08)						-10	-5 Favou	0 rs IPC Favo	5 urs any SS	10 RI

6 Figure 182: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std. Mean Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95%	CI	
Altamura 2017	-9.3	5.33291665	17	-8.06	4.91312528	24	100.0%	-0.24 [-0.86, 0.38]				
Total (95% CI)			17			24	100.0%	-0.24 [-0.86, 0.38]		•		
Heterogeneity: Not ap Test for overall effect:									-10	-5 0 Favours IPC Favo	5 ours any SSR	10 I

8 Figure 183: Remission (ITT)



10 Figure 184: Discontinuation (any reason)



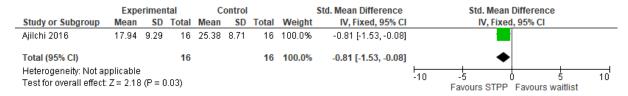
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1 Less severe: Short-term psychodynamic psychotherapy individual versus waitlist

2 Figure 185: Depression symptomatology at endpoint



4 Figure 186: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std. N	lean Dif	ference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 9	5% CI		
Ajilchi 2016	-11.12	6.27513346	16	-1.31	5.76687524	16	100.0%	-1.59 [-2.39, -0.78]		-				
Total (95% CI)			16			16	100.0%	-1.59 [-2.39, -0.78]			•			
Heterogeneity: Not a Test for overall effec									-10	-5 Favours S	TPP F:	5 avours waitli	11	ď

6 Figure 187: Discontinuation (any reason)

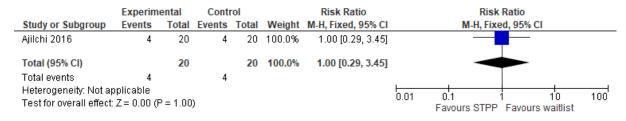
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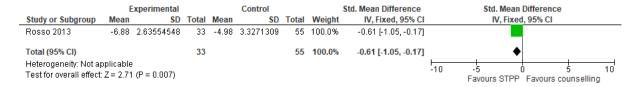


9 Less severe: Short-term psychodynamic psychotherapy individual versus10 counselling

11 Figure 188: Depression symptomatology endpoint

	Expe	erimen	ital	C	ontrol			Std. Mean Difference		Std. Mear	n Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95%	CI	
Rosso 2013	7.24	3.44	33	8.27	5.01	55	100.0%	-0.23 [-0.66, 0.21]					
Total (95% CI)			33			55	100.0%	-0.23 [-0.66, 0.21]			•		
Heterogeneity: Not ap Test for overall effect:	•).30)						-10	-5 Favours STPF	0 Favo	5 urs couns	10 selling

13 Figure 189: Depression symptomatology change score



1 Figure 190: Remission (ITT)



3 Figure 191: Discontinuation (any reason)

	Experim	ental	Cont	rol		Risk Ratio	Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI	
Rosso 2013	6	33	16	55	100.0%	0.63 [0.27, 1.44]	-	
Total (95% CI)		33		55	100.0%	0.63 [0.27, 1.44]	-	
Total events	6		16					
Heterogeneity: Not ap Test for overall effect	•	P = 0.27)				0.01 0.1 1 10 Favours STPP Favours counse	100 elling

5 Figure 192: Depression symptomatology at 6-month follow-up

	Expe	erimen	ital	C	ontrol			Std. Mean Difference		Std. Mo	an Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	xed, 95%	CI	
Rosso 2013	4.57	3.77	33	8.35	4.97	55	100.0%	-0.82 [-1.27, -0.37]					
Total (95% CI)			33			55	100.0%	-0.82 [-1.27, -0.37]			•		
Heterogeneity: Not ap Test for overall effect:).0003)						-10	-5 Favours ST	0 PP Favo	5 urs couns	10 selling

7 Figure 193: Remission at 6-month follow-up (ITT)



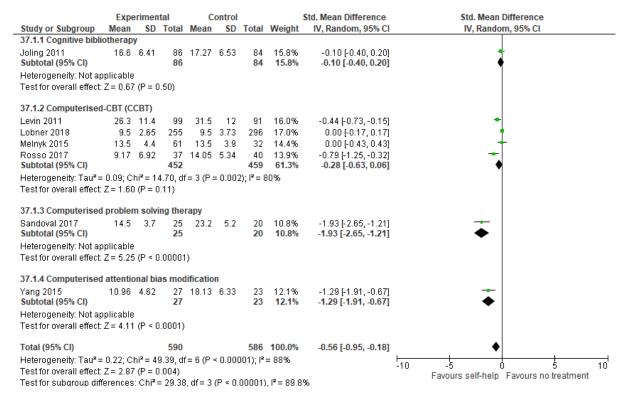
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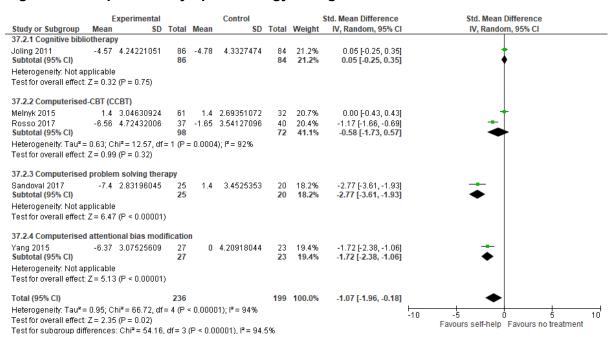
1 Less severe: Self-help versus no treatment

2 Figure 194: Depression symptomatology endpoint

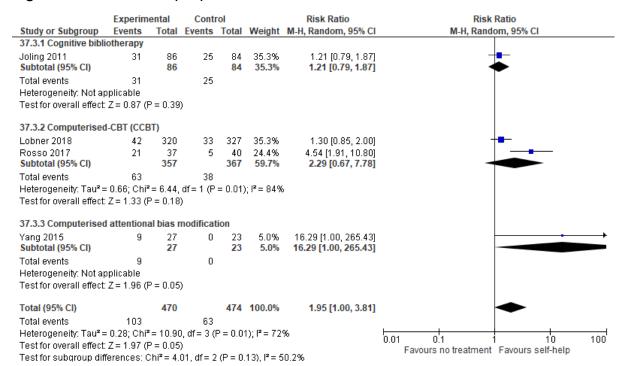


4 Figure 195: Depression symptomatology change score

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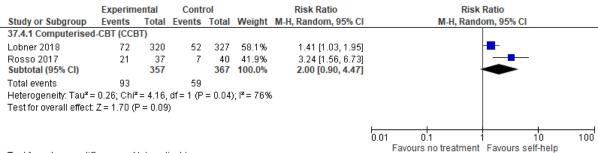


1 Figure 196: Remission (ITT)

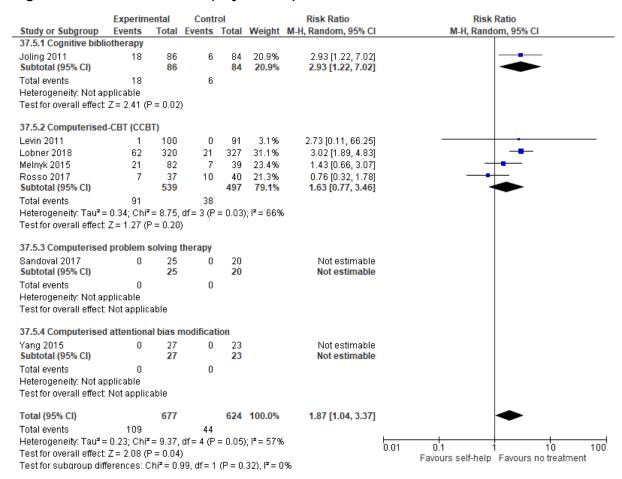


3 Figure 197: Response (ITT)

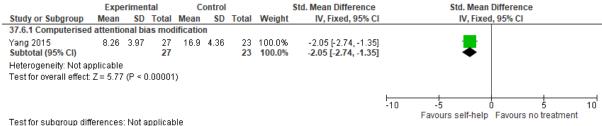
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1 Figure 198: Discontinuation (any reason)



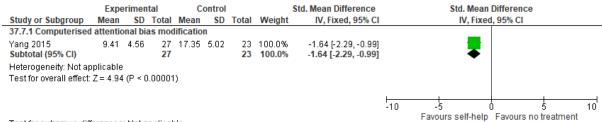
3 Figure 199: Depression symptomatology at 1-month follow-up



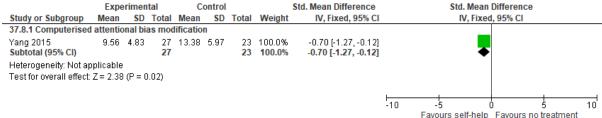
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5 Figure 200: Depression symptomatology at 2-month follow-up

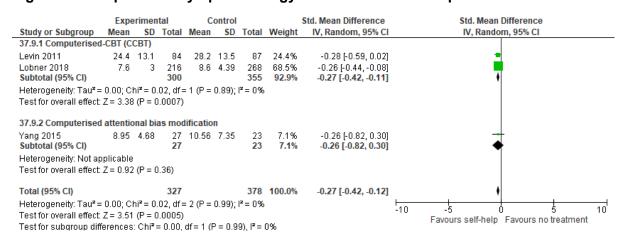


1 Figure 201: Depression symptomatology at 3-month follow-up

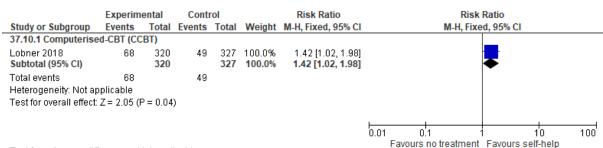


2 Test for subgroup differences: Not applicable

3 Figure 202: Depression symptomatology at 5-7 month follow-up



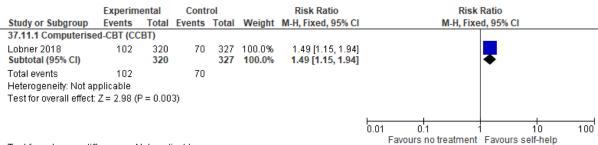
5 Figure 203: Remission at 5-month follow-up (ITT)



6 Test for subgroup differences: Not applicable

4

7 Figure 204: Response at 5-month follow-up (ITT)



1 Figure 205: Quality of life endpoint

	Expe	rimen	ital	(Control			Std. Mean Difference		Std. Mean	Difference	9	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
37.12.1 Computerise	ed-CBT (C	CCBT)											
Lobner 2018 Subtotal (95% CI)	79.3	6.9	253 253	74.5	15.52	302 302	100.0% 100.0 %	0.39 [0.22, 0.56] 0.39 [0.22, 0.56]			•		
Heterogeneity: Not ap Test for overall effect			0.00001)									
									- 10	-5	0 Eavours s	5	10

2 Test for subgroup differences: Not applicable

3 Figure 206: Quality of life at 5-month follow-up

	Expe	erimen	ıtal	C	Control			Std. Mean Difference		Std. Mea	n Differer	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% C	I	
37.13.1 Computerise	d-CBT (CCBT)											
Lobner 2018 Subtotal (95% CI)	82.4	8.08	217 217	76.6	18.98	286 286	100.0% 100.0 %	0.38 [0.20, 0.56] 0.38 [0.20, 0.56]			•		
Heterogeneity: Not ap Test for overall effect:			0.0001)										
									-10	-5	0	5	10
Toot for outgroup diff	·									Favours no treatme	nt Favour	's self-help	

Test for subgroup differences: Not applicable

1 Less severe: Self-help versus waitlist

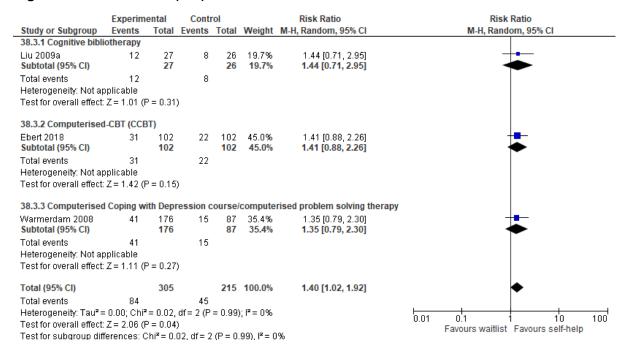
2 Figure 207: Depression symptomatology endpoint

Study or Subgroup	Experimenta Mean SD	al C Total Mean	ontrol SD T	Fotal '	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
38.1.1 Behavioural biblioth Moss 2012 Subtotal (95% CI) Heterogeneity: Not applica Test for overall effect: Z = 2	5.46 4.96 ble	13 10.85 13	4.96	13 13	1.7% 1.7%	-1.05 [-1.88, -0.22] -1.05 [-1.88, -0.22]	•
38.1.2 Cognitive bibliother Fledderus 2012 Fletcher 2005 Liu 2009a Subtotal (95% CI) Heterogeneity: Tau² = 0.31 Test for overall effect: Z = 0	12.82 6.99 7.47 3.85 18.2 9.5 ; Chi² = 12.09, df:	125 19.76 15 6.27 27 20.9 167 = 2 (P = 0.002)	2.99 8.6	126 15 25 166	5.8% 2.1% 3.1% 11.0%	-0.89 [-1.15, -0.63] 0.34 [-0.38, 1.06] -0.29 [-0.84, 0.25] -0.34 [-1.04, 0.36]	•
38.1.3 Computerised behat Nystrom 2017 Stiles-Shields 2019 Subtotal (95% CI) Heterogeneity: Tau ² = 0.00 Test for overall effect: Z = 5	4.86 4.28 6.6 3.95 ; Chi ² = 0.02, df =	112 9.26 10 11.3 122 1 (P = 0.89); I ²	6.45 5.58 = 0%	53 10 63	4.9% 1.4% 6.3%	-0.86 [-1.20, -0.52] -0.93 [-1.86, 0.00] -0.87 [-1.19, -0.55]	-
38.1.4 Computerised Copi Spek 2007/2008a Subtotal (95% CI) Heterogeneily: Not applica Test for overall effect: Z = 1	11.97 8.05 ble	ion course 102 14.46 102	10.42	100 100	5.6% 5.6%	-0.27 [-0.54, 0.01] -0.27 [-0.54, 0.01]	•
38.1.5 Computerised-CBT Ebert 2018 Lintwedt 2013 Powell 2013 Subtotal (95% CI) Heterogeneity: Tau ² = 0.00 Test for overall effect: Z = 5	9.6 5.6 18 16 20.38 18.37 ; Chi ^z = 2.06, df =	1717 2 (P = 0.36); I ²	12.1 13.95 1	102 82 1536 1720	5.6% 5.2% 7.6% 18.4%	-0.35 [-0.62, -0.07] -0.31 [-0.62, -0.00] -0.17 [-0.24, -0.10] -0.19 [-0.27, -0.12]	-
38.1.6 Computerised third Tighe 2017 Subtotal (95% CI) Heterogeneity: Not applica Test for overall effect: Z = 2	8.9 5.4 ble	therapy 31 12.8 31	5.5	30 30	3.3% 3.3%	-0.71 [-1.22, -0.19] -0.71 [-1.22, -0.19]	•
38.1.7 Computerised prob Bedford 2018 Van Straten 2008 Subtotal (95% CI) Heterogeneity: Tau² = 1.15 Test for overall effect: Z = 1	3.75 5.54 20.9 10.8 ; Chi ² = 8.76, df =	12 14.58 107 26.2 119		12 106 118	1.2% 5.6% 6.8%	-2.11 [-3.14, -1.08] -0.50 [-0.77, -0.22] -1.22 [-2.79, 0.35]	-
38.1.8 Computerised cogr Mogoaşe 2013 Pictet 2016 Subtotal (95% CI) Heterogeneity: Tau² = 0.08 Test for overall effect: Z = 0	19 10.6 18.66 9.84 ; Chi ² = 1.98, df =	20 17.38 34 22.76 54		21 33 54	2.7% 3.5% 6.2%	0.16 [-0.45, 0.77] -0.40 [-0.89, 0.08] -0.15 [-0.70, 0.39]	+
38.1.9 Computerised posi Addington 2019_phase 1 Boller 2013 Heckendorf 2019 Subtotal (95% CI) Heterogeneity: Tau² = 0.00 Test for overall effect: Z = 3	24.63 10.15 13.67 6.69 16.7 11.5 ; Chi² = 0.66, df =	26 27.93 143 15.39 132 20.8 301	10	15 141 130 286	2.5% 6.1% 6.0% 14.6 %	-0.32 [-0.96, 0.32] -0.24 [-0.47, -0.01] -0.38 [-0.62, -0.13] -0.31 [-0.47, -0.14]	-
38.1.10 Computerised mir Kahn 2016 Lee 2018 Subtotal (95% CI) Heterogeneity: Tau* = 0.00 Test for overall effect: Z = 2	8.7 12.5 6.4 3.9 ; Chi² = 0.78, df=	44 14.7 77 7.4 121	13.1 4.7 = 0%	46 86 132	4.1% 5.2% 9.3%	-0.46 (-0.88, -0.05) -0.23 (-0.54, 0.08) -0.31 (-0.56, -0.06)	•
38.1.11 Computerised bef Jelinek 2020 Subtotal (95% CI) Heterogeneity: Not applica Test for overall effect: Z = 0	10.52 5.81 ble	on/computeris 56 9.9 56	ed mind 3.14	fulnes 32 32	s interve 4.0% 4.0%	ntion 0.12 [-0.31, 0.56] 0.12 [-0.31, 0. 56]	
38.1.12 Computerised-CB Noguchi 2017 Subtotal (95% CI) Heterogeneity: Not applica Test for overall effect: Z = 1	9 5.21 ble	erised mindfu 506 9.47 506		tervent 275 27 5	7.0% 7.0% 7.0%	-0.09 [-0.24, 0.06] -0.09 [-0.24, 0.06]	į
38.1.13 Computerised Cop Warmerdam 2008 Subtotal (95% CI) Heterogeneity: Not applica Test for overall effect: Z = 3	20 11.28 ble	sion course/co 176 25.2 176	omputeri 9.9	87 87 87	5.8% 5.8% 5.8%	olving therapy -0.48 [-0.74, -0.22] -0.48 [-0.74, -0.22]	•
Total (95% CI) Heterogeneity: Tau* = 0.05 Test for overall effect: Z = 6 Test for subgroup difference	i.06 (P < 0.00001)		(01); l² = 1	73%	100.0% %	-0.38 [-0.51, -0.26]	-10 -5 0 5 10 Favours self-help Favours waitlist

1 Figure 208: Depression symptomatology change score

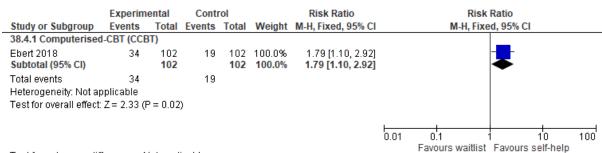
Study or Subgroup	Mean	Experimental SD	Total	Mean	Control SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
38.2.1 Behavioural biblioth Moss 2012 Subtotal (95% CI)	e rapy -5.77	4.34576806	13 13	-1.15	3.81650364	13 13	3.0% 3.0%	-1.09 [-1.93, -0.26] - 1.09 [-1.93, -0.26]	<u>→</u>
Heterogeneity: Not applicab Test for overall effect: Z = 2.	57 (P = 0	.01)							
38.2.2 Cognitive bibliothera Fledderus 2012	-9.61	4.83294424	125		5.61811356	126	6.1%	-1.32 [-1.59, -1.04]	-
Fletcher 2005 Liu 2009a Subtotal (95% CI)	-1.43 -9.6	2.64033142 8.4	15 27 167	-1.63 -2.5	2.11780547 10	15 25 166	3.6% 4.4% 14.0%	0.08 [-0.63, 0.80] -0.76 [-1.32, -0.20] -0.72 [-1.50, 0.05]	+
Heterogeneity: Tau ² = 0.40; Test for overall effect: Z = 1.			0.0008); I² = 8I	6%				
38.2.3 Computerised behaving Nystrom 2017	vioural a -8.14	ctivation 3.16	112	-2.75	4.27316042	53	5.6%	-1.51 [-1.88, -1.14]	-
Stiles-Shields 2019 Subtotal (95% CI) Heterogeneity: Tau ² = 0.00;	-8.6 Chi²=1.	3.63515474 02, df = 1 (P = 0	10 122 1.31); l²		3.71521197	10 63	2.6% 8.2%	-0.99 [-1.93, -0.05] - 1.44 [- 1.79 , - 1.09]	•
Test for overall effect: $Z = 8$.	03 (P < 0	.00001)							
38.2.4 Computerised Copir Spek 2007/2008a Subtotal (95% CI)		5.45214178	102 102	-3.67	6.89807219	100 100	6.0% 6.0%	-0.57 [-0.85, -0.28] -0.57 [-0.85, -0.28]	<u>-</u>
Heterogeneity: Not applicab Test for overall effect: Z = 3.	le 94 (P < 0	.0001)							
38.2.5 Computerised-CBT (Ebert 2018	CCBT) -4.12	4.21427337	102	-3.03	4.56681508	102	6.1%	-0.25 [-0.52, 0.03]	-
Lintvedt 2013 Powell 2013		10.77032961 12.16249563		2.9 -0.1	8.05667425 9.75559583	82 1536	5.8% 6.9%	-0.73 [-1.05, -0.42] -0.25 [-0.32, -0.18]	÷.
Subtotal (95% CI) Heterogeneity: Tau² = 0.04; Test for overall effect: Z = 2.			1717 1.01); I²	= 77%		1720	18.8%	-0.38 [-0.64, -0.12]	•
38.2.6 Computerised third-		gnitive therapy	31		0.04405000	30		4.0074.00.055	_
Subtotal (95% CI) Heterogeneity: Not applicab Test for overall effect: Z = 3.			31	-2.3	3.64485939	30	4.5% 4.5 %	-1.09 [-1.63, -0.55] -1.09 [-1.63, -0.55]	•
38.2.7 Computerised probl									
Bedford 2018 Van Straten 2008 Subtotal (95% CI)	-8.67 -9	3.66723329 7.21318238	12 107 119	-0.09 -3.7	3.04055916 7.07036067	12 106 118	2.1% 6.1% 8.2 %	-2.46 [-3.56, -1.36] -0.74 [-1.02, -0.46] -1.51 [-3.19, 0.16]	<u> </u>
Heterogeneity: Tau² = 1.31; Test for overall effect: Z = 1.			1.003); I	²= 89%	•				
38.2.8 Computerised cogni Mogoașe 2013	itive bias	modification 7 01381494	20	-0.52	6.31180244	21	4 1%	-0.24 [-0.85, 0.37]	<u> </u>
Pictet 2016 Subtotal (95% CI)	-8.05	6.63321943	34 54		7.01603877	33 54	4.7% 8.8%	-1.01 [-1.52, -0.50] -0.65 [-1.40, 0.11]	→
Heterogeneity: Tau² = 0.22; Test for overall effect: Z = 1.			1.06); l²	= 72%					
38.2.9 Computerised positi Addington 2019_phase 1	ive psycl 0.6	hological interv 7.5746221	ention 26	2.51	7.48098256	15	4.0%	-0.25 [-0.89, 0.39]	-
Bolier 2013 Heckendorf 2019	-3.24 -5.1	4.50733846 7.63642587	143 132		5.30365911 6.88186021	141 130	6.3% 6.2%	-0.40 [-0.63, -0.16] -0.49 [-0.74, -0.25]	•
Subtotal (95% CI) Heterogeneity: Tau ² = 0.00; Test for overall effect: Z = 5.			301 1.73); l²	= 0%		286	16.5%	-0.43 [-0.59, -0.27]	•
38.2.10 Computerised min									
Lee 2018 Subtotal (95% CI) Heterogeneity: Not applicab	-2 ile	2.9231832	77 77	-0.7	3.25806691	86 86	5.9% 5.9 %	-0.42 [-0.73, -0.11] -0.42 [-0.73, -0.11]	•
Test for overall effect: Z = 2.	63 (P = 0		ura o !	manut-	rieed prob!	oolui-	a thoron		
38.2.11 Computerised Cop Warmerdam 2008 Subtotal (95% CI) Heterogeneity: Not applicab	-11.55	7.5	176 176		6.81138752	87 87	g tnerapy 6.1% 6.1%	-0.64 [-0.90, -0.37] -0.64 [-0.90, -0.37]	•
Test for overall effect: Z = 4.		.00001)							
Total (95% CI) Heterogeneity: Tau ² = 0.14;			2879 < 0.00	001); l²	= 87%	2723	100.0%	-0.70 [-0.89, -0.50]	-10 -5 0 5 10
Test for overall effect: Z = 7.1 Test for subgroup difference	03 (P < 0 es: Chi ^a =	.00001) = 35.87, df = 10	(P < 0.0	0001), P	s = 72.1%				Favours self-help Favours waitlist

1 Figure 209: Remission (ITT)

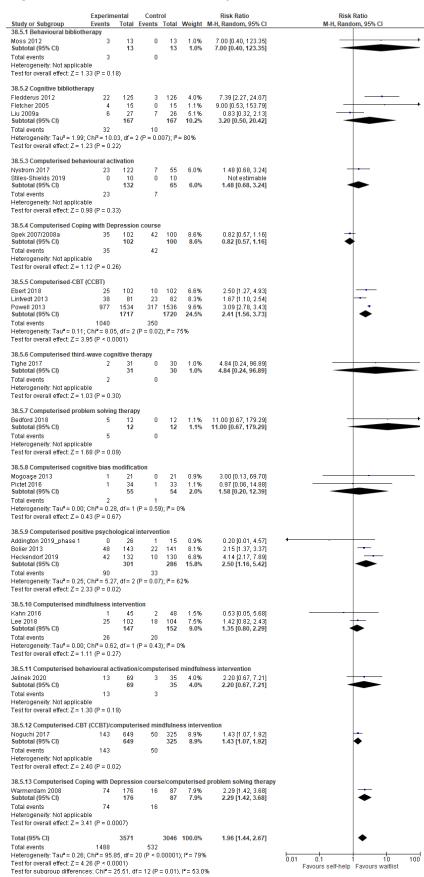


3 Figure 210: Response (ITT)

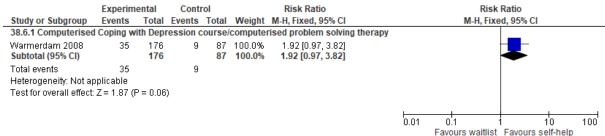
2



1 Figure 211: Discontinuation (any reason)



1 Figure 212: Remission at 1-month follow-up (ITT)

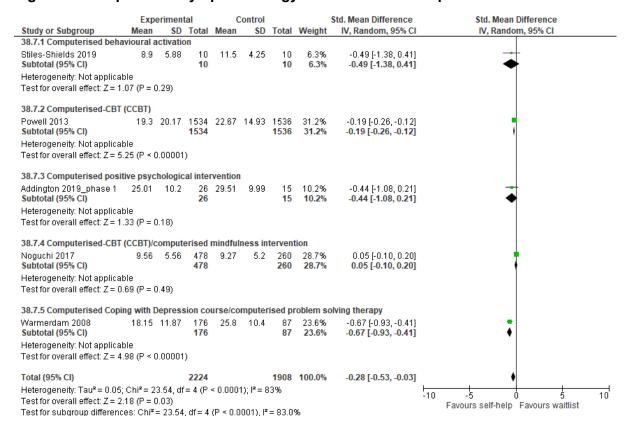


2 Test for subgroup differences: Not applicable

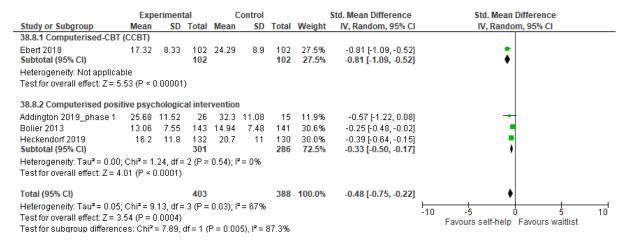
4

6

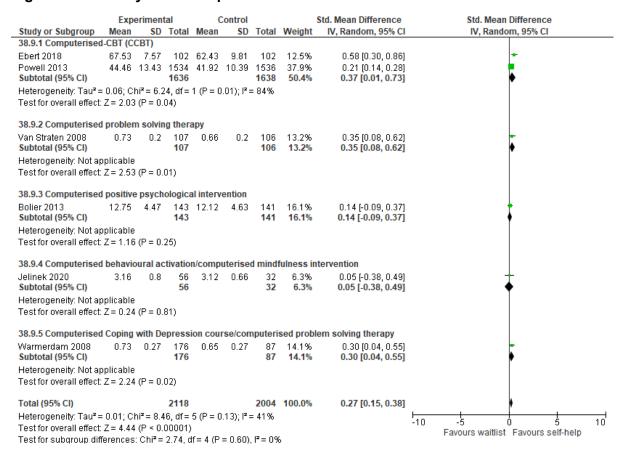
3 Figure 213: Depression symptomatology at 1-month follow-up



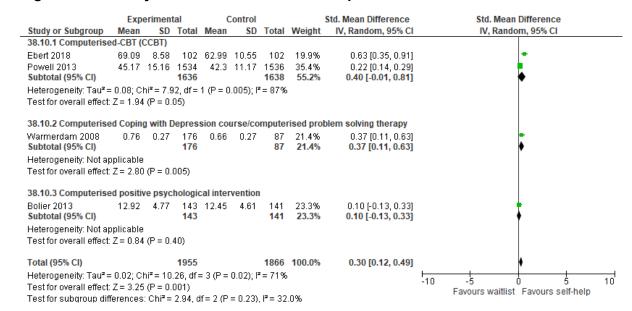
5 Figure 214: Depression symptomatology at 3-4 month follow-up



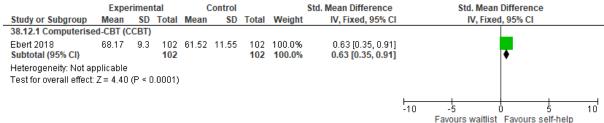
1 Figure 215: Quality of life endpoint



3 Figure 216: Quality of life at 1-4 month follow-up

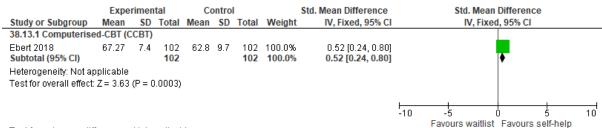


1 Figure 217: Quality of life physical health component endpoint



2 Test for subgroup differences: Not applicable

3 Figure 218: Quality of life mental health component endpoint



4 Test for subgroup differences: Not applicable

5 Figure 219: Quality of life physical health component at 3-month follow-up

	Expe	rimen	tal	0	Control			Std. Mean Difference		Std. Mean	Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% C	1	
38.14.1 Computerise	ed-CBT (0	CCBT)											
Ebert 2018 Subtotal (95% CI)	68.86	9.96	102 102	62.37	13.26	102 102	100.0% 100.0%	0.55 [0.27, 0.83] 0.55 [0.27, 0.83]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 3.86 (P = 0.0001)													
									-10	-5 Favours waitlist	0 Eavour	5 rs self-hein	10

6 Test for subgroup differences: Not applicable

7 Figure 220: Quality of life mental health component at 3-month follow-up

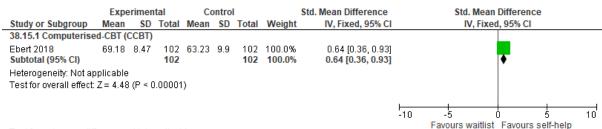
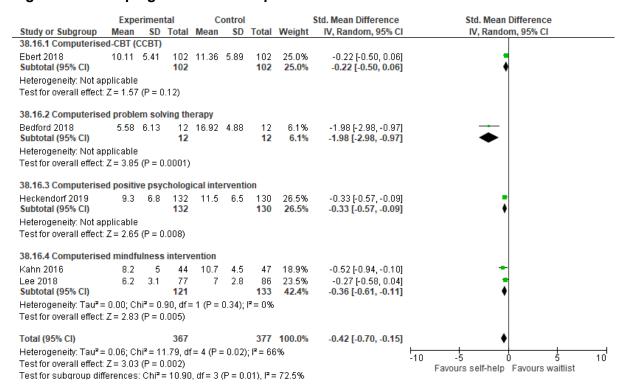


Figure 221: Sleeping difficulties endpoint



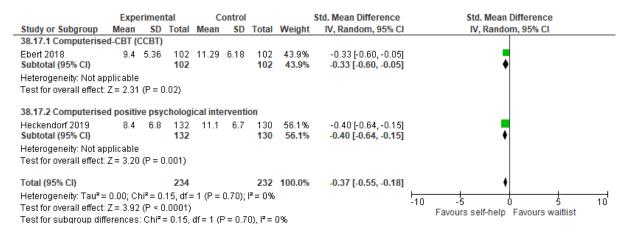
3 Figure 222: Sleeping difficulties at 3-month follow-up

2

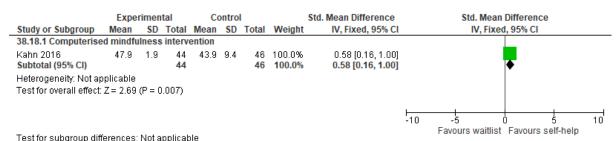
4

6

7 8

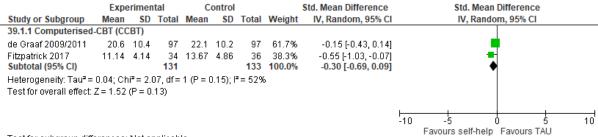


5 Figure 223: Interpersonal functioning endpoint



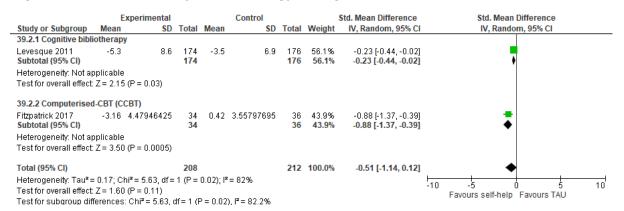
1 Less severe: Self-help versus TAU

2 Figure 224: Depression symptomatology endpoint



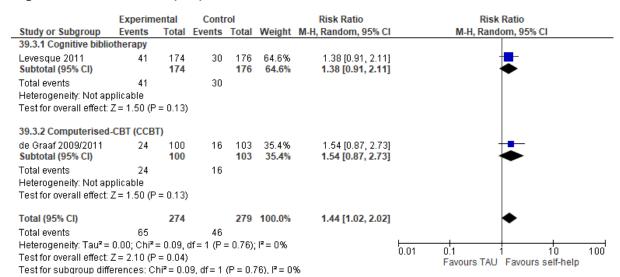
3 Test for subgroup differences: Not applicable

4 Figure 225: Depression symptomatology change score

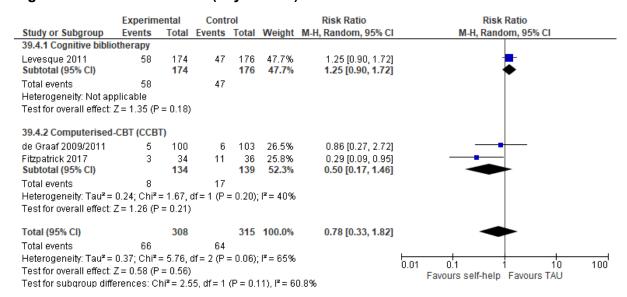


6 Figure 226: Remission (ITT)

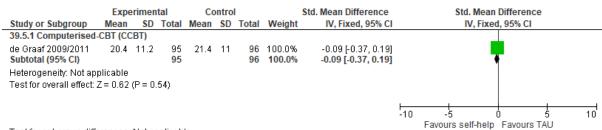
5



1 Figure 227: Discontinuation (any reason)



3 Figure 228: Depression symptomatology at 1-month follow-up

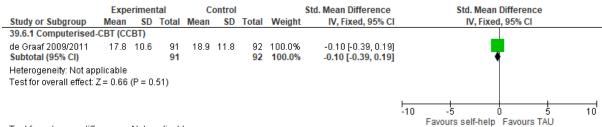


4 Test for subgroup differences: Not applicable

2

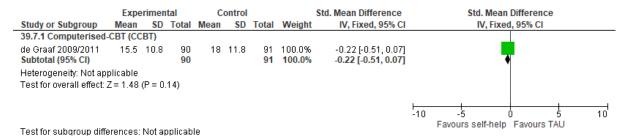
8

5 Figure 229: Depression symptomatology at 4-month follow-up

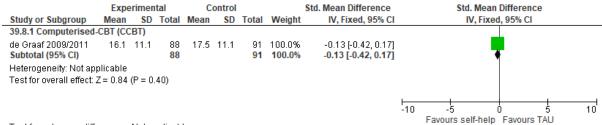


6 Test for subgroup differences: Not applicable

7 Figure 230: Depression symptomatology at 7-month follow-up

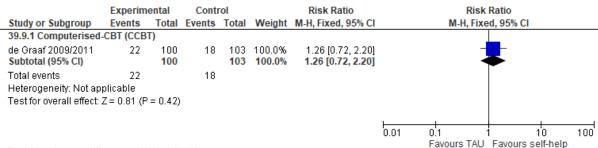


1 Figure 231: Depression symptomatology at 10-month follow-up



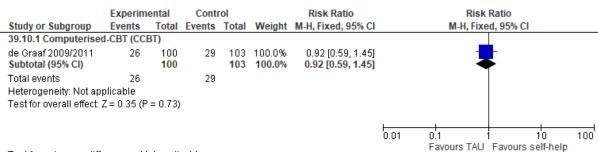
2 Test for subgroup differences: Not applicable

3 Figure 232: Remission at 1-month follow-up (ITT)



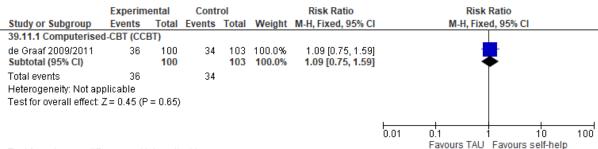
4 Test for subgroup differences: Not applicable

5 Figure 233: Remission at 4-month follow-up (ITT)

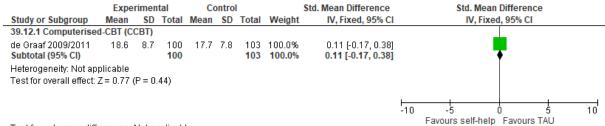


6 Test for subgroup differences: Not applicable

7 Figure 234: Remission at 10-month follow-up (ITT)



1 Figure 235: Functional impairment at 1-month follow-up



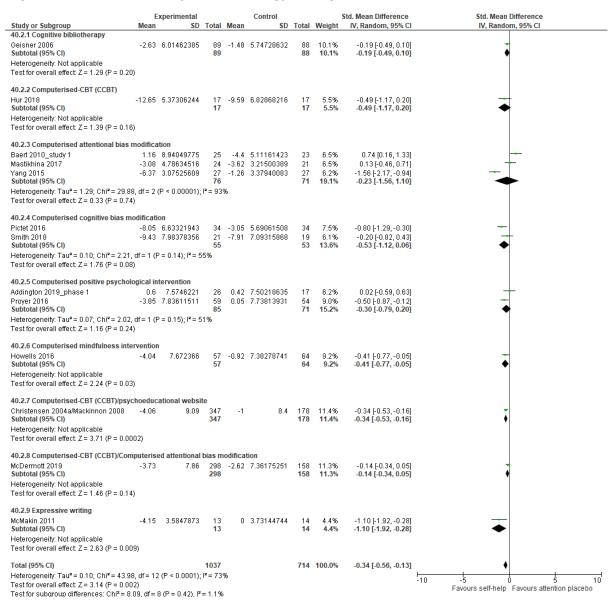
2 Test for subgroup differences: Not applicable

3 Less severe: Self-help versus attention placebo

4 Figure 236: Depression symptomatology endpoint

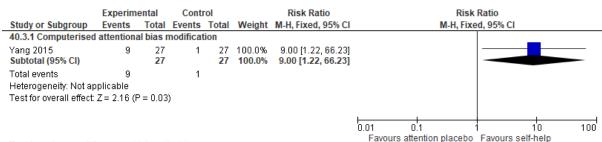
Study or Subgroup	Exp Mean	erimenta SD		Mean	Control SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
40.1.1 Cognitive bibliotherapy Geisner 2006 Subtotal (95% CI)	16.18	9.04	89 89	16.8	8.64	88 88	10.4% 10.4 %	-0.07 [-0.36, 0.22] - 0.07 [-0.36, 0.22]	+
Heterogeneity: Not applicable Test for overall effect: Z = 0.46 (P = 0.6	4)								
40.1.2 Computerised-CBT (CCBT)	40	7.00	47	40	40.00	4.7	5.400	0.0014.05.000	
Hur 2018 Subtotal (95% CI)	10	7.09	17 17	16	10.32	17 17	5.1% 5.1%	-0.66 [-1.35, 0.03] - 0.66 [-1.35, 0.03]	•
Heterogeneity: Not applicable Test for overall effect: Z = 1.87 (P = 0.0	6)								
40.1.3 Computerised attentional bias									
Baert 2010_study 1		13.45		17.17	7.7	23	6.2%	0.71 [0.13, 1.30]	
Mastikhina 2017 Yang 2015	12.38 10.96			10.38 16.78	4.85 5.09	21 27	6.1% 6.2%	0.32 [-0.27, 0.91] -1.18 [-1.76, -0.60]	<u>-</u> T
Subtotal (95% CI)	10.30	4.02	76	10.70	3.03	71	18.6%	-0.05 [-1.19, 1.08]	*
Heterogeneity: Tau² = 0.92; Chi² = 22.9 Test for overall effect: Z = 0.09 (P = 0.9		! (P < 0.00	001); P	°= 91%					
40.1.4 Computerised cognitive bias r									
Pictet 2016 Smith 2018	18.66	9.84 11.98	34 21	20.83 21.35	8.59	34 19	7.6% 5.8%	-0.23 [-0.71, 0.24] -0.12 [-0.74, 0.51]	
Subtotal (95% CI)	20	11.30	55	21.55	10.72	53	13.4%	-0.19 [-0.57, 0.19]	♦
Heterogeneity: Tau 2 = 0.00; Chi 2 = 0.00 Test for overall effect: Z = 0.98 (P = 0.3		(P = 0.77)	; I² = 0	1%					
40.1.5 Computerised positive psycho	_								
Addington 2019_phase 1		10.15		26.83		17	5.9%	-0.21 [-0.83, 0.40]	<u>-</u>
Proyer 2016 Subtotal (95% CI)	11.17	9.72	85	15.28	11.61	54 71	9.1% 15.0 %	-0.38 [-0.76, -0.01] - 0.34 [-0.66, -0.02]	•
Heterogeneity: Tau ² = 0.00; Chi ² = 0.2' Test for overall effect: $Z = 2.08$ (P = 0.0		(P = 0.64)	; I² = 0	1%					
40.1.6 Computerised mindfulness int	erventio	n							
Howells 2016 Subtotal (95% CI)	10.05	9.13	57 57	13.39	9.59	64 64	9.3% 9.3%	-0.35 [-0.71, 0.01] - 0.35 [-0.71, 0.01]	•
Heterogeneity: Not applicable Test for overall effect: Z = 1.93 (P = 0.0	5)								
40.1.7 Computerised-CBT (CCBT)/psy									
Christensen 2004a/Mackinnon 2008 Subtotal (95% CI)	16.05	9.53	276 276	19.5	11.8	159 159	11.9% 11. 9%	-0.33 [-0.53, -0.13] - 0.33 [-0.53 , - 0.13]	•
Heterogeneity: Not applicable Test for overall effect: Z = 3.30 (P = 0.0	010)								
40.1.8 Computerised-CBT (CCBT)/Co	mputeris	sed atten	tional	bias m	odificat	ion			
McDermott 2019 Subtotal (95% CI)	17.33	11.53	298 298	16.61	10.83	158 158	11.9% 11.9%	0.06 [-0.13, 0.26] 0.06 [-0.13, 0.26]	<u> </u>
Heterogeneity: Not applicable Test for overall effect: Z = 0.65 (P = 0.5	2)								
40.1.9 Expressive writing									
McMakin 2011 Subtotal (95% CI)	16.62	5.21	13 13	19.43	5.52	14 14	4.4% 4.4 %	-0.51 [-1.28, 0.26] - 0.51 [-1.28, 0.26]	•
Heterogeneity: Not applicable Test for overall effect: Z = 1.29 (P = 0.2	0)								
Total (95% CI)			966			695	100.0%	-0.21 [-0.41, -0.01]	•
Heterogeneity: Tau ² = 0.08; Chi ² = 36.6	32, df = 1	2 (P = 0.0		I²= 679	X ₆	000	. 0010/0	3.2.1 [0.1.1, 0.01]	-10 -5 0 5 10
Test for overall effect: Z = 2.08 (P = 0.0	4)								-10 -5 0 5 10 Favours self-help Favours attention placebo
Test for subgroup differences: Chi² = 1	13.35, df	= 8 (P = 0	0.10), I	$ ^2 = 40.1$	%				

1 Figure 237: Depression symptomatology change score



3 Figure 238: Remission (ITT)

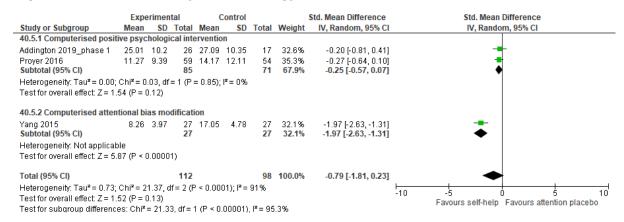
2



1 Figure 239: Discontinuation (any reason)

	Experimental	Contro			Risk Ratio	Risk Ratio
Study or Subgroup	Events Tota	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
40.4.1 Computerised-CBT (CCBT)						
Hur 2018 Subtotal (95% CI)	7 24 2 4		24 24	7.3% 7.3%	1.00 [0.41, 2.42] 1.00 [0.41, 2.42]	
Total events	7	7				T
Heterogeneity: Not applicable	·					
Fest for overall effect: $Z = 0.00$ (P = 1.0	0)					
10.4.2 Computerised cognitive bias n	nodification					
Pictet 2016	1 34	1	34	0.9%	1.00 [0.07, 15.34]	
Smith 2018	3 21		19	2.3%	1.36 [0.25, 7.27]	
Subtotal (95% CI)	55		53	3.2%	1.25 [0.30, 5.21]	
otal events	4	3				
Heterogeneity: Tau ^z = 0.00; Chi ^z = 0.03	3, df = 1 (P = 0.85)	$ ^2 = 0\%$				
est for overall effect: Z = 0.30 (P = 0.7						
0.4.3 Computerised attentional bias	modification					
/ang 2015	0 27	. 0	27		Not estimable	
Subtotal (95% CI)	27		27		Not estimable	
Fotal events	0	0				
Heterogeneity: Not applicable	-	-				
Fest for overall effect: Not applicable						
10.4.4 Computerised positive psycho	ological interventi	on				
Addington 2019_phase 1	0 26		17	0.7%	0.22 [0.01, 5.16]	
Prover 2016	30 59		54	22.9%	1.14 [0.77, 1.69]	-
Subtotal (95% CI)	85		71	23.6%	1.07 [0.57, 2.01]	•
otal events	30	25				
Heterogeneity: Tau ^z = 0.07; Chi ^z = 1.05	5, df = 1 (P = 0.31)	; I² = 5%				
Fest for overall effect: $Z = 0.22$ (P = 0.8						
10.4.5 Computerised mindfulness int	tervention					
Howells 2016	40 97	33	97	24.5%	1.21 [0.84, 1.75]	 -
Subtotal (95% CI)	97		97	24.5%	1.21 [0.84, 1.75]	◆
Fotal events	40	33				
Heterogeneity: Not applicable						
Test for overall effect: $Z = 1.03$ (P = 0.3)	0)					
10.4.6 Computerised-CBT (CCBT)/psy	choeducational	website				
Christensen 2004a/Mackinnon 2008	100 347	21	178	20.4%	2.44 [1.58, 3.77]	-
Subtotal (95% CI)	347	,	178	20.4%	2.44 [1.58, 3.77]	•
Fotal events	100	21				
Heterogeneity: Not applicable						
Test for overall effect: $Z = 4.03$ (P < 0.0	001)					
0.4.7 Computerised-CBT (CCBT)/Co	mputerised atten	tional bias ı	modifi	cation		
1cDermott 2019	58 298		158	20.4%	1.28 [0.83, 1.98]	+
Subtotal (95% CI)	298	}	158	20.4%	1.28 [0.83, 1.98]	◆
otal events	58	24				
Heterogeneity: Not applicable						
est for overall effect: Z = 1.12 (P = 0.2	6)					
0.4.8 Expressive writing						
ncMakin 2011	0 13		15	0.7%	0.38 [0.02, 8.62]	
Subtotal (95% CI)	13		15	0.7%	0.38 [0.02, 8.62]	
otal events	0	1				
Heterogeneity: Not applicable						
est for overall effect: Z = 0.61 (P = 0.5	4)					
Total (95% CI)	946	i	623	100.0%	1.35 [1.04, 1.75]	◆
Total events	239	114				
Heterogeneity: Tau² = 0.04; Chi² = 10.9	98, df = 8 (P = 0.2)); I² = 27%				0.01 0.1 1 10 10
Test for overall effect: $Z = 2.26$ (P = 0.0						Favours self-help Favours attention placebo
est for subgroup differences: Chiz = 9	0.00 46-0.70-0	17) 12 - 00 -	4.00			raroaro attoritori pracebo

1 Figure 240: Depression symptomatology at 1-month follow-up



3 Figure 241: Depression symptomatology at 2-month follow-up

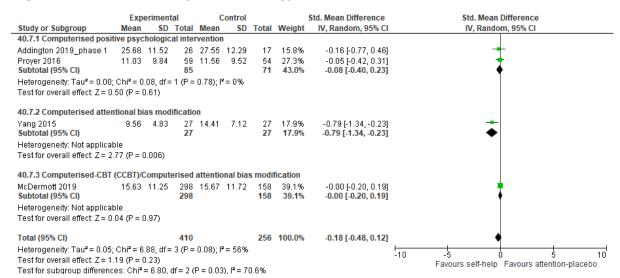


4 Test for subgroup differences: Not applicable

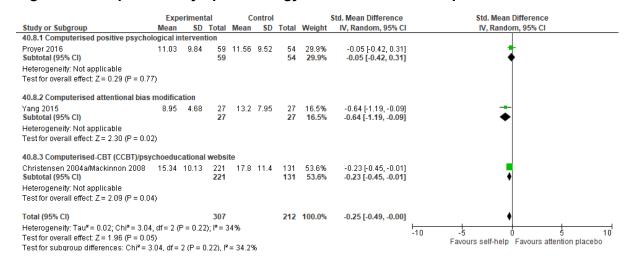
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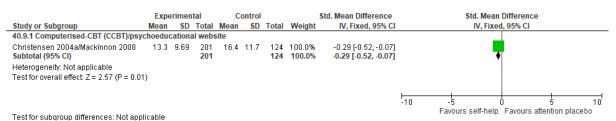
5 Figure 242: Depression symptomatology at 3-4 month follow-up



1 Figure 243: Depression symptomatology at 6-7 month follow-up



3 Figure 244: Depression symptomatology at 12-month follow-up



5 Figure 245: Quality of life endpoint

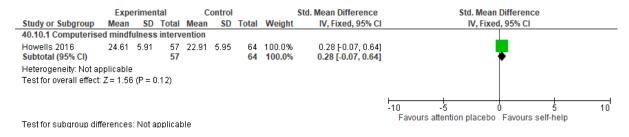
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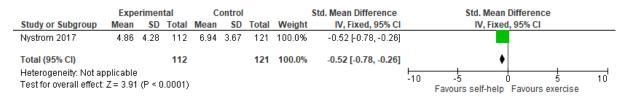
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11

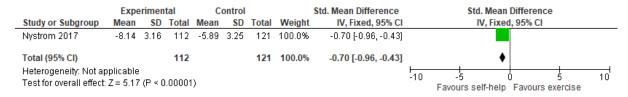


8 Less severe: Computerised behavioural activation versus unsupervised low intensity exercise individual

10 Figure 246: Depression symptomatology endpoint



1 Figure 247: Depression symptomatology change score



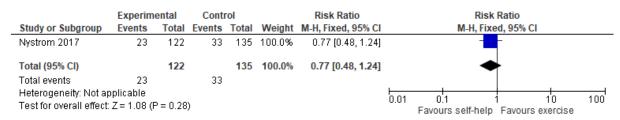
3 Figure 248: Discontinuation (any reason)

2

4

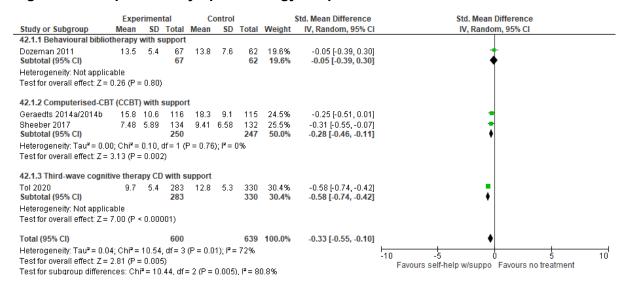
7

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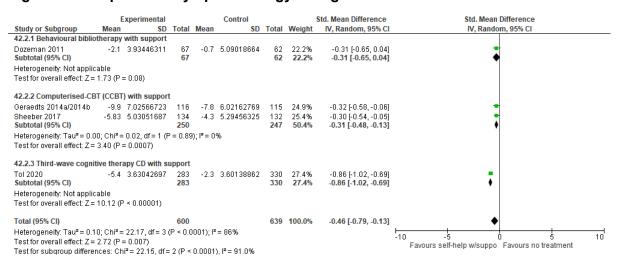


5 Less severe: Self-help with support versus no treatment

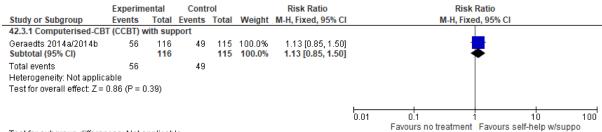
6 Figure 249: Depression symptomatology endpoint



8 Figure 250: Depression symptomatology change score



1 Figure 251: Remission (ITT)

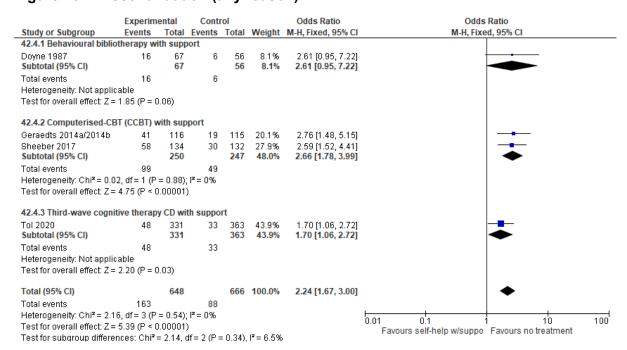


2 Test for subgroup differences: Not applicable

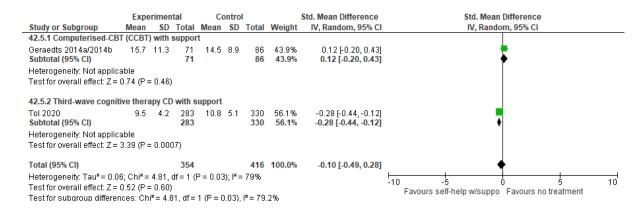
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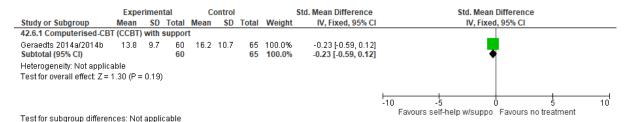
3 Figure 252: Discontinuation (any reason)



5 Figure 253: Depression symptomatology at 3-4 month follow-up



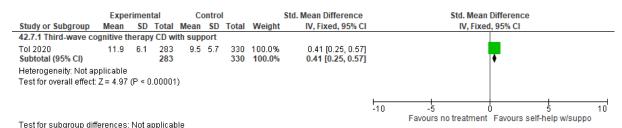
1 Figure 254: Depression symptomatology at 10-month follow-up



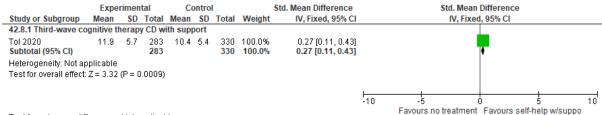
3 Figure 255: Quality of life endpoint

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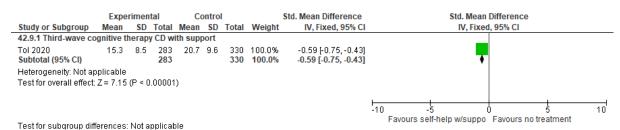


5 Figure 256: Quality of life at 3-month follow-up

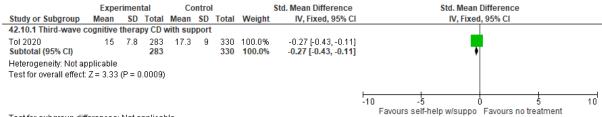


6 Test for subgroup differences: Not applicable

7 Figure 257: Functional impairment endpoint



9 Figure 258: Functional impairment at 3-month follow-up



10 Test for subgroup differences: Not applicable

11 12

1 Less severe: Self-help with support versus waitlist

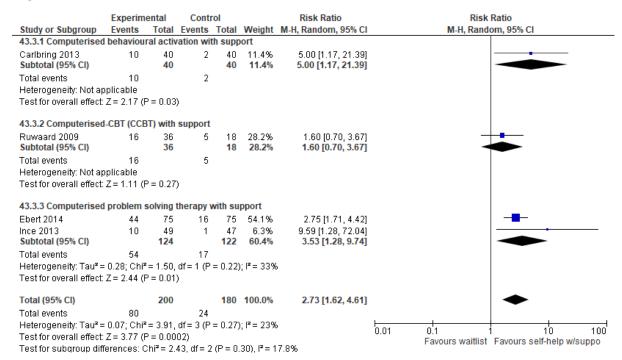
2 Figure 259: Depression symptomatology endpoint

	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup 43.1.1 Cognitive bibli	Mean		Total		SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Fledderus 2012	13.84	-	125	19.76	8.48	126	24.6%	-0.73 [-0.99, -0.48]	•
Subtotal (95% CI)			125			126	24.6%	-0.73 [-0.99, -0.48]	•
Heterogeneity: Not ap Test for overall effect			.00001)					
43.1.2 Computerised	d behavi	oural a	ctivatio	on with	suppo	rt			
Carlbring 2013 Subtotal (95% CI)	16.65	8.04	40 40	23.43	7.67	40 40	7.6% 7.6 %	-0.85 [-1.31, -0.40] - 0.85 [-1.31, -0.40]	*
Heterogeneity: Not ap Test for overall effect			.0003)						
43.1.3 Computerised	I-CBT (C	CBT) w	vith sup	port					
Ruwaard 2009	9.8	6.5	36	15.6	7.6	18	4.6%	-0.83 [-1.42, -0.24]	<u> </u>
Subtotal (95% CI) Heterogeneity: Not a	onlicable	,	36			18	4.6%	-0.83 [-1.42, -0.24]	•
Test for overall effect			.006)						
43.1.4 Computerised	d probler	m solvi	ng the	rapy wi	th sup	port			
Ebert 2014	15.37		75	21.2		75	14.8%	-0.69 [-1.02, -0.36]	*
Ince 2013 Subtotal (95% CI)	21.38	10.5	26 101	28.27	8.71	30 105	5.5% 20.3%	-0.71 [-1.25, -0.17] - 0.70 [-0.98, -0.41]	<u> </u>
Heterogeneity: Tau² = Test for overall effect			00, df=		0.95);				·
43.1.5 Cognitive bias	modific	ation v	with su	pport					
Watkins 2009 Subtotal (95% CI)	7	4.41	20 20	11.4	4.81	20 20	3.7% 3.7%	-0.93 [-1.59, -0.28] - 0.93 [-1.59, -0.28]	-
Heterogeneity: Not ap Test for overall effect			.005)						
43.1.6 Expressive w	riting wi	th supp	port						
Lamers 2015 Subtotal (95% CI)	14.55	9.51	58 58	18.75	8.82	58 58	11.8% 11.8%	-0.45 [-0.82, -0.09] - 0.45 [-0.82, -0.09]	→
Heterogeneity: Not ap Test for overall effect			1.02)						
			·						
Pots 2016a	tnira-w 15.95		_	19.34	_	suppo 87	22.6%	o.41 [-0.68, -0.14]	•
Subtotal (95% CI)	10.00	0.01	149	10.04	0.00	87	22.6%	-0.41 [-0.68, -0.14]	♦
Heterogeneity: Not ap Test for overall effect			.003)						
43.1.8 Computerised	l exercis	se pror	notion	with su	pport				
Strom 2013 Subtotal (95% CI)	17.88	-	24 24	24.04		24 24	4.8% 4.8%	-0.65 [-1.23, -0.07] - 0.65 [-1.23, -0.07]	•
Heterogeneity: Not ap Test for overall effect			1.03)						
						470	400.00	0.041.070.0543	
Total (95% CI) Heterogeneity: Tau ² =	= 0 00±0	hi²= 6	553 53 df=	: 8 (P =	n 59\·		100.0%	-0.64 [-0.76, -0.51]	<u> </u>
Test for overall effect Test for subgroup dif	Z = 9.86	5 (P < 0	.00001)			0%		-10 -5 0 5 10 Favours self-help w/suppo Favours waitlist

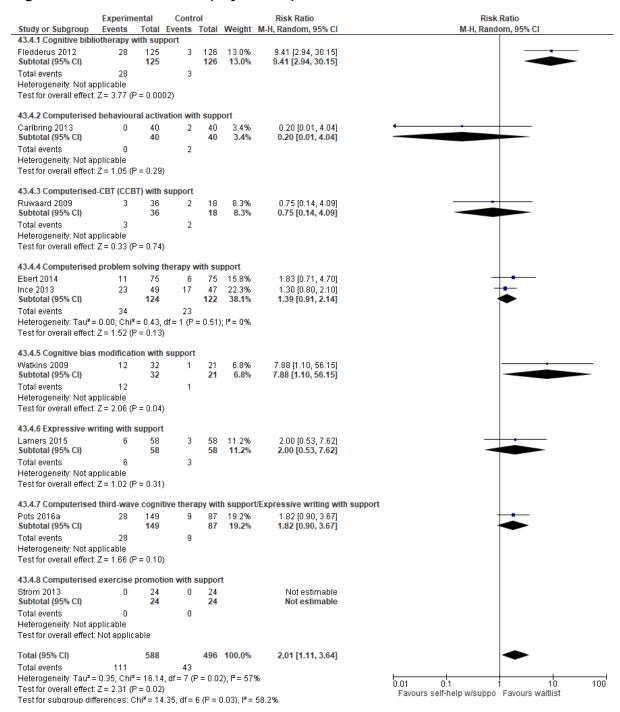
1 Figure 260: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean		Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
43.2.1 Cognitive bibli			405	2.00	5 04 04 4 050	400	47.00	4 22 (4 50 0 00)	
Fledderus 2012 Subtotal (95% CI)	-9.3	5.06032608	125 125	-2.69	5.61811356	126 126	17.3% 17.3 %	-1.23 [-1.50, -0.96] - 1.23 [-1.50, -0.96]	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 8.94	(P < 0.00001)							
43.2.2 Computerised	behavio	ural activation	with s	support					
Carlbring 2013	-9.67	5.3182986	40	-1.7	5.1043168	40	10.9%	-1.51 [-2.01, -1.01]	-
Subtotal (95% CI)			40			40	10.9%	-1.51 [-2.01, -1.01]	◆
Heterogeneity: Not ap		/D - 0.000043							
Test for overall effect:	Z = 5.94	(P < 0.00001)							
43.2.3 Computerised	-CBT (CC	CBT) with supp	ort						
Ruwaard 2009	-9.9	4.3445368	36	-5.7	5.04281667	18	8.9%	-0.90 [-1.50, -0.31]	<u> </u>
Subtotal (95% CI)	ملطممناه		36			18	8.9%	-0.90 [-1.50, -0.31]	•
Heterogeneity: Not ap Test for overall effect:		(P = 0.003)							
		v. 0.000,							
43.2.4 Computerised		_							
Ebert 2014 Subtotal (95% CI)	-7.39	6.29306761	75 75	-1.61	6.23707864	75 75	15.3% 15.3%	-0.92 [-1.25, -0.58] - 0.92 [-1.25, -0.58]	<u> </u>
Heterogeneity: Not ap	plicable		15			15	13.370	-0.02 [-1.20, -0.00]	•
Test for overall effect:		(P < 0.00001)							
42.2 E Cognitive bigs	medifie	ation with aum							
43.2.5 Cognitive bias Watkins 2009		3.47164946	20 20	-0.7	4.82126021	20	7.2%	-1.39 [-2.09, -0.69]	
Subtotal (95% CI)	-0.03	3.47104340	20	-0.1	4.02120021	20	7.2%	-1.39 [-2.09, -0.69]	◆
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 3.90	(P < 0.0001)							
43.2.6 Expressive wi	iting wit	h support							
Lamers 2015	_	6.43298531	58	-4.15	6.16556567	58	14.0%	-0.82 [-1.20, -0.44]	<u>+</u>
Subtotal (95% CI)			58			58	14.0%	-0.82 [-1.20, -0.44]	♦
Heterogeneity: Not ap Test for overall effect:		/D = 0.0004\							
restion overall ellect.	Z - 4.24	(F < 0.0001)							
43.2.7 Computerised		ave cognitive t				sive w	_	h support	
Pots 2016a Subtotal (95% CI)	-10.91	6	149 149	-7.17	5.91913	87 87	17.3% 17.3%	-0.62 [-0.89, -0.35]	*
Heterogeneity: Not ap	nlicable		149			01	17.3%	-0.62 [-0.89, -0.35]	•
Test for overall effect:		(P < 0.00001)							
43.2.8 Computerised Strom 2013		e promotion w 7.51964095			4.0220200	24	9.1%	0.75[4.22_0.46]	
Subtotal (95% CI)	-9.04	7.01904095	24 24	-4.21	4.9328288	24 24	9.1%	-0.75 [-1.33, -0.16] - 0.75 [-1.33, -0.16]	•
Heterogeneity: Not ap	plicable							. ,	•
Test for overall effect:	Z = 2.49	(P = 0.01)							
Total (95% CI)			527			448	100.0%	-0.99 [-1.22, -0.76]	•
Heterogeneity: Tau ² =	0.06; Ch	ni² = 17.10, df =		0.02):1	²= 59%	440	.00.070	-5.55 [-1.22, -0.70]	· · · · · · · · · · · · · · · · · · ·
Test for overall effect:									-10 -5 0 5 10 Favours self-help w/suppo Favours waitlist
Test for subgroup diff	erences:	$Chi^2 = 17.10$	df = 7 (P = 0.02	2), I² = 59.1%				. a.ca.o con noip mouppe i avoure wainet

1 Figure 261: Remission (ITT)



1 Figure 262: Discontinuation (any reason)



3 Figure 263: Depression symptomatology at 1-2 month follow-up

2

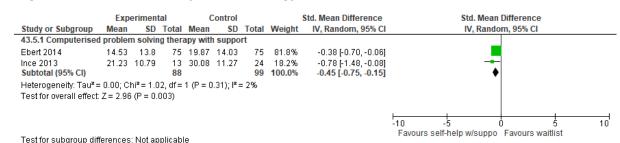
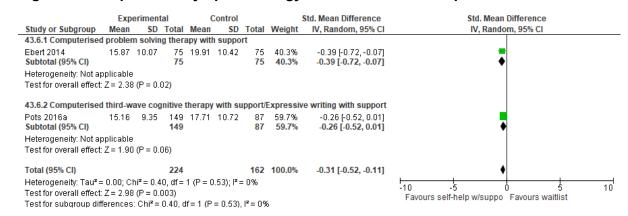
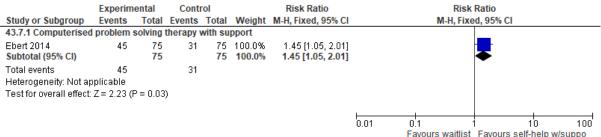


Figure 264: Depression symptomatology at 3-4 month follow-up



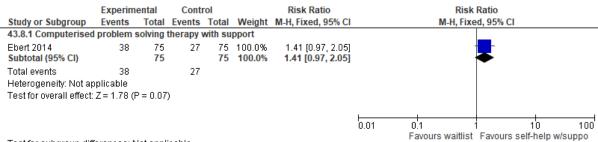
3 Figure 265: Remission at 1-month follow-up (ITT)



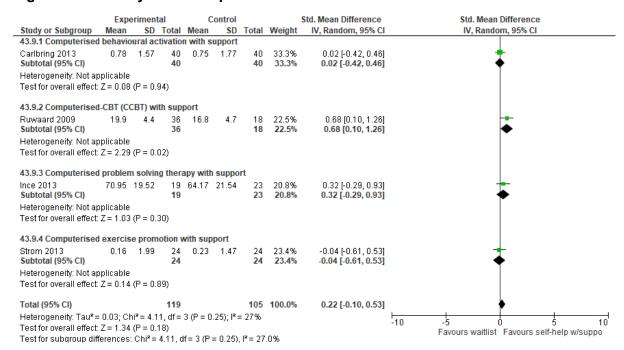
Test for subgroup differences: Not applicable

2

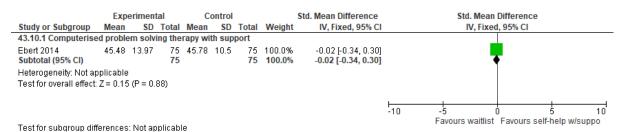
Figure 266: Remission at 4-month follow-up (ITT) 5



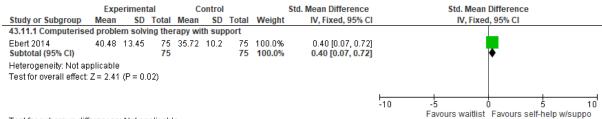
1 Figure 267: Quality of life endpoint



3 Figure 268: Quality of life physical health component endpoint



5 Figure 269: Quality of life mental health component endpoint

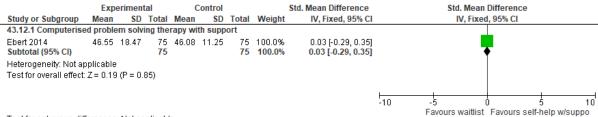


6 Test for subgroup differences: Not applicable

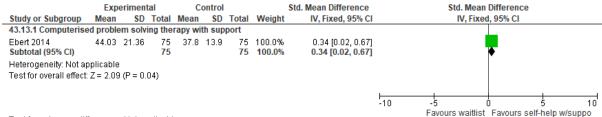
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7 Figure 270: Quality of life physical health component at 1-month follow-up

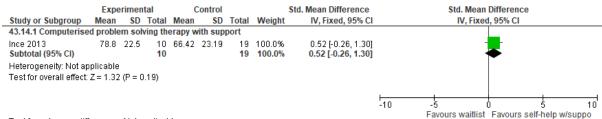


1 Figure 271: Quality of life mental health component at 1-month follow-up



2 Test for subgroup differences: Not applicable

3 Figure 272: Quality of life at 2-month follow-up



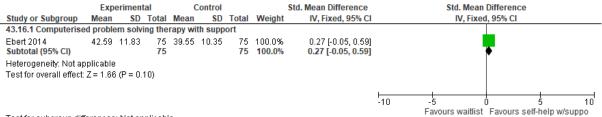
4 Test for subgroup differences: Not applicable

5 Figure 273: Quality of life physical health component at 4-month follow-up

	Exp	erimen	tal	Control				Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI			
43.15.1 Computeris	ed proble	em solv	ing the	rapy wi	th sup	port							
Ebert 2014 Subtotal (95% CI)	47.29	11.37	75 75	45.36	9.59	75 75	100.0% 100.0 %	0.18 [-0.14, 0.50] 0.18 [-0.14, 0.50]		Ţ			
Heterogeneity: Not a Test for overall effec			.26)										
									-10	-5 0 5 10 Favours waitlist Favours self-help w/suppo			

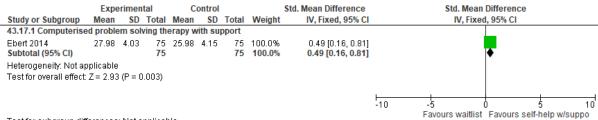
6 Test for subgroup differences: Not applicable

7 Figure 274: Quality of life mental health component at 4-month follow-up

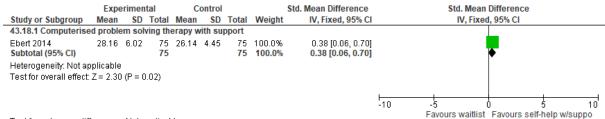


8 Test for subgroup differences: Not applicable

9 Figure 275: Global functioning endpoint

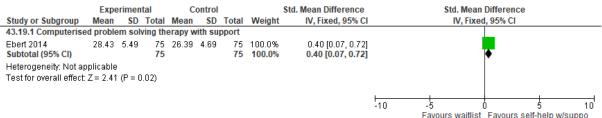


1 Figure 276: Global functioning at 1-month follow-up



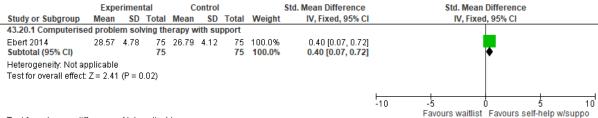
2 Test for subgroup differences: Not applicable

3 Figure 277: Global functioning at 4-month follow-up



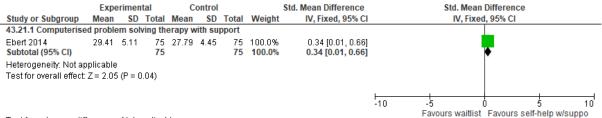
4 Test for subgroup differences: Not applicable

5 Figure 278: Employment (work-related self-efficacy) endpoint



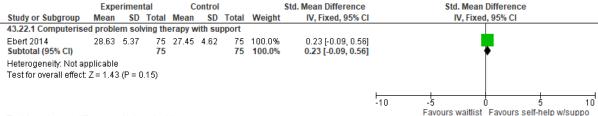
6 Test for subgroup differences: Not applicable

7 Figure 279: Employment (work-related self-efficacy) at 1-month follow-up

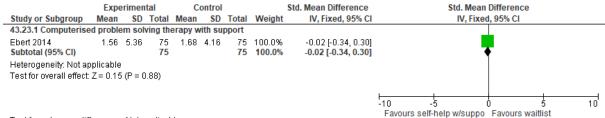


8 Test for subgroup differences: Not applicable

9 Figure 280: Employment (work-related self-efficacy) at 4-month follow-up

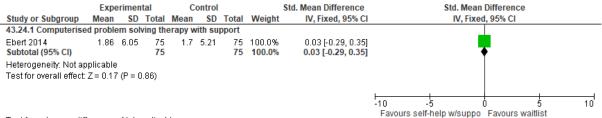


1 Figure 281: Days on sick leave (during past 4 weeks) endpoint



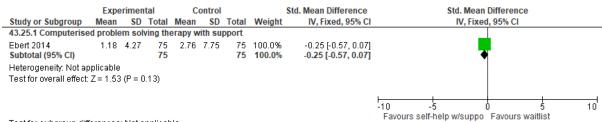
2 Test for subgroup differences: Not applicable

3 Figure 282: Days on sick leave (during past 4 weeks) at 1-month follow-up



4 Test for subgroup differences: Not applicable

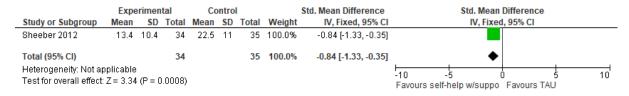
5 Figure 283: Days on sick leave (during past 4 weeks) at 4-month follow-up



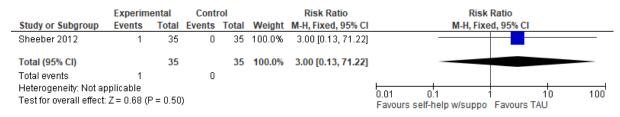
6 Test for subgroup differences: Not applicable

7 Less severe: Computerised Coping with Depression course with support versus 8 TAU

9 Figure 284: Depression symptomatology endpoint



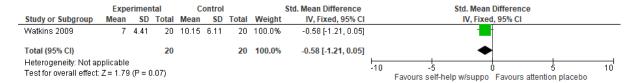
11 Figure 285: Discontinuation (any reason)



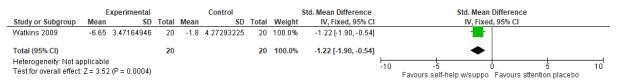
12 13

1 Less severe: Cognitive bias modification with support versus attention placebo

2 Figure 286: Depression symptomatology endpoint



4 Figure 287: Depression symptomatology change score



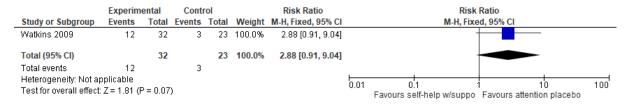
6 Figure 288: Discontinuation (any reason)

3

5

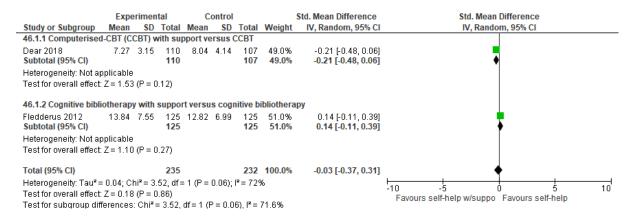
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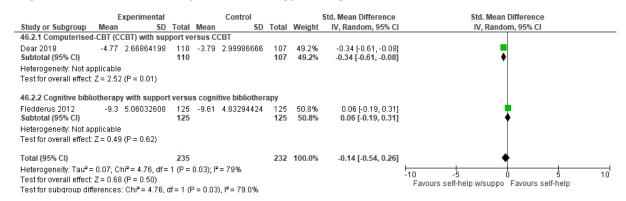


8 Less severe: Self-help with support versus self-help

9 Figure 289: Depression symptomatology endpoint



1 Figure 290: Depression symptomatology change score

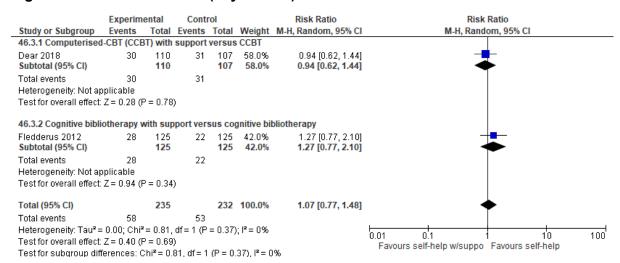


3 Figure 291: Discontinuation (any reason)

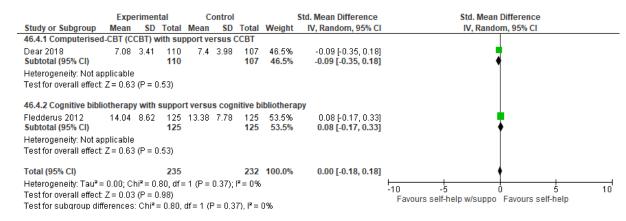
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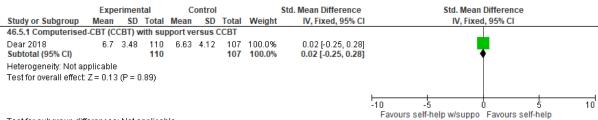
6



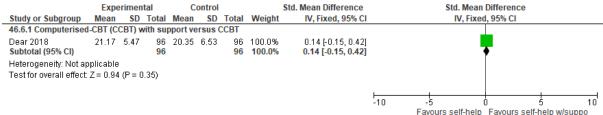
5 Figure 292: Depression symptomatology at 3-month follow-up



7 Figure 293: Depression symptomatology at 12-month follow-up

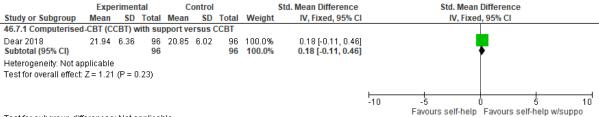


1 Figure 294: Quality of life endpoint



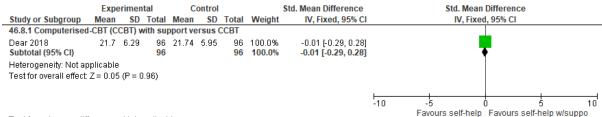
2 Test for subgroup differences: Not applicable

3 Figure 295: Quality of life at 3-month follow-up



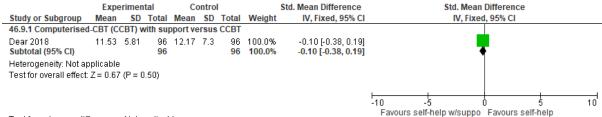
4 Test for subgroup differences: Not applicable

5 Figure 296: Quality of life at 12-month follow-up



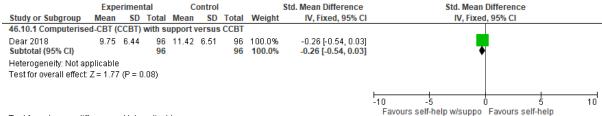
6 Test for subgroup differences: Not applicable

7 Figure 297: Functional impairment at endpoint

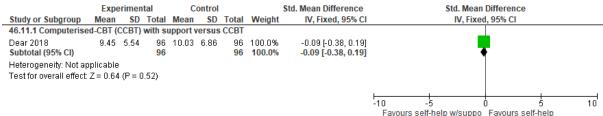


8 Test for subgroup differences: Not applicable

9 Figure 298: Functional impairment at 3-month follow-up



1 Figure 299: Functional impairment at 12-month follow-up



2 Test for subgroup differences: Not applicable

3 Less severe: Psychoeducation group versus waitlist

4

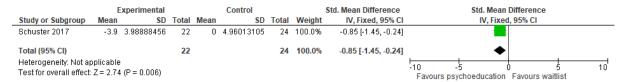
5

Figure 300: Depression symptomatology endpoint

	Experimental			Control				Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
Schuster 2017	18.1	5.82	22	23.5	6.65	24	100.0%	-0.85 [-1.45, -0.24]					
Total (95% CI)			22			24	100.0%	-0.85 [-1.45, -0.24]		•			
Heterogeneity: Not a Test for overall effect	•		.006)						-10 - Favours psy	l 5 choeducation	0 : Favours waitl	ist	10

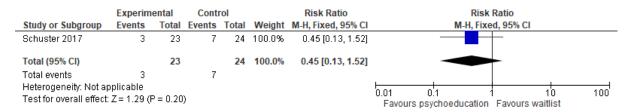
6

7 Figure 301: Depression symptomatology change score



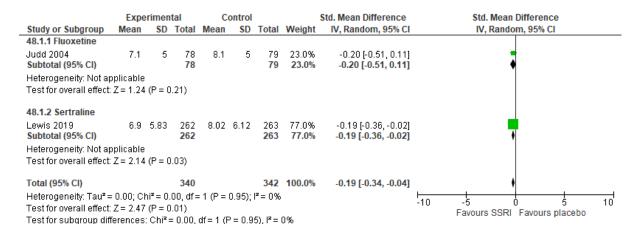
8

9 Figure 302: Discontinuation (any reason)

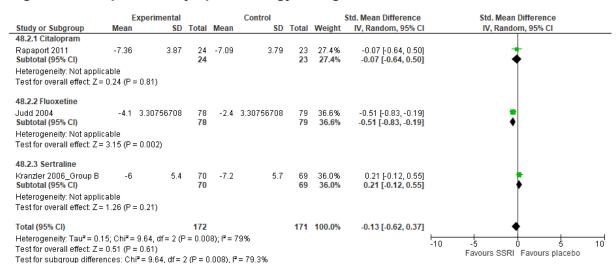


1 Less severe: SSRIs versus placebo

2 Figure 303: Depression symptomatology endpoint



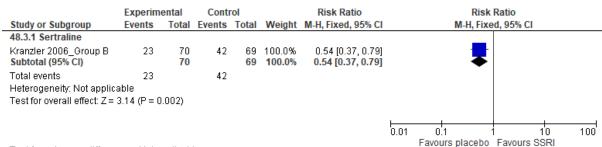
4 Figure 304: Depression symptomatology change score



6 Figure 305: Response (ITT)

3

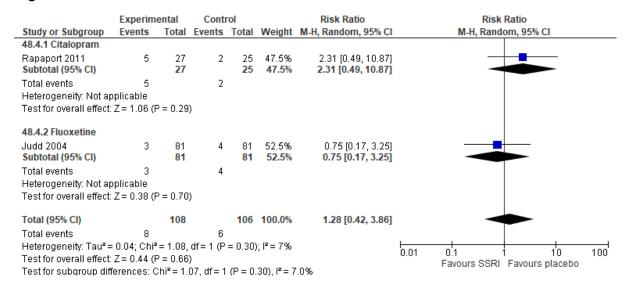
5



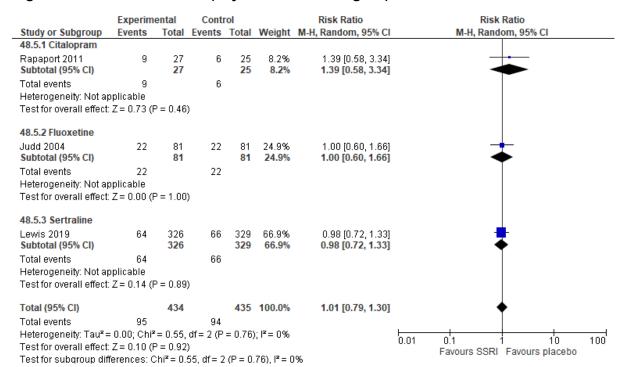
1 Figure 306: Discontinuation due to SE

2

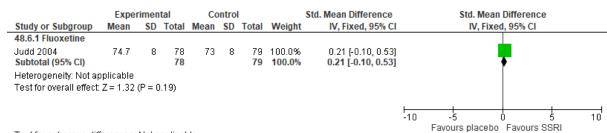
4



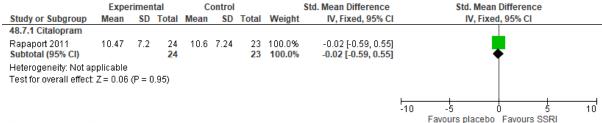
3 Figure 307: Discontinuation (any reason including SE)



5 Figure 308: Global functioning endpoint

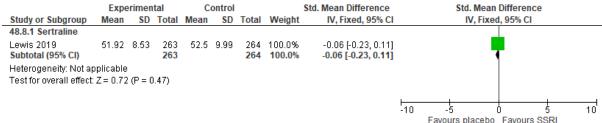


1 Figure 309: Global functioning change score



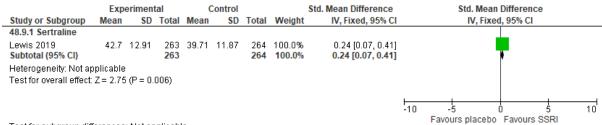
2 Test for subgroup differences: Not applicable

3 Figure 310: Quality of life physical health component endpoint



4 Test for subgroup differences: Not applicable

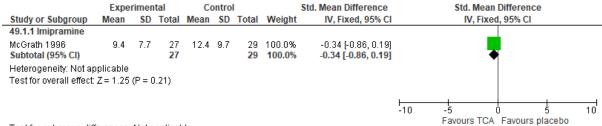
5 Figure 311: Quality of life mental health component endpoint



6 Test for subgroup differences: Not applicable

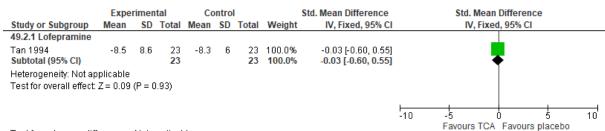
7 Less severe: TCAs versus placebo

8 Figure 312: Depression symptomatology endpoint



9 Test for subgroup differences: Not applicable

10 Figure 313: Depression symptomatology change score

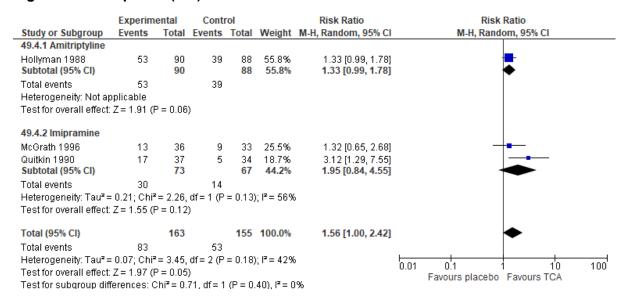


1 Figure 314: Remission (ITT)

	Experim	ental	Conti	rol	Risk Ratio			Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	ght M-H, Fixed, 95% CI		M-H, Fixed, 95% CI	
49.3.1 Imipramine									
McGrath 1996 Subtotal (95% CI)	10	36 36	8	33 33	100.0% 100.0 %	1.15 [0.51, 2.55] 1.15 [0.51, 2.55]		-	
Total events Heterogeneity: Not a Test for overall effect		P = 0.74	8						
							0.01	0.1 1 10 Favours placebo Favours TCA	100

2 Test for subgroup differences: Not applicable

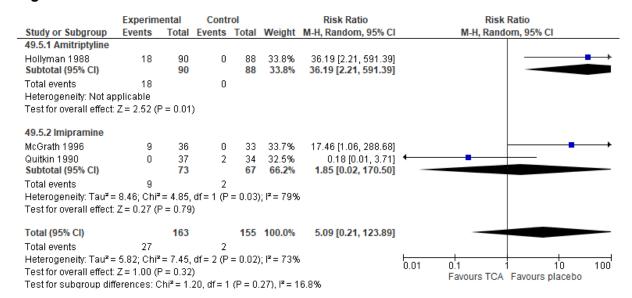
3 Figure 315: Response (ITT)



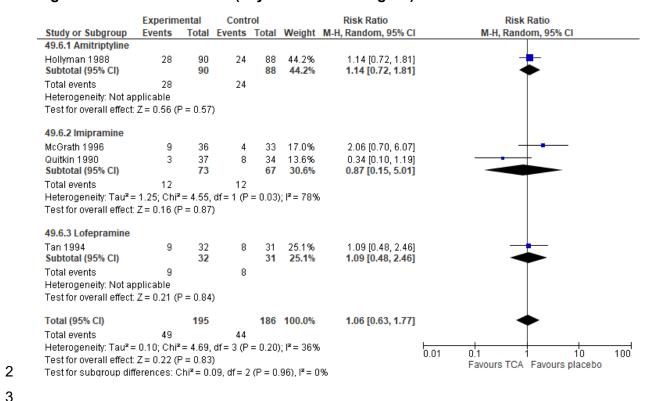
5 Figure 316: Discontinuation due to SE

4

6



1 Figure 317: Discontinuation (any reason including SE)



4 Less severe: Supervised high intensity exercise individual versus no treatment

5 Figure 318: Depression symptomatology endpoint

	Experimental			Control				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Sims 2006	18.27	7.54	11	15.27	6.53	15	100.0%	0.42 [-0.37, 1.20]	•
Total (95% CI)			11			15	100.0%	0.42 [-0.37, 1.20]	,
Heterogeneity: Not ap Test for overall effect:			0.30)						-10 -5 0 5 10 Favours exercise Favours no treatment

7 Figure 319: Depression symptomatology change score

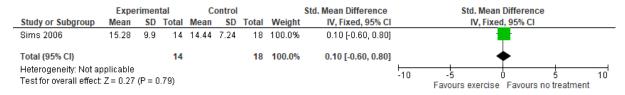


9 Figure 320: Discontinuation (any reason)

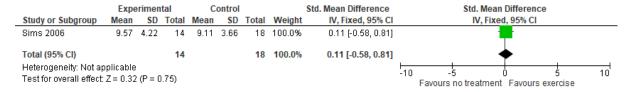
	Experime	Experimental		ol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Sims 2006	3	17	2	20	100.0%	1.76 [0.33, 9.36]	1
Total (95% CI)		17		20	100.0%	1.76 [0.33, 9.36]	
Total events	3		2				
Heterogeneity: Not ap	plicable						0.01 0.1 1 10 100
Test for overall effect:	Z = 0.67 (F	° = 0.50)				Favours exercise Favours no treatment

6

1 Figure 321: Depression symptomatology at 6-month follow-up

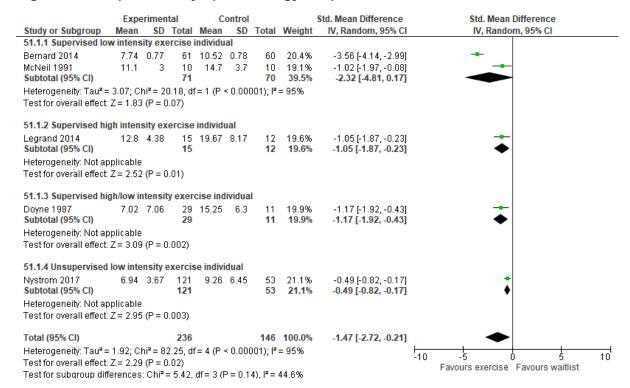


3 Figure 322: Quality of life at 6-month follow-up



5 Less severe: Exercise individual versus waitlist

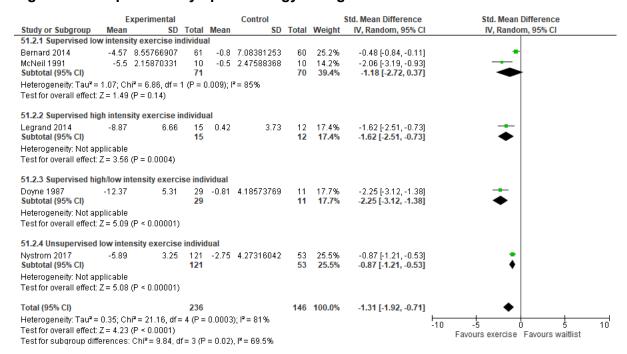
6 Figure 323: Depression symptomatology endpoint



7

2

1 Figure 324: Depression symptomatology change score

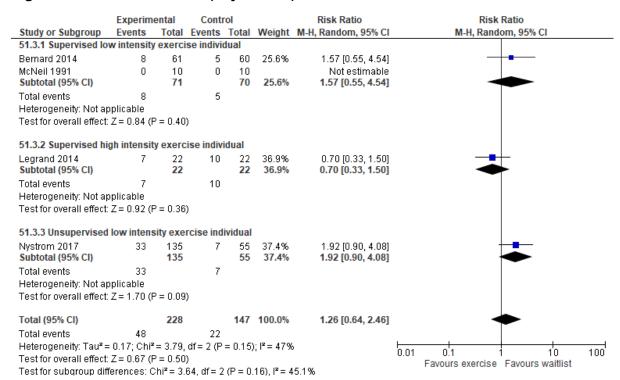


3 Figure 325: Discontinuation (any reason)

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1 Less severe: Supervised low intensity exercise individual versus attention

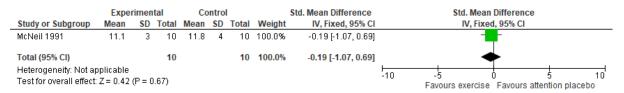
2 placebo

4

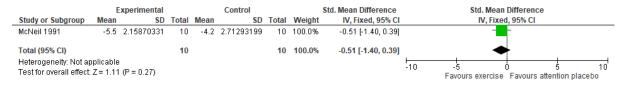
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3 Figure 326: Depression symptomatology endpoint



5 Figure 327: Depression symptomatology change score



7 Figure 328: Discontinuation (any reason)

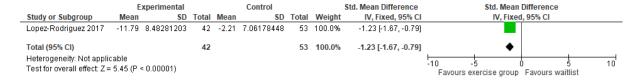
	Experimental Control				Risk Ratio						
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	ed, 95% CI		
McNeil 1991	0	10	0	10		Not estimable					
Total (95% CI)		10		10		Not estimable					
Total events	0		0								
Heterogeneity: Not applicable Test for overall effect: Not applicable							0.01 (Fa).1 vours exercise	1 Favours attent	0 ion place	100 bo

9 Less severe: Supervised low intensity exercise group versus waitlist

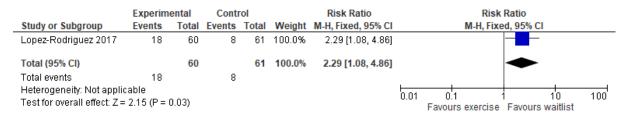
10 Figure 329: Depression symptomatology endpoint

	Experimental			C	ontrol		9	Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed	, 95% (CI .	
Lopez-Rodriguez 2017	12.38	8.4	42	17.6	9.84	53	100.0%	-0.56 [-0.97, -0.15]						
Total (95% CI)			42			53	100.0%	-0.56 [-0.97, -0.15]			•			
Heterogeneity: Not applicate Test for overall effect: Z =	18)						-10	-5 Favours ex	ercise	Favou	5 rs waitlist	10		

12 Figure 330: Depression symptomatology change score



1 Figure 331: Discontinuation (any reason)



3 Figure 332: Sleeping difficulties endpoint

	Expe	Experimental			ntro	I		Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	6 CI		
Lopez-Rodriguez 2017	5.62	2.72	42	5.89	3.2	53	100.0%	-0.09 [-0.49, 0.32]						
Total (95% CI)			42			53	100.0%	-0.09 [-0.49, 0.32]			•			
Heterogeneity: Not applicable Test for overall effect: Z = 0.43 (P = 0.67)									-10	-5 Favours exercise	0 Fav	5 ours wai	tlist	10

5 Less severe: Supervised high intensity exercise group versus TAU

6 Figure 333: Depression symptomatology endpoint

	Experimental			Co	ontro	I	:	Std. Mean Difference		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI		
Brenes 2007	s 2007 7.8 4.3 1				5.8	12	100.0%	-0.60 [-1.39, 0.20]						
Total (95% CI)			14			12	100.0%	-0.60 [-1.39, 0.20]			•			
Heterogeneity: Not applicable Test for overall effect: Z = 1.48 (P = 0.14)									-10	-5 Favours exe	0 rcise Favo	urs TAU	10	

8 Figure 334: Depression symptomatology change score

	Expe	Experimental SD Tatal			ontro	I	Std. Mean Difference			Std. N				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 9	5% CI		
Brenes 2007	-4.9	6.6	14	1.5	5.3	12	100.0%	-1.03 [-1.85, -0.20]						
Total (95% CI)			14			12	100.0%	-1.03 [-1.85, -0.20]			•			
Heterogeneity: Not ap Test for overall effect:			1.02)						-10	-5 Favours exer	O cise Fa	avours TA	.U	10

10 Figure 335: Discontinuation (any reason)

	Experim	ental	Conti	ol		Risk Ratio		Risk	Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	ed, 95% CI	
Brenes 2007	0	14	0	12		Not estimable				
Total (95% CI)		14		12		Not estimable				
Total events	0		0							
Heterogeneity: Not ap Test for overall effect	•	able					0.01	0.1 Favours exercise	1 10 Favours TAU	100

12 Figure 336: Quality of life physical health component endpoint

	Expe	erimen	tal	C	ontrol			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Brenes 2007	38.9	22.8	14	44.3	17.6	12	100.0%	-0.25 [-1.03, 0.52]					
Total (95% CI)			14			12	100.0%	-0.25 [-1.03, 0.52]			•		
Heterogeneity: Not ap Test for overall effect:).52)						-10	-5 Favours	0 s TAU Favo	5 urs exerci	10

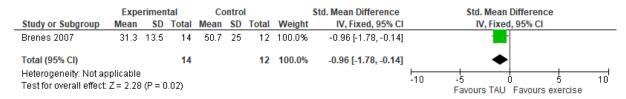
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1 Figure 337: Quality of life mental health component endpoint



3 Figure 338: Quality of life physical health component change score

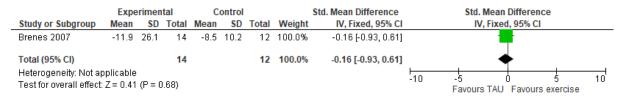
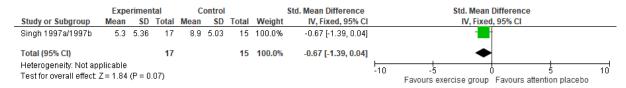


Figure 339: Quality of life mental health component change score

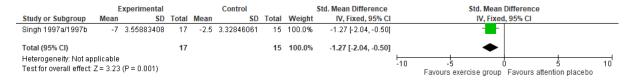
	Exper	rimen	tal	C	ontrol			Std. Mean Difference		Std	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		ľ	/, Fixed, 95%	CI	
Brenes 2007	-22.8	16	14	-5.1	17.4	12	100.0%	-1.03 [-1.86, -0.20]			-		
Total (95% CI)			14			12	100.0%	-1.03 [-1.86, -0.20]			•		
Heterogeneity: Not ap Test for overall effect:	•	(P = 0).01)						-10	-5 Favoui	0 s TAU Favo	5 urs exercis	10 se

7 Less severe: Supervised high intensity exercise group versus attention placebo

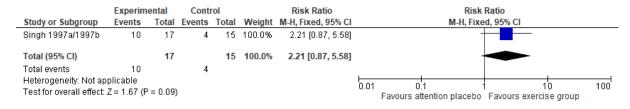
8 Figure 340: Depression symptomatology endpoint



10 Figure 341: Depression symptomatology change score



12 Figure 342: Response (ITT)



2

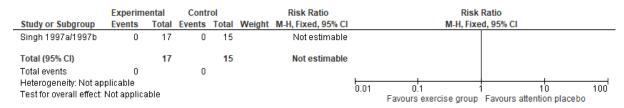
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1 Figure 343: Discontinuation (any reason)



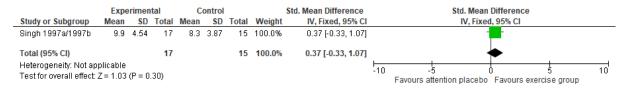
3 Figure 344: Quality of life endpoint

2

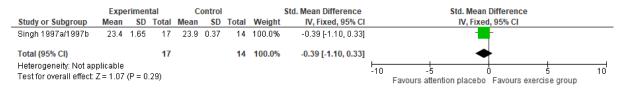
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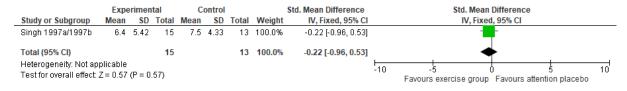
8



5 Figure 345: Global functioning endpoint

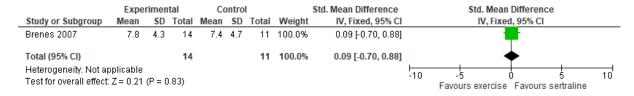


7 Figure 346: Sleeping difficulties endpoint

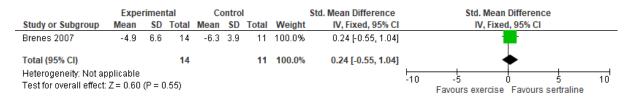


9 Less severe: Supervised high intensity exercise group versus sertraline

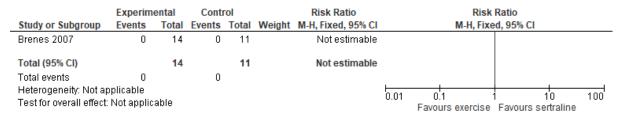
10 Figure 347: Depression symptomatology endpoint



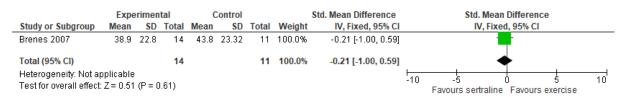
12 Figure 348: Depression symptomatology change score



1 Figure 349: Discontinuation (any reason)



3 Figure 350: Quality of life physical health component endpoint



5 Figure 351: Quality of life mental health component endpoint

	Experimental Contro				ontrol			Std. Mean Difference		Std. Me	an	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed	I, 95% CI		
Brenes 2007	31.3	13.5	14	43.2	16.7	11	100.0%	-0.77 [-1.59, 0.05]		-				
Total (95% CI)			14			11	100.0%	-0.77 [-1.59, 0.05]			•			
Heterogeneity: Not ap Test for overall effect).07)						-10	-5 Favours sertrali	ne	Favours ex	† 5 ercise	10

7 Figure 352: Quality of life physical health component change score

	Expe	erimen	ıtal	Co	ntro	I		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Brenes 2007	-11.9	26.1	14	-5.3	8	11	100.0%	-0.31 [-1.11, 0.48]		-	
Total (95% CI)			14			11	100.0%	-0.31 [-1.11, 0.48]		•	
Heterogeneity: Not ap Test for overall effect:	•		0.44)						-10	-5 0 5 Favours sertraline Favours exercise	10

9 Figure 353: Quality of life mental health component change score

	Exper	imen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Brenes 2007	-22.8	16	14	-16.3	22.5	11	100.0%	-0.33 [-1.13, 0.47]	-
Total (95% CI)			14			11	100.0%	-0.33 [-1.13, 0.47]	+
Heterogeneity: Not ap Test for overall effect:	•	(P = 0	1.42)						-10 -5 0 5 10 Favours sertraline Favours exercise

11 Less severe: Supervised low intensity exercise group + CBT group (under 15 12 sessions) versus CBT group (under 15 sessions)

13 Figure 354: Depression symptomatology at endpoint

	Expe	Experimental Control Mean SD Total Mean SD Total						Std. Mean Difference	Std.	Mean D	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV	, Fixed,	95% CI		
Abdollahi 2017	9.68	2.91	25	20.51	4.39	29	100.0%	-2.82 [-3.59, -2.05]	-	ŀ			
Total (95% CI)			25			29	100.0%	-2.82 [-3.59, -2.05]	•	•			
Heterogeneity: Not ap Test for overall effect:			0.00001)					-10 -5 Favours exercise	· CBT	Favours CB1	i F	10

2

4

6

8

1 Figure 355: Depression symptomatology change score



3 Figure 356: Discontinuation (any reason)

2

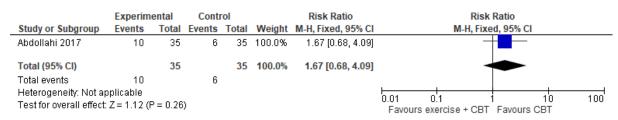
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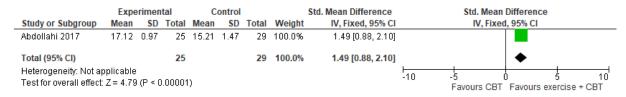
9

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5 Figure 357: Global functioning at endpoint

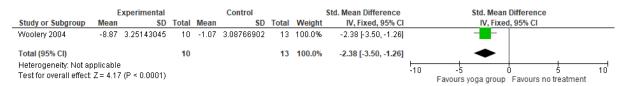


7 Less severe: Yoga group versus no treatment

8 Figure 358: Depression symptomatology endpoint

	Expe	perimental Control n SD Total Mean SD Total						Std. Mean Difference		Std. M	ean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95% (CI	
Woolery 2004	3.9	4.66	10	11	4.32	13	100.0%	-1.53 [-2.49, -0.57]		-	-		
Total (95% CI)			10			13	100.0%	-1.53 [-2.49, -0.57]		<	▶		
Heterogeneity: Not a Test for overall effect			1.002)						-10	-5 Favours yoga gro	0 oup Favou	5 Irs no treatme	10 nt

10 Figure 359: Depression symptomatology change score

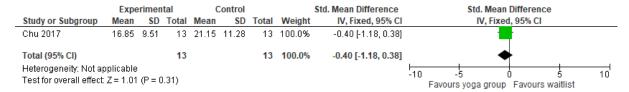


12 Figure 360: Discontinuation (any reason)

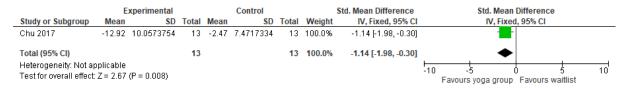
	Experim	ental	Conti	rol		Risk Ratio		Risk	Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	ed, 95% CI		
Woolery 2004	3	13	2	15	100.0%	1.73 [0.34, 8.81]					
Total (95% CI)		13		15	100.0%	1.73 [0.34, 8.81]					
Total events	3		2								
Heterogeneity: Not ap Test for overall effect:		P = 0.51)				0.01	0.1 Favours yoga group		0 eatment	100

1 Less severe: Yoga group versus waitlist

2 Figure 361: Depression symptomatology endpoint



4 Figure 362: Depression symptomatology change score



6 Figure 363: Discontinuation (any reason)



8 Less severe: Yoga group versus attention placebo

9 Figure 364: Depression symptomatology endpoint

	Expe	erimen	ital	Control				Std. Mean Difference		Std. M	ean Dit	fference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 9	95% CI		
Prathikanti 2017	11.51	6.03	20	16.93	6.78	18	100.0%	-0.83 [-1.50, -0.16]		-				
Total (95% CI)			20			18	100.0%	-0.83 [-1.50, -0.16]			•			
Heterogeneity: Not a Test for overall effect).01)						-10	-5 Favours yoga gro	oup F	5 avours attenti	on placebo	10

11 Figure 365: Depression symptomatology change score

	Expe	rimen	ital	C	ontrol			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
Prathikanti 2017	-9.47	6.2	20	-2.99	6.01	18	100.0%	-1.04 [-1.72, -0.36]		-		
Total (95% CI)			20			18	100.0%	-1.04 [-1.72, -0.36]		•		
Heterogeneity: Not ap Test for overall effect			0.003)						-10	-5 (Favours voga group	Favours attenti	i 10

13 Figure 366: Remission (ITT)

	Experim	ental	Conti	rol		Risk Ratio		Risk	Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	ed, 95% CI	
Prathikanti 2017	9	20	1	18	100.0%	8.10 [1.13, 57.82]				
Total (95% CI)		20		18	100.0%	8.10 [1.13, 57.82]				
Total events	. 9		1						,	
Heterogeneity: Not ap Test for overall effect:		P = 0.04)				0.01 0. Favours atte		10 Favours yoga group	100

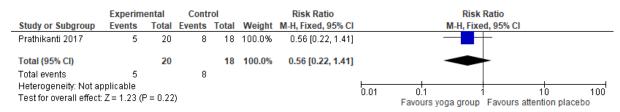
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1 Figure 367: Discontinuation (any reason)



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4 Less severe: Mindfulness-based stress reduction (MBSR) individual versus 5 waitlist

6 Figure 368: Depression symptomatology endpoint

	Expe	erimen	tal	C	ontrol			Std. Mean Difference		Std. Mear	ı Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95%	CI	
McIndoo 2016	7.44	5.24	20	13.08	4.85	14	100.0%	-1.08 [-1.82, -0.35]					
Total (95% CI)			20			14	100.0%	-1.08 [-1.82, -0.35]		•			
Heterogeneity: Not ap Test for overall effect:	•		1.004)						-10	-5 Favours MBSR	0 Favo	5 urs waitlist	10

8 Figure 369: Depression symptomatology change score

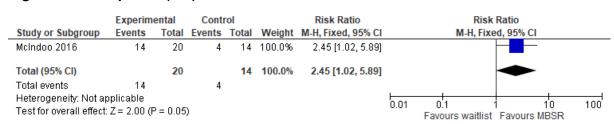
	E	xperimental			Control			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
McIndoo 2016	-7	3.49010029	20	-1.59	3.31298204	14	100.0%	-1.54 [-2.33, -0.76]					
Total (95% CI)			20			14	100.0%	-1.54 [-2.33, -0.76]		•			
Heterogeneity: Not ap Test for overall effect:									-10	-5 Favours MBSR	Favours v	5 /aitlist	10

10 Figure 370: Remission (ITT)



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12 Figure 371: Response (ITT)



1 Figure 372: Discontinuation (any reason)

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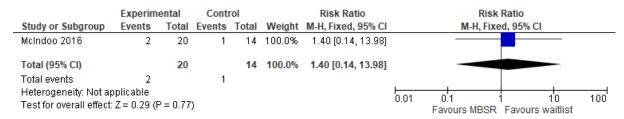
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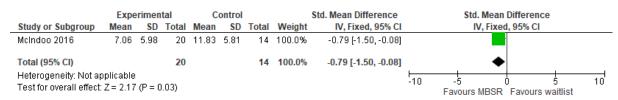
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3 Figure 373: Depression symptomatology at 1-month follow-up



5 Less severe: Mindfulness-based cognitive therapy (MBCT) group versus no6 treatment

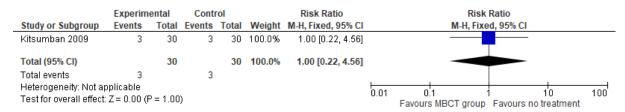
7 Figure 374: Depression symptomatology endpoint

	Expe	erimen	tal	C	ontrol			Std. Mean Difference		Std. M	an Diff	ference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95	5% CI	
Kitsumban 2009	10.7	5.26	27	18.15	6.09	27	100.0%	-1.29 [-1.88, -0.70]					
Total (95% CI)			27			27	100.0%	-1.29 [-1.88, -0.70]		•	▶ │		
Heterogeneity: Not ap Test for overall effect:	•		.0001)						-10	-5 Favours MBCT gro	up Fa	5 avours no treatme	10 ent

9 Figure 375: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std. Mea	ın Di	fference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 9	95% CI	
Kitsumban 2009	-9.78	4.17897117	27	3	4.12369373	27	100.0%	-3.03 [-3.83, -2.24]		-			
Total (95% CI)			27			27	100.0%	-3.03 [-3.83, -2.24]		•			
Heterogeneity: Not ap Test for overall effect:)						-10	-5 Favours MBCT grou	p F	5 avours no treatr	10 ment

11 Figure 376: Discontinuation (any reason)

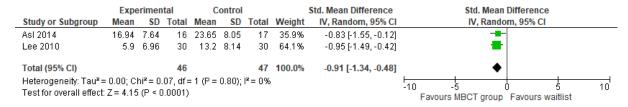


13 Figure 377: Depression symptomatology at 3-month follow-up

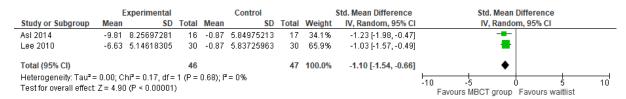
	Expe				ontrol			Std. Mean Difference		Std. Mea	n Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% CI	
Kitsumban 2009	9.26	5.09	27	15.37	5.64	27	100.0%	-1.12 [-1.70, -0.54]				
Total (95% CI)			27			27	100.0%	-1.12 [-1.70, -0.54]		•		
Heterogeneity: Not ap Test for overall effect:).0001)						-10	-5 Favours MBCT grou	0 Favours no tr	5 10 eatment

1 Less severe: Mindfulness-based cognitive therapy (MBCT) group versus waitlist

2 Figure 378: Depression symptomatology endpoint



4 Figure 379: Depression symptomatology change score



6 Figure 380: Discontinuation (any reason)

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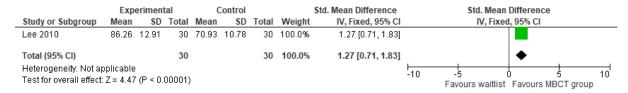
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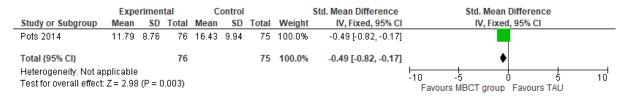
	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Asl 2014	2	18	0	17	13.7%	4.74 [0.24, 92.07]	- •
Lee 2010	12	42	3	33	86.3%	3.14 [0.97, 10.23]	—
Total (95% CI)		60		50	100.0%	3.32 [1.11, 9.95]	-
Total events	14		3				
Heterogeneity: Tau² = Test for overall effect:				= 0.80)	; I*= 0%		0.01 0.1 10 100 Favours MBCT group Favours waitlist

8 Figure 381: Quality of life endpoint

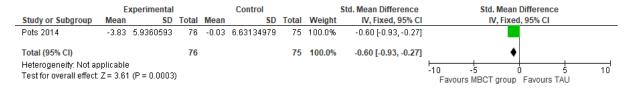


10 Less severe: Mindfulness-based cognitive therapy (MBCT) group versus TAU

11 Figure 382: Depression symptomatology endpoint



1 Figure 383: Depression symptomatology change score



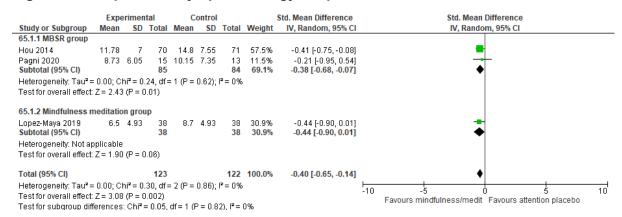
3 Figure 384: Discontinuation (any reason)

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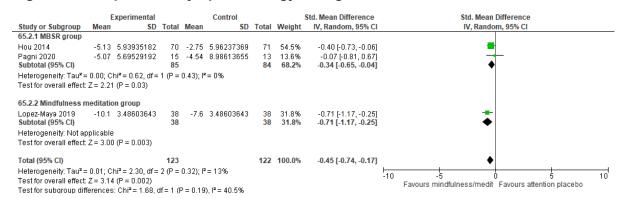


1 Less severe: Mindfulness/meditation group versus attention placebo

2 Figure 385: Depression symptomatology endpoint



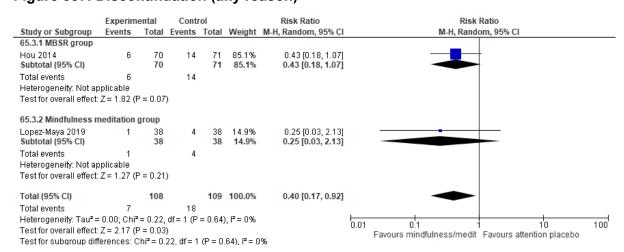
4 Figure 386: Depression symptomatology change score



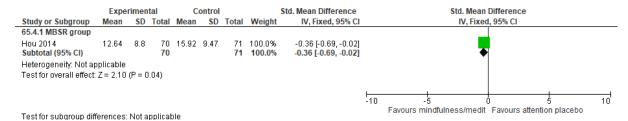
6 Figure 387: Discontinuation (any reason)

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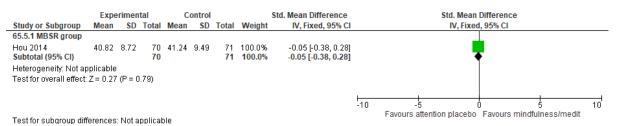
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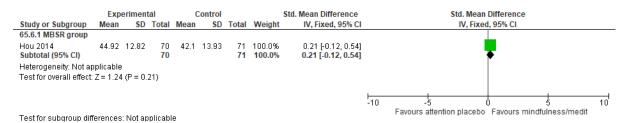
1 Figure 388: Depression symptomatology at 3-month follow-up



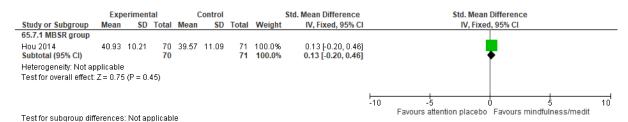
3 Figure 389: Quality of life physical health component endpoint



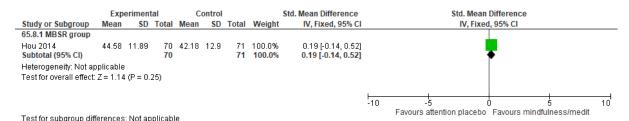
5 Figure 390: Quality of life mental health component endpoint



7 Figure 391: Quality of life physical health component at 3-month follow-up



9 Figure 392: Quality of life mental health component at 3-month follow-up



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1 Less severe: Mindfulness meditation group versus supervised high intensity

2 exercise group

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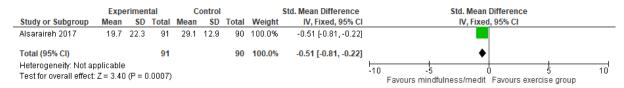
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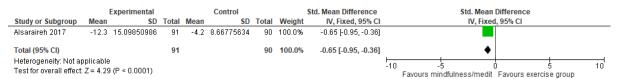
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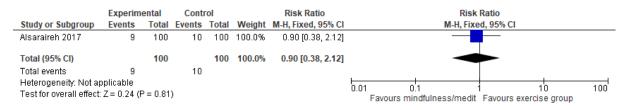
3 Figure 393: Depression symptomatology at endpoint



5 Figure 394: Depression symptomatology change score



7 Figure 395: Discontinuation (any reason)

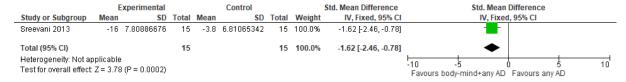


9 Less severe: Body-mind-spirit group + any AD versus any AD

10 Figure 396: Depression symptomatology endpoint

	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Hsiao 2011	16.2	12.1	24	20.4	12.4	26	60.2%	-0.34 [-0.90, 0.22]	-
Sreevani 2013	12.2	11.4	15	22.33	10.1	15	39.8%	-0.92 [-1.67, -0.16]	-
Total (95% CI)			39			41	100.0%	-0.57 [-1.12, -0.01]	•
Heterogeneity: Tau² = Test for overall effect				= 1 (P =	0.23);	I² = 31°	%		-10 -5 0 5 10 Favours body-mind+any AD Favours any AD

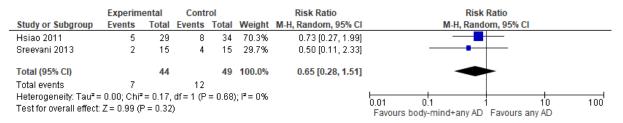
12 Figure 397: Depression symptomatology change score



14 Figure 398: Discontinuation due to SE

	Experim	ental	Contr	rol		Risk Ratio	Risk	Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixe	ed, 95% CI	
Hsiao 2011	0	29	0	34		Not estimable			
Total (95% CI)		29		34		Not estimable			
Total events	0		0						
Heterogeneity: Not ap Test for overall effect		able					0.01 0.1 Favours body-mind+any AD	1 10 Favours any AD	100

1 Figure 399: Discontinuation (any reason including SE)



3 Figure 400: Depression symptomatology at 1-month follow-up

	Expe	Experimental Contro Mean SD Total Mean SI						Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Sreevani 2013	6.8	7.13	15	18.87	10.98	15	100.0%	-1.27 [-2.06, -0.47]		-			
Total (95% CI)			15			15	100.0%	-1.27 [-2.06, -0.47]		•			
Heterogeneity: Not ap Test for overall effect			0.002)						-10 Favours body	-5 y-mind+any AD	Favours any	5 AD	10

5 Figure 401: Depression symptomatology at 2-3 month follow-up

	Expe	erimen	ıtal	(Control			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	
Hsiao 2011	17.4	12.8	22	18.2	14	20	52.2%	-0.06 [-0.66, 0.55]	-	
Sreevani 2013	6.27	6.16	15	18.6	10.86	15	47.8%	-1.36 [-2.16, -0.55]	-	
Total (95% CI)			37			35	100.0%	-0.68 [-1.95, 0.59]	•	
Heterogeneity: Tau² = Test for overall effect				= 1 (P =	0.01); [3	= 84%			-10 -5 0 5 Favours body-mind+any AD Favours any AD	10

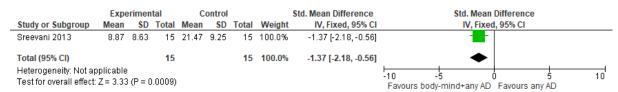
7 Figure 402: Depression symptomatology at 6-month follow-up

	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. M	ean Differenc	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, F	ixed, 95% CI		
Hsiao 2011	16.7	12.8	20	19.6	15.1	16	100.0%	-0.20 [-0.86, 0.45]		-		
Total (95% CI)			20			16	100.0%	-0.20 [-0.86, 0.45]		•		
Heterogeneity: Not ap Test for overall effect:			1.54)						-10 -5 Favours body-mind+any	0 AD Favours	5 any AD	10

9 Figure 403: Functional impairment endpoint

	Experimental			С	ontrol			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Sreevani 2013	11.8	10.2	15	26	9.29	15	100.0%	-1.42 [-2.23, -0.60]		
Total (95% CI)			15			15	100.0%	-1.42 [-2.23, -0.60]	•	
Heterogeneity: Not a Test for overall effect).0006)						-10 -5 0 5 Favours body-mind+any AD Favours any A	5 10

11 Figure 404: Functional impairment at 1-month follow-up



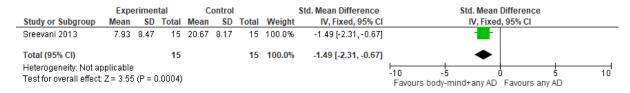
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1 Figure 405: Functional impairment at 2-month follow-up



3 Less severe: Progressive muscle relaxation individual versus any TCA

4 Figure 406: Depression symptomatology endpoint

	Expe	rimen	ital	C	ontrol		9	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Murphy 1995	4.39	6.1	13	9.7	6.77	10	100.0%	-0.80 [-1.66, 0.06]	-
Total (95% CI)			13			10	100.0%	-0.80 [-1.66, 0.06]	◆
Heterogeneity: Not applicable Test for overall effect: Z = 1.82 (P = 0.07)									-10 -5 0 5 10 Favours relaxation Favours any TCA

6 Figure 407: Depression symptomatology change score

	Experimental							Std. Mean Difference		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	, 95% CI		
Murphy 1995	-11.14	4.03900978	13	-6.7	4.48715389	10	100.0%	-1.01 [-1.89, -0.13]			-			
Total (95% CI)			13			10	100.0%	-1.01 [-1.89, -0.13]			•			
Heterogeneity: Not a Test for overall effect									-10	Favoui	5 (s relaxation	Favours an	5 IV TCA	10

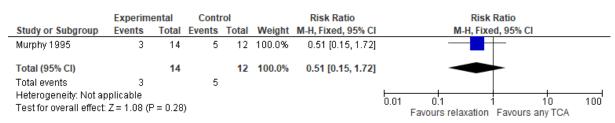
8 Figure 408: Remission (ITT)

	Experim	ental	Contr	rol	Risk Ratio			Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI			
Murphy 1995	9	14	4	12	100.0%	1.93 [0.79, 4.70]		+			
Total (95% CI)		14		12	100.0%	1.93 [0.79, 4.70]		•			
Total events	9		4								
Heterogeneity: Not ap Test for overall effect:)				0.01	0.1 1 Favours any TCA Favours i	10 relaxation	100			

10 Figure 409: Response (ITT)



12 Figure 410: Discontinuation (any reason)



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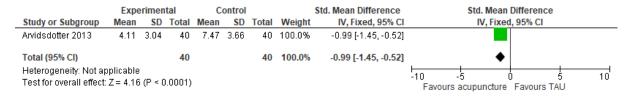
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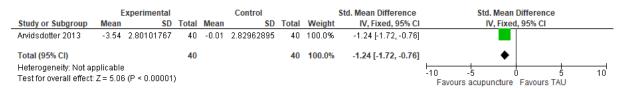
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1 Less severe: Traditional acupuncture versus TAU

2 Figure 411: Depression symptomatology endpoint



4 Figure 412: Depression symptomatology change score



6 Figure 413: Discontinuation (any reason)

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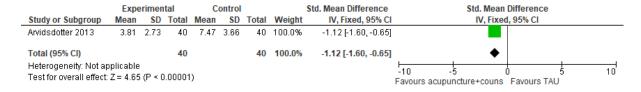
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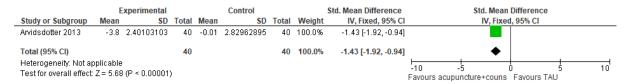


8 Less severe: Traditional acupuncture + counselling versus TAU

9 Figure 414: Depression symptomatology endpoint



11 Figure 415: Depression symptomatology change score



13 Figure 416: Discontinuation (any reason)

