National Institute for Health and Care Excellence

Consultation draft

Depression in adults: treatment and management

Appendix U2.12: Text from CG90 Appendix 19b that has been deleted

NICE Guideline

Appendices

May 2018

Disclaimer

Healthcare professionals are expected to take NICE clinical guidelines fully into account when exercising their clinical judgement. However, the guidance does not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of each patient, in consultation with the patient and/or their guardian or carer.

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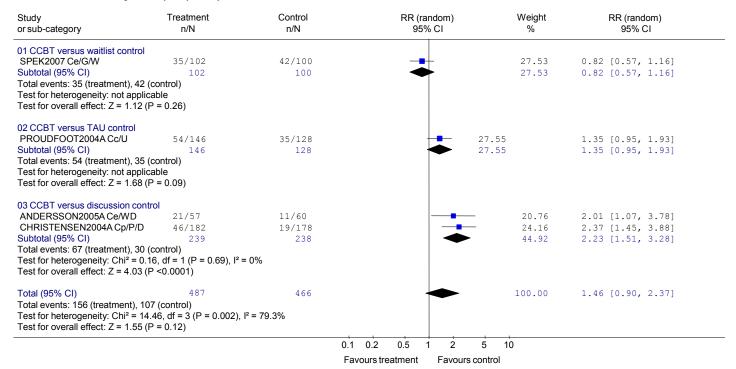
LOW-INTENSITY INTERVENTIONS

Computerised cognitive behavioural therapy (CCBT)

Review: CCBT01

Comparison: 01 CCBT versus control

Outcome: 01 Leaving the study early for any reason



Review: CCBT02 Comparison: 01 CCBT versus control

Outcome: 02 Depression self-report measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 CCBT versus waitlist control	400	44 05 (0.05)	400	4.4.6.4.9.4.9.	_	45.00	
SPEK2007 Ce/G/W	102 102	11.97(8.05)	100 100	14.46(10.42)	<u> </u>	17.83 17.83	-0.27 [-0.54, 0.01] -0.27 [-0.54, 0.01]
Subtotal (95% CI) Test for heterogeneity: not applica			100		\blacksquare	17.83	-0.27 [-0.54, 0.01]
Test for overall effect: Z = 1.89 (P							
02 CCBT versus TAU control							
PROUDFOOT2004A Cc/U	95	12.10(9.30)	100	18.40(10.90)	-	17.29	-0.62 [-0.91, -0.33]
Subtotal (95% CI)	95		100		◆	17.29	-0.62 [-0.91, -0.33]
Test for heterogeneity: not applica Test for overall effect: Z = 4.21 (P)					
03 CCBT versus discussion contro							
ANDERSSON2005A Ce/WD	36	12.20(6.80)	49	19.50(8.10)	-	10.59	-0.95 [-1.41, -0.50]
01 11 11 0 1 E 1 10 E 1 1 E 00 11 1 0 p 11 1 E	136 172	15.90(9.80)	159	19.50(11.80)	<u>.</u>	20.36	-0.33 [-0.56, -0.10]
Subtotal (95% CI) Test for heterogeneity: Chi ² = 5.79		D = 0.00\ 12 = 00.70/	208			30.95	-0.61 [-1.22, 0.00]
Test for neterogeneity. $Cn^2 = 5.75$ Test for overall effect: $Z = 1.96$ (P		P = 0.02), F = 62.7%					
04 CCBT versus information contr	rol						
CLARKE2002 Ce/I	107	22.20(12.80)	116	25.50(14.20)	-	18.53	-0.24 [-0.51, 0.02]
CLARKE2005 Ce/Cp/I	67	20.00(13.80)	79	22.90(13.80)		15.41	-0.21 [-0.54, 0.12]
Subtotal (95% CI)	174		195		•	33.94	-0.23 [-0.43, -0.02]
Test for heterogeneity: Chi² = 0.02 Test for overall effect: Z = 2.19 (P		$[P = 0.87), I^2 = 0\%$					
Total (95% CI)	543		603		•	100.00	-0.40 [-0.58, -0.22]
Test for heterogeneity: Chi ² = 11.6	69, df = 5	$(P = 0.04), I^2 = 57.2\%$					
Test for overall effect: Z = 4.25 (P	<0.0001)					
				-4	-2 0 2	4	
				Fa	avours treatment Favours co	ontrol	

Review: CCBT03 Comparison: 01 CCBT versus control

Outcome: 03 Depression self-report measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Depression self-report measur PROUDFOOT2004 ACc/U Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 2.65 (P	93 93 able	12.10(10.30)	85 8	16.40(11.00)	+	100.0	-0.40 [-0.70, -0.11] -0.40 [-0.70, -0.11]
02 Depression self-report measur PROUDFOOT2004A Cd/U Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 2.64 (P	83 83 able	9.60(8.20)	81 8	13.50(10.30)	+	100.0	-0.42 [-0.73, -0.11] -0.42 [-0.73, -0.11]
03 Depression self-report measur CHRISTENSEN2004A Cp/P/D Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 1.54 (P	106 106 able	nonths follow-up 15.60 (10.20)	131 13	17.80 (11.40)	.	100.0	-0.20 [-0.46, 0.06] -0.20 [-0.46, 0.06]
04 Depression self-report measur PROUDFOOT2004A Cd/U Subtotal (95% Cl) Test for heterogeneity: not applica Test for overall effect: Z = 3.74 (P	94 94 able	9.30(8.50)	92 9	14.90(11.30)	±	100.0	-0.56 [-0.85, -0.27] -0.56 [-0.85, -0.27]
05 Depression self-report measur CHRISTENSEN2004A Cp/P/D SPEK2007 Ce/G/W Subtotal (95% CI) Test for heterogeneity: Chi² = 0.11 Test for overall effect: Z = 2.37 (P	94 102 196 0, df = 1 (14.10(10.70) 10.45(8.05)	124 100 22	16.40 (11.70) 12.88 (10.10)	÷	51.5 2 48.4	-0.20 [-0.47, 0.07] -0.27 [-0.54, 0.01] -0.23 [-0.43, -0.04]
					-1 -0.5 0 0.5 Favours treatment Favours co	1 ontrol	

Review: CCBT04

Comparison:

02 CCBT versus active control 01 Leaving the study early for any reason Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 CCBT versus psychoeducation	control				
CHRISTENSEN2004A Cp/P/D	46/182	25/165		100.00	1.67 [1.08, 2.59]
Subtotal (95% CI)	182	165		100.00	1.67 [1.08, 2.59]
Total events: 46 (treatment), 25 (c Test for heterogeneity: not applica Test for overall effect: Z = 2.28 (P	ble				
02 CCBT versus group CBT contr	ol				
SPEK2007 Ce/G/W	35/102	43/99		100.00	0.79 [0.56, 1.12]
Subtotal (95% CI)	102	99	•	100.00	0.79 [0.56, 1.12]
Total events: 35 (treatment), 43 (c Test for heterogeneity: not applica Test for overall effect: Z = 1.32 (P	ble				
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours	control	

Review: CCBT05

Comparison: 02 CCBT versus active control

Outcome: 02 Depression self-report measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 CCBT versus group CB1	Г						
SPEK2007 Ce/G/W	102	11.97(8.05)	99	11.43(9.41)		42.13	0.06 [-0.22, 0.34]
Subtotal (95% CI)	102		99			42.13	0.06 [-0.22, 0.34]
Γest for heterogeneity: not a Γest for overall effect: Z = 0							
2 CCBT versus psychoedu	ucation						
CHRISTENSEN2004A Cp.	/P/D 136	15.90(9.80)	140	16.20(9.30)		57.87	-0.03 [-0.27, 0.20]
Subtotal (95% CI)	136		140			57.87	-0.03 [-0.27, 0.20]
est for heterogeneity: not a est for overall effect: Z = 0							
Total (95% CI) Test for heterogeneity: Chi² Test for overall effect: Z = 0		P = 0.62), I ² = 0%	239		•	100.00	0.01 [-0.17, 0.19]
					-1 -0.5 0	0.5 1	
					Favours treatment Favou	rs control	

Review: CCBT06

Comparison: 02 CCBT versus active control – psychoeducation Outcome: 03 Depression self-report measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Depression self-report measur	es at 6-n	nonth follow-up					
CHRISTENSEN2004A Cp/P/D	106	15.60(10.20)	115	15.10(10.10)		100.00	0.05 [-0.21, 0.31]
Subtotal (95% CI)	106		115			100.00	0.05 [-0.21, 0.31]
Test for heterogeneity: not applicate Test for overall effect: Z = 0.36 (F							
02 Depression self-report measur	es at 12-	-month follow-up					
CHRISTENSEN2004A Cp/P/D	94	14.10(10.70)	107	12.60(8.70)	- - 	49.95	0.15 [-0.12, 0.43]
SPEK2007 Ce/G/W	102	10.45(8.05)	99	12.14(8.76)		50.05	-0.20 [-0.48, 0.08]
Subtotal (95% CI)	196		206		•	100.00	-0.02 [-0.22, 0.17]
Test for heterogeneity: Chi ² = 3.14 Test for overall effect: Z = 0.23 (F		(P = 0.08), I ² = 68.1%					
					-1 -0.5 0 0.5	1	
					Favours treatment Favours	control	

Review: CCBT07

Comparison: 06 Sub-analysis: PROUDFOOT2004A depressed-sample only

Outcome: 01 Depression self-report measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 CCBT versus waitlist control							
SPEK2007 Ce/G/W	102	11.97(8.05)	100	14.46(10.42)	-	18.98	-0.27 [-0.54, 0.01]
SELMI1990	12	10.33(5.18)	12	18.50(9.32)		3.90	-1.05 [-1.91, -0.18]
Subtotal (95% CI)	114		112		◆	22.88	-0.54 [-1.28, 0.19]
Γest for heterogeneity: Chi² = 2.8 Γest for overall effect: Z = 1.46 (F		(P = 0.09), I ² = 64.8%					
02 CCBT versus TAU control							
PROUDFOOT2004A Cc/U	32	14.88(10.73)	22	18.95(12.16)	├-	8.30	-0.35 [-0.90, 0.19]
Subtotal (95% CI)	32		22		◆	8.30	-0.35 [-0.90, 0.19]
Test for heterogeneity: not applicated for overall effect: Z = 1.27 (F							
03 CCBT versus discussion contr	rol						
ANDERSSON2005A Ce/WD	36	12.20(6.80)	49	19.50(8.10)		10.8	-0.95 [-1.41, -0.50]
CHRISTENSEN2004A Cp/P/D	136	15.90(9.80)	159	19.50(11.80)	-	4	-0.33 [-0.56, -0.10]
Subtotal (95% CI)	172		20		•	21.9	-0.61 [-1.22, 0.00]
Test for heterogeneity: Chi ² = 5.7 Test for overall effect: Z = 1.96 (F		$(P = 0.02), I^2 = 82.7\%$					
04 CCBT versus information conf	trol						
CLARKE2002 Ce/I	107	22.20(12.80)	116	25.50(14.20)	-	19.81	-0.24 [-0.51, 0.02]
CLARKE2005 Ce/Cp/I	67	20.00(13.80)	79	22.90(13.80)	-= 	16.19	-0.21 [-0.54, 0.12]
Subtotal (95% CI)	174		195		◆	36.00	-0.23 [-0.43, -0.02]
Test for heterogeneity: $Chi^2 = 0.0$ Test for overall effect: $Z = 2.19$ (F		(P = 0.87), I ² = 0%					
Total (95% CI)	492		537		•	100.00	-0.38 [-0.56, -0.20]
Test for heterogeneity: Chi² = 11. Test for overall effect: Z = 4.09 (F							
				-4	-2 0 2	4	
				F	avours treatment Favours co	ontrol	

Review: CCBT08

Comparison: 06 Sub-analysis: PROUDFOOT2004 depressed-sample only Outcome: 02 Depression self-report measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Depression self-report measur SELMI1990	es at 2-m	onth follow-up 6.17 (5.57)	12	20.67(9.89)		100.00	-1.74 [-2.71, -0.78]
Subtotal (95% CI)	12	0.17(0.07)	12	20.07(3.03)		100.00	-1.74 [-2.71, -0.78]
Test for heterogeneity: not applica Test for overall effect: Z = 3.54 (P	able)				100.00	1.71 [2.71, 0.70]
2 Depression self-report measur					_		
PROUDFOOT2004A Cc/U	33	15.49(11.92)	21	14.38(9.00)		100.00	0.10 [-0.45, 0.65]
Subtotal (95% CI)	33		21			100.00	0.10 [-0.45, 0.65]
Test for heterogeneity: not applica Test for overall effect: Z = 0.36 (P							
3 Depression self-report measur	es at 5-m	onth follow-up					
PROUDFOOT2004A Cc/U	30	14.78(9.37)	17	11.24(8.31)	-	100.00	0.39 [-0.21, 0.99]
Subtotal (95% CI)	30		17			100.00	0.39 [-0.21, 0.99]
Test for heterogeneity: not applica Test for overall effect: Z = 1.26 (P							
4 Depression self-report measur	es at 6-m	onth follow-up					
CHRISTENSEN2004A Cp/P/D		15.60(10.20)	131	17.80(11.40)		100.00	-0.20 [-0.46, 0.06]
Subtotal (95% CI)	106		131			100.00	-0.20 [-0.46, 0.06]
Test for heterogeneity: not applica Test for overall effect: Z = 1.54 (P							
5 Depression self-report measur							
PROUDFOOT2004 Cc/U	33	12.69(9.58)	20	12.25(10.81)		_ 100.00	0.04 [-0.51, 0.60]
Subtotal (95% CI)	33		20			100.00	0.04 [-0.51, 0.60]
Test for heterogeneity: not applica Test for overall effect: Z = 0.15 (P							
6 Depression self-report measur	es at 12-r						
CHRISTENSEN2004A Cp/P/D	94	14.10(10.70)	124	16.40(11.70)		51.52	-0.20 [-0.47, 0.07]
SPEK2007 Ce/G/W	102	10.45(8.05)	100	12.88(10.10)	-	48.48	-0.27 [-0.54, 0.01]
Subtotal (95% CI)	196		224		•	100.00	-0.23 [-0.43, -0.04]
Test for heterogeneity: Chi ² = 0.10 Test for overall effect: Z = 2.37 (P		P = 0.75), I ² = 0%					
					-1 -0.5 0 0.	5 1	
					Favours treatment Favours	control	

Guided self-help

GSH01 Review:

Comparison: 01 Individual GSF (minimal support) versus waitlist control

Outcome: 01 Leaving the study early for any reason

FLOYD2004 3/16 0/14 12.23 6.18 [6.18 [12.23 6.18 [6.18 [12.23	0.05, 4.94] 0.35, 110.11] 0.90, 54.32]
Jamison1995 7/40 1/40 → 24.01 7.00 [Schmidt1983 1/12 0/10 → 10.59 2.54 [Scogin1987 1/10 2/11 → 20.09 0.55 [
Schmidt1983 1/12 0/10 → 10.59 2.54 [Scogin1987 1/10 2/11 → 20.09 0.55 [90 54 321
Scogin1987 1/10 2/11 - 20.09 0.55 [
	0.11, 56.25]
0	0.06, 5.18]
Scogin1989 1/22 1/22 ← → 13.83 1.00 [0.07, 15.00]
· · · · · · · · · · · · · · · · · · ·	0.62, 4.69]
Fotal events: 14 (treatment), 6 (control)	
Fest for heterogeneity: Chi² = 5.05, df = 5 (P = 0.41), l² = 1.0% Fest for overall effect: Z = 1.04 (P = 0.30)	

Review:

Comparison:

01 Individual GSF (minimal support) versus waitlist control 02 Self-report depression measures (BDI) at endpoint Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
Brown1984	14	13.07(10.89)	11	18.18(11.29)		20.49	-0.45 [-1.25, 0.35]
Jamison1995	33	9.20(7.10)	39	19.50(8.20)	-	28.77	-1.32 [-1.83, -0.81]
Landreville1997	10	13.50(6.11)	13	17.00(12.59)		19.75	-0.33 [-1.16, 0.50]
Schmidt1983	12	7.30(6.40)	10	21.70(9.00)		15.62	-1.80 [-2.83, -0.78]
Scogin1987	9	5.00(2.80)	8	9.60(5.10)		15.37	-1.08 [-2.12, -0.04]
Γotal (95% CI)	78		81		•	100.00	-0.98 [-1.50, -0.47]
Γest for heterogeneity: Chi ² = Γest for overall effect: Z = 3.7							

Favours treatment

Favours control

Favours treatment Favours control

Review:

Comparison: 01 Individual GSF (minimal support) versus waitlist control Outcome: 03 Self-report depression measure (CES-D) at 12-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			ID (fixed 95% CI)	Weight %	SMD (fixed) 95% CI
WILLEMSE2004	107	9.40(7.40)	109	11.10(9.40)			-		100.0	-0.20 [-0.47, 0.07]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z =	107 applicable 1.47 (P = 0.14)		10				•		100.0	-0.20 [-0.47, 0.07]
					-4	-2	0	2	4	
					Favoi	urs treatmen	nt Fa	vours conf	trol	

Review: GSH04

Comparison: 01 Individual GSF (minimal support) versus waitlist control Outcome: 04 Clinician depression measure (HRSD) at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
FLOYD2004	16	10.50(5.91)	14	16.07(6.11)	-	22.44	-0.90 [-1.66, -0.14]
Jamison1995	33	9.60(5.50)	39	19.00(4.50)	-	41.17	-1.87 [-2.43, -1.31]
Scogin1987	9	7.60(4.10)	8	16.60 (5.60)		9.47	-1.76 [-2.93, -0.59]
Scogin1989	21	7.50(3.60)	21	15.90(6.90)	-	26.92	-1.50 [-2.19, -0.81]
Total (95% CI)	79		82		•	100.00	-1.54 [-1.90, -1.18]
Test for heterogeneity: Ch	$ni^2 = 4.17$, $df = 3$	(P = 0.24), I ² = 28.1%			-		
Test for overall effect: Z =	8.41 (P <0.0000	1)					
					-4 -2 0 2	4	
					Favours treatment Favours	control	

Review: GSH05

Comparison: 01 Individual GSF (minimal support) versus waitlist control

Outcome: 05 Non-response (as measured by HRSD <=12)

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Jamison1995	20/40	39/40	-	100.00	0.51 [0.37, 0.70]
Total (95% CI) Total events: 20 (treatment Test for heterogeneity: not Test for overall effect: Z =	applicable	4	•	100.00	0.51 [0.37, 0.70]
		0.1	1 0.2 0.5 1 2	5 10	

Favours treatment

Favours control

Review: GSH06

Comparison: 02 Individual GSH (with support) versus TAU Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
LOVELL2008	7/29	1/30		100.00	7.24 [0.95, 55.26]
Total (95% CI) Total events: 7 (treatment) Test for heterogeneity: not Test for overall effect: Z =	t applicable	3		100.00	7.24 [0.95, 55.26]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	control	

Review: GSH07

Comparison: 02 Individual GSH (with support) versus TAU

Outcome: 02 Self-report depression measures (BDI) at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			D (fixed) 5% CI		Weight %	SMD (fixed) 95% CI
LOVELL2008	19	18.74(12.96)	23	22.26(12.40)		-	-		100.0	-0.27 [-0.88, 0.34]
Total (95% CI) Test for heterogeneity: no Test for overall effect: Z =			2						100.0	-0.27 [-0.88, 0.34]
					-4	-2	0	2	4	
					Favou	rs treatment	Favou	rs control		

Review: GSH08

03 Individual GSH (minimal support) versus TAU Comparison: Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N			(random) 5% CI		Weight %	RR (random) 95% CI
WILLEMSE2004	64/107	0/109					→ 48.52	131.39 [8.23, 2096.44]
WILLIAMS2008	39/141	38/140		-			51.48	1.02 [0.70, 1.49]
Total (95% CI)	248	249					100.00	10.77 [0.00, 31281.62]
Total events: 103 (treatmer Test for heterogeneity: Chi Test for overall effect: Z = 0	² = 32.57, df = 1 (P < 0.00001), I ² = 96.9%						
			0.1 0.2	0.5	1 2	5	10	
			Favours to	eatment	Favour	s control		

Review: GSH09

Comparison: 03 Individual GSH (minimal support) versus TAU 02 Self-report depression measures (BDI) at endpoint Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
WILLIAMS2008	102	16.26(11.09)	102	22.00(12.22)	=	100.0	-0.49 [-0.77, -0.21]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z = 3		6)	10		•	100.0	-0.49 [-0.77, -0.21]
					-4 -2 0 2	4	

Favours treatment Favours control

Review: GSH10

Comparison: 03 Individual GSH (minimal support) versus TAU

03 Self-report depression measures (BDI) at 12-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
WILLIAMS2008	102	14.89(11.09)	102	20.20(14.01)	=	100.0	-0.42 [-0.70, -0.14]
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 2.9			10		•	100.0	-0.42 [-0.70, -0.14]
					-4 -2 0 2	4	

Favours treatment Favours control

Review:

Comparison:

03 Individual GSH (minimal support) versus TAU
04 Self-report depression measure (CES-D) at 12-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
WILLEMSE2004	107	9.40(7.40)	109	11.10(9.40)	=	100.0	-0.20 [-0.47, 0.07]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z =			10		•	100.0	-0.20 [-0.47, 0.07]
					-4 -2 0 2 Favours treatment Favours co	4	

12

GSH12 Review:

04 Individual GSH (with support) versus waitlist control Comparison:

Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fi 95%	,	Weight %	RR (fixed) 95% CI
Brown1984	1/15	2/15	←		100.00	0.50 [0.05, 4.94]
Total (95% CI) Total events: 1 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	1			- 100.00	0.50 [0.05, 4.94]
			0.1 0.2 0.5 1	2 5	5 10	
			Favours treatment	Favours cor	ntrol	

GSH13 Review:

Comparison:

04 Individual GSH (with support) versus waitlist control 02 Self-report depression measures (BDI) at endpoint Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
Brown1984	13	15.08(10.43)	11	18.18(11.29)			_	100.0	-0.28 [-1.08, 0.53]
Total (95% CI) Test for heterogeneity: not appress for overall effect: Z = 0.6			1					100.0	-0.28 [-1.08, 0.53]
					-4	-2	0 2	4	

Favours treatment Favours control

GSH14 Review:

05 Group GSH versus waitlist control Comparison: Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 Group guided self-help					
Schmidt1983	0/11	0/10			Not estimable
Subtotal (95% CI)	11	10			Not estimable
Total events: 0 (treatment), 0 (control)				
Test for heterogeneity: not applicable	,				
Test for overall effect: not applicable					
Total (95% CI)	1	1			Not estimable
Fotal events: 0 (treatment), 0 (control)				
Test for heterogeneity: not applicable					
Test for overall effect: not applicable					
		0	.1 0.2 0.5 1 2	2 5 10	
		F	avours treatment Fav	ours control	

Review: GSH15

Comparison: 05 Group GSH versus waitlist control

Outcome: 02 Self-report depression measures (BDI or HADS-D) at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed) 95% CI	1	Weight %	SMD (fixed) 95% CI
02 Group guided self-help Schmidt1983 Subtotal (95% CI) Test for heterogeneity: not applic Test for overall effect: Z = 1.49 (I		16.00(7.30)	10 10	21.70(9.00)			•		100.00	-0.67 [-1.56, 0.21] -0.67 [-1.56, 0.21]
					-10	-5	0	5	10	

Favours treatment Favours control

Favours treatment Favours control

Review: GSH16

Comparison: 05 Group GSH versus waitlist control

Outcome: 04 Self-report depression measures (BDI) at 3-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Psycheducation workshop							
BROWN2004	30	15.34(10.47)	25	20.16(7.52)	<u>=</u>	100.0	-0.51 [-1.05, 0.03]
Subtotal (95% CI)	30		2		•	0	-0.51 [-1.05, 0.03]
Test for heterogeneity: not app	olicable						
Test for overall effect: Z = 1.86							
Total (95% CI)	30		2		•	100.0	-0.51 [-1.05, 0.03]
Test for heterogeneity: not app Test for overall effect: Z = 1.86							
				-1	0 -5 0 5	10	

Review: GSH17

Comparison: 06 Group GSH versus TAU

Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Psychoeducation course (cluster	randomised trial)				
HANSSON2008	35/205	9/114		100.00	2.16 [1.08, 4.34]
Subtotal (95% CI)	205	114		100.00	2.16 [1.08, 4.34]
Total events: 35 (treatment), 9 (conti	rol)				
Test for heterogeneity: not applicable Test for overall effect: Z = 2.17 (P =					
Total (95% CI) Total events: 35 (treatment), 9 (cont Test for heterogeneity: not applicabl Test for overall effect: Z = 2.17 (P =	e ´	114		100.00	2.16 [1.08, 4.34]
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ntrol	

14

Review: GSH18

Comparison: 06 Group GSH versus TAU

Outcome: 02 Self-report depression measures (BDI or HADS-D) at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Psychoeducation course	e (cluster rando	mised trial, change score)				
HANSSON2008	82	-4.60(3.30)	40	-3.00(4.00)	=	100.0	-0.45 [-0.83, -0.07]
Subtotal (95% CI)	82		4		-	0	-0.45 [-0.83, -0.07]
Test for heterogeneity: not Test for overall effect: Z = 2							
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review: GSH19

Comparison: 07 GSH (with support by mail) versus waitlist Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
GEISNER2006	9/89	1/88		→ 16.78	8.90 [1.15, 68.77]
SALKOVSKIS2006	12/50	7/46		45.72	1.58 [0.68, 3.66]
STICE2007	4/28	10/67		37.50	0.96 [0.33, 2.80]
Fotal (95% CI)	167	201		100.00	1.75 [0.67, 4.56]
Total events: 25 (treatment), Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.1	3.84, df = 2 (P = 0.15), l ²	= 47.9%			

Favours treatment

Favours control

Review: GSH20

Comparison: 07 GSH (with support by mail) versus waitlist 02 Self-report depression measure (BDI) at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
STICE2007	28	14.29(8.12)	67	18.51(7.02)	<u>=</u>	100.0	-0.57 [-1.02, -0.12]
Total (95% CI) Test for heterogeneity: no Test for overall effect: Z =			6		•	100.0	-0.57 [-1.02, -0.12]
					-10 -5 0 5	10	
					Favours treatment Favours con	trol	

Review: GSH21

Comparison: 07 GSH (with support by mail) versus waitlist

Outcome: 03 Self-report depression measures (BDI) at 1-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	S	MD (fixed 95% CI)	Weight %	SMD (fixed) 95% CI
GEISNER2006	80	16.18(9.04)	87	16.80(8.64)				48.88	-0.07 [-0.37, 0.23]
SALKOVSKIS2006	50	21.60(12.20)	46	21.20(12.50)		+		28.11	0.03 [-0.37, 0.43]
STICE2007	28	13.47(7.67)	67	15.73(9.02)		+		23.01	-0.26 [-0.70, 0.18]
Total (95% CI)	158		200					100.00	-0.08 [-0.30, 0.13]
Test for heterogeneity: Chi ²	= 0.93, df = 2	(P = 0.63), I ² = 0%							
Test for overall effect: Z = 0	0.78 (P = 0.43)								
					-10 -5	Ó	5	10	
					Favours treatme	ent Fa	vours conf	rol	

Review: GSH22

Comparison:

07 GSH (with support by mail) versus waitlist
04 Self-report depression measures (BDI) at 3-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed) 95% CI)	Weight %	SMD (fixed) 95% CI
SALKOVSKIS2006	50	15.10(10.90)	46	14.90(11.00)			=		100.0	0.02 [-0.38, 0.42]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0.			4				•		100.0	0.02 [-0.38, 0.42]
					-10	-5	0	5	10	
					Favou	ırs treatme	ent Fav	ours con	trol	

GSH23

Review:

Comparison:

07 GSH (with support by mail) versus waitlist
05 Self-report depression measures (BDI) at 6-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (f 95%		Weight %	SMD (fixed) 95% CI
SALKOVSKIS2006	50	12.60(9.60)	46	14.30(12.50)				55.49	-0.15 [-0.55, 0.25]
STICE2007	28	8.03(6.37)	67	12.28(8.45)		=		44.51	-0.53 [-0.98, -0.09]
Total (95% CI)	78		113			•		100.00	-0.32 [-0.62, -0.02]
Test for heterogeneity: Chi ² Test for overall effect: Z = 2.		$P = 0.21$), $I^2 = 35.3\%$							
					-10	-5 0	5	10	
					Favour	s treatment	Favours con	ntrol	

16

Physical activity

Review:

10 Physical activity versus no physical activity control (edited data) 01 Supervised (clinician-rated mean depression scores at endpoint) Comparison: Outcome:

Study or sub-category	N	Physical activity Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 Aerobic (17.5 kcal/hour, 3 tir	nes per we	ek) versus stretching					
DUNN2005 SA	17	9.00(3.60)	13	14.00(4.90)	-	19.80	-1.16 [-1.94, -0.37]
Subtotal (95% CI)	17		13		•	19.80	-1.16 [-1.94, -0.37]
Test for heterogeneity: not appl Test for overall effect: Z = 2.88)					
02 Non-aerobic versus health e	ducation						
Singh1997 SN	17	5.30(1.30)	1.5	8.90(1.30)		18.03	-2.70 [-3.69, -1.71]
SINGH1997A SN	15	5.80(1.40)	13	8.10(1.30)	-	19.03	-1.65 [-2.52, -0.77]
MATHER2002 SN	43	12.60(8.90)	43	13.70(8.90)	+	22.51	-0.12 [-0.55, 0.30]
Subtotal (95% CI)	75		71		◆	59.57	-1.44 [-3.04, 0.15]
Test for heterogeneity: Chi² = 2 Test for overall effect: Z = 1.77		2 (P <0.00001), I ² = 92.7%					
03 Non-aerobic (high-intensity)	versus GP	care					
SINGH2005D SN	18	8.50(5.50)	19	14.40(6.00)	-	20.63	-1.00 [-1.69, -0.31]
Subtotal (95% CI)	18		19		◆	20.63	-1.00 [-1.69, -0.31]
Test for heterogeneity: not appl Test for overall effect: Z = 2.85)					
Fotal (95% CI) Fest for heterogeneity: Chi ² = 2 Fest for overall effect: Z = 2.91			103		•	100.00	-1.26 [-2.12, -0.41]

Favours treatment Favours control

Review:

01 Physical activity versus no physical activity control Comparison:

Outcome: 02 Supervised non-aerobic versus health education (clinician-rated depression scores at follow-up)

Study or sub-category	N	Physical activity Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 24 weeks							
BUTLER2008 SN	12	14.25(8.99)	11	12.90(8.14)	-	17.25	0.15 [-0.67, 0.97]
Subtotal (95% CI)	12		11		•	17.25	0.15 [-0.67, 0.97]
Test for heterogeneity: not ap	plicable						
Test for overall effect: Z = 0.3	6 (P = 0.72)						
02 34–36 weeks							
MATHER2002 SN	43	11.50(8.90)	43	13.70(8.90)	=	64.35	-0.24 [-0.67, 0.18]
BUTLER2008 SN	13	6.31(5.53)	14	12.21(7.67)	-	18.39	-0.85 [-1.64, -0.06]
Subtotal (95% CI)	56		57		•	82.75	-0.38 [-0.75, -0.01]
Test for heterogeneity: Chi ² = Test for overall effect: $Z = 1.9$		(P = 0.19), I ² = 42.4%					
Total (95% CI)	68		68		•	100.00	-0.29 [-0.63, 0.05]
Test for heterogeneity: Chi ² =	3.07, df = 2	(P = 0.22), I ² = 34.9%			Ĭ		
Test for overall effect: Z = 1.6		, ,,					
				-1	0 -5 0 5	10	
				F	avours treatment Favours	control	

01 Physical activity versus no physical activity control
03 Supervised (self-rated mean depression scores at endpoint) Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 Aerobic versus no treatment	0.5	40.00/40.00	0.0	45 00 (40 00)		40.70	
Veale1992 SA	36	13.90(12.80)	29	17.80(10.20)	7	13.79	-0.33 [-0.82, 0.16]
Subtotal (95% CI)	36		29		₹	13.79	-0.33 [-0.82, 0.16]
Test for heterogeneity: not applica Test for overall effect: Z = 1.31 (P							
02 Aerobic versus newspaper rea	•						
TSANG2006 SA	48	3.20(2.10)	34	6.20(1.50)	+		-1.58 [-2.09, -1.08]
Subtotal (95% CI)	48		34		◆		-1.58 [-2.09, -1.08]
Test for heterogeneity: not applica Test for overall effect: Z = 6.15 (P		1)					
03 Aerobic versus stretching		00 40 40 00	4.0	04 00 444 00)	_	40.00	0.05 7.4 54 0.001
KNUBBEN2007 SA	20	22.40(10.00)	18 18	31.80(11.20)	<u>+</u>	12.08	-0.87 [-1.54, -0.20]
Subtotal (95% CI)			18		•	12.08	-0.87 [-1.54, -0.20]
Test for heterogeneity: not applica Test for overall effect: Z = 2.55 (P							
04 Non-aerobic versus health edu	cation						
Singh1997 SN	17	9.80(2.40)	15	13.80(2.00)	-	10.53	-1.75 [-2.59, -0.92]
SINGH1997A SN	15	10.80(2.60)	13	11.80(1.80)	-	11.28	-0.43 [-1.18, 0.32]
MATHER2002 SN	43	15.40(10.10)	43	16.70(10.10)	<u>_</u>	14.42	-0.13 [-0.55, 0.30]
Subtotal (95% CI) Test for heterogeneity: Chi ² = 11.6	75	(D = 0.002) 12 = 02.00/	71		—	36.23	-0.72 [-1.64, 0.20]
Test for overall effect: Z = 1.54 (P		(P = 0.003), F = 62.9%					
05 Non-aerobic versus GP care							
SINGH2005D SN	18	8.40(7.00)	19	14.00(5.20)		11.98	-0.89 [-1.57, -0.21]
Subtotal (95% CI)	18		19		•	11.98	-0.89 [-1.57, -0.21]
Test for heterogeneity: not applica Test for overall effect: Z = 2.57 (P							
06 Low-intensity non-aerobic vers							
SINGH2005D SN	17	13.30(7.00)	19	14.00(5.20)	- 1	12.23	-0.11 [-0.77, 0.54]
Subtotal (95% CI)	. 17		19		•	12.23	-0.11 [-0.77, 0.54]
Test for heterogeneity: not applica Test for overall effect: Z = 0.34 (P							
Total (95% CI)	214		190		•	100.00	-0.74 [-1.19, -0.29]
Test for heterogeneity: Chi ² = 31.2 Test for overall effect: Z = 3.24 (P							
<u> </u>					10 -5 0 5	10	
					avours treatment Favours co	ntrol	

01 Physical activity versus no physical activity control 05 Supervised (self-rated depression scores at follow-up) Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Aerobic versus newspaper read							
TSANG2006 SA	48	3.00(2.00)	34	5.70(1.10)	-	28.02	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	48		34		♦	28.02	-1.58 [-2.09, -1.08]
Test for heterogeneity: not applical Test for overall effect: Z = 6.15 (P		1)					
2 Aerobic versus newspaper read	ding at 8	weeks					
TSANG2006 SA	48	3.40(2.50)	34	5.70(1.50)	-	32.33	-1.06 [-1.53, -0.59]
Subtotal (95% CI)	48		34		•	32.33	-1.06 [-1.53, -0.59]
Test for heterogeneity: not applical Test for overall effect: Z = 4.43 (P		1)			·		
3 Non-aerobic versus health educ	cation at	34 weeks					
MATHER2002 SN	43	15.00(10.20)	43	17.50(10.20)	=	39.65	-0.24 [-0.67, 0.18]
Subtotal (95% CI)	43		43		♦	39.65	-0.24 [-0.67, 0.18]
Test for heterogeneity: not applical Test for overall effect: Z = 1.12 (P							
Total (95% CI)	139		111		•	100.00	-0.88 [-1.15, -0.62]
Test for heterogeneity: $Chi^2 = 16.7$ Test for overall effect: $Z = 6.48$ (P							
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review: PA05

Comparison:

01 Physical activity versus no physical activity control
06 Unsupervised non-aerobic versus advice control (self-rated endpoint depression scores) Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Endpoint depression score	es						
SIMS2006 UN	11	18.30(7.50)	15	15.30(6.50)	 -	44.05	0.42 [-0.37, 1.21]
Subtotal (95% CI)	11		15		*	44.05	0.42 [-0.37, 1.21]
Test for heterogeneity: not app							
Test for overall effect: $Z = 1.04$	4 (P = 0.30)						
02 Depression scores at 24 w	veeks						
SIMS2006 UN	14	15.30(9.90)	18	14.40(7.20)		55.95	0.10 [-0.60, 0.80]
Subtotal (95% CI)	14		18		*	55.95	0.10 [-0.60, 0.80]
Test for heterogeneity: not app	plicable						
Test for overall effect: $Z = 0.2$	9 (P = 0.77)						
Total (95% CI)	25		33		•	100.00	0.24 [-0.28, 0.77]
Test for heterogeneity: Chi ² =	0.34, $df = 1$ ($P = 0.56$), $I^2 = 0\%$					
Test for overall effect: Z = 0.9		,,					
					-10 -5 0 5	10	
					Favours treatment Favours c	ontrol	

PA06 Review:

Outcome:

01 Physical activity versus no physical activity control 07 N leaving treatment for any reason Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic vers					
McCann1984 SA	1/16	2/16	-	- 18.28	0.50 [0.05, 4.98]
Veale1992 SA	12/48	6/35	- • • • • • • • • • 	63.44	1.46 [0.61, 3.51]
Subtotal (95% CI)	64	51		81.72	1.24 [0.56, 2.79]
Total events: 13 (treatment; Test for heterogeneity: Chi ² Test for overall effect: Z = 0	$\hat{s} = 0.73$, df = 1 (P = 0.39), $I^2 = 0.39$	0%			
2 Supervised non-aerobic	versus GP care				
SINGH2005D SN	2/20	1/20	9.1	4	2.00 [0.20, 20.33]
Subtotal (95% CI)	20	20		9.14	2.00 [0.20, 20.33]
Total events: 2 (treatment),	1 (control)				
Test for heterogeneity: not a Test for overall effect: Z = 0					
3 Supervised low-intensity	non-aerobic versus GP care				
SINGH2005D SN	3/20	1/20	-	9.14	3.00 [0.34, 26.45]
Subtotal (95% CI)	20	20		9.14	3.00 [0.34, 26.45]
Fotal events: 3 (treatment), Fest for heterogeneity: not a Fest for overall effect: Z = 0	applicable				
Total (95% CI)	104	91		100.00	1.47 [0.72, 3.01]
Total events: 18 (treatment)	$r^2 = 1.33$, df = 3 (P = 0.72), $I^2 = 0$	0%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Review: PA07

Comparison: 02 Physical activity versus placebo pill
Outcome: 01 Supervised aerobic (clinician-rated endpoint depression scores)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
HOFFMAN2008 SAUA	51	9.20(6.10)	49	11.00(7.00)	=	100.0	-0.27 [-0.67, 0.12]
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 1.30			4		•	100.0	-0.27 [-0.67, 0.12]
					-10 -5 0 5	10	
					Favours treatment Favours c	ontrol	

Comparison: 02 Physical activity versus placebo pill

03 Unsupervised aerobic (clinician-rated endpoint depression scores) Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
HOFFMAN2008 SAUA	53	10.20(6.70)	49	11.00(7.00)	<u>=</u>	100.0	-0.12 [-0.50, 0.27]
Total (95% CI) Test for heterogeneity: not appress for overall effect: Z = 0.5			4		†	100.0	-0.12 [-0.50, 0.27]
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review: PA09

Comparison: 02 Physical activity versus placebo pill Outcome: 05 N leaving treatment for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic					
McCann1984 SA	1/16	2/16	•	— 6.07	0.50 [0.05, 4.98]
BLUMENTHAL2007 SAUA	10/51	14/49		43.36	0.69 [0.34, 1.40]
KNUBBEN2007 SA	1/20	2/18	•	- 6.39	0.45 [0.04, 4.55]
Subtotal (95% CI)	87	83		55.82	0.64 [0.33, 1.23]
Total events: 12 (treatment), 18					
Test for heterogeneity: Chi ² = 0. Test for overall effect: Z = 1.35 (= 0%			
02 Unsupervised aerobic					
BLUMENTHAL2007 SAUA	3/53	14/49	44	.18	0.20 [0.06, 0.65]
Subtotal (95% CI)	53	49	44	.18	0.20 [0.06, 0.65]
Total events: 3 (treatment), 14 (or Test for heterogeneity: not applion Test for overall effect: Z = 2.68 (cable				
Total (95% CI)	140	132	•	100.00	0.44 [0.25, 0.78]
Total events: 15 (treatment), 32					
Test for heterogeneity: Chi² = 3 Test for overall effect: Z = 2.84 (= 7.2%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	control	

Review: PA10

Comparison: 03 Physical activity versus waitlist

Outcome: 01 Supervised aerobic (clinician-rated endpoint depression scores)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
HABOUSH2006 SA	10	12.80(5.70)	12	16.00(6.70)	=	100.0	-0.49 [-1.35, 0.36]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 1.			1		•	100.0	-0.49 [-1.35, 0.36]
					-10 -5 0 5 Favours treatment Favours co	10	

Comparison: 03 Physical activity versus waitlist

Outcome: 02 Supervised aerobic (clinician-rated depression scores at 12 weeks)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed 95% CI)	Weight %	SMD (fixed) 95% CI
HABOUSH2006 SA	10	8.90(6.60)	9	11.00(5.20)			-		100.0	-0.34 [-1.24, 0.57]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0			9				•		100.0	-0.34 [-1.24, 0.57]
					-10	-5	0	5	10	
					Favou	ırs treatme	nt Fa	vours con	trol	

Review: PA12

Comparison: 04 Physical activity versus sertraline

Outcome: 01 Supervised aerobic (clinician-rated endpoint depression scores)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
Herman2002 SA HOFFMAN2008 SAUA	53 51	17.40(3.10) 9.20(6.10)	48 49	18.20(3.90) 16.10(4.40)	-	50.39 49.61	-0.23 [-0.62, 0.17] -1.28 [-1.72, -0.85]
Total (95% CI) Test for heterogeneity: Chi² = Test for overall effect: Z = 1.4			97		•	100.00	-0.75 [-1.79, 0.28]
				-1	0 -5 0 5	10	

Favours treatment Favours control

Review: PA13

Comparison: 04 Physical activity versus sertraline

Outcome: 03 Supervised aerobic (self-rated endpoint depression scores)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
Herman2002 SA	53	21.10(6.90)	48	22.50(8.00)	=	100.0	-0.19 [-0.58, 0.20]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z = 0			4		•	100.0	-0.19 [-0.58, 0.20]
					0 -5 0 5	10	

Favours treatment Favours control

Review: PA14

Comparison: 04 Physical activity versus sertraline

Outcome: 04 Unsupervised aerobic (clinician-rated endpoint depression scores)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
HOFFMAN2008 SAUA	53	10.20(6.70)	49	16.10(4.40)	=	100.0	-1.03 [-1.44, -0.61]
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 4.8		01)	4		•	100.0	-1.03 [-1.44, -0.61]
					-10 -5 0 5	10	
					Favours treatment Favours co	ntrol	

22

Comparison: 04 Physical activity versus sertraline Outcome: 06 N leaving treatment for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 Supervised aerobic					
Herman2002 SA	14/53	7/48		39.34	1.81 [0.80, 4.11]
BLUMENTHAL2007 SAUA	10/51	7/49		36.78	1.37 [0.57, 3.32]
Subtotal (95% CI)	104	9		76.12	1.59 [0.87, 2.90]
Total events: 24 (treatment), 14	(control)				
Test for heterogeneity: Chi ² = 0.3	20, df = 1 (P = 0.65), l ² :	= 0%			
Test for overall effect: Z = 1.52 (P = 0.13)				
02 Unsupervised aerobic					
BLUMENTHAL2007 SAUA	3/53	7/49	-	23.88	0.40 [0.11, 1.45]
Subtotal (95% CI)	53	49		23.88	0.40 [0.11, 1.45]
Total events: 3 (treatment), 7 (co	ontrol)				
Test for heterogeneity: not applic	cable				
Test for overall effect: Z = 1.40 (P = 0.16)				
Total (95% CI)	157	146		100.00	1.14 [0.52, 2.49]
Total events: 27 (treatment), 21	(control)				
Test for heterogeneity: $Chi^2 = 3.8$		= 48.4%			
Test for overall effect: Z = 0.32 (
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ntrol	

Review: PA16

Comparison: 04 Physical activity versus sertraline
Outcome: 07 N leaving treatment due to side effects

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic					
Herman2002 SA	0/1	5/48	-	17.32	2.23 [0.18, 27.86]
BLUMENTHAL2007 SAUA	10/51	1/49		40.95	9.61 [1.28, 72.27]
Subtotal (95% CI)	52	97		58.27	7.41 [1.40, 39.23]
Total events: 10 (treatment), 6 (c Test for heterogeneity: $\text{Chi}^2 = 0.9$ Test for overall effect: $Z = 2.36$ (I	93, df = 1 (P = 0.33), l ² =	- 0%			
02 Unsupervised aerobic	2/52	1,440	_	. 41 70	0 77 10 00 05 701
BLUMENTHAL2007 SAUA	3/53 53	1/49 49		41.73	2.77 [0.30, 25.78]
Subtotal (95% CI) Total events: 3 (treatment), 1 (co Test for heterogeneity: not applic Test for overall effect: Z = 0.90 (I	ntrol) cable	49		41.73	2.77 [0.30, 25.78]
Total (95% CI) Total events: 13 (treatment), 7 (c Test for heterogeneity: Chi² = 1.1 Test for overall effect: Z = 2.55 (I	14, df = 2 (P = 0.56), I^2 =	146		100.00	5.48 [1.48, 20.29]
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ntrol	

Comparison: 05 Physical activity versus psychotherapy

Outcome: 01 Supervised non-aerobic versus hypnosis (clinician-rated depression scores at follow-up)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 24 weeks							
BUTLER2008 SN	12	14.25(8.99)	12	8.14(5.32)	 -	48.50	0.80 [-0.04, 1.64]
Subtotal (95% CI)	12		12		•	48.50	0.80 [-0.04, 1.64]
Test for heterogeneity: no	ot applicable						
Test for overall effect: Z =	= 1.87 (P = 0.06)						
02 36 weeks							
BUTLER2008 SN	13	6.31(5.53)	13	7.31(5.92)	-	51.50	-0.17 [-0.94, 0.60]
Subtotal (95% CI)	13		13		*	51.50	-0.17 [-0.94, 0.60]
Test for heterogeneity: no	ot applicable						
Test for overall effect: Z =							
Total (95% CI)	25		25		•	100.00	0.30 [-0.65, 1.25]
Test for heterogeneity: Cl Test for overall effect: Z =		P = 0.10), I ² = 64.0%					
					10 -5 0 5	10	
				-	10 -5 0 5	10	
					Favours treatment Favours cor	ntrol	

Review: PA18

Comparison: 05 Physical activity versus psychotherapy

Outcome: 02 Supervised (self-rated endpoint depression scores)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		ID (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Aerobic versus social contact								
McNeil1991 SA	10	11.10(3.00)	10	11.80(4.00)		+	25.39	-0.19 [-1.07, 0.69]
Subtotal (95% CI)	10		10			•	25.39	-0.19 [-1.07, 0.69]
Test for heterogeneity: not applicates for overall effect: Z = 0.42 (F								
02 Aerobic versus group therapy								
Klein1985 SASN	14 14	1.00(0.90)	14 14	1.20(0.80)		<u> </u>	35.48 35.48	-0.23 [-0.97, 0.52]
Subtotal (95% CI) Test for heterogeneity: not appli Test for overall effect: Z = 0.60 (F	cable		14				33.46	-0.23 [-0.97, 0.52]
03 Aerobic versus cognitive techr								
Fremont1987 SA	15	6.10(6.60)	16	8.00(7.10)		 	39.13	-0.27 [-0.98, 0.44]
Subtotal (95% CI) Test for heterogeneity: not applicates for overall effect: Z = 0.75 (F			16			•	39.13	-0.27 [-0.98, 0.44]
Total (95% CI)	39		40			•	100.00	-0.23 [-0.68, 0.21]
Test for heterogeneity: $Chi^2 = 0.0$ Test for overall effect: $Z = 1.04$ (F		P = 0.99), I ² = 0%						
					-10 -5	0 5	10	
					Favours treatmer	nt Favours co	ontrol	

Comparison:

05 Physical activity versus psychotherapy
03 Supervised (self-rated depression scores at follow-up) Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Aerobic versus cognitive	e techniques at 8	weeks					
Fremont1987 SA	15	6.00(7.00)	16	6.60(6.60)	+	42.35	-0.09 [-0.79, 0.62]
Subtotal (95% CI)	15		16		•	42.35	-0.09 [-0.79, 0.62]
Test for heterogeneity: not Test for overall effect: Z = 0							
02 Aerobic versus cognitive	e techniques at 1	6 weeks					
Fremont1987 SA	13	6.80(7.10)	13	9.90(7.70)		34.7	-0.41 [-1.18, 0.37]
Subtotal (95% CI)	13		1		•	5	-0.41 [-1.18, 0.37]
Test for heterogeneity: not Test for overall effect: Z = 2							
03 Aerobic versus Group th	nerapy at 34 wee	ks					
Klein1985 SASN	8	1.00(0.70)	10	1.50(0.80)	-= 	22.9	-0.63 [-1.59, 0.33]
Subtotal (95% CI)	8		1		•	1	-0.63 [-1.59, 0.33]
Test for heterogeneity: not Test for overall effect: Z =							
Total (95% CI)	36		3		•	100.0	-0.32 [-0.78, 0.14]
Test for heterogeneity: Chi ² Test for overall effect: Z = 2		P = 0.65), I ² = 0%					
					-10 -5 0 5	10	
					Favours treatment Favours of	ontrol	

Review: PA20

05 Physical activity versus psychotherapy 04 N leaving treatment early for any reason Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
03 Supervised aerobic versus time-li	imited psychothera	DV			
Greist1979 SA	2/10	1/6		100.00	1.20 [0.14, 10.58]
Subtotal (95% CI)	10	6		100.00	1.20 [0.14, 10.58]
Total events: 2 (treatment), 1 (contro	ol)				
Test for heterogeneity: not applicable					
Test for overall effect: Z = 0.16 (P =					
Total (95% CI)	1	6		100.00	1.20 [0.14, 10.58]
Total events: 2 (treatment), 1 (contro	ol)				
Test for heterogeneity: not applicable					
Test for overall effect: Z = 0.16 (P =	0.87)				
			0.1 0.2 0.5 1 2	5 10	
		(0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Comparison:

09 Combination versus pharmacotherapy
01 Supervised physical activity + pharmacotherapies versus pharmacotherapies (C-R endpoint depression scores) Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI	
01 Aerobic + SSRI/SNRI/N	ARI versus SSR	I/SNRI/NARI/SSRI+TCA						
PILU2007 SASN	10	8.10(5.20)	20	16.70(9.10)	-	42.83	-1.04 [-1.85, -0.23]	
Subtotal (95% CI)	10		20		•	42.83	-1.04 [-1.85, -0.23]	
Test for heterogeneity: not	applicable							
Test for overall effect: $Z = 2$	2.51 (P = 0.01)							
02 Aerobic + sertraline vers	sus sertraline							
Herman2002 SA	55	17.90(3.50)	48	18.20(3.90)	=	57.1	-0.08 [-0.47, 0.31]	
Subtotal (95% CI)	55		4		•	7	-0.08 [-0.47, 0.31]	
Test for heterogeneity: not Test for overall effect: Z = 0								
Total (95% CI)	65		6		•	100.0	-0.49 [-1.42, 0.44]	
Test for heterogeneity: Chi ² Test for overall effect: Z = 2		P = 0.04), I ² = 77.2%						
					-10 -5 0 5	10		
					Favours treatment Favours control			

Review: PA22

Comparison: 09 Combination versus pharmacotherapy

02 Supervised aerobic + sertraline versus sertraline (S-R endpoint depression scores) Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
Herman2002 SA	55	23.10(6.50)	48	22.50(8.00)	=	100.0	0.08 [-0.31, 0.47]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0.			4		•	100.0	0.08 [-0.31, 0.47]
					-10 -5 0 5	10	

Favours treatment Favours control

Review: PA23

Comparison: 09 Combination versus pharmacotherapy Outcome: 03 N leaving treatment for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic + sertraline v	ersus sertraline				
Herman2002 SA	11/55	7/48	100.00)	1.37 [0.58, 3.26]
Subtotal (95% CI)	55	48	100 .00)	1.37 [0.58, 3.26]
Test for heterogeneity: not applicable Test for overall effect: Z = 0.72 (P =					
Total (95% CI) Total events: 11 (treatment), 7 (contr Test for heterogeneity: not applicabl Test for overall effect: Z = 0.72 (P =	e [′]	4		100.00	1.37 [0.58, 3.26]
		0.	1 0.2 0.5 1 2 5	10	
		F	avours treatment Favours cor	ntrol	

PA24 Review:

09 Combination versus pharmacotherapy 04 N leaving treatment due to side effects Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% Cl	Weight %	RR (fixed) 95% CI
01 Supervised aerobic + se	rtraline versus sertraline				
Herman2002 SA	5/55	5/48		100.00	0.87 [0.27, 2.83]
Subtotal (95% CI)	55	48		100.00	0.87 [0.27, 2.83]
Total events: 5 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 0	applicable				
Total (95% CI) Total events: 5 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 0	applicable	4		100.00	0.87 [0.27, 2.83]
-		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours of	ontrol	

PA25 Review:

19 Group physical activity versus no physical activity control 01 Clinician-rated endpoint scores Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (95%		Weight %	SMD (fixed) 95% CI
01 Supervised non-aerobic								
Singh1997 SN	17	5.30(1.30)	15	8.90(1.30)	-		10.18	-2.70 [-3.69, -1.71]
SINGH1997A SN	15	5.80(1.40)	13	8.10(1.30)	-		12.99	-1.65 [-2.52, -0.77]
MATHER2002 SN	43	12.60(8.90)	43	13.70(8.90)	•		55.76	-0.12 [-0.55, 0.30]
SINGH2005D SN	18	8.50(5.50)	19	14.40(6.00)	-		21.07	-1.00 [-1.69, -0.31]
Subtotal (95% CI)	93		90		•		100.00	-0.77 [-1.08, -0.45]
Test for heterogeneity: Chi^2 Test for overall effect: $Z = 4$								
Total (95% CI) Test for heterogeneity: Chi² Test for overall effect: Z = 4			90		•		100.00	-0.77 [-1.08, -0.45]
					-10 -5 (5	10	
					Favours treatment	Favours co	ntrol	

27

Comparison: 19 Group physical activity versus no physical activity control Outcome: 02 Clinician-rated depression scores at follow up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised non-aerobic at	t 24 weeks						
BUTLER2008 SN	12	14.25(8.99)	11	12.90(8.14)	-	17.25	0.15 [-0.67, 0.97]
Subtotal (95% CI)	12		11		•	17.25	0.15 [-0.67, 0.97]
Test for heterogeneity: not ap	plicable						
Test for overall effect: Z = 0.3							
02 Supervised non-aerobic at	t 34–36 weeks	s					
MATHER2002 SN	43	11.50(8.90)	43	13.70(8.90)	=	64.35	-0.24 [-0.67, 0.18]
BUTLER2008 SN	13	6.31(5.53)	14	12.21(7.67)	-	18.39	-0.85 [-1.64, -0.06]
Subtotal (95% CI)	56		57		•	82.75	-0.38 [-0.75, -0.01]
Test for heterogeneity: Chi ² =	: 1.74, df = 1 (P = 0.19), I ² = 42.4%					
Test for overall effect: Z = 1.9	99 (P = 0.05)						
Total (95% CI)	68		68		•	100.00	-0.29 [-0.63, 0.05]
Test for heterogeneity: Chi ² =	3.07, df = 2 (P = 0.22), I ² = 34.9%					
Test for overall effect: Z = 1.6	66 (P = 0.10)						
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review: PA27
Comparison: 19 Group physical activity versus no physical activity control
Outcome: 03 Self-rated endpoint scores

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised aerobic							
Veale1992 SA	36	13.90(12.80)	29	17.80(10.20)	=	10.84	-0.33 [-0.82, 0.16]
TSANG2006 SA	48	3.20(2.10)	34	6.20(1.50)	-	10.33	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	84		63		♦	21.17	-0.94 [-1.29, -0.59]
Γest for heterogeneity: Chi ² Γest for overall effect: Z = 5							
02 Supervised non-aerobic							
Singh1997 SN	17	9.80(2.40)	15	13.80(2.00)	-	3.80	-1.75 [-2.59, -0.92]
SINGH1997A SN	15	10.80(2.60)	13	11.80(1.80)	 	4.65	-0.43 [-1.18, 0.32]
MATHER2002 SN	43	15.40(10.10)	43	16.70(10.10)	+	14.69	-0.13 [-0.55, 0.30]
SINGH2005 SN	18	8.40(7.00)	19	14.00(5.20)	-	5.70	-0.89 [-1.57, -0.21]
Subtotal (95% CI)	93		90		•	28.83	-0.54 [-0.84, -0.24]
O3 AII							
Veale1992 SA	36	13.90(12.80)	29	17.80(10.20)	-	10.84	-0.33 [-0.82, 0.16]
Singh1997 SN	17	9.80(2.40)	15	13.80(2.00)	-	3.80	-1.75 [-2.59, -0.92]
SINGH1997A SN	15	10.80(2.60)	13	11.80(1.80)	-= 	4.65	-0.43 [-1.18, 0.32]
MATHER2002 SN	43	15.40(10.10)	43	16.70(10.10)	†	14.69	-0.13 [-0.55, 0.30]
SINGH2005 SN	18	8.40(7.00)	19	14.00(5.20)	-	5.70	-0.89 [-1.57, -0.21]
TSANG2006 SA	48	3.20(2.10)	34	6.20(1.50)	- .	10.33	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	177		153		•	50.00	-0.71 [-0.94, -0.48]
Γest for heterogeneity: Chi ² Γest for overall effect: Z = 6							
Гotal (95% CI)	354		306		•	100.00	-0.71 [-0.87, -0.55]
Γest for heterogeneity: Chi ² Γest for overall effect: Z = 8			%				
				-10	-5 0 5	10	

Comparison: 19 Group physical activity versus no physical activity control Outcome: 04 Self-rated depression change scores

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed 95% CI	d) Weight %	SMD (fixed) 95% CI
01 Supervised aerobic							
BERLIN2003 SA	19	-11.20(11.20)	20	-5.30(7.30)		100.00	-0.61 [-1.26, 0.03]
Subtotal (95% CI)	19		20		•	100.00	-0.61 [-1.26, 0.03]
Test for heterogeneity: not ap Test for overall effect: Z = 1.8							
Total (95% CI)	19		20		•	100.00	-0.61 [-1.26, 0.03]
Test for heterogeneity: not ap Test for overall effect: Z = 1.8							
				-1	0 -5 0	5 10	

Favours treatment Favours control

PA29 Review:

Comparison: 19 Group physical activity versus no physical activity control Outcome: 05 Self-rated depression scores at follow up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised aerobic at 4 week	s						
TSANG2006 SA	48	3.00(2.00)	34	5.70(1.10)	-	28.02	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	48		34		♦	28.02	-1.58 [-2.09, -1.08]
Test for heterogeneity: not applicate a for overall effect: Z = 6.15 (F		1)					
02 Supervised aerobic at 8 week	S						
TSANG2006 SA	48	3.40(2.50)	34	5.70(1.50)	-	32.33	-1.06 [-1.53, -0.59]
Subtotal (95% CI)	48		34		◆	32.33	-1.06 [-1.53, -0.59]
Test for heterogeneity: not applicate a set for overall effect: Z = 4.43 (F		1)					
03 Supervised non-aerobic at 34	weeks						
MATHER2002 SN	43	15.00(10.20)	43	17.50(10.20)	-	39.65	-0.24 [-0.67, 0.18]
Subtotal (95% CI)	43		43		•	39.65	-0.24 [-0.67, 0.18]
Test for heterogeneity: not applicate a set for overall effect: Z = 1.12 (F							
Total (95% CI)	139		111		•	100.00	-0.88 [-1.15, -0.62]
Test for heterogeneity: Chi ² = 16. Test for overall effect: Z = 6.48 (F							
				-10	-5 0 5	10	
				F:	vours treatment Favours c	ontrol	

29

19 Group physical activity versus no physical activity control 06 N leaving treatment for any reason Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic					
McCann1984 SA	1/16	2/16	•	10.06	0.50 [0.05, 4.98]
Veale1992 SA	12/48	6/35		- 34.91	1.46 [0.61, 3.51]
Subtotal (95% CI)	64	51		44.97	1.24 [0.56, 2.79]
Total events: 13 (treatment), 8 (c) Test for heterogeneity: $Chi^2 = 0$. Test for overall effect: $Z = 0.53$ (73, df = 1 (P = 0.39), l ² = 0%				
02 Supervised non-aerobic					
SINGH2005 SN	2/20	1/20	-	5.03	2.00 [0.20, 20.33]
Subtotal (95% CI)	20	20		5.03	2.00 [0.20, 20.33]
Total events: 2 (treatment), 1 (cc Test for heterogeneity: not applic Test for overall effect: Z = 0.59 (cable				
03 All					
McCann1984 SA	1/16	2/16	10).06	0.50 [0.05, 4.98]
Veale1992 SA	12/48	6/35	- 34	⊢. 91	1.46 [0.61, 3.51]
SINGH2005 SN	2/20	1/20		5.03 →	2.00 [0.20, 20.33]
Subtotal (95% CI)	84	71		50.00	1.32 [0.62, 2.82]
Total events: 15 (treatment), 9 (c Test for heterogeneity: $Chi^2 = 0.8$ Test for overall effect: $Z = 0.72$ (86, df = 2 (P = 0.65), l ² = 0%				
Total (95% CI) Total events: 30 (treatment), 18	,	142	•	100.00	1.32 [0.77, 2.26]
Test for heterogeneity: Chi ² = 1. Test for overall effect: Z = 1.01 ()			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

Review: PA31

19 Group physical activity versus no physical activity control 07 N leaving treatment due to side effects Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised non-aerobic SINGH2005 SN	2/20	0/20		100.00	5.00 [0.26, 98.00]
Subtotal (95% CI)	20	20		100.00	5.00 [0.26, 98.00]
Total events: 2 (treatment), 0 (cont Test for heterogeneity: not applicat Test for overall effect: Z = 1.06 (P	ole [´]				
Total (95% CI) Total events: 2 (treatment), 0 (cont Test for heterogeneity: not applicat Test for overall effect: Z = 1.06 (P:	ole [′]	2		100.00	5.00 [0.26, 98.00]
		(0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Comparison: 20 Individual physical activity versus no physical activity control Outcome: 01 Clinician-rated endpoint scores

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised aerobic							
DUNN2005 SA	17	9.00(3.60)	13	14.00(4.90)		100.00	-1.16 [-1.94, -0.37]
Subtotal (95% CI)	17		13		•	100.00	-1.16 [-1.94, -0.37]
Test for heterogeneity: not applic Test for overall effect: Z = 2.88 (
Total (95% CI) Test for heterogeneity: not applic Test for overall effect: Z = 2.88 (I			13		•	100.00	-1.16 [-1.94, -0.37]
					-10 -5 0 5	10	
					Favours treatment Favours cor	ntrol	

Review: PA33

20 Individual physical activity versus no physical activity control 02 Self-rated endpoint scores Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised aerobic							
KNUBBEN2007 SA	20	22.40(10.00)	18	31.80(11.20)	-	29.03	-0.87 [-1.54, -0.20]
Subtotal (95% CI)	20		18		◆	29.03	-0.87 [-1.54, -0.20]
Test for heterogeneity: not appl							
Test for overall effect: Z = 2.55	(P = 0.01)						
02 Unsupervised non-aerobic							
SIMS2006 UN	11	18.30(7.50)	15	15.30(6.50)	 -	20.97	0.42 [-0.37, 1.21]
Subtotal (95% CI)	11		15		*	20.97	0.42 [-0.37, 1.21]
Test for heterogeneity: not appl Test for overall effect: Z = 1.04							
03 All							
SIMS2006 UN	11	18.30(7.50)	15	15.30(6.50)	 -	20.97	0.42 [-0.37, 1.21]
KNUBBEN2007 SA	20	22.40(10.00)	18	31.80(11.20)	-	29.03	-0.87 [-1.54, -0.20]
Subtotal (95% CI)	31		33		•	50.00	-0.33 [-0.84, 0.18]
Test for heterogeneity: Chi² = 5 Test for overall effect: Z = 1.27		P = 0.01), I ² = 83.2%					
Total (95% CI)	62		66		•	100.00	-0.33 [-0.69, 0.03]
Test for heterogeneity: Chi ² = 1 Test for overall effect: Z = 1.79		$(P = 0.008), I^2 = 74.9\%$					
				-10	-5 0 5	10	
				Fa	vours treatment Favours	control	

Comparison: 20 Individual physical activity versus no physical activity control Outcome: 03 Self-rated depression scores at follow up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Unsupervised non-aerob	ic at 24 weeks						
SIMS2006 UN	14	15.30(9.90)	18	14.40(7.20)	-	100.0	0.10 [-0.60, 0.80]
Subtotal (95% CI)	14		1		•	0	0.10 [-0.60, 0.80]
Test for heterogeneity: not a Test for overall effect: Z = 0.							
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0.			1		•	100.0	0.10 [-0.60, 0.80]
-					-10 -5 0 5	10	
					Favours treatment Favours of	ontrol	

HIGH-INTENSITY INTERVENTIONS

Cognitive behavioural therapies

Review: CBT01

Comparison: 01 Cognitive behavioural therapies versus waitlist control Outcome: 04 Depression scores: continuous measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean endpoint BDI scor	es						
Selmi1990 (US)	12	11.64(8.20)	12	18.50(9.32)		45.77	-0.75 [-1.59, 0.08]
Beach1992 (US)	15	10.87(7.70)	15	20.47(10.68)	_ _	54.23	-1.00 [-1.77, -0.24]
Subtotal (95% CI)	27		27		•	100.00	-0.89 [-1.45, -0.33]
Test for heterogeneity: Chi ² Test for overall effect: Z = 3							
Test for everall effect. 2	7.00 (1 0.002	,		-4	-2 0 2	4	

Favours treatment Favours control

Review: CBT02

Comparison: 01 Cognitive behavioural therapies versus waitlist control

Outcome: 05 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >6 at endpoint					
Selmi1990 (US)	5/12	11/12		100.00	0.45 [0.23, 0.91]
Subtotal (95% CI)	12	12		100.00	0.45 [0.23, 0.91]
Total events: 5 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 2.	pplicable ´				
02 BDI >9 at endpoint					
Selmi1990 (US)	7/12	10/12		100.00	0.70 [0.41, 1.20]
Subtotal (95% CI)	12	12		100.00	0.70 [0.41, 1.20]
Total events: 7 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 1.	ipplicable ´				
		0.	1 0.2 0.5 1 2	5 10	
		Fa	avours treatment Favours co	ontrol	

CBT03 Review:

02 Cognitive behavioural therapies versus placebo 01 Leaving the study early Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
Elkin1989 (US)	19/59	25/62		53.61	0.80 [0.50, 1.29]
Jarrett1999 (US)	5/36	23/36	—	46.39	0.22 [0.09, 0.51]
Total (95% CI) Total events: 24 (treatment Test for heterogeneity: Chi Test for overall effect: Z = 6	$e^{2} = 7.17$, df = 1 (P = 0.007), l	9 ² = 86.1%		100.00	0.44 [0.12, 1.61]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Review:

02 Cognitive behavioural therapies versus placebo 02 Depression scores: continuous measures Comparison:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD post-treatment							
Elkin1989 (US)	59	10.70(7.90)	62	13.20(7.80)		100.00	-0.32 [-0.68, 0.04]
Subtotal (95% CI)	59		62		•	100.00	-0.32 [-0.68, 0.04]
Test for heterogeneity: not a Test for overall effect: Z = 1. 02 BDI post-treatment							
Elkin1989 (US)	59	13.40(10.60)	62	15.00(10.50)	-	100.0	-0.15 [-0.51, 0.21]
Subtotal (95% CI)	59	, , , , , , , , , , , , , , , , , , , ,	6		•	0	-0.15 [-0.51, 0.21]
Test for heterogeneity: not a	pplicable				٦		
Test for overall effect: Z = 0.							
				-4	-2 0 2	4	

Favours treatment Favours control

Review:

02 Cognitive behavioural therapies versus placebo 03 Depression scores: dichotomous outcomes Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >6 at end of treatr	ment				
Elkin1989 (US)	38/59	49/62		100.00	0.81 [0.65, 1.02]
Subtotal (95% CI)	59	62	•	100.00	0.81 [0.65, 1.02]
Total events: 38 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 1.	pplicable				
02 BDI >9 post-treatment					
Elkin1989 (US)	30/59	37/62	-	100.00	0.85 [0.62, 1.18]
Subtotal (95% CI)	59	62	*	100.00	0.85 [0.62, 1.18]
Total events: 30 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 0	pplicable				
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours c	ontrol	

Review:

Outcome:

03 Cognitive behavioural therapies versus therapies not specifically designed for depression 01 CBT versus Gestalt: BDI scores post-treatment Comparison:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SI	MD (fixed) 95% CI)	Weight %	SMD (fixed) 95% Cl
Rosner1999 (Ge)	18	13.80(9.90)	12	12.20(7.10)			-		100.0	0.17 [-0.56, 0.91]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0			1				•		100.0	0.17 [-0.56, 0.91]
					-10	-5	0	5	10	
					Favou	ırs treatme	nt Fav	ours con	trol	

Review: CBT07

Comparison: 03 Cognitive behavioural therapies versus therapies not specifically designed for depression

Outcome: 02 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Gallagher-Th1994 (US)	5/36	9/30	-	100.00	0.46 [0.17, 1.23]
Total (95% CI) Total events: 5 (treatment), 9 (Test for heterogeneity: not app Test for overall effect: Z = 1.54	licable	3		100.00	0.46 [0.17, 1.23]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

CBT08 Review:

Comparison: 03 Cognitive behavioural therapies versus therapies not specifically designed for depression

Outcome: 03 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 BDI scores post-treatmer	nt (8 sessions)	1					
Shapiro1994 (Mild)	9	6.00(6.93)	10	6.11(6.08)		32.96	-0.02 [-0.92, 0.88]
Shapiro1994 (Mod)	10	7.60(7.20)	10	12.75(8.70)		32.88	-0.62 [-1.52, 0.28]
Shapiro1994 (UK)	10	14.90(12.49)	10	14.80(9.32)		34.16	0.01 [-0.87, 0.89]
Subtotal (95% CI)	29		30		*	100.00	-0.20 [-0.72, 0.31]
Test for heterogeneity: Chi ² : Test for overall effect: Z = 0. 02 BDI scores post-treatmer	78 (P = 0.44)	(1 0.00), 1 0 / 0					
Shapiro1994 (Mild)	10	8.30(7.35)	10	5.90(6.59)		36.30	0.33 [-0.55, 1.21]
Shapiro 1994 (Mod)	9	3.11(3.95)	9	9.56(4.90)		28.33	-1.38 [-2.44, -0.32]
Shapiro1994 (UK)	10	11.58(6.76)	9	12.44(9.43)		35.37	-0.10 [-1.00, 0.80]
Subtotal (95% CI)	29		28			100.00	-0.35 [-1.30, 0.61]
Test for heterogeneity: Chi ² : Test for overall effect: Z = 0.		(P = 0.05), I ² = 67.5%					2 1, 111
					-4 -2 0 2	4	
	Favours treatment Favours control						

Review: CBT09

Comparison: 03 Cognitive behavioural therapies versus therapies not specifically designed for depression

Outcome: 04 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Still met RDC criteria for de	pression post-treatment				
Gallagher-Th1994 (US)	12/36	17/30		100.00	0.59 [0.34, 1.03]
Subtotal (95% CI)	36	30		100.00	0.59 [0.34, 1.03]
Total events: 12 (treatment), 17 Test for heterogeneity: not app Test for overall effect: Z = 1.86	licable				
Total (95% CI) Total events: 12 (treatment), 17 Test for heterogeneity: not app Test for overall effect: Z = 1.86	licable	3		100.00	0.59 [0.34, 1.03]
		0	0.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours c	control	

Review: CBT10

Comparison: 03 Cognitive behavioural therapies versus therapies not specifically designed for depression

Outcome: 05 Depression scores: continous measures at follow-up

36.63	
26 62	
30.03	0.30 [-0.58, 1.18]
30.38	-0.74 [-1.71, 0.23]
32.99	-0.06 [-0.99, 0.87]
100.00	-0.13 [-0.67, 0.40]
2 4	
-	32.99

Favours treatment Favours control

Review: CBT11

Comparison: 03 Cognitive behavioural therapies versus therapies not specifically designed for depression

Outcome: 06 Depression scores: continous measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
02 BDI scores up to 1-year	follow-up						
Shapiro1994 (Mild)	. 9	9.67(8.05)	9	2.44(4.87)	-	33.5	1.04 [0.04, 2.04]
Shapiro1994 (Mod)	8	3.25(3.01)	7	7.43(6.73)		2	-0.77 [-1.84, 0.29]
Shapiro1994 (UK)	8	10.88(13.13)	9	7.23(6.49)		32.1	0.34 [-0.62, 1.30]
Subtotal (95% CI)	25		2		•	0	0.22 [-0.79, 1.22]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0		$(P = 0.05), I^2 = 66.5\%$					
					-10 -5 0 5	5 10	
					Favours treatment Favours	control	

03 Cognitive behavioural therapies versus therapies not specifically designed for depression 07 Depression scores: dichotomous measures at follow-up Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N			,	fixed) % CI		Weight %	RR (fixed) 95% CI
01 Still met RDC criteria for de	pression at 3-month follo	w-up			-				
Gallagher-Th1994 (US)	17/36	19/30			_	+		100.00	0.75 [0.48, 1.16]
Subtotal (95% CI)	36	30				▶		100.00	0.75 [0.48, 1.16]
Total events: 17 (treatment), 19 Test for heterogeneity: not app Test for overall effect: Z = 1.31	olicable								
			0.1	0.2	0.5	1 2	,	5 10	
			Fav	ours tre	eatment	Favo	urs co	ntrol	

Review:

04 Cognitive behavioural therapies (primary care) versus GP care 01 Leaving the study early Comparison:

Study or sub-category	Treatment n/N	Control n/N		RR (fixe 95% C	,	Weight %	RR (fixed) 95% CI
Scott1992 (UK)	1/30	1/30	—			5.03	1.00 [0.07, 15.26]
Scott1997 (UK)	8/24	6/24				30.18	1.33 [0.55, 3.26]
Freeman2002 (UK)	20/46	14/54			-	64.79	1.68 [0.96, 2.93]
Total (95% CI)	100	108			>	100.00	1.54 [0.97, 2.46]
Total events: 29 (treatment)	, 21 (control)						
Test for heterogeneity: Chi ² Test for overall effect: Z = 1.	= 0.29, df = 2 (P = 0.87), l ² =	= 0%					
			0.1 0.2	0.5 1	2	5 10	
			Favourst	reatment I	Favours co	ntrol	

04 Cognitive behavioural therapies (primary care) versus GP care 02 Depression scores: continuous measures Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 BDI scores at end of treatmen	t						
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)		37.8	-0.46 [-1.14, 0.22]
Freeman2002 (UK)	34	19.68(13.50)	52	14.17(13.90)	 	9	0.40 [-0.04, 0.83]
Subtotal (95% CI)	52		6		•	62.1	0.01 [-0.83, 0.85]
Test for heterogeneity: $Chi^2 = 4.3$ Test for overall effect: $Z = 0.02$ (P		P = 0.04), I ² = 76.8%					
02 HRSD post-treatment							
Scott1992 (UK)	29	6.70(6.10)	29	8.40(7.50)		58.26	-0.25 [-0.76, 0.27]
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)		41.74	-0.48 [-1.17, 0.20]
Subtotal (95% CI)	47		45		•	100.00	-0.33 [-0.74, 0.08]
Test for overall effect: Z = 1.58 (P	,						
Freeman2002 (UK)	26	17.15(12.70)	44	15.36(14.60)	-	100.0	0.13 [-0.36, 0.61]
Subtotal (95% CI)	26		4		—	U	0.13 [-0.36, 0.61]
Fest for heterogeneity: not applicatest for overall effect: Z = 0.51 (P							
04 HRSD at 5-month follow-up							
Freeman2002 (UK)	23	11.22(7.80)	35	8.90(7.20)	-	100.0	0.31 [-0.22, 0.84]
Subtotal (95% CI)	23		3		*	0	0.31 [-0.22, 0.84]
Γest for heterogeneity: not applica Γest for overall effect: Z = 1.14 (P							
				-4	-2 0 2	4	
				F	avours treatment Favours c	ontrol	

Review:

CBT15
05 Cognitive behavioural therapies versus antidepressants (with/without clinical management or GP care)
01 Leaving the study early Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Hautzinger (in-pats)	5/26	8/25		4.10	0.60 [0.23, 1.59]
Blackburn1981 (UK)	8/30	8/28		4.16	0.93 [0.41, 2.15]
Murphy1984 (US)	5/24	8/24		4.02	0.63 [0.24, 1.64]
Elkin1989 (US)	19/59	19/57		9.71	0.97 [0.57, 1.63]
Hautzinger1996 (Ge)	10/40	18/38		9.27	0.53 [0.28, 0.99]
Blackburn1997 (UK)	3/27	3/26		1.54	0.96 [0.21, 4.35]
Scott1997 (UK)	8/24	6/24		3.01	1.33 [0.55, 3.26]
Jarrett1999 (US)	5/36	9/36		4.52	0.56 [0.21, 1.50]
Keller2000 (US)	55/228	59/226	-	29.77	0.92 [0.67, 1.27]
Thompson2001 (US)	7/31	12/33		5.84	0.62 [0.28, 1.37]
DERUBEIS2005	9/60	19/120		6.36	0.95 [0.46, 1.97]
DIMIDJIAN2006	6/45	44/100		13.72	0.30 [0.14, 0.66]
DAVID2008	6/56	8/57		3.98	0.76 [0.28, 2.06]
Total (95% CI)	686	794	•	100.00	0.75 [0.63, 0.91]
Total events: 146 (treatment), Test for heterogeneity: Chi ² = Test for overall effect: Z = 2.9	12.18, df = 12 (P = 0.43),	² = 1.4%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

05 Cognitive behavioural therapies versus antidepressants (with/without clinical management or GP care) 02 Relapse Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Relapse post-treatment Jarrett1999 (US) Subtotal (95% CI) Total events: 4 (treatment), 4 (co Test for heterogeneity: not applie Test for overall effect: Z = 0.26 (cable	4/12 12		100.00	0.86 [0.27, 2.71] 0.86 [0.27, 2.71]
2 Relapse up to 12 months (wi Blackburn1981 (UK) Jarrett1999 (US) Subtotal (95% CI) Total events: 2 (treatment), 5 (co Test for heterogeneity: Chi² = 0. Test for overall effect: Z = 1.72 (1/17 1/12 29 ontrol) 02, df = 1 (P = 0.89), I ² = 0%	3/12 2/7 19	41.80	58.20	0.24 [0.03, 2.00] 0.29 [0.03, 2.66] 0.26 [0.06, 1.21]
3 Relapse up to 12 months (not Blackburn1981 (UK) Murphy1984 (US) Jarrett1999 (US) DAVID2008 Subtotal (95% CI) Total events: 12 (treatment), 17 Test for heterogeneity: Chi² = 2. Test for overall effect: Z = 1.58 (3/15 2/24 4/7 3/49 95 (control) 56, df = 3 (P = 0.46), I ² = 0%	4/10 6/24 2/5 5/47 86	26.32 32.90 12.79 27.99	_	0.50 [0.14, 1.77] 0.33 [0.07, 1.49] 1.43 [0.41, 4.99] 0.58 [0.15, 2.27] 0.59 [0.30, 1.14]
4 Relapse at 18 months (no co Blackburn1981 (UK) Subtotal (95% CI) Total events: 3 (treatment), 5 (cc Test for heterogeneity: not application of the control	3/15 15 ontrol) cable	5/10 10		100.00	0.40 [0.12, 1.31] 0.40 [0.12, 1.31]
6 Relapse at 24 months (no co Blackburn1981 (UK) Jarrett1999 (US) Subtotal (95% CI) Total events: 8 (treatment), 8 (co Test for heterogeneity: Chi² = 2. Test for overall effect: Z = 1.03 (3/15 5/7 22 ontrol) 37, df = 1 (P = 0.12), l ² = 57	5/10 3/5 15	36.84	63.16	0.40 [0.12, 1.31] 1.19 [0.51, 2.80] 0.69 [0.34, 1.40]
7 Relapse at 24 months (with of Jarrett1999 (US) Subtotal (95% CI) Total events: 2 (treatment), 3 (co Test for heterogeneity: not application of the control	2/7 7 ontrol) cable	3/7 7		100.00	0.67 [0.16, 2.84] 0.67 [0.16, 2.84]
		·	0.1 0.2 0.5 1 2 Favours treatment Favours co	5 10 ontrol	

Comparison: 05 Cognitive behavioural therapies versus antidepressants (with/without clinical management or GP care)
Outcome: 03 Depression scores: continous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment								
Hautzinger (in-pats)	21	12.60(10.70)	22	14.30(10.30)			9.02	-0.16 [-0.76, 0.44]
Murphy1984 (US)	24	10.88(8.93)	24	13.04(12.32)		-	10.06	-0.20 [-0.76, 0.37]
Elkin1989 (US)	59	13.40(10.60)	57	11.60(10.50)			24.34	0.17 [-0.20, 0.53]
Hautzinger1996 (Ge)	33	10.70(8.10)	23	12.80(11.30)			11.35	-0.22 [-0.75, 0.32]
Blackburn1997 (UK)	24	19.00(12.50)	23	20.30(15.40)	_		9.88	-0.09 [-0.66, 0.48]
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)	←	-	6.93	-0.46 [-1.14, 0.22]
Jarrett1999 (US)	36	11.72(9.72)	36	9.67(9.36)			-15.08	0.21 [-0.25, 0.68]
Thompson2001 (US)	31	16.40(9.70)	33	18.60(7.20)			13.35	-0.26 [-0.75, 0.24]
ubtotal (95% CI)	246		234				100.00	-0.06 [-0.24, 0.12]
Test for overall effect: Z = 0.6 2 HRSD scores post-treatme	,							
Hautzinger (in-pats)	22	10.00(8.10)	22	11.30(7.60)		3.20		-0.16 [-0.75, 0.43]
Murphy1984 (US)	24	7.75(6.50)	24	10.92(8.22)		3.42		-0.42 [-0.99, 0.15]
Elkin1989 (US)	59	10.70(7.90)	57	9.80(7.80)		8.46		0.11 [-0.25, 0.48]
Hautzinger1996 (Ge)	33	8.50(5.80)	24	8.80(6.80)	-	4.06	5	-0.05 [-0.57, 0.48]
Blackburn1997 (UK)	24	10.70(7.60)	23	11.40(7.30)	' —	3.43		-0.09 [-0.66, 0.48]
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)	←	2.40		-0.48 [-1.17, 0.20]
Jarrett1999 (US)	36	10.25(8.10)	36	8.64(6.42)		5.23	_	0.22 [-0.25, 0.68]
Keller2000 (US)	216	16.00(9.26)	220	15.80(9.49)		31 .8 5		0.02 [-0.17, 0.21]
Thompson2001 (US)	31	12.50(7.00)	33	15.00(6.20)		4.59		-0.37 [-0.87, 0.12]
Miranda2003 (US)	90	11.51(7.28)	88	9.84(6.57)		12.91		0.24 [-0.06, 0.53]
DERUBEIS2005	50	9.92(6.95)	100	9.23(6.86)		-9.7 3 ■		0.10 [-0.24, 0.44]
BAGBY2008	58	6.60(4.98)	32	5.06(5.10)		5 .96 •	_	0.30 [-0.13, 0.74]
MARSHALL2008	37	6.30(4.81)	30	4.70 (5.32)		4.78		0.31 [-0.17, 0.80]
Subtotal (95% CI)	698		705			100.00)	0.05 [-0.06, 0.15]
est for heterogeneity: Chi ² = est for overall effect: Z = 0.8		2 (P = 0.34), I ² = 10.8%			,	-		
					-1 -(0.5 0 0.5	1	
					Favours to	eatment Favours	control	

05 Cognitive behavioural therapies versus antidepressants (with/without clinical management or GP care) 04 Depression scores: dichotomous outcomes Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 HDRS <=12 at end of treatme					
DERUBEIS2005	35/60	70/120		100.00	1.00 [0.77, 1.30]
Subtotal (95% CI)	60	120	•	100.00	1.00 [0.77, 1.30]
Γotal events: 35 (treatment), 70					
Fest for heterogeneity: not applic Fest for overall effect: Z = 0.00 (
02 BDI >9 at end of treatment					
Murphy1984 (US)	14/24	15/24		39.00	0.93 [0.59, 1.48]
Elkin 1989 (US)	30/59	27/57	-	55.25	1.07 [0.74, 1.56]
Murphy1995 (ÚS)	2/11	10/12 ←		5.75	0.22 [0.06, 0.78]
Subtotal (95% CI)	94	93		100.00	0.81 [0.46, 1.42]
Total events: 46 (treatment), 52 (Test for heterogeneity: Chi² = 5.7 Test for overall effect: Z = 0.75 ($\dot{7}6$, df = $\dot{2}$ (P = 0.06), l^2	= 65.3%			
03 Number not achieving remiss	ion				
DERUBEIS2005	36/60	65/120	—	100.00	1.11 [0.85, 1.44]
Subtotal (95% CI)	60	120	—	100.00	1.11 [0.85, 1.44]
Total events: 36 (treatment), 65 (Test for heterogeneity: not applic Test for overall effect: Z = 0.76 (cable				
04 HRSD-17 >6 and HRSD-24 >	>8 at end of treatment				
Murphy1984 (US)	13/24	18/24		9.14	0.72 [0.47, 1.12]
Elkin1989 (US)	38/59	33/57	-	16.96	1.11 [0.83, 1.49]
Blackburn1997 (UK)	15/23	15/20		10.86	0.87 [0.59, 1.29]
Keller2000 (US)	156/228	162/226	<u> </u>	40.51	0.95 [0.85, 1.08]
Miranda2003 (US)	61/90	49/88	 -	22.53	1.22 [0.96, 1.54]
Subtotal (95% CI)	424	415	•	100.00	1.00 [0.86, 1.15]
Total events: 283 (treatment), 27 Test for heterogeneity: $Chi^2 = 6.4$ Test for overall effect: $Z = 0.02$ (43, df = 4 (P = 0.17), I^2	= 37.8%			
05 50% decrease in BDI scores					
Blackburn1981 (UK)	16/30	11/30	+	100.00	1.45 [0.82, 2.59]
Subtotal (95% CÌ)	30	30	-	100.00	1.45 [0.82, 2.59]
Total events: 16 (treatment), 11 (Test for heterogeneity: not applic Test for overall effect: Z = 1.27 (cable				
		· ·			
		0.1	0.2 0.5 1 2	5 10	

Review:

Comparison: 05 Cognitive behavioural therapies versus antidepressants (with/without clinical management or GP care)
Outcome: 05 Depression scores: continuous measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD at 1-month follow-up							
Murphy1984 (US)	19	6.63(7.08)	16	6.12(5.24)	<u> </u>	100.00	0.08 [-0.59, 0.74]
Subtotal (95% CI)	19		16		~	100.00	0.08 [-0.59, 0.74]
Test for heterogeneity: not applic			10		Ť	100.00	0.00 [0.33, 0.74]
Test for overall effect: Z = 0.23 (
02 HRSD at 12 month follow-up							
Hautzinger (in-pats)	18	9.90(7.60)	20	12.20(11.80)	-	28.93	-0.22 [-0.86, 0.41]
Hautzinger1996 (Ge)	32	7.40(5.70)	24	13.10(8.10)	 -	38.72	-0.82 [-1.38, -0.27]
Blackburn1997 (UK)	23	7.80(7.30)	20	10.40(7.20)	` -	32.35	-0.35 [-0.96, 0.25]
Subtotal (95% CI)	73		64		♦	100.00	-0.50 [-0.84, -0.15]
Fest for heterogeneity: $Chi^2 = 2.5$ Fest for overall effect: $Z = 2.84$ (
03 HRSD at 24-month follow-up							
Blackburn1997 (UK)	23	6.60(7.00)	20	9.30(7.20)		100.00	-0.37 [-0.98, 0.23]
Subtotal (95% CI)	23		20		•	100.00	-0.37 [-0.98, 0.23]
Γest for heterogeneity: not applie Γest for overall effect: Z = 1.21 (
04 BDI at 1-month follow-up	4.0	40.5040.041		40.50(0.00)		400.55	
Murphy1984 (US)	19	10.53(9.91)	16	10.69(9.00)	₩.	100.00	-0.02 [-0.68, 0.65]
Subtotal (95% CI)	19		16		•	100.00	-0.02 [-0.68, 0.65]
Γest for heterogeneity: not appli Γest for overall effect: Z = 0.05 (
5 BDI at 12-month follow-up							
Hautzinger (in-pats)	18	14.10(13.10)	20	16.40(12.80)	+	29.14	-0.17 [-0.81, 0.46]
Hautzinger1996 (Ge)	30	9.50(9.00)	24	16.50(12.80)	#	39.08	-0.64 [-1.19, -0.09]
Blackburn1997 (UK)	22	14.80(10.50)	20	19.60(15.20)	 	31.78	-0.36 [-0.97, 0.25]
Subtotal (95% CI)	70		64		•	100.00	-0.41 [-0.76, -0.07]
Fest for heterogeneity: $Chi^2 = 1$. Fest for overall effect: $Z = 2.36$ ($(P = 0.55), I^2 = 0\%$			Ĭ		
06 BDI at 24-month follow-up							
Blackburn1997 (UK)	22	13.30(10.70)	20	18.10(13.10)		100.00	-0.40 [-1.01, 0.22]
Subtotal (95% CI)	22		20		•	100.00	-0.40 [-1.01, 0.22]
Γest for heterogeneity: not appli Γest for overall effect: Z = 1.27 (
7 HRSD after 6 months' mainte							
Blackburn1981 (UK)	13	4.60(4.90)	6	2.70(2.90)	₩_	100.00	0.41 [-0.57, 1.39]
Subtotal (95% CI)	13		6		*	100.00	0.41 [-0.57, 1.39]
Test for heterogeneity: not applic	cable						
Test for overall effect: Z = 0.82 (
BDI after 6 months' maintena					<u></u>		
Blackburn1981 (UK)	14	5.70(5.20)	6	5.50(6.30)	<u>=</u>	100.00	0.03 [-0.92, 0.99]
Subtotal (95% CI)	14		6		-	100.00	0.03 [-0.92, 0.99]
Γest for heterogeneity: not applic Γest for overall effect: Z = 0.07 (T		

Favours treatment Favours control

05 Cognitive behavioural therapies versus antidepressants (with/without clinical management or GP care)
06 Depression scores: dichotomous outcomes at follow-up Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI					
01 BDI >9 at 1 year										
Murphy1984 (US)	16/24	21/24	-	100.00	0.76 [0.55, 1.05]					
Subtotal (95% CI)	2	2	•	100.00	0.76 [0.55, 1.05]					
Total events: 16 (treatment	i), 21 (control)									
Test for heterogeneity: not	applicable									
Test for overall effect: Z =	1.66 (P = 0.10)									
			0.1 0.2 0.5 1 2	5 10						
	Favours treatment Favours control									

Review: CBT21

06 Sub 04: cognitive behavioural therapies versus antidepressants by severity 01 Leaving the study early Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Moderate or moderate/seve	ere				
Blackburn1981 (UK)	8/30	8/28		8.61	0.93 [0.41, 2.15]
Murphy1984 (US)	5/24	8/24		8.32	0.63 [0.24, 1.64]
Jarrett1999 (US)	5/36	9/36		9.36	0.56 [0.21, 1.50]
Keller2000 (US)	55/228	59/226	-	61.63	0.92 [0.67, 1.27]
Thompson2001 (US)	7/31	12/33		12.09	0.62 [0.28, 1.37]
Subtotal (95% CI)	349	347	•	100.00	0.83 [0.64, 1.07]
Total events: 80 (treatment), 9	6 (control)				
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.43		= 0%			
02 Severe					
Elkin1989 (US)	19/59	19/57	- 6 8.	09	0.97 [0.57, 1.63]
Blackburn1997 (UK)	3/27	3/26	10 77		0.96 [0.21, 4.35]
Scott1997 (UK)	8/24	6/24	-21 14		1.33 [0.55, 3.26]
Subtotal (95% CI)	110	107	1		1.04 [0.68, 1.61]
Total events: 30 (treatment), 2 Test for heterogeneity: Chi² = Test for overall effect: Z = 0.19	0.38, df = 2 (P = 0.83), I ² =	= 0%			
03 Severe/very severe					
Hautzinger (in-pats)	5/26	8/25		30.64	0.60 [0.23, 1.59]
Hautzinger1996 (Ge)	10/40	18/38		69.36	0.53 [0.28, 0.99]
Subtotal (95% CI)	66	63		100.00	0.55 [0.32, 0.94]
Total events: 15 (treatment), 2					
Test for heterogeneity: Chi ² =	0.05 , $df = 1 (P = 0.83)$, $I^2 = 0.83$	= 0%			
Test for overall effect: Z = 2.2	1 (P = 0.03)				
		0.1	0.2 0.5 1 2	5 10	

Comparison: 06 Sub 04: cognitive behavioural therapies versus antidepressants by severity Outcome: 02 Depression scores: continous measures post-treatment – BDI

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random 95% CI	Weight %	SMD (random) 95% CI
01 Moderate and moderate/sever	re						
Murphy1984 (US)	24	10.88(8.93)	24	13.04(12.32)	— 	21.49	-0.20 [-0.76, 0.37]
Jarrett1999 (US)	36	11.72(9.72)	36	9.67 (9.36)	 	31.36	0.21 [-0.25, 0.68]
Thompson2001 (US)	31	16.40(9.70)	33	18.60(7.20)	-	28.02	-0.26 [-0.75, 0.24]
DIMIDJIAN2006	17	12.94(10.29)	28	13.89(8.61)	— -	19.13	-0.10 [-0.70, 0.50]
Subtotal (95% CI)	108		12		*	100.0	-0.07 [-0.33, 0.20]
Test for heterogeneity: Chi ² = 2.1 Test for overall effect: Z = 0.49 (F		$(P = 0.54), I^2 = 0\%$					
02 Severe							
Elkin1989 (US)	59	13.40(10.60)	57	11.60(10.50)		57.15	0.17 [-0.20, 0.53]
Blackburn1997 (UK)	24	19.00(12.50)	23	20.30(15.40)	-	25.03	-0.09 [-0.66, 0.48]
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)		17.83	-0.46 [-1.14, 0.22]
Subtotal (95% CI)	101		96		•	100.00	-0.03 [-0.38, 0.31]
Test for heterogeneity: $Chi^2 = 2.6$ Test for overall effect: $Z = 0.20$ (F		(P = 0.26), I ² = 25.3%					
03 Severe and severe/very sever	re						
Hautzinger (in-pats)	21	12.60(10.70)	22	14.30(10.30)		28.98	-0.16 [-0.76, 0.44]
Hautzinger1996 (Ge)	33	10.70(8.10)	23	12.80(11.30)	-	36.00	-0.22 [-0.75, 0.32]
DIMIDJIAN2006	21	21.00(14.64)	38	14.39(11.00)	-	35.02	0.53 [-0.02, 1.07]
Subtotal (95% CI)	75		83		•	100.00	0.06 [-0.42, 0.53]
Test for heterogeneity: Chi ² = 4.3 Test for overall effect: Z = 0.23 (F		$(P = 0.11), I^2 = 54.4\%$					
					-4 -2 0	2 4	
					Favours treatment Fav	ours control	

Comparison: 06 Sub 04: cognitive behavioural therapies versus antidepressants by severity 0utcome: 03 Depression scores: continous measures post-treatment – HRSD

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/se	vere						
Murphy1984 (US)	24	7.75(6.50)	24	10.92(8.22)		5.20	-0.42 [-0.99, 0.15]
Jarrett1999 (US)	36	10.25(8.10)	36	8.64(6.42)	+-	7.94	0.22 [-0.25, 0.68]
Keller2000 (US)	216	16.00(9.26)	220	15.80(9.49)	-	48.37	0.02 [-0.17, 0.21]
Thompson2001 (US)	31	12.50(7.00)	33	15.00(6.20)		6.96	-0.37 [-0.87, 0.12]
Miranda2003 (US)	90	11.51(7.28)	88	9.84(6.57)	 -	19.60	0.24 [-0.06, 0.53]
DIMIDJIAN2006	17	10.41(4.05)	28	11.57 (5.32)		4.66	-0.23 [-0.84, 0.37]
MARSHALL2008	37	6.30(4.81)	30	4.70 (5.32)	+-	7.26	0.31 [-0.17, 0.80]
Subtotal (95% CI)	451		459		•	100.00	0.04 [-0.09, 0.17]
Test for heterogeneity: Chi ² = 9 Test for overall effect: Z = 0.58		(P = 0.14), I ² = 37.2%					
02 Severe							
Elkin1989 (US)	59	10.70(7.90)	57	9.80(7.80)		35.22	0.11 [-0.25, 0.48]
Blackburn1997 (UK)	24	10.70(7.60)	23	11.40(7.30)		14.28	-0.09 [-0.66, 0.48]
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)		9.98	-0.48 [-1.17, 0.20]
DERUBEIS2005	50	9.92(6.95)	100	9.23(6.86)		40.52	0.10 [-0.24, 0.44]
Subtotal (95% CI)	151		196		•	100.00	0.02 [-0.20, 0.24]
Test for heterogeneity: $Chi^2 = 2$ Test for overall effect: $Z = 0.17$		$(P = 0.44), I^2 = 0\%$					
03 Severe and severe/very sev	vere						
Hautzinger (in-pats)	22	10.00(8.10)	22	11.30(7.60)		28.56	-0.16 [-0.75, 0.43]
Hautzinger1996 (Ge)	33	8.50(5.80)	24	8.80(6.80)	- + -	36.20	-0.05 [-0.57, 0.48]
DIMIDJIAN2006	21	12.67(6.96)	38	13.13(7.74)	-	35.23	-0.06 [-0.59, 0.47]
Subtotal (95% CI)	76		84		*	100.00	-0.09 [-0.40, 0.23]
Test for heterogeneity: Chi ² = 0 Test for overall effect: Z = 0.53							
					-4 -2 0 2	4	
					Favours treatment Favours co	ontrol	

06 Sub 04: cognitive behavioural therapies versus antidepressants by severity 04 Depression scores: continuous measures at follow-up (16 weeks) Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/severe:							
D.11111.D011/11.12.000	17	9.76(8.15)	22	7.91(6.29)	†	24.11	0.25 [-0.38, 0.89]
	17		22		•	24.11	0.25 [-0.38, 0.89]
Fest for heterogeneity: not applicable Fest for overall effect: Z = 0.78 (P =							
2 Moderate and moderate severe:	HRSD						
DIMIDJIAN2006	16	7.19(4.09)	22	8.45(5.26)	+	23.2	-0.26 [-0.90, 0.39]
Subtotal (95% CI)	16		2		♦	8	-0.26 [-0.90, 0.39]
Fest for heterogeneity: not applicable Fest for overall effect: $Z = 0.78$ (P =							
3 Severe and severe/very severe:	BDI						
	18	17.44(15.57)	27	7.78(9.61)		25.4	0.77 [0.15, 1.39]
	18		2		•	0	0.77 [0.15, 1.39]
Fest for heterogeneity: not applicables Fest for overall effect: Z = 2.44 (P =							
04 Severe and severe/very severe:	HRSD						
DIMIDJIAN2006	18	10.33(7.62)	27	8.63(7.19)	 	27.2	0.23 [-0.37, 0.83]
Subtotal (95% CI)	18		2		•	0	0.23 [-0.37, 0.83]
Γest for heterogeneity: not applicab Γest for overall effect: Z = 0.74 (P =							
Γotal (95% CI)	69		9		•	100.0	0.26 [-0.05, 0.57]
Test for heterogeneity: Chi ² = 5.07,	df = 3 (F	P = 0.17), I ² = 40.9%			•		
Test for overall effect: Z = 1.63 (P =		,,					
				-1	0 -5 0 5	10	
				F	avours treatment Favours co	ntrol	

Review:

CBT25
06 Sub 04: cognitive behavioural therapies versus antidepressants by severity
05 Depression scores: dichotomous outcomes by severity – BDI Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 Moderate or moderate/so	evere				
Murphy1984 (US)	14/24	15/24		73.90	0.93 [0.59, 1.48]
Murphy1995 (US)	2/11	10/12		26.10	0.22 [0.06, 0.78]
Subtotal (95% CI)	35	36		100.00	0.50 [0.11, 2.30]
Total events: 16 (treatment)), 25 (control)				
Test for overall effect: Z = 0 22 Severe Elkin1989 (US)	= 5.13, df = 1 (P = 0.02), l ² 0.88 (P = 0.38)	27/57		100.00	1.07 [0.74, 1.56]
Subtotal (95% CI)	5	5		100.00	1.07 [0.74, 1.56]
Total events: 30 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 0	applicable				, ,,
		C	0.1 0.2 0.5 1 2	5 10	
		1	Favours treatment Favours co	ontrol	

06 Sub 04: cognitive behavioural therapies versus antidepressants by severity 06 Depression scores: dichotomous outcomes by severity – HRSD Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 Moderate or moderate/se	vere				
Murphy1984 (US)	13/24	18/24		17.50	0.72 [0.47, 1.12]
Murphy1995 (US)	1/11	8/12	• • • • • • • • • • • • • • • • • • • 	1.29	0.14 [0.02, 0.92]
Keller2000 (US)	156/228	162/226	+	47.32	0.95 [0.85, 1.08]
Miranda2003 (ÚS)	61/90	49/88	 -	33.89	1.22 [0.96, 1.54]
Subtotal (95% CI)	353	350	•	100.00	0.94 [0.71, 1.24]
Total events: 231 (treatment)), 237 (control)				
Test for overall effect: Z = 0.4 02 Severe	44 (P = 0.66)				
Elkin1989 (US)	38/59	33/57	-	58.23	1.11 [0.83, 1.49]
Blackburn1997 (UK)	15/23	15/20		41.77	0.87 [0.59, 1.29]
Subtotal (95% Cl)	82	77	•	100.00	1.02 [0.81, 1.29]
Total events: 53 (treatment), Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.	= 0.99 , df = 1 (P = 0.32), l^2	= 0%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

06 Sub 04: cognitive behavioural therapies versus antidepressants by severity 07 Relapse Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %		RR (random) 95% CI
01 Relapse post-treatment (mode	erate)					
Jarrett1999 (US)	4/14	4/12		100.00	0.86	[0.27, 2.71]
Subtotal (95% CÍ)	14	12		100.00	0.86	[0.27, 2.71]
otal events: 4 (treatment), 4 (co	ntrol)					
Test for heterogeneity: not applicate	able					
est for overall effect: Z = 0.26 (F	P = 0.79)					
Relapse up to 12 months (with	h continuation treatme	nt) (moderate/severe)				
Blackburn1981 (UK)	1/17	3/12 ◀		51.68	0.24	[0.03, 2.00]
Jarrett1999 (US)	1/12	2/7	48.32		0.29	[0.03, 2.66]
Subtotal (95% CI)	29	19	00.00		0.26	[0.06, 1.21]
otal events: 2 (treatment), 5 (coi	ntrol)					
est for heterogeneity: Chi² = 0.0		= 0%				
est for overall effect: Z = 1.71 (F						
Relapse up to 12 months (no	continuation treatment) (moderate/severe)				
Blackburn1981 (UK)	3/15	4/10	36.53		0.50	[0.14, 1.77]
Murphy1984 (US)	2/24	6/24	26.09			[0.07, 1.49]
Jarrett1999 (US)	4/7	2/5	37.38			[0.41, 4.99]
Subtotal (95% CI)	46	39	100.00			[0.28, 1.56]
otal events: 9 (treatment), 12 (co						[01=0, =100]
Test for heterogeneity: $Chi^2 = 2.5$ Test for overall effect: $Z = 0.95$ (F		= 21.5%				
Relapse at 18 months (no con	ntinuation treatment) (n	noderate/severe)				
Blackburn1981 (UK)	3/15	5/10		100.00	0.40	[0.12, 1.31]
Subtotal (95% Cl)	15	10		100.00	0.40	[0.12, 1.31]
Total events: 3 (treatment), 5 (cor	ntrol)					
Γest for heterogeneity: not applica Γest for overall effect: Z = 1.51 (F						
Relapse at 24 months (no con	ntinuation treatment) (n	noderate/severe)				
Blackburn1981 (UK)	3/15	5/10		4.19	0.40	[0.12, 1.31]
Jarrett1999 (US)	5/7	3/5	- 65.8 1			[0.51, 2.80]
Subtotal (95% CI)	22	15	10	0.00		[0.24, 2.26]
Total events: 8 (treatment), 8 (cor	ntrol)					
Test for heterogeneity: $Chi^2 = 2.3$		= 57.8%				
Test for overall effect: Z = 0.52 (F						
7 Relapse at 24 months (with co	ontinuation treatment)	(moderate)				
Jarrett1999 (US)	2/7	3/7		100.00	0.67	[0.16, 2.84]
Subtotal (95% CI)	7	7		100.00		[0.16, 2.84]
Fotal events: 2 (treatment), 3 (co		•			/	=
Test for heterogeneity: not application						
Test for overall effect: Z = 0.55 (F						
. 331.31 3731411 31160t. Z = 0.33 (I	5.55,					
		0.1	0.2 0.5 1 2 5	5 10		
		Fa	avours treatment Favours cor	ntrol		

CBT28 Review:

Outcome:

06 Sub 04: cognitive behavioural therapies versus antidepressants by severity Comparison:

08 Number not achieving remission – severely depressed

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI <= 10					
DIMIDJIAN2006	29/45	32/100		42.67	2.01 [1.41, 2.88]
Subtotal (95% CI)	4	100		42.67	2.01 [1.41, 2.88]
Total events: 29 (treatment)					
Test for heterogeneity: not a	• •				
Test for overall effect: $Z = 3$	3.82 (P = 0.0001)				
02 HRSD <= 7					
DIMIDJIAN2006	30/45	43/100		57.33	1.55 [1.14, 2.11]
Subtotal (95% CI)	45	100	◆	57.33	1.55 [1.14, 2.11]
Total events: 30 (treatment)), 43 (control)				
Test for heterogeneity: not a	applicable				
Test for overall effect: Z = 2	2.81 (P = 0.005)				
Total (95% CI)	9	200	•	100.00	1.75 [1.38, 2.21]
Total events: 59 (treatment), 75 (control)				
	$l^2 = 1.19$, df = 1 (P = 0.28), l^2	= 15.9%			
Test for overall effect: Z = 4					
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours o	ontrol	

CBT29 Review:

06 Sub 04: cognitive behavioural therapies versus antidepressants by severity 09 Number not achieving remission – less severely depressed Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI <= 10					
DIMIDJIAN2006	28/45	38/100	-	55.88	1.64 [1.17, 2.30]
Subtotal (95% CI)	4	100	•	55.88	1.64 [1.17, 2.30]
Total events: 28 (treatment Test for heterogeneity: not a Test for overall effect: Z = 2	applicable				
02 HRSD <= 7					
DIMIDJIAN2006	29/45	30/100		44.12	2.15 [1.48, 3.11]
Subtotal (95% CI)	45	100	•	44.12	2.15 [1.48, 3.11]
Total events: 29 (treatment Test for heterogeneity: not a Test for overall effect: Z = 4	applicable				
Total (95% CI) Total events: 57 (treatment)	,, ,	200	•	100.00	1.86 [1.45, 2.39]
Test for heterogeneity: Chi ² Test for overall effect: Z = 4	² = 1.13, df = 1 (P = 0.29), l ² = 1.89 (P < 0.00001)	= 11.4%		, ,	
		0.1	0.2 0.5 1 2	5 10	
		Fav	ours treatment Favours o	control	

CBT30 Review:

Comparison: 06 Sub 04: cognitive behavioural therapies versus antidepressants by severity

Outcome: 10 Number not achieving response – less severely depressed

Study or sub-category	Treatment n/N	Control n/N	RR (f 95%		Weight %	RR (fixed) 95% CI
01 BDI <= 10						
DIMIDJIAN2006	26/45	32/100			47.06	1.81 [1.24, 2.64]
Subtotal (95% CI)	4	100			47.06	1.81 [1.24, 2.64]
Total events: 26 (treatment)						
Test for heterogeneity: not a						
Test for overall effect: Z = 3	3.05 (P = 0.002)					
02 HRSD <= 7						
DIMIDJIAN2006	27/45	36/100			52.94	1.67 [1.17, 2.37]
Subtotal (95% CI)	45	100			52.94	1.67 [1.17, 2.37]
Total events: 27 (treatment), 36 (control)					
Test for heterogeneity: not a	applicable					
Test for overall effect: Z = 2	2.83 (P = 0.005)					
Total (95% CI)	9	200		•	100.00	1.73 [1.34, 2.24]
Total events: 53 (treatment), 68 (control)			•		
	$l^2 = 0.09$, df = 1 (P = 0.76), $l^2 = 0.09$	= 0%				
Test for overall effect: Z = 4						
		0.	1 0.2 0.5 1	2	5 10	
		F	avours treatment	Favours o	control	

CBT31 Review:

07 Cognitive behavioural therapies + antidepressants versus antidepressants (with clinical management or GP care) 01 Leaving the study early Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Hautzinger (in-pats)	5/24	8/25		6.22	0.65 [0.25, 1.71]
Blackburn1981 (UK)	8/30	8/28		6.57	0.93 [0.41, 2.15]
Murphy1984 (US)	4/22	8/24		6.07	0.55 [0.19, 1.56]
Miller1989 (US)	5/15	7/17		5.21	0.81 [0.32, 2.02]
Hautzinger1996 (Ge)	12/38	18/38		14.29	0.67 [0.37, 1.19]
Scott1997 (UK)	8/24	6/24		4.76	1.33 [0.55, 3.26]
Keller2000 (US)	48/227	59/226	-	46.94	0.81 [0.58, 1.13]
Thompson2001 (US)	12/36	12/33		9.94	0.92 [0.48, 1.75]
Total (95% CI)	416	415	•	100.00	0.81 [0.65, 1.01]
Total events: 102 (treatment) Test for heterogeneity: Chi² =		= 0%			
Test for overall effect: Z = 1.8		- 070			
		(0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours or	ontrol	

07 Cognitive behavioural therapies + antidepressants versus antidepressants (with clinical management or GP care) 02 Relapse Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %		RR (fixed) 95% CI
02 Relapse at 6 months (with co						
Blackburn1981 (UK)	0/16	3/10 ▲		100.00		[0.01, 1.62]
Subtotal (95% CI)	16	10		100.00	0.09	[0.01, 1.62]
Total events: 0 (treatment), 3 (co						
Fest for heterogeneity: not applic Fest for overall effect: Z = 1.63 (l						
Relapse at 12 months (no cor	ntinuation treatment)					
Blackburn1981 (UK)	4/16	4/10		100.00	0.63	[0.20, 1.95]
Subtotal (95% Cl)	16	10		100.00	0.63	[0.20, 1.95]
Total events: 4 (treatment), 4 (co	ontrol)		·			
Test for heterogeneity: not applic Test for overall effect: Z = 0.81 (l						
Relapse at 18 months (no cor	ntinuation treatment)					
Blackburn1981 (UK)	2/10	5/10 -	100.00		0.40	[0.10, 1.60]
Subtotal (95% CI)	10	10 -	100.00		0.40	[0.10, 1.60]
Total events: 2 (treatment), 5 (co						
est for heterogeneity: not applic	cable					
Test for overall effect: Z = 1.30 (I	P = 0.20)					
Relapse at 24 months (no cor	ntinuation treatment)					
Blackburn1981 (UK)	4/16	5/10		100.00	0.50	[0.17, 1.43]
Subtotal (95% CI)	16	10		100.00	0.50	[0.17, 1.43]
otal events: 4 (treatment), 5 (co	ontrol)					
Test for heterogeneity: not applic	cable					
est for overall effect: Z = 1.29 (P = 0.20)					
Relapse at 6 months (no conf	tinuation treatment)					
Murphy1984 (US)	6/22	6/24		100.00	1.09	[0.41, 2.89]
Subtotal (95% CI)	22	24		100.00		[0.41, 2.89]
Total events: 6 (treatment), 6 (co						•
est for heterogeneity: not applic						
est for overall effect: Z = 0.18 (I						
Relapse at 6 years (no contin	uation treatment)					
FAVA1998	8/20	18/20		100.00	0.44	[0.25, 0.78]
subtotal (95% CI)	20	20		100.00		[0.25, 0.78]
Total events: 8 (treatment), 18 (c		20		200.00	0.11	[::-5]
Test for heterogeneity: not applic						
est for overall effect: Z = 2.86 (
	. 0.501/					
		0.1	0.2 0.5 1 2	5 10		
		Fa	vours treatment Favours con	ntrol		

Review:

03 Depression scores: continuous measures post-treatment Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatmer	nt						
Hautzinger (in-pats)	20	11.30(10.40)	22	14.30(10.30)		15.40	-0.28 [-0.89, 0.32]
Murphy1984 (US)	22	10.09(10.61)	24	13.04(12.32)		16.91	-0.25 [-0.83, 0.33]
Miller1989 (US)	14	12.50(14.22)	17	19.20(15.26)	 +	11.10	-0.44 [-1.16, 0.28]
Hautzinger1996 (Ge)	32	7.70(8.20)	23	12.80(11.30)	-	19.20	-0.52 [-1.07, 0.02]
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)		12.22	-0.46 [-1.14, 0.22]
Thompson2001 (US)	36	15.70(8.60)	33	18.60(7.20)		25.16	-0.36 [-0.84, 0.12]
Subtotal (95% CI)	142		135		•	100.00	-0.38 [-0.62, -0.14]
Test for heterogeneity: Chi ² : Test for overall effect: $Z = 3$.							
Total (95% CI)	142		135		•	100.00	-0.38 [-0.62, -0.14]
Test for heterogeneity: Chi^2 : Test for overall effect: $Z = 3$.							
				-4	-2 0 2	4	

Favours treatment Favours control

Review:

CBT34
07 Cognitive behavioural therapies + antidepressants versus antidepressants (with clinical management or GP care) Comparison:

Outcome: 04 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
02 HRSD scores post-treatm	ent						
Hautzinger (in-pats)	20	9.30(7.50)	22	11.30(7.60)		5.92	-0.26 [-0.87, 0.35]
Murphy1984 (US)	22	8.23(7.00)	24	10.92(8.22)		6.44	-0.35 [-0.93, 0.24]
Miller1989 (US)	14	15.30(13.84)	17	23.80(14.84)	-	4.18	-0.57 [-1.30, 0.15]
Hautzinger1996 (Ge)	32	8.00(5.50)	24	8.80(6.80)		7.80	-0.13 [-0.66, 0.40]
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)	-	4.68	-0.48 [-1.17, 0.20]
Keller2000 (US)	226	10.80(9.47)	220	15.80(9.49)		61.42	-0.53 [-0.72, -0.34]
Thompson2001 (US)	36	12.00(6.90)	33	15.00(6.20)		9.56	-0.45 [-0.93, 0.03]
Subtotal (95% CI)	368		356		•	100.00	-0.46 [-0.61, -0.31]
Test for heterogeneity: Chi ² = Test for overall effect: $Z = 6.1$							
Total (95% CI)	368		356		•	100.00	-0.46 [-0.61, -0.31]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 6.1		· /·					
rest for overall effect. Z = 0.1	10 (1 -0.0000	, , ,					
					-1 -0.5 0 0.5	1	
					Favours treatment Favours co	ntrol	

Outcome:

07 Cognitive behavioural therapies + antidepressants versus antidepressants (with clinical management or GP care) Comparison:

05 Depression scores: dichotomous outcomes post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 HRSD-17 >6 and HRSD)-24 >8				
Murphy1984 (US)	10/22	18/24		19.47	0.61 [0.36, 1.01]
Elkin1989 (US)	38/59	33/57	-	30.44	1.11 [0.83, 1.49]
Miller1989 (US)	5/14	13/17	-	12.10	0.47 [0.22, 0.99]
Keller2000 (US)	118/227	162/226	-	37.99	0.73 [0.62, 0.84]
Subtotal (95% CI)	322	324	•	100.00	0.76 [0.55, 1.03]
Total events: 171 (treatment Test for heterogeneity: Child Test for overall effect: Z =	2 = 9.30, df = 3 (P = 0.03), I^{2}	= 67.7%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours c	ontrol	

CBT36

Review: Comparison: 07 Cognitive behavioural therapies + antidepressants versus antidepressants (with clinical management or GP care)
06 Depression scores: dichotomous outcomes post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 BDI scores >9					
Murphy1984 (US)	8/22	15/24		29.39	0.58 [0.31, 1.10]
Elkin1989 (US)	30/59	27/57	——	56.27	1.07 [0.74, 1.56]
Miller1989 (US)	5/14	7/14		14.34	0.71 [0.30, 1.72]
Subtotal (95% CI)	9	9	•	100.00	0.88 [0.65, 1.18]
Total events: 43 (treatment),	49 (control)				
Test for heterogeneity: Chi ² : Test for overall effect: Z = 0. 03 50% increase in BDI scor	86 (P = 0.39)	= 32.4%			
Blackburn1981 (UK)	18/30	11/28	 	100.00	1.53 [0.89, 2.63]
Subtotal (95% CI)	30	28		100.00	1.53 [0.89, 2.63]
,	11 (control) pplicable	28		100.00	
Subtotal (95% Cl) Total events: 18 (treatment), Test for heterogeneity: not a	11 (control) pplicable		0.1 0.2 0.5 1 2	100.00	

Review:

Comparison: 07 Cognitive behavioural therapies + antidepressants versus antidepressants (with clinical management or GP care)
Outcome: 07 Depression scores: continuous measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI after 6 months' mainten	nance						
Blackburn1981 (UK)	9	7.60(5.10)	6	5.50(6.30)		100.00	0.35 [-0.69, 1.40]
Subtotal (95% CI)	9		6		*	100.00	0.35 [-0.69, 1.40]
Test for heterogeneity: not app Test for overall effect: Z = 0.66							
02 HRSD after 6 months' main	tenance						
Blackburn1981 (UK)	10	4.40(3.40)	6	2.70(2.90)		100.00	0.50 [-0.53, 1.53]
Subtotal (95% CI)	10		6		—	100.00	0.50 [-0.53, 1.53]
Test for heterogeneity: not app Test for overall effect: Z = 0.95							
06 BDI at 1-year follow-up							
Hautzinger (in-pats)	19	15.00(14.40)	20	16.40(12.80)	-	43.17	-0.10 [-0.73, 0.53]
Hautzinger1996 (Ge)	29	11.40(10.40)	24	16.50(12.80)	■ +	56.83	-0.44 [-0.98, 0.11]
Subtotal (95% CI)	48		44		•	100.00	-0.29 [-0.70, 0.12]
Test for heterogeneity: $Chi^2 = 0$ Test for overall effect: $Z = 1.38$		$(P = 0.43), I^2 = 0\%$					
07 HRSD at 1-month follow-up	ı						
Hautzinger (in-pats)	19	11.10(10.00)	20	12.20(11.80)	+	31.72	-0.10 [-0.73, 0.53]
Murphy1984 (US)	18	6.11(6.01)	16	6.12(5.24)	+	27.61	0.00 [-0.68, 0.67]
Hautzinger1996 (Ge)	29	8.30(7.10)	24	13.10(8.10)	=	40.68	-0.62 [-1.18, -0.07]
Subtotal (95% CI)	66		60		♦	100.00	-0.29 [-0.64, 0.07]
Test for heterogeneity: $Chi^2 = 2$ Test for overall effect: $Z = 1.58$		(P = 0.29), I ² = 18.7%					
08 BDI at 1-month follow-up							
Murphy1984 (US)	18	7.83(7.94)	16	10.69(9.00)	· ·	100.00	-0.33 [-1.01, 0.35]
Subtotal (95% CI)	18		16		→	100.00	-0.33 [-1.01, 0.35]
Test for heterogeneity: not app	licable				1		
Test for overall effect: Z = 0.95	(P = 0.34)						
				-10	-5 0 5	10	
				Fa	vours treatment Favours of	ontrol	

CBT38 Review:

08 Sub 05: cognitive behavioural therapies + antidepressants versus antidepressants by severity Comparison:

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Moderate and moderate/s	severe				
Blackburn1981 (UK)	8/30	8/28		9.45	0.93 [0.41, 2.15]
Murphy1984 (US)	4/22	8/24		8.74	0.55 [0.19, 1.56]
Keller2000 (US)	48/227	59/226		67.52	0.81 [0.58, 1.13]
Thompson2001 (US)	12/36	12/33		14.30	0.92 [0.48, 1.75]
Subtotal (95% CI)	315	311	◆	100.00	0.81 [0.62, 1.07]
Total events: 72 (treatment), Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.6	= 0.79, df = 3 (P = 0.85), l ²	= 0%			
02 Severe					
Scott1997 (UK)	8/24	6/24		100.00	1.33 [0.55, 3.26]
Subtotal (95% CI)	24	24		100.00	1.33 [0.55, 3.26]
Total events: 8 (treatment), 6	(control)				
Test for heterogeneity: not ar	oplicable				
Test for overall effect: Z = 0.6	63 (P = 0.53)				
03 Severe/very severe					
Hautzinger (in-pats)	5/24	8/25		24.19	0.65 [0.25, 1.71]
Miller1989 (ÙS)	5/15	7/17		20.26	0.81 [0.32, 2.02]
Hautzinger1996 (Ge)	12/38	18/38		55.56	0.67 [0.37, 1.19]
Subtotal (95% Cl)	77	80		100.00	0.69 [0.45, 1.07]
Total events: 22 (treatment),	33 (control)		-		
Test for heterogeneity: Chi ² =		= 0%			
Test for overall effect: Z = 1.6					
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ontrol	
		Fa	ivours irealinent Favours Co	וונו טו	

Review:

CBT39
08 Sub 05: cognitive behavioural therapies + antidepressants versus antidepressants by severity
02 Depression scores: continuous measures post-treatment - BDI Comparison:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/se	vere						
Murphy1984 (US)	22	10.09(10.61)	24	13.04(12.32)	- -	40.20	-0.25 [-0.83, 0.33]
Thompson2001 (US)	36	15.70(8.60)	33	18.60(7.20)	-	59.80	-0.36 [-0.84, 0.12]
Subtotal (95% CI)	58		57		•	100.00	-0.32 [-0.68, 0.05]
Test for heterogeneity: $Chi^2 = $ Test for overall effect: $Z = 1.6$							
02 Severe							
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)	⊢	100.00	-0.46 [-1.14, 0.22]
Subtotal (95% CI)	18		16			100.00	-0.46 [-1.14, 0.22]
Test for heterogeneity: not ap Test for overall effect: Z = 1.3							
03 Severe/very severe							
Hautzinger (in-pats)	20	11.30(10.40)	22	14.30(10.30)		33.69	-0.28 [-0.89, 0.32]
Miller1989 (US)	14	12.50(14.22)	17	19.20(15.26)		24.30	-0.44 [-1.16, 0.28]
Hautzinger1996 (Ge)	32	7.70(8.20)	23	12.80(11.30)	-	42.01	-0.52 [-1.07, 0.02]
Subtotal (95% CI)	66		62		•	100.00	-0.42 [-0.78, -0.07]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 2.3							, .
				+		+	
				-4	-2 0 2	? 4	

Outcome:

08 Sub 05: cognitive behavioural therapies + antidepressants versus antidepressants by severity 03 Depression scores: continuous measures post-treatment – HRSD Comparison:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/s	severe						
Murphy1984 (US)	22	8.23(7.00)	24	10.92(8.22)		8.32	-0.35 [-0.93, 0.24]
Keller2000 (US)	226	10.80(9.47)	220	15.80(9.49)	=	79.33	-0.53 [-0.72, -0.34]
Thompson2001 (US)	36	12.00(6.90)	33	15.00(6.20)	-	12.35	-0.45 [-0.93, 0.03]
Subtotal (95% CI)	284		277		♦	100.00	-0.50 [-0.67, -0.33]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 5.8							
02 Severe							
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)		100.00	-0.48 [-1.17, 0.20]
Subtotal (95% CI)	18		16		•	100.00	-0.48 [-1.17, 0.20]
Test for heterogeneity: not ap Test for overall effect: Z = 1.3							
03 Severe/very severe							
Hautzinger (in-pats)	20	9.30(7.50)	22	11.30(7.60)	3	3.06	-0.26 [-0.87, 0.35]
Miller1989 (US)	14	15.30(13.84)	17	23.80(14.84)	2	3.36	-0.57 [-1.30, 0.15]
Hautzinger1996 (Ge)	32	8.00(5.50)	24	8.80(6.80)	— - 4	3.58	-0.13 [-0.66, 0.40]
Subtotal (95% CI)	66		63		10	0.00	-0.28 [-0.63, 0.07]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.5							
					-4 -2 0	2 4	
					Favours treatment Favour	s control	

Review: CBT41

Comparison: 08 Sub 05: cognitive behavioural therapies + antidepressants versus antidepressants by severity

Outcome: 04 Depression scores: dichotomous outcomes post-treatment – BDI

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Moderate and moderate/s	severe				
Murphy1984 (US)	8/22	15/24		100.00	0.58 [0.31, 1.10]
Subtotal (95% CI)	22	24		100.00	0.58 [0.31, 1.10]
Total events: 8 (treatment), 1	15 (control)				
Test for heterogeneity: not as	pplicable				
Test for overall effect: Z = 1.0	68 (P = 0.09)				
02 Severe					
Elkin1989 (US)	30/59	27/57	-	100.00	1.07 [0.74, 1.56]
Subtotal (95% CI)	59	57	<u> </u>	100.00	1.07 [0.74, 1.56]
Total events: 30 (treatment),	27 (control)				
Test for heterogeneity: not ar					
Test for overall effect: Z = 0.3					
03 Severe/very severe					
Miller1989 (US)	5/14	7/14		100.00	0.71 [0.30, 1.72]
Subtotal (95% ĆI)	14	14		100.00	0.71 [0.30, 1.72]
Total events: 5 (treatment), 7	(control)				
Test for heterogeneity: not ar	pplicable				
Test for overall effect: Z = 0.					
		0	.1 0.2 0.5 1 2	5 10	
		ſ	Favours treatment Favours o	control	

Outcome:

08 Sub 05: cognitive behavioural therapies + antidepressants versus antidepressants by severity 05 Depression scores: dichotomous outcomes post-treatment – HRSD Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Moderate and moderate/s	evere				
Murphy1984 (US)	10/22	18/24		9.59	0.61 [0.36, 1.01]
Keller2000 (US)	118/227	162/226	<u> </u>	90.41	0.73 [0.62, 0.84]
Subtotal (95% CI)	249	250	▼	100.00	0.71 [0.62, 0.82]
Total events: 128 (treatment) Test for heterogeneity: Chi ² = Test for overall effect: Z = 4.6	0.43, df = 1 (P = 0.51), l ²	= 0%			
02 Severe					
Elkin1989 (US)	38/59	33/57	+	100.00	1.11 [0.83, 1.49]
Subtotal (95% CI)	59	57	•	100.00	1.11 [0.83, 1.49]
Total events: 38 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 0.7	plicable				
03 Severe/very severe			_		
Miller1989 (US)	5/14	13/17		100.00	0.47 [0.22, 0.99]
Subtotal (95% CI)	14	17		100.00	0.47 [0.22, 0.99]
Total events: 5 (treatment), 1 Test for heterogeneity: not ap Test for overall effect: Z = 1.9	plicable				
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours	control	

08 Sub 05: cognitive behavioural therapies + antidepressants versus antidepressants by severity 06 Relapse (moderate/severe) Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
2 Relapse at 6 months (with contin	nuation treatment)	3/10		100.00	0 00 10 01 1 601
Blackburn1981 (UK)	16	-, -			0.09 [0.01, 1.62]
Subtotal (95% CI) Total events: 0 (treatment), 3 (controllers for heterogeneity: not applicable fest for overall effect: Z = 1.63 (P =	ol) le	10		100.00	0.09 [0.01, 1.62]
Relapse at 12 months (no contin			_		
Blackburn1981 (UK)	4/16	4/10		100.00	0.63 [0.20, 1.95]
Subtotal (95% CI) Total events: 4 (treatment), 4 (contributed for heterogeneity: not applicable for overall effect: Z = 0.81 (P =	le	10		100.00	0.63 [0.20, 1.95]
Relapse at 18 months (no contin			_		
Blackburn1981 (UK)	2/10	5/10	100.00		0.40 [0.10, 1.60]
Subtotal (95% CI) Total events: 2 (treatment), 5 (controllers for heterogeneity: not applicable fest for overall effect: Z = 1.30 (P =	le [′]	10	100.00		0.40 [0.10, 1.60]
Relapse at 24 months (no contin	nuation treatment)				
Blackburn1981 (UK)	4/16	5/10		100.00	0.50 [0.17, 1.43]
Subtotal (95% CI) Total events: 4 (treatment), 5 (controllers for heterogeneity: not applicable fest for overall effect: Z = 1.29 (P =	le	10		100.00	0.50 [0.17, 1.43]
8 Relapse at 6 months (no continu					
Murphy1984 (US)	6/22	6/24		100.00	1.09 [0.41, 2.89]
Subtotal (95% CI) Total events: 6 (treatment), 6 (contributes for heterogeneity: not applicable fest for overall effect: Z = 0.18 (P =	le [′]	24		100.00	1.09 [0.41, 2.89]

08 Sub 05: cognitive behavioural therapies + antidepressants versus antidepressants by severity 07 Depression scores: continuous measures at follow-up Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 1-month follow-up (mo							
Murphy1984 (US)	18	7.83(7.94)	16	10.69(9.00)	_	100.0	-0.33 [-1.01, 0.35]
Subtotal (95% CI)	18		1		•	0	-0.33 [-1.01, 0.35]
Test for heterogeneity: not applic Test for overall effect: Z = 0.95 (I							
02 HRSD at 1-month follow-up (r	moderate))					
Murphy1984 (US)	18	6.11(6.01)	16	6.12(5.24)	-	100.0	0.00 [-0.68, 0.67]
Subtotal (95% CI)	18		1		•	0	0.00 [-0.68, 0.67]
Test for heterogeneity: not applic Test for overall effect: Z = 0.01 (I							
03 HRSD at 1-month follow-up (v	very seve	re)					
Hautzinger (in-pats)	19	11.10(10.00)	20	12.20(11.80)	+	43.8	-0.10 [-0.73, 0.53]
Hautzinger1996 (Ge)	29	8.30(7.10)	24	13.10(8.10)	=	1	-0.62 [-1.18, -0.07]
Subtotal (95% CI)	48		4		•	56.1	-0.39 [-0.81, 0.02]
Test for heterogeneity: Chi ² = 1.5 Test for overall effect: Z = 1.86 (I	P = 0.06)	, ,					
04 BDI after 6 months' maintenal Blackburn1981 (UK)			_	F F0 (6 30)	<u> </u>	100.0	0.25 5.0 60 1.401
	9	7.60(5.10)	6	5.50(6.30)	<u> </u>	100.0	0.35 [-0.69, 1.40]
Subtotal (95% CI) Test for heterogeneity: not applic	-		6		_	0	0.35 [-0.69, 1.40]
Test for neterogeneity, not applicate the state of the st							
05 HRSD after 6 months' mainte	nance (m	oderate/severe)					
Blackburn1981 (UK)	10	4.40(3.40)	6	2.70(2.90)		100.0	0.50 [-0.53, 1.53]
Subtotal (95% CI)	10		6		*	0	0.50 [-0.53, 1.53]
Test for heterogeneity: not applic Test for overall effect: Z = 0.95 (I							
06 BDI at 1-year follow-up (very	severe)						
Hautzinger (in-pats)	19	15.00(14.40)	20	16.40(12.80)	+	43.1	-0.10 [-0.73, 0.53]
Hautzinger1996 (Ge)	29	11.40(10.40)	24	16.50(12.80)	=	7	-0.44 [-0.98, 0.11]
Subtotal (95% CI)	48		4		•	56.8	-0.29 [-0.70, 0.12]
Test for heterogeneity: Chi² = 0.6 Test for overall effect: Z = 1.38 (l							
				-1	0 -5 0 5	10	
				F	avours treatment Favours co	ontrol	

Review: CBT45

09 Cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies 01 Leaving the study early Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Hautzinger (in-pats)	5/24	5/26		5.65	1.08 [0.36, 3.28]
Blackburn1981 (UK)	8/30	8/30		9.42	1.00 [0.43, 2.31]
Hautzinger1996 (Gé)	12/38	10/40		11.47	1.26 [0.62, 2.57]
Keller2000 (US)	48/227	55/228	-	64.61	0.88 [0.62, 1.23]
Thompson2001 (US)	12/36	7/31	-	8.86	1.48 [0.66, 3.28]
Гotal (95% CI)	355	355	•	100.00	1.00 [0.77, 1.30]
Total events: 85 (treatment),	85 (control)				
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.0		= 0%			
		(0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours c	ontrol	

Comparison: 09 Cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies

Outcome: 02 Relapse

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 Relapse at 6 months (with	n continuation treatment)				
Blackburn1981 (UK)	0/16	1/15		100.00	0.31 [0.01, 7.15]
Subtotal (95% CI)	16	15		100.00	0.31 [0.01, 7.15]
Total events: 0 (treatment), 1					
Test for heterogeneity: not ap					
Test for overall effect: $Z = 0.7$	73 (P = 0.47)				
03 Relapse at 12 months (no	continuation treatment)				
Blackburn1981 (UK)	4/16	3/15		100.00	1.25 [0.33, 4.68]
Subtotal (95% CI)	16	15		100.00	1.25 [0.33, 4.68]
Total events: 4 (treatment), 3					
Test for heterogeneity: not ap	•				
Test for overall effect: $Z = 0.3$	33 (P = 0.74)				
04 Relapse at 18 months (no	continuation treatment)				
Blackburn1981 (UK)	2/16	3/15		100.00	0.63 [0.12, 3.24]
Subtotal (95% Cl)	16	15		100.00	0.63 [0.12, 3.24]
Total events: 2 (treatment), 3	3 (control)				
Test for heterogeneity: not ap					
Test for overall effect: $Z = 0.9$	56 (P = 0.58)				
05 Relapse at 24 months (no	continuation treatment)				
Blackburn1981 (UK)	4/16	3/15		100.00	1.25 [0.33, 4.68]
Subtotal (95% CÌ)	16	15		100.00	1.25 [0.33, 4.68]
Total events: 4 (treatment), 3	3 (control)				
Test for heterogeneity: not ar	oplicable				
Test for overall effect: $Z = 0.3$	33 (P = 0.74)				
		0.1	0.2 0.5 1 2	5 10	
			vours treatment Favours co		
		Га	ivours irealinent i avours co	n iu Oi	

Review: CBT47

Comparison: 09 Cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies

Outcome: 03 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatmen	ıt						
Hautzinger (in-pats)	20	11.30(10.40)	21	12.60(10.70)	-	18.83	-0.12 [-0.73, 0.49]
Murphy1984 (US)	22	10.09(10.61)	24	10.88(8.93)	-	21.12	-0.08 [-0.66, 0.50]
Hautzinger1996 (Ge)	32	7.70(8.20)	33	10.70(8.10)		29.40	-0.36 [-0.85, 0.13]
Thompson2001 (US)	36	15.70(8.60)	31	16.40(9.70)	- 	30.65	-0.08 [-0.56, 0.40]
Subtotal (95% CI)	110		109		•	100.00	-0.17 [-0.44, 0.10]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.3	25 (P = 0.21)	(P = 0.83), F = 0%					
Test for overall effect: Z = 1.: 02 HRSD scores post-treatm	25 (P = 0.21) nent	, , ,	00	10.00(0.10)		10.00	0.00 (0.00 0.50)
Test for overall effect: Z = 1.3 2 HRSD scores post-treatm Hautzinger (in-pats)	25 (P = 0.21) nent	9.30(7.50)	22	10.00(8.10)		19.09	-0.09 [-0.69, 0.52]
Test for overall effect: Z = 1.2 22 HRSD scores post-treatm Hautzinger (in-pats) Murphy1984 (US)	25 (P = 0.21) nent 20 22	9.30(7.50) 8.23(7.00)	24	7.75(6.50)	<u> </u>	20.93	0.07 [-0.51, 0.65]
Test for overall effect: Z = 1.2 02 HRSD scores post-treatm Hautzinger (in-pats) Murphy1984 (US) Hautzinger1996 (Ge)	25 (P = 0.21) nent 20 22 32	9.30(7.50) 8.23(7.00) 8.00(5.50)	24 33	7.75(6.50) 8.50(5.80)	<u> </u>	20.93 29.61	0.07 [-0.51, 0.65] -0.09 [-0.57, 0.40]
Test for overall effect: Z = 1.2 O2 HRSD scores post-treatm Hautzinger (in-pats) Murphy1984 (US) Hautzinger1996 (Ge) Thompson2001 (US)	25 (P = 0.21) nent 20 22 32 36	9.30(7.50) 8.23(7.00)	24 33 31	7.75(6.50)	+	20.93 29.61 30.37	0.07 [-0.51, 0.65] -0.09 [-0.57, 0.40] -0.07 [-0.55, 0.41]
Test for overall effect: Z = 1.2 02 HRSD scores post-treatm Hautzinger (in-pats) Murphy1984 (US) Hautzinger1996 (Ge)	25 (P = 0.21) nent 20 22 32 36 110 = 0.21, df = 3	9.30(7.50) 8.23(7.00) 8.00(5.50) 12.00(6.90)	24 33	7.75(6.50) 8.50(5.80)	+ + + + + + + + + + + + + + + + + + + +	20.93 29.61	0.07 [-0.51, 0.65] -0.09 [-0.57, 0.40]
Test for overall effect: Z = 1.2 O2 HRSD scores post-treatm Hautzinger (in-pats) Murphy1984 (US) Hautzinger1996 (Ge) Thompson2001 (US) Subtotal (95% CI) Test for heterogeneity: Chi² =	25 (P = 0.21) nent 20 22 32 36 110 = 0.21, df = 3	9.30(7.50) 8.23(7.00) 8.00(5.50) 12.00(6.90)	24 33 31	7.75(6.50) 8.50(5.80)	-2 0 2	20.93 29.61 30.37	0.07 [-0.51, 0.65] -0.09 [-0.57, 0.40] -0.07 [-0.55, 0.41]

Review:

Comparison: 09 Cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies
Outcome: 04 Depression scores: continuous data at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 1-month follow-up Murphy1984 (US) Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 0.89 (P		7.83(7.94)	19 19	10.53(9.91)	•	100.00	-0.29 [-0.94, 0.36] -0.29 [-0.94, 0.36]
02 HRSD at 1-month follow-up Murphy1984 (US) Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 0.23 (P		6.11(6.01)	19 19	6.63(7.08)	•	100.00	-0.08 [-0.72, 0.57] -0.08 [-0.72, 0.57]
03 BDI after 6 months' maintenan Blackburn1981 (UK) Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 0.82 (P	9 9 able	7.60(5.10)	14 14	5.70 (5.20)	*	100.00 100.00	0.35 [-0.49, 1.20] 0.35 [-0.49, 1.20]
04 HRSD after 6 months' mainten Blackburn1981 (UK) Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 0.11 (P	10 10 able	4.40(3.40)	13 13	4.60(4.90)	+	100.00	-0.04 [-0.87, 0.78] -0.04 [-0.87, 0.78]
05 BDI at 1-year follow-up							
Hautzinger (in-pats) Hautzinger1996 (Ge) Subtotal (95% CI) Test for heterogeneity: Chi² = 0.08 Test for overall effect: Z = 0.70 (P		15.00 (14.40) 11.40 (10.40) (P = 0.76), I ² = 0%	18 30 48	14.10(13.10) 9.50(9.00)	•	38.64 61.36 100.00	0.06 [-0.58, 0.71] 0.19 [-0.32, 0.70] 0.14 [-0.26, 0.54]
06 HRSD at 1-year follow-up							
Hautzinger (in-pats) Hautzinger1996 (Ge) Subtotal (95% CI) Test for heterogeneity: Chi² = 0.00 Test for overall effect: Z = 0.67 (P		11.10(10.00) 8.30(7.10) (P = 0.99), I ² = 0%	18 32 50	9.90(7.60) 7.40(5.70)	† •	37.80 62.20 100.00	0.13 [-0.51, 0.78] 0.14 [-0.36, 0.64] 0.14 [-0.26, 0.53]

Comparison: 10 Sub 06: cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies by severity

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% Cl	Weight %	RR (fixed) 95% CI
01 Moderate and moderate/s	evere				
Blackburn1981 (UK)	8/30	8/30		11.36	1.00 [0.43, 2.31]
Keller2000 (US)	48/227	55/228	-	77.95	0.88 [0.62, 1.23]
Thompson2001 (US)	12/36	7/31		10.68	1.48 [0.66, 3.28]
Subtotal (95% CI)	293	289	•	100.00	0.95 [0.71, 1.28]
Test for overall effect: Z = 0.3 03 Severe/very severe	,				
2 Covers here a severe					
Hautzinger (in-pats)	5/24	5/26		33.00	1.08 [0.36, 3.28]
lautzinger1996 (Ge)	12/38	10/40		67.00	1.26 [0.62, 2.57]
Subtotal (95% Cl)	62	66		100.00	1.20 [0.66, 2.19]
Γotal events: 17 (treatment), Γest for heterogeneity: Chi² = Γest for overall effect: Z = 0.6	= 0.05 , df = 1 (P = 0.82), I^2	= 0%			
		0.1	0.2 0.5 1 2	5 10	
		Fav	ours treatment Favours co	ontrol	

CBT50 Review:

10 Sub 06: cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies by severity 02 Depression scores: continuous measures post-treatment – BDI Comparison:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/s	severe						
Murphy1984 (US)	22	10.09(10.61)	24	10.88(8.93)	- 	40.79	-0.08 [-0.66, 0.50]
Thompson2001 (US)	36	15.70(8.60)	31	16.40(9.70)	- -	59.21	-0.08 [-0.56, 0.40]
Subtotal (95% CI)	58		55		•	100.00	-0.08 [-0.45, 0.29]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.4 03 Severe/very severe		(* 0.00), * 0,0					
Hautzinger (in-pats)	20	11.30(10.40)	21	12.60(10.70)		39.04	-0.12 [-0.73, 0.49]
Hautzinger1996 (Ge)	32	7.70(8.20)	33	10.70(8.10)		60.96	-0.36 [-0.85, 0.13]
Subtotal (95% CI)	52	,	54		•	100.00	-0.27 [-0.65, 0.11]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.3		(P = 0.54), I ² = 0%					
					-4 -2 0	2 4	
					Favours treatment Favour	rs control	

10 Sub 06: cognitive behavioural therapies + ADs versus cognitive behavioural therapies by severity 03 Depression scores: continuous measures post-treatment – HRSD Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/s	evere								
Murphy1984 (US)	22	8.23(7.00)	24	7.75(6.50)			-	40.80	0.07 [-0.51, 0.65]
Thompson2001 (US)	36	12.00(6.90)	31	12.50(7.00)			-	59.20	-0.07 [-0.55, 0.41]
Subtotal (95% CI)	58		55				•	100.00	-0.01 [-0.38, 0.36]
03 Severe/very severe	, ,								
Hautzinger (in-pats)	20	9.30(7.50)	22	10.00(8.10)				39.20	-0.09 [-0.69, 0.52]
Hautzinger1996 (Ge)	32	8.00(5.50)	33	8.50(5.80)				60.80	-0.09 [-0.57, 0.40]
Subtotal (95% CI)	52	0.00(3.30)	55	0.50(5.00)				100.00	-0.09 [-0.47, 0.29]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.4	0.00, df = 1	$(P = 1.00), I^2 = 0\%$							2,
					-4	-2	0	2 4	
					Favou	rs treatme	ent Favoui	s control	

Review:

10 Sub 06: cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies by severity 04 Relapse (moderate) Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 Relapse at 6 months (with	continuation treatment)				
Blackburn1981 (UK)	0/16	1/15	—	100.00	0.31 [0.01, 7.15]
Subtotal (95% CI)	16	15		100.00	0.31 [0.01, 7.15]
Total events: 0 (treatment), 1 ((control)				
Test for heterogeneity: not app					
Test for overall effect: $Z = 0.73$	3 (P = 0.47)				
03 Relapse at 12 months (no	continuation treatment)				
Blackburn1981 (UK)	4/16	3/15		100.00	1.25 [0.33, 4.68]
Subtotal (95% CÌ)	16	15		100.00	1.25 [0.33, 4.68]
Total events: 4 (treatment), 3 ((control)				
Test for heterogeneity: not app	plicable				
Test for overall effect: Z = 0.33	3 (P = 0.74)				
04 Relapse at 18 months (no	continuation treatment)				
Blackburn1981 (UK)	2/16	3/15		100.00	0.63 [0.12, 3.24]
Subtotal (95% CI)	16	15		100.00	0.63 [0.12, 3.24]
Total events: 2 (treatment), 3 ((control)				
Test for heterogeneity: not app					
Test for overall effect: Z = 0.5	6 (P = 0.58)				
05 Relapse at 24 months (no	continuation treatment)				
Blackburn1981 (UK)	4/16	3/15		100.00	1.25 [0.33, 4.68]
Subtotal (95% CI)	16	15		100.00	1.25 [0.33, 4.68]
Total events: 4 (treatment), 3	(control)				
Test for heterogeneity: not app	plicable				
Test for overall effect: Z = 0.3	3 (P = 0.74)				
		0.1	0.2 0.5 1 2	5 10	
			avours treatment Favours co		

Outcome:

10 Sub 06: cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies by severity 05 Depression scores: continuous data at follow-up Comparison:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
D1 BDI at 1-month follow-up (mode Murphy1984 (US) Subtotal (95% CI) Fest for heterogeneity: not applical Fest for overall effect: Z = 0.89 (P	18 18 ble	7.83(7.94)	19 1	10.53(9.91)	•	100.0	-0.29 [-0.94, 0.36] -0.29 [-0.94, 0.36]
22 HRSD at 1-month follow-up (mo Murphy1984 (US) Subtotal (95% CI) Fest for heterogeneity: not applical Fest for overall effect: Z = 0.23 (P	18 18 ble	6.11(6.01)	19 19	6.63(7.08)	•	100.00	-0.08 [-0.72, 0.57] -0.08 [-0.72, 0.57]
03 BDI after 6 months' maintenanc Blackburn1981 (UK) Subtotal (95% CI) Fest for heterogeneity: not applical Fest for overall effect: Z = 0.82 (P) 9 9 ble	rate/severe) 7.60 (5.10)	14 14	5.70(5.20)	*	100.00	0.35 [-0.49, 1.20] 0.35 [-0.49, 1.20]
04 HRSD after 6 months' maintena Blackburn1981 (UK)	ance (mo	derate/severe) 4.40(3.40)	13	4.60(4.90)		100.00	-0.04 [-0.87, 0.78]
Subtotal (95% CI) Fest for heterogeneity: not applical Fest for overall effect: Z = 0.11 (P =	10 ble	4.40(3.40)	13	4.00(4.50)	*	100.00	-0.04 [-0.87, 0.78]
05 BDI at 1-year follow-up (very se	evere)						
Hautzinger (in-pats)	19	15.00(14.40)	18	14.10(13.10)	+	38.64	0.06 [-0.58, 0.71]
Hautzinger1996 (Ge)	29	11.40(10.40)	30	9.50(9.00)	=	61.36	0.19 [-0.32, 0.70]
Subtotal (95% CI)	48		48		•	100.00	0.14 [-0.26, 0.54]
Γest for heterogeneity: Chi ² = 0.09. Γest for overall effect: Z = 0.70 (P		$P = 0.76$), $I^2 = 0\%$					
06 HRSD at 1-year follow-up (very	covere)						
Hautzinger (in-pats)	19	11.10(10.00)	18	9.90(7.60)	<u> </u>	37.80	0.13 [-0.51, 0.78]
Hautzinger (III-pats)	29	8.30(7.10)	32	7.40(5.70)	<u>_</u>	62.20	0.14 [-0.36, 0.64]
Subtotal (95% CI)	48		50		<u> </u>	100.00	0.14 [-0.26, 0.53]
Fest for heterogeneity: $Chi^2 = 0.00$. Fest for overall effect: $Z = 0.67$ (P	, df = 1 (l	P = 0.99), I ² = 0%				100.00	5.25, 5.55]
					-10 -5 0 5	10	
					Favours treatment Favours co		

Review: CBT54

Comparison: 11 Cognitive therapies (for insomnia) + antidepressants versus non-directive interventions (quasi-desensitisation for insomnia) + antidepressants

Outcome: 01 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Hamilton scores post-treatment								
MANBER2008	15	7.90(6.60)	15	11.00(8.70)			100.00	-0.39 [-1.11, 0.33]
Subtotal (95% CI)	15		15			•	100.00	-0.39 [-1.11, 0.33]
Test for heterogeneity: not applica Test for overall effect: Z = 1.06 (P								
Total (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 1.06 (P			15			•	100.00	-0.39 [-1.11, 0.33]
					-10 -5	0 5	10	
					Favours treatmer	nt Favours	control	

Comparison: 11 Cognitive therapies (for insomnia) + antidepressants versus non-directive interventions (quasi-desensitisationitisation for insomnia) + antidepressants

Outcome: 02 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
MANBER2008	5/15	3/15	-	100.00	1.67 [0.48, 5.76]
Total (95% CI) Total events: 5 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	1		100.00	1.67 [0.48, 5.76]
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ontrol	

Review:

Comparison: 12 Cognitive behavioural therapies for the elderly

Outcome: 01 CBT versus TAU/antidepressants: leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Thompson2001 (US) LAIDLAW2008	7/31 1/21	12/33 3/23	•	80.24 19.76	0.62 [0.28, 1.37] 0.37 [0.04, 3.24]
Total (95% CI) Total events: 8 (treatment), 15 Test for heterogeneity: Chi² = Test for overall effect: Z = 1.4	0.20, df = 1 (P = 0.65), l ²	5 = 0%		100.00	0.57 [0.27, 1.21]
-			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	ontrol	

CBT57 Review:

Comparison:

12 Cognitive behavioural therapies for the elderly
02 CBT versus TAU/antidepressants: depression scores: continous measures post-treatment Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatmen	t						
Thompson2001 (US)	31	16.40(9.70)	33	18.60(7.20)		59.59	-0.26 [-0.75, 0.24]
LAIDLAW2008	21	9.40(8.56)	23	13.25(10.30)		40.41	-0.40 [-1.00, 0.20]
Subtotal (95% CI)	52		56		•	100.00	-0.31 [-0.69, 0.07]
Test for overall effect: Z = 1.6 02 HRSD scores post-treatm	,						
•		40 50 (5 00)		45 00 (5 00)		50.50	0.00 (0.00 0.40)
Thompson2001 (US)	31	12.50(7.00)	33	15.00(6.20)	-	59.52	-0.37 [-0.87, 0.12]
LAIDLAW2008	21	5.25(4.48)	23	7.75(6.05)	T	40.48	-0.46 [-1.06, 0.14]
Subtotal (95% CI)	52		56		◆	100.00	-0.41 [-0.79, -0.03]
Test for heterogeneity: $Chi^2 = $ Test for overall effect: $Z = 2.1$		(P = 0.83), I ² = 0%					
					-4 -2 0	2 4	
					Favours treatment Favou	rs control	

Comparison: 12 Cognitive behavioural therapies for the elderly

03 CBT versus TAU/antidepressants: depression scores: continuous measures at 3-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	\$	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores								
							49.61	-0.44 [-1.03, 0.16]
Subtotal (95% CI)	∠⊥ 21	9.00(0.10)	23			•	49.61	-0.44 [-1.03, 0.16]
Test for heterogeneity: not			23					
Test for overall effect: Z = 1								
02 HAM-D scores							50.39	-0.27 [-0.87, 0.32]
LAIDLAW2008	21	5.15(4.75)	23	6.70(6.23)		_	50.39	-0.27 [-0.87, 0.32]
Subtotal (95% CI)	21		23			Y	30.33	0.27 [0.07, 0.32]
Test for heterogeneity: not								
Test for overall effect: Z = 0	0.90 (P = 0.37)							
Total (95% CI)	42		46			•	100.00	-0.35 [-0.78, 0.07]
Test for heterogeneity: Chi2	2 = 0.14, df = 1 (P	$P = 0.71$), $I^2 = 0\%$						
Test for overall effect: Z = 1		**						
					-10 -5	0 5	10	
					Favours treatm	ent Favours	control	

Review: CBT59

Comparison:

12 Cognitive behavioural therapies for the elderly
04 CBT versus TAU/antidepressants: depression scores: continuous measures at 6-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
LAIDLAW2008	21	10.55(9.05)	23	15.10(11.83)	-	49.47	-0.42 [-1.02, 0.18]
Subtotal (95% CI)	21		23		•	49.47	-0.42 [-1.02, 0.18]
Test for heterogeneity: not Test for overall effect: Z =							
02 HAM-D scores							
LAIDLAW2008	21	6.70(5.03)	23	7.55(6.13)	-	50.53	-0.15 [-0.74, 0.44]
Subtotal (95% CI)	21		23		*	50.53	-0.15 [-0.74, 0.44]
Test for heterogeneity: not Test for overall effect: Z =							
Total (95% CI)	42		46		•	100.00	-0.28 [-0.70, 0.14]
Test for heterogeneity: Chi Test for overall effect: Z =		P = 0.52), I ² = 0%					
				-10	-5 0 5	10	

Favours treatment Favours control

Review:

Comparison:

12 Cognitive behavioural therapies for the elderly
06 CBT + antidepressants versus antidepressants: leaving the study early for any reason Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Thompson2001 (US)	12/36	12/33	-	100.00	0.92 [0.48, 1.75]
Total (95% CI) Total events: 12 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 0.2	plicable	3		100.00	0.92 [0.48, 1.75]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours o	ontrol	

Comparison: 12 Cognitive behavioural therapies for the elderly

Outcome: 07 CBT + antidepressants versus antidepressants: depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		;	SMD (fixed) 95% CI		Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment										
Thompson2001 (US)	36	15.70(8.60)	33	18.60(7.20)			\Box		100.00	-0.36 [-0.84, 0.12]
Subtotal (95% CI)	36		33						100.00	-0.36 [-0.84, 0.12]
Test for heterogeneity: not app Test for overall effect: Z = 1.48										
02 HRSD scores post-treatme	nt									
Thompson2001 (US)	36	12.00(6.90)	33	15.00(6.20)			\Box		100.00	-0.45 [-0.93, 0.03]
Subtotal (95% CI)	36		33				•		100.00	-0.45 [-0.93, 0.03]
Test for heterogeneity: not app Test for overall effect: Z = 1.85										
					-4	-2	0	2	4	
					Favoi	ırs treatm	ent Favo	ours contr	ol	

Comparison:

12 Cognitive behavioural therapies for the elderly
08 Group CBT + antidepressants versus antidepressants: leaving the study early for any reason Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %		RR (fixed) 95% CI
11 Leaving the study early for					-	
WILKINSON2009	4/22	5/23		18.35		[0.26, 2.72]
Subtotal (95% CI)		23		18.35	0.84	[0.26, 2.72]
Total events: 4 (treatment), 5 (
est for heterogeneity: not app						
Test for overall effect: Z = 0.30	0 (P = 0.77)					
3 Depression scores: recurre	ence (MADRS >=10) at 6 r	nonths				
WILKINSON2009	1/18	4/19		14.61	0.26	[0.03, 2.14]
Subtotal (95% CI)	18	19		14.61		[0.03, 2.14]
Total events: 1 (treatment), 4 ([,
est for heterogeneity: not app						
est for overall effect: Z = 1.25						
4 Depression scores: recurre	ence (MADRS >=10) at 12	months				
WILKINSON2009	5/18	8/18		30.02	0.63	[0.25, 1.55]
ubtotal (95% CI)	18	18		30.02		[0.25, 1.55]
otal events: 5 (treatment), 8 (10		00.02	0.00	[0.20, 1.00]
est for heterogeneity: not app						
Test for overall effect: Z = 1.02						
05 Depression scores: BDI >=	: 12 at 6 months					
WILKINSON2009	8/18	5/19		18.26	1 69	[0.68, 4.21]
Subtotal (95% CI)	18	19		18.26		[0.68, 4.21]
otal events: 8 (treatment), 5 ([,
est for heterogeneity: not app						
est for overall effect: Z = 1.13	3 (P = 0.26)					
6 Depression scores: BDI >=	: 12 at 12 months					
WILKINSON2009	7/18	5/18		18.76	1.40	[0.54, 3.60]
Subtotal (95% CI)	18	18		18.76		[0.54, 3.60]
otal events: 7 (treatment), 5 ((control)					-
est for heterogeneity: not app						
est for overall effect: Z = 0.70	0 (P = 0.48)					
otal (95% CI)	9	9	•	100.00	0.95	[0.60, 1.51]
Total events: 25 (treatment), 2	7 (control)		Ţ			•
Fest for heterogeneity: $Chi^2 = \frac{1}{2}$ Fest for overall effect: $Z = 0.22$	4.48, df = 4 (P = 0.35), l ² =	= 10.6%				
	·	0.1	0.2 0.5 1 2	5 10		
			vours treatment Favours of			

Outcome:

Comparison: 13 Relapse prevention studies: cognitive behavioural therapies versus placebo and clinical management

01 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
03 Relapse					
FAVA1998	8/20	18/20		49.72	0.44 [0.25, 0.78]
PAYKEL2005	16/70	23/65		50.28	0.65 [0.38, 1.11]
Subtotal (95% CI)	90	85	◆	100.00	0.54 [0.37, 0.79]
Total events: 24 (treatment),	41 (control)		-		
Test for heterogeneity: Chi ² = Test for overall effect: Z = 3.1		= 0%			
04 Remission (68 weeks)					
PAYKEL2005	42/70	30/65	+	100.00	1.30 [0.94, 1.80]
Subtotal (95% CI)	70	65	•	100.00	1.30 [0.94, 1.80]
Total events: 42 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 1.5	plicable				, , , , , , , , , , , , , , , , , , , ,
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	ontrol	

Review: CBT64

Comparison: 13 Relapse prevention studies: cognitive behavioural therapies versus placebo and clinical management

Outcome: 02 Relapse: number of patients with >=3 episodes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
MA2004	10/28	21/27	-	100.00	0.46 [0.27, 0.79]
Total (95% CI) Total events: 10 (treatmen Test for heterogeneity: not Test for overall effect: Z =	applicable	2	•	100.00	0.46 [0.27, 0.79]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours c	ontrol	

Review:

14 Relapse prevention studies: cognitive behavioural therapies versus antidepressants 01 Leaving study early Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
HOLLON2005	3/60	5/120	-	100.00	1.20 [0.30, 4.85]
Total (95% CI) Total events: 3 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	120		100.00	1.20 [0.30, 4.85]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Comparison: 14 Relapse prevention studies: cognitive behavioural therapies versus antidepressants

Outcome: 02 Relapse

Study or sub-category	Treatment n/N	Control n/N	RR (fix 95%	,	RR (fixed) 95% CI
KUYKEN2008	29/61	37/62	-	100.00	0.80 [0.57, 1.11]
Total (95% CI) Total events: 29 (treatmen: Test for heterogeneity: not Test for overall effect: Z =	applicable	6	•	100.00	0.80 [0.57, 1.11]
		0.	.1 0.2 0.5 1	2 5 10	
		F	avours treatment	Favours control	

Review: CBT67

Comparison: 14 Relapse prevention studies: cognitive behavioural therapies versus antidepressants

Outcome: 03 Relapse at 1 year

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DIMIDJIAN2006	19/30	38/49	-	100.00	0.82 [0.60, 1.11]
Total (95% CI) Total events: 19 (treatment Test for heterogeneity: not Test for overall effect: Z = 1	applicable	4	•	100.00	0.82 [0.60, 1.11]
		(0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours c	ontrol	

Review: CBT68

Comparison: 15 Relapse prevention studies: cognitive behavioural therapies + antidepressants versus antidepressants

Outcome: 01 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving study early					
PERLIS2002	23/66	24/66		82.76	0.96 [0.61, 1.52]
Subtotal (95% CI)	66	66		82.76	0.96 [0.61, 1.52]
Total events: 23 (treatment), 2 Test for heterogeneity: not ap Test for overall effect: Z = 0.1	plicable				
02 Relapse					
PERLIS2002	4/66	5/66		17.24	0.80 [0.22, 2.85]
Subtotal (95% CI)	66	66		17.24	0.80 [0.22, 2.85]
Total events: 4 (treatment), 5					
Test for heterogeneity: not ap Test for overall effect: Z = 0.3					
Total (95% CI)	132	132		100.00	0.93 [0.60, 1.44]
Total events: 27 (treatment), 2	29 (control)		7		
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.3		= 0%			
		0.1	0.2 0.5 1 2	5 10	
		Fav	vours treatment Favours co	ontrol	

Review:

15 Relapse prevention studies: cognitive behavioural therapies + antidepressants versus antidepressants 02 Depression scores: continuous outcomes Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HAM-D-17								
PERLIS2002	66	0.24(4.00)	66	0.97(4.10)		-	100.0	-0.18 [-0.52, 0.16]
Subtotal (95% CI)	66		6			•	0	-0.18 [-0.52, 0.16]
Test for heterogeneity: not a Test for overall effect: Z = 1								
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 1			6			•	100.0	-0.18 [-0.52, 0.16]
					-4 -2	0 2	4	
					Favours trea	atment Favours	control	

Review: CBT70

16 Relapse prevention studies: group CBT versus TAU Comparison:

01 Leaving the study early Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
BOCKTING2005	16/97	6/90		100.00	2.47 [1.01, 6.05]
Total (95% CI) Total events: 16 (treatment Test for heterogeneity: not Test for overall effect: Z = 1	applicable	9		100.00	2.47 [1.01, 6.05]
			0.1 0.2 0.5 1 2 5	10	
			Favours treatment Favours contro	ol	

Review: CBT71

16 Relapse prevention studies: group CBT versus TAU Comparison:

02 Relapse Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
BOCKTING2005	37/97	34/90	+	100.00	1.01 [0.70, 1.46]
Total (95% CI) Total events: 37 (treatment Test for heterogeneity: not Test for overall effect: Z = 6	applicable	9	•	100.00	1.01 [0.70, 1.46]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Comparison: 16 Relapse prevention studies: group CBT versus TAU
Outcome: 03 Depression scores: continuous outcomes

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD (patients with 5 o	r more previous	episodes)					
BOCKTING2005	37	3.77(2.82)	34	4.00(3.08)	- 	41.32	-0.08 [-0.54, 0.39]
Subtotal (95% CI)	37		34		•	41.32	-0.08 [-0.54, 0.39]
Test for heterogeneity: not a	applicable						
Test for overall effect: Z = 0	0.32 (P = 0.75)						
02 HRSD (patients with few	er than 5 previo	us episodes)					
BOCKTING2005	51	4.00(2.95)	50	3.48(2.78)	 	58.68	0.18 [-0.21, 0.57]
Subtotal (95% CI)	51		50		*	58.68	0.18 [-0.21, 0.57]
Test for heterogeneity: not a	applicable						
Test for overall effect: Z = 0	0.90 (P = 0.37)						
Total (95% CI)	88		84		•	100.00	0.07 [-0.23, 0.37]
Test for heterogeneity: Chi ²	e = 0.69, df = 1 (F	P = 0.41), I ² = 0%					
Test for overall effect: Z = 0	0.48 (P = 0.63)						
				-4	-2 0 2	4	

Review: CBT73

Comparison: 17 CBT versus behavioural activation

Outcome: 01 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Gallagher1982 (US)	1/10	5/10	•	41.12	0.20 [0.03, 1.42]
DIMIDJIAN2006	6/45	7/43		58.88	0.82 [0.30, 2.24]
Total (95% CI) Total events: 7 (treatment), Test for heterogeneity: Chi² Test for overall effect: Z = 1.	= 1.60, df = 1 (P = 0.21), l ² =	5 = 37.6%		100.00	0.56 [0.24, 1.33]
_			0.1 0.2 0.5 1 2	5 10	

Favours treatment Favours control

Favours treatment Favours control

Review: CBT74

Comparison: 17 CBT versus behavioural activation

Outcome: 02 Depression scores: continuous measures at endpoint (high severity) 8 weeks

Study or sub-category	N	CBT Mean (SD)	N	Behavioural activation Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI scor	es						
DIMIDJIAN2006	21	21.00(14.64)	22	16.82(8.56)	+-	49.60	0.34 [-0.26, 0.95]
Subtotal (95% CI)	21		22		•	49.60	0.34 [-0.26, 0.95]
Test for heterogeneity: not app	olicable						
Test for overall effect: Z = 1.12	2 (P = 0.26)						
02 Mean at endpoint HRSD so	cores						
DIMIDJIAN2006	21	12.67(6.96)	22	12.86(6.93)	-	50.40	-0.03 [-0.62, 0.57]
Subtotal (95% CI)	21		22		•	50.40	-0.03 [-0.62, 0.57]
Test for heterogeneity: not app	olicable						
Test for overall effect: Z = 0.09	9 (P = 0.93)						
Total (95% CI)	42		44		•	100.00	0.16 [-0.27, 0.58]
Test for heterogeneity: Chi ² =	0.73, df = 1 (P = 0.39), I ² = 0%			*		, -
Test for overall effect: Z = 0.73	3 (P = 0.47)	,					
				-4	-2 0 2	4	
				Favour	rs treatment Favours	control	

Comparison: 17 CBT versus behavioural activation

Outcome: 03 Depression scores: continuous measures at endpoint (high severity) 16 weeks

Study or sub-category	N	CBT Mean (SD)	N	Behavioural activation Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI s	scores						
DIMIDJIAN2006	18	17.44(15.57)	16	8.75(7.96)	-	48.93	0.67 [-0.02, 1.37]
Subtotal (95% CI)	18		16		•	48.93	0.67 [-0.02, 1.37]
Test for heterogeneity: not Test for overall effect: Z =							
02 Mean at endpoint HRS	D scores						
DIMIDJIAN2006	16	7.56(6.94)	18	10.33(7.62)	-	51.07	-0.37 [-1.05, 0.31]
Subtotal (95% CI)	16		18		*	51.07	-0.37 [-1.05, 0.31]
Test for heterogeneity: not Test for overall effect: Z =							
Total (95% CI)	34		3		•	100.0	0.14 [-0.35, 0.63]
Test for heterogeneity: Chi Test for overall effect: Z =		P = 0.04), I ² = 77.4%					
				-4	-2 0 2	4	
				Favour	rs treatment Favours	control	

Review: CBT76

Comparison: 17 CBT versus behavioural activation

Outcome: 05 Depression scores: continuous measures at endpoint (moderate severity) 8 weeks

Study or sub-category	N	CBT Mean (SD)	N	Behavioural activation Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI sco	ores						
DIMIDJIAN2006	17	12.94(10.29)	15	15.33(10.03)	-	50.2	-0.23 [-0.93, 0.47]
Subtotal (95% CI)	17		1			7	-0.23 [-0.93, 0.47]
Test for heterogeneity: not ap Test for overall effect: Z = 0.6							
02 Mean at endpoint HRSD s	scores						
DIMIDJIAN2006	17	10.41(4.05)	15	12.40(6.58)		49.73	-0.36 [-1.06, 0.34]
Subtotal (95% CI)	17		15		•	49.73	-0.36 [-1.06, 0.34]
Test for heterogeneity: not ap Test for overall effect: Z = 1.0							
Total (95% CI)	34		30		•	100.00	-0.29 [-0.79, 0.20]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.1		2 = 0.79), i ² = 0%					
				-4	-2 0 2	4	
				Favour	s treatment Favours	control	

Comparison: 17 CBT versus behavioural activation

Outcome: 06 Depression scores: continuous measures at endpoint (moderate severity) 16 weeks

Study or sub-category	N	BT Mean (SD)	N	CBT Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI	scores						
JACOBSON1996	50	10.10(9.60)	56	9.10(7.90)		- 39.95	0.11 [-0.27, 0.50]
DIMIDJIAN2006	17	9.76(8.15)	13	11.00(10.80)		11.14	-0.13 [-0.85, 0.59]
Subtotal (95% CI)	67		69			51.09	0.06 [-0.28, 0.40]
Test for heterogeneity: Ch Test for overall effect: Z =		(P = 0.56), I ² = 0%					
02 Mean at endpoint HRS	SD scores						
JACOBSON1996	48	7.20(6.70)	53	6.40(4.60)		- 38.07	0.14 [-0.25, 0.53]
DIMIDJIAN2006	16	7.19(4.09)	13	7.92(7.68)		10.84	-0.12 [-0.85, 0.61]
Subtotal (95% CI)	64		66			48.91	0.08 [-0.26, 0.43]
Test for heterogeneity: Ch Test for overall effect: Z =		$(P = 0.54), I^2 = 0\%$					
Total (95% CI) Test for heterogeneity: Ch Test for overall effect: Z =		(P = 0.87), I ² = 0%	13		•	100.0	0.07 [-0.17, 0.31]
	, ,				-1 -0.5 0 0	.5 1	
					Favours treatment Favours	s control	
					ravours iteatifient Favour	COTILIO	

Review: CBT78

Comparison: 17 CBT versus behavioural activation

Outcome: 07 Relapse at 1 year

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DIMIDJIAN2006	9/30	9/27		100.00	0.90 [0.42, 1.93]
Total (95% CI) Total events: 9 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	2		100.00	0.90 [0.42, 1.93]
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours	control	

Review: CBT79

Comparison: 17 CBT versus behavioural activation

Outcome: 08 Recurrence at 2 years

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DIMIDJIAN2006	4/17	3/12		100.00	0.94 [0.26, 3.46]
Total (95% CI) Total events: 4 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	1		100.00	0.94 [0.26, 3.46]
			0.1 0.2 0.5 1 2 5	5 10	
			Favours treatment Favours con	ntrol	

Comparison: 17 CBT versus behavioural activation Outcome: 09 Number not achieving remission

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI	
01 <=10 BDI						
DIMIDJIAN2006	33/45	24/43	 	46.15	1.31 [0.96, 1.81]	
Subtotal (95% CI)	45	43	•	46.15	1.31 [0.96, 1.81]	
Total events: 33 (treatment), 24 (con Test for heterogeneity: not applicable Test for overall effect: Z = 1.68 (P =	e ´					
02 <=7 HRSD DIMIDJIAN2006	35/45	28/43		53.85	1.19 [0.91, 1.56]	
Subtotal (95% CI)	45	43		53.85	1.19 [0.91, 1.56]	
Total events: 35 (treatment), 28 (con Test for heterogeneity: not applicable Test for overall effect: Z = 1.30 (P =	ntrol) e	10		33,00	1.13 (0.31, 1.00)	
Total (95% CI) Total events: 68 (treatment), 52 (con Test for heterogeneity: Chi² = 0.20, or Test for overall effect: Z = 2.11 (P =	$df = 1 (P = 0.65), I^2$	e 0%	•	100.00	1.25 [1.02, 1.54]	
		0.1	0.2 0.5 1 2	5 10		
		Fa	vours treatment Favours co	ontrol		

Review:

CBT81 18 CBT versus IPT 01 Leaving the study early Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Elkin1989 (US)	22/65	16/63		41.23	1.33 [0.77, 2.29]
Freeman2002 (UK)	20/46	14/54	-	32.68	1.68 [0.96, 2.93]
LUTY2007	8/91	10/86		26.09	0.76 [0.31, 1.83]
Total (95% CI) Total events: 50 (treatment).	202	203	•	100.00	1.29 [0.91, 1.85]
Fest for heterogeneity: Chi ² Fest for overall effect: Z = 1.	= 2.27, df = 2 (P = 0.32), l ² :	= 11.7%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	s control	

Comparison: 18 CBT versus IPT

Outcome: 02 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment							
Elkin1989 (US)	59	13.40(10.60)	61	12.00(10.60)	31	.80	0.13 [-0.23, 0.49]
Freeman2002 (UK)	34	19.68(13.50)	52	14.17(13.90)	21	 4 2	0.40 [-0.04, 0.83]
LUTY2007	91	17.10(12.90)	86	14.80(12.40)	46	5.78	0.18 [-0.11, 0.48]
Subtotal (95% CI)	184		199		100	0.00	0.21 [0.01, 0.41]
Fest for heterogeneity: Chi ² = 0.93, Fest for overall effect: Z = 2.05 (P =		P = 0.63), I ² = 0%					
02 HRSD post-treatment							
Elkin1989 (US)	59	10.70(7.90)	61	9.80(7.90)		3.65	0.11 [-0.24, 0.47]
Freeman2002 (UK)	20	12.10(6.60)	41	8.29(6.70)	- 12.40 ■	→	0.56 [0.02, 1.11]
LUTY2007	91	9.10(7.00)	86	7.60(6.80)	12.05		0.22 [-0.08, 0.51]
MARSHALL2008	37	6.30(4.81)	35	8.40(6.46)	16.91		-0.37 [-0.83, 0.10]
Subtotal (95% CI)	207		223		.00		0.13 [-0.06, 0.32]
Test for heterogeneity: Chi ² = 7.13, Test for overall effect: Z = 1.34 (P =		P = 0.07), I ² = 57.9%					
03 BDI at 5- or 6-month follow-up							
Freeman2002 (UK)	26	17.15(12.70)	44	15.36(14.60)	1	00.00	0.13 [-0.36, 0.61]
Subtotal (95% CI)	26		44			100.00	0.13 [-0.36, 0.61]
Test for heterogeneity: not applicab Test for overall effect: Z = 0.51 (P =							
04 HRSD at 5- or 6-month follow-up	р						
Freeman2002 (UK)	23	11.22(7.80)	35	8.90(7.20)	-	- 100.0	0.31 [-0.22, 0.84]
Subtotal (95% CI)	23		3			- 0	0.31 [-0.22, 0.84]
Test for heterogeneity: not applicab Test for overall effect: Z = 1.14 (P =							
				-1	-0.5 0 0.5	1	
				F	avours treatment Favours con	trol	

Review: CBT83

Comparison: 18 CBT versus IPT

Outcome: 03 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI >9 post-treatment					
Elkin1989 (US)	30/59	27/61	_	100.00	1.15 [0.79, 1.68]
Subtotal (95% CI)	59	61	•	100.00	1.15 [0.79, 1.68]
Total events: 30 (treatment), 27 Test for heterogeneity: not appli Test for overall effect: Z = 0.72 (cable				
02 HRSD >6 post-treatment					
Elkin1989 (US)	38/59	35/61		100.00	1.12 [0.84, 1.50]
subtotal (95% CI)	59	61	•	100.00	1.12 [0.84, 1.50]
Fotal events: 38 (treatment), 35 Fest for heterogeneity: not appli Fest for overall effect: Z = 0.79 (cable				
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ontrol	

Comparison: 19 CBT versus REBT 01 Leaving study early Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DAVID2008	6/56	5/57		100.00	1.22 [0.40, 3.77]
Total (95% CI) Total events: 6 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	5		100.00	1.22 [0.40, 3.77]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Review:

CBT85 19 CBT versus REBT 02 Relapse Comparison:

Total events: 3 (treatment), 1 (control) Test for heterogeneity: not applicable	Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Subtotal (95% CI) 49 48 100.00 2.94 [0.32, 27.27] Total events: 3 (treatment), 1 (control) Test for heterogeneity: not applicable Test for overall effect: Z = 0.95 (P = 0.34) Total (95% CI) 4 4 4 100.00 2.94 [0.32, 27.27] Total events: 3 (treatment), 1 (control) Test for heterogeneity: not applicable	01 Relapse at 6 month follow-up (no	continuation treatr	ment)			
Total events: 3 (treatment), 1 (control) Test for heterogeneity: not applicable Test for overall effect: Z = 0.95 (P = 0.34) Total (95% CI) Total events: 3 (treatment), 1 (control) Test for heterogeneity: not applicable	DAVID2008	3/49	1/48		100.00	2.94 [0.32, 27.27]
Total events: 3 (treatment), 1 (control) Test for heterogeneity: not applicable Test for overall effect: Z = 0.95 (P = 0.34) Total (95% CI) Total events: 3 (treatment), 1 (control) Test for heterogeneity: not applicable	Subtotal (95% CI)	49	48		100.00	2.94 [0.32, 27.27]
Total (95% CI) 4 4 Total events: 3 (treatment), 1 (control) Test for heterogeneity: not applicable Test for overall effect: Z = 0.95 (P = 0.34)	Test for heterogeneity: not applicable	e [']				
	Total events: 3 (treatment), 1 (contro Test for heterogeneity: not applicable	e [']	4		100.00	2.94 [0.32, 27.27]
			F	avours treatment Favours co	ontrol	

Comparison: 19 CBT versus REBT

Outcome: 03 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment DAVID2008 Subtotal (95% CI)	56 56	10.40(7.10)	57 57	10.40(6.90)	<u> </u>	25.00 25.00	0.00 [-0.37, 0.37] 0.00 [-0.37, 0.37]
Fest for heterogeneity: not appl Fest for overall effect: Z = 0.00	icable		37			23.00	0.00 [-0.37, 0.37]
02 HRSD post-treatment DAVID2008	5.6	0.6047.201		0.00.47.40)		05.00	0.02.5.0.40.0.241
Subtotal (95% CI)	56 56	8.60(7.30)	57 57	8.80(7.40)	I	25.00 25.00	-0.03 [-0.40, 0.34] -0.03 [-0.40, 0.34]
Test for heterogeneity: not applicate for overall effect: Z = 0.14	icable		3,			23.00	0.03 [0.40, 0.34]
3 BDI at 5- or 6-month follow-							
DAVID2008 Subtotal (95% CI)	56 56	9.60(6.60)	57 57	9.20(6.20)	Ī	24.99 24.99	0.06 [-0.31, 0.43]
est for overall effect: Z = 0.33	icable		57			24.99	0.06 [-0.31, 0.43]
04 HRSD at 5- or 6-month follo	w-up						
DAVID2008	56	7.00(6.60)	57	6.80(6.40)	†	25.00	0.03 [-0.34, 0.40]
Subtotal (95% CI) Test for heterogeneity: not application overall effect: Z = 0.16			57		•	25.00	0.03 [-0.34, 0.40]
Fotal (95% CI) Fest for heterogeneity: $Chi^2 = 0$ Fest for overall effect: $Z = 0.17$		P = 0.99), I ² = 0%	228		•	100.00	0.02 [-0.17, 0.20]

CBT87 Review:

20 CBT versus integrative CT 01 Leaving study early Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI		Weight %	RR (fixed) 95% CI
CONSTANTINO2008	3/11	0/11		_		100.00	7.00 [0.40, 121.39]
Total (95% CI) Total events: 3 (treatment), 0 Test for heterogeneity: not app Test for overall effect: Z = 1.3	plicable	1				100.00	7.00 [0.40, 121.39]
			0.1 0.2	0.5 1 2	5 10)	
			Favours trea	tment Favours	control		

Favours treatment Favours control

Comparison: 20 CBT versus integrative CT

Outcome: 02 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI post treatment CONSTANTINO2008 Subtotal (95% CI) Test for heterogeneity: not applicat		11.64(8.13)	11 1	14.27(8.92)	*	100.0	-0.30 [-1.14, 0.54] -0.30 [-1.14, 0.54]
Test for overall effect: Z = 0.69 (P = Total (95% CI) Test for heterogeneity: not applicat Test for overall effect: Z = 0.69 (P = Total (P = To	11 ole		1		•	100.0	-0.30 [-1.14, 0.54]
					-10 -5 0 5	5 10	

Favours treatment Favours control

Review:

21 Group CBT psychoeducation/guided self-help (CWD) versus waitlist/TAU control 01 Leaving the study early for any reason Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N		RR (random) 95% CI	Weight %	RR (random) 95% CI
01 Coping With Depression cour	se					
ALLARTVANDAM2003	17/68	1/42			1 0. 48	10.50 [1.45, 76.03]
BROWN1984	1/32	2/15	-		8.16	0.23 [0.02, 2.39]
DALGARD2006	12/81	12/74			30.40	0.91 [0.44, 1.91]
HARINGSMA2006A	6/29	4/28			- 21.05	1.45 [0.46, 4.59]
Subtotal (95% CI)	210	159			70.09	1.34 [0.44, 4.11]
Total events: 36 (treatment), 19 ((control)					
Fest for heterogeneity: Chi ² = 7.9 Fest for overall effect: Z = 0.51 (I		= 62.2%				
02 Group guided self-help						
STICE2007	12/50	10/67			29.91	1.61 [0.76, 3.42]
Subtotal (95% CI)	50	67			29.91	1.61 [0.76, 3.42]
Total events: 12 (treatment), 10 (Test for heterogeneity: not applic Test for overall effect: Z = 1.23 (I	able					
Fotal (95% CI) Fotal events: 48 (treatment), 29 (260 (control)	226			100.00	1.38 [0.66, 2.87]
Fest for heterogeneity: Chi ² = 8.0 Fest for overall effect: Z = 0.85 (I		= 50.5%				
			0.1 0.2	0.5 1 2	5 10	
			Favours tre	atment Favours	control	

21 Group CBT psychoeducation/guided self-help (CWD) versus waitlist/TAU control 02 Self-report depression measures (BDI or HADS-D) at endpoint Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 Coping With Depression co	ourse						
ALLARTVANDAM2003	61	9.64(7.09)	41	14.12(8.77)	=	36.95	-0.57 [-0.97, -0.17]
BROWN1984	25	15.48(12.28)	11	18.18(11.29)	-	11.91	-0.22 [-0.93, 0.49]
HARINGSMA2006A	21	9.05(4.65)	22	11.59(3.83)	-	16.09	-0.59 [-1.20, 0.03]
WONG2008	48	13.10(11.10)	48	22.40(13.30)	=	35.05	-0.75 [-1.17, -0.34]
Subtotal (95% CI)	155		122		♦	100.00	-0.60 [-0.84, -0.35]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 4.79							
Total (95% CI)	155		12		•	100.0	-0.60 [-0.84, -0.35]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 4.7							
				-10	-5 0 5	10	

Favours treatment Favours control

Favours treatment Favours control

Review: CBT91

Comparison: 21 Group CBT psychoeducation/guided self-help (CWD) versus waitlist/TAU control

03 Self-report depression measures (BDI) at 6-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Coping With Depression cou	ırse						
ALLARTVANDAM2003	57	10.80(7.20)	35	13.80(7.60)	A	100.00	-0.40 [-0.83, 0.02]
Subtotal (95% CI)	57		35			100.00	-0.40 [-0.83, 0.02]
Test for heterogeneity: not app Test for overall effect: Z = 1.87							
Total (95% CI) Test for heterogeneity: not app			3		•	100.0	-0.40 [-0.83, 0.02]
Test for overall effect: Z = 1.87	(P = 0.06)				-10 -5 0 5	10	

Review:

21 Group CBT psychoeducation/guided self-help (CWD) versus waitlist/TAU control 04 Self-report depression measures (BDI) change scores at 6-month follow-up Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed 95% CI)	Weight %	SMD (fixed) 95% CI
01 Coping With Depression co	ourse (change	e score)								
DALGARD2006	64	-8.25(8.16)	59	-4.42(8.30)					100.0	-0.46 [-0.82, -0.10]
Subtotal (95% CI)	64		5				•		0	-0.46 [-0.82, -0.10]
Test for heterogeneity: not app Test for overall effect: Z = 2.53										
Total (95% CI)	64		59				•		100.00	-0.46 [-0.82, -0.10]
Test for heterogeneity: not app	olicable						,			
Test for overall effect: Z = 2.53										
					-10	-5	0	5	10	
					Favou	irs treatme	ent Fa	vours conf	trol	

21 Group CBT psychoeducation/guided self-help (CWD) versus waitlist/TAU control 05 Self-report depression measures (BDI) at 12-month follow-up Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Coping With Depression course							
ALLARTVANDAM2003	59	10.50(6.60)	37	11.80(6.00)		100.0	-0.20 [-0.61, 0.21]
Subtotal (95% CI)	59		3		▼	0	-0.20 [-0.61, 0.21]
Test for heterogeneity: not applicab Test for overall effect: Z = 0.96 (P =							
Total (95% CI) Test for heterogeneity: not applicab Test for overall effect: Z = 0.96 (P =			3		•	100.0	-0.20 [-0.61, 0.21]
					-10 -5 0 5	10	
					Favours treatment Favours con	trol	

Review:

21 Group CBT psychoeducation/guided self-help (CWD) versus waitlist/TAU control Comparison:

06 Non-remission (as measured by BDI <10) Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Coping With Depression cou	urse				
DALGARD2006	58/81	62/74	<u> </u>	100.00	0.85 [0.72, 1.01]
Subtotal (95% CI)	81	74	•	100.00	0.85 [0.72, 1.01]
Total events: 58 (treatment), 62 Test for heterogeneity: not appl Test for overall effect: Z = 1.81	licable				
Total (95% CI) Total events: 58 (treatment), 62 Test for heterogeneity: not appl Test for overall effect: Z = 1.81	licable	74	•	100.00	0.85 [0.72, 1.01]
		0.1	0.2 0.5 1 2	5 10	

Favours treatment

Favours control

CBT95 Review:

21 Group CBT psychoeducation/guided self-help (CWD) versus waitlist/TAU control Comparison: 07 Non-response (as measured by improvement of 6 points or more on BDI) Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Coping With Depression	course				
DALGARD2006	35/81	51/74		100.00	0.63 [0.47, 0.84]
Subtotal (95% CI)	81	74	→	100.00	0.63 [0.47, 0.84]
Total events: 35 (treatment Test for heterogeneity: not a Test for overall effect: Z = 3	applicable				
Total (95% CI)	8	7	•	100.00	0.63 [0.47, 0.84]
Total events: 35 (treatment), 51 (control)				
Test for heterogeneity: not a	applicable				
Test for overall effect: $Z = 3$	3.12 (P = 0.002)				
		0.	1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ontrol	

CBT96 Review:

22 Group CBT versus other group therapies 01 Leaving the study early Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Klein1984 (US)	8/24	12/23		53.95	0.64 [0.32, 1.27]
Covi1987 (US)	5/32	4/24		20.12	0.94 [0.28, 3.12]
Bright1999 (US)	9/27	6/28	-	25.93	1.56 [0.64, 3.78]
Total (95% CI) Total events: 22 (treatmen	8 t), 22 (control)	7	•	100.00	0.94 [0.57, 1.53]
· ·	i ² = 2.44, df = 2 (P = 0.29), l ² :	= 18.1%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Review: CBT97
Comparison: 22 Group CBT versus other group therapies
Outcome: 02 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatme	ent						
Beutler1991 (US)	21	14.70(10.59)	22	15.42(9.83)	-	52.32	-0.07 [-0.67, 0.53]
Bright1999 (US)	18	9.89(10.21)	22	12.82(9.61)		47.68	-0.29 [-0.92, 0.34]
Subtotal (95% CI)	39		44		•	100.00	-0.17 [-0.61, 0.26]
Test for overall effect: Z = 0).79 (P = 0.43)						
02 HSRD scores post-treat	ment						
D2 HSRD scores post-treati Beutler1991 (US)	ment 21	9.95(7.67)	22	11.30(6.42)	_	51.93	-0.19 [-0.79, 0.41]
02 HSRD scores post-treati Beutler1991 (US) Bright1999 (US)	ment 21 18	9.95(7.67) 8.17(6.41)	22	11.30(6.42) 8.50(6.39)	+	48.07	-0.05 [-0.67, 0.57]
02 HSRD scores post-treati Beutler1991 (US) Bright1999 (US) Subtotal (95% CI)	ment 21 18 39	8.17(6.41)			•		
02 HSRD scores post-treat Beutler1991 (US) Bright1999 (US) Subtotal (95% CI) Test for heterogeneity: Chi ²	ment 21 18 39 2 = 0.10, df = 1 (8.17(6.41)	22		•	48.07	-0.05 [-0.67, 0.57]
02 HSRD scores post-treati Beutler1991 (US)	ment 21 18 39 2 = 0.10, df = 1 (8.17(6.41)	22		-4 -2 0	48.07	-0.05 [-0.67, 0.57]

22 Group CBT versus other group therapies Comparison:

Outcome: 03 Depression scores: dichotomous outcomes post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 BDI>9					
Covi1987 (US)	18/32	23/24		57.24	0.59 [0.43, 0.81]
Bright1999 (US)	12/27	20/28		42.76	0.62 [0.38, 1.01]
Subtotal (95% CI)	59	52	•	100.00	0.60 [0.46, 0.79]
Total events: 30 (treatment), 43 (control)		-		
Test for heterogeneity: Chi Test for overall effect: Z = 3 04 HSRD >11	² = 0.04, df = 1 (P = 0.84), l ² : 3.61 (P = 0.0003)	= 0%			
Bright1999 (US)	11/27	9/28		100.00	1.27 [0.63, 2.56]
Subtotal (95% CI)	27	28		100.00	1.27 [0.63, 2.56]
Total events: 11 (treatment Test for heterogeneity: not Test for overall effect: Z = 0	applicable				, , , , , , ,
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ntrol	

Review:

Comparison:

22 Group CBT versus other group therapies
04 Depression scores: continuous measures at follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores at up to 3-mo	onths' follow-up	ı					
Beutler1991 (US)	21	12.93(9.84)	22	11.64(8.62)	in the second se	100.0	0.14 [-0.46, 0.74]
Subtotal (95% CI)	21		2		•	0	0.14 [-0.46, 0.74]
Test for heterogeneity: not a Test for overall effect: Z = 0 02 HSRD scores at up to 3	.45 (P = 0.65)	un.					
Beutler1991 (US)	21	8.09(5.04)	22	7.67(4.47)	<u> </u>	100.0	0.09 [-0.51, 0.68]
Subtotal (95% CI)	21		2	,	•	0	0.09 [-0.51, 0.68]
Test for heterogeneity: not a Test for overall effect: Z = 0							
				-10) -5 0 5	10	

Favours treatment Favours control

CBT100 Review:

Comparison:

23 Group CBT – mindfulness versus control
01 Group CBT + GP care versus GP care: leaving study early Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Teasdale2000 (UK)	13/76	0/69		51.49	24.55 [1.49, 405.28]
MA2004	6/37	0/38	-	48.51	13.34 [0.78, 228.71]
Total (95% CI) Total events: 19 (treatment).	113 , 0 (control)	107	-	100.00	19.11 [2.58, 141.35]
Test for heterogeneity: Chi ² Test for overall effect: Z = 2.		= 0%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

23 Group CBT – mindfulness versus control Comparison: Outcome: 02 Group CBT + GP care versus GP care: relapse

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Teasdale2000 (UK)	36/76	41/69	-	64.48	0.80 [0.59, 1.08]
MA2004	15/37	24/38	-	35.52	0.64 [0.41, 1.02]
Total (95% CI) Total events: 51 (treatment), Test for heterogeneity: Chi² Test for overall effect: Z = 2.	= 0.59, df = 1 (P = 0.44), l ² :	107	•	100.00	0.74 [0.57, 0.96]
		0	0.1 0.2 0.5 1 2	5 10	

Favours treatment Favours control

Favours treatment Favours control

Review:

CBT102
23 Group CBT – mindfulness versus control Comparison:

Outcome: 03 CBT versus wait list control: depression scores: continuous measures at 1-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI							
CRANE2008	19	8.40(12.59)	23	12.90(11.76)	=	100.0	-0.36 [-0.98, 0.25]
Subtotal (95% CI)	19		2			0	-0.36 [-0.98, 0.25]
Test for heterogeneity: not a Test for overall effect: Z = 1							
Total (95% CI) Test for heterogeneity: not a			2		•	100.0	-0.36 [-0.98, 0.25]
Test for overall effect: Z = 1	. 16 (P = 0.24)			-10	-5 0 5	10	

Review: CBT103

24 Group CBT: relapse prevention – mindfulness versus antidepressants Comparison:

01 Leaving the study early Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
KUYKEN2008	2/61	6/62	←	100.00	0.34 [0.07, 1.61]
Total (95% CI) Total events: 2 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	6		100.00	0.34 [0.07, 1.61]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

Comparison: 24 Group CBT: relapse prevention – mindfulness versus antidepressants
Outcome: 02 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD: 1 month post-treatment KUYKEN2008 Subtotal (95% CI) Test for heterogeneity: not applicab Test for overall effect: Z = 1.69 (P =	61 61 ble	5.83(5.48)	62 62	7.75(6.85)	•	25.01 25.01	-0.31 [-0.66, 0.05] -0.31 [-0.66, 0.05]
D2 BDI-II: 1 month post-treatment KUYKEN2008 Subtotal (95% CI) Test for heterogeneity: not applicab Test for overall effect: Z = 2.02 (P =		13.12(11.12)	62 62	17.47(12.42)	•	24.89 24.89	-0.37 [-0.72, -0.01] -0.37 [-0.72, -0.01]
03 HRSD: 15 months follow-up KUYKEN2008 Subtotal (95% CI) Test for heterogeneity: not applicab Test for overall effect: Z = 1.29 (P =		7.05(6.27)	62 62	8.69(7.60)	•	25.14 25.14	-0.23 [-0.59, 0.12] -0.23 [-0.59, 0.12]
04 BDI-II: 15 months follow-up KUYKEN2008 Subtotal (95% CI) Test for heterogeneity: not applicab Test for overall effect: Z = 1.85 (P =		12.61(10.34)	62 62	17.02(15.18)	•	24.95 24.95	-0.34 [-0.69, 0.02] -0.34 [-0.69, 0.02]
Total (95% CI) Test for heterogeneity: Chi² = 0.30, Test for overall effect: Z = 3.43 (P =			248		•	100.00	-0.31 [-0.49, -0.13]

Behavioural activation

Review: BA01

Comparison: 01 Behavioural activation versus supportive psychotherapy

Outcome: 01 Depression scores: continuous measures at post-treatment 2 weeks

SMD (fixed) Weight SMD (fixed) 95% CI % 95% CI
) 100.00 -0.69 [-1.52, 0.14]
100.00 -0.69 [-1.52, 0.14]
100.00 -0.69 [-1.52, 0.14]

Favours treatment Favours control

Review: BA02

Comparison: 01 Behavioural activation versus supportive psychotherapy

Outcome: 02 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
McLean1979	2/40	11/37	—	100.00	0.17 [0.04, 0.71]
Total (95% CI) Total events: 2 (treatment Test for heterogeneity: not Test for overall effect: Z =	t applicable	3		100.00	0.17 [0.04, 0.71]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Review: BA03

Comparison: 02 Behavioural activation versus antidepressants

Outcome: 01 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DIMIDJIAN2006	4/43	30/100		100.00	0.31 [0.12, 0.83]
Total (95% CI) Total events: 4 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 2	applicable	100		100.00	0.31 [0.12, 0.83]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	ontrol	

Review: BA04

Comparison: 02 Behavioural activation versus antidepressants

Outcome: 02 Depression scores: continuous measures at endpoint (moderate severity) 8 weeks

Study or sub-category	N	BT Mean (SD)	N	CBT Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI s	scores						
DIMIDJIAN2006	15	15.33(10.03)	28	13.89(8.61)	- -	49.99	0.15 [-0.47, 0.78]
Subtotal (95% CI)	15		28		•	49.99	0.15 [-0.47, 0.78]
Test for heterogeneity: not	applicable						
Test for overall effect: Z =	0.48 (P = 0.63)						
02 Mean at endpoint HRSI	D scores						
DIMIDJIAN2006	15	12.40(6.58)	28	11.57 (5.32)	_	50.01	0.14 [-0.49, 0.77]
Subtotal (95% CI)	15		28		•	50.01	0.14 [-0.49, 0.77]
Test for heterogeneity: not	applicable						
Test for overall effect: Z =	0.44 (P = 0.66)						
Total (95% CI)	30		5		•	100.0	0.15 [-0.30, 0.59]
Test for heterogeneity: Chi	² = 0.00, df = 1 (P = 0.98), I ² = 0%					
Test for overall effect: Z =							
					-4 -2 0 2	4	
					Favours treatment Favours	control	

Review: BA05

Comparison: 02 Behavioural activation versus antidepressants

Outcome: 03 Depression scores: continuous measures at endpoint (high severity) 8 weeks

Study or sub-category	N	BT Mean (SD)	N	CBT Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI s	scores						
DIMIDJIAN2006	22	16.82(8.56)	38	14.39(11.00)	- =-	49.8	0.24 [-0.29, 0.76]
Subtotal (95% CI)	22		3		*	3	0.24 [-0.29, 0.76]
Test for heterogeneity: not Test for overall effect: Z =							
02 Mean at endpoint HRS	D scores						
DIMIDJIAN2006	22	12.86(6.93)	38	13.13(7.74)	- +	50.17	-0.04 [-0.56, 0.49]
Subtotal (95% CI)	22		38		•	50.17	-0.04 [-0.56, 0.49]
Test for heterogeneity: not Test for overall effect: Z =							
Total (95% CI)	44		7		•	100.0	0.10 [-0.27, 0.47]
Test for heterogeneity: Chi Test for overall effect: Z =		$P = 0.47$), $I^2 = 0\%$					
				-4	-2 0 2	4	

Favours treatment Favours control

Review: BA06

Comparison: 02 Behavioural activation versus antidepressants

Outcome: 04 Relapse at 1 year

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DIMIDJIAN2006	9/27	9/28	-	100.00	1.04 [0.49, 2.21]
Total (95% CI) Total events: 9 (treatment) Test for heterogeneity: not Test for overall effect: Z = 6	applicable	2		100.00	1.04 [0.49, 2.21]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

Review: BA07

02 Behavioural activation versus antidepressants 05 Recurrence at 2 years Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DIMIDJIAN2006	3/12	9/17		100.00	0.47 [0.16, 1.39]
Total (95% CI) Total events: 3 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 1	applicable	1		100.00	0.47 [0.16, 1.39]
		C	0.1 0.2 0.5 1 2	5 10	
		I	Favours treatment Favours	control	

Review:

BA08 02 Behavioural activation versus antidepressants Comparison:

Outcome: 06 Number not achieving remission

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 <=10 BDI					
DIMIDJIAN2006	24/43	72/100		48.32	0.78 [0.58, 1.04]
Subtotal (95% CI)	43	100	◆	48.32	0.78 [0.58, 1.04]
Total events: 24 (treatment), 72 Test for heterogeneity: not app Test for overall effect: Z = 1.71	licable				
02 <=7 HRSD					
DIMIDJIAN2006	28/43	77/100	-	51.68	0.85 [0.66, 1.08]
Subtotal (95% CI)	43	100	•	51.68	0.85 [0.66, 1.08]
Total events: 28 (treatment), 73 Test for heterogeneity: not app Test for overall effect: Z = 1.35	licable				
Total (95% CI) Total events: 52 (treatment), 14	8 6 49 (control)	200	•	100.00	0.81 [0.67, 0.98]
Test for heterogeneity: $Chi^2 = 0$ Test for overall effect: $Z = 2.17$		= 0%			
		0.1	0.2 0.5 1 2	5 10	
		Fav	ours treatment Favours co	ontrol	

BA09 Review:

Comparison: 03 Behavioural activation versus placebo

Outcome: 01 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) Weight RR (fixed) 95% CI % 95% CI	
DIMIDJIAN2006	4/43	4/53	100.00 1.23 [0.33, 4.64]	
Total (95% CI) Total events: 4 (treatment), Test for heterogeneity: not Test for overall effect: Z = 0	applicable	5	100.00 1.23 [0.33, 4.64]	
			.1 0.2 0.5 1 2 5 10	
			Favours treatment Favours control	

Review: BA10

Comparison: 03 Behavioural activation versus placebo

02 Depression scores: continuous measures at endpoint (moderate severity) 8 weeks Outcome:

Study or sub-category	N	Behavioural activation Mean (SD)	N	Placebo Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI scor	es						
DIMIDJIAN2006	15	15.33(10.03)	19	14.68(7.81)		49.99	0.07 [-0.61, 0.75]
Subtotal (95% CI)	15		19		•	49.99	0.07 [-0.61, 0.75]
Test for heterogeneity: not app Test for overall effect: Z = 0.2							
02 Mean at endpoint HRSD so	cores						
DIMIDJIAN2006	15	12.40(6.58)	19	12.05(5.54)		50.01	0.06 [-0.62, 0.73]
Subtotal (95% CI)	15		19		•	50.01	0.06 [-0.62, 0.73]
est for heterogeneity: not app est for overall effect: Z = 0.16							
Total (95% CI)	30		3		•	100.0	0.06 [-0.41, 0.54]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.26		$(P = 0.98), I^2 = 0\%$					
				-4	-2 0 2	4	

Favours treatment Favours control

Review: BA11

Comparison:

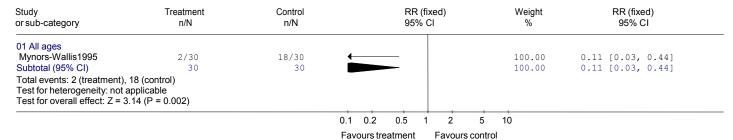
03 Behavioural activation versus placebo 03 Depression scores: continuous measures at endpoint (high severity) 8 weeks Outcome:

Study or sub-category	N	Behavioural activation Mean (SD)	N	Placebo Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI score							
DIMIDJIAN2006	22	16.82(8.56)	22	22.50(12.97)		49.7	-0.51 [-1.11, 0.09]
Subtotal (95% CI)	22		2		◆	8	-0.51 [-1.11, 0.09]
Test for heterogeneity: not app Test for overall effect: Z = 1.65							
02 Mean at endpoint HRSD sc	ores						
DIMIDJIAN2006	22	12.86(6.93)	22	16.09(7.60)	 	50.22	-0.44 [-1.03, 0.16]
Subtotal (95% CI)	22		22		◆	50.22	-0.44 [-1.03, 0.16]
Test for heterogeneity: not app Test for overall effect: Z = 1.43							
Гotal (95% CI)	44		44		•	100.00	-0.47 [-0.90, -0.05]
Test for heterogeneity: Chi ² = 0 Test for overall effect: Z = 2.18		P = 0.87), I ² = 0%					
					-4 -2 0 2	2 4	
					Favours treatment Favours	control	

Problem solving

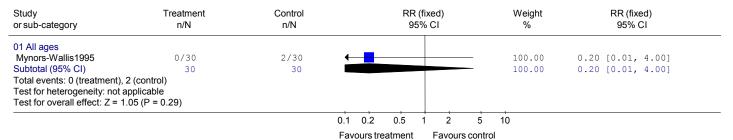
Review: PS01

Comparison: 01 Problem solving versus placebo
Outcome: 01 Leaving the study early for any reason



Review: PS02

Comparison: 01 Problem solving versus placebo
Outcome: 02 Leaving the study due to side effects



Review: PS03

Comparison: 01 Problem solving versus placebo

Outcome: 03 Depression scores: continuous measures post-treatment (HRSD)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD - 18-65 years							
Mynors-Wallis1995	29	7.10(6.70)	26	11.80(7.30)		100.00	-0.66 [-1.21, -0.12]
Subtotal (95% CI)	29		26		•	100.00	-0.66 [-1.21, -0.12]
Test for heterogeneity: not ap Test for overall effect: Z = 2.3	99 (P = 0.02)						
Γotal (95% CI)	29		26		•	100.00	-0.66 [-1.21, -0.12]
Test for heterogeneity: not ap Test for overall effect: Z = 2.3							
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Comparison:

01 Problem solving versus placebo 04 Depression scores: continuous measures post-treatment (BDI) Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	SMD (fixed) 95% CI	Weight	t SMD (fixed) 95% CI
03 BDI 18–65 years Mynors-Wallis1995 Subtotal (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 2.48		9.00(9.90)	26 26	16.80(12.40)			•	100.00	
					-10	-5	0	5 10	

Favours treatment Favours control

Favours control

PS05 Review:

Comparison:

01 Problem solving versus placebo 05 Depression scores: dichotomous outcomes post-treatment (HRSD) Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 HRSD >7 – 18–65 years			_		
Mynors-Wallis1995	12/30	22/30		100.00	0.55 [0.33, 0.89]
Subtotal (95% CI)	30	30		100.00	0.55 [0.33, 0.89]
Total events: 12 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 2.4	plicable				
Total (95% CI) Total events: 12 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 2.4	plicable	3	•	100.00	0.55 [0.33, 0.89]
		0.	1 0.2 0.5 1 2	5 10	

Favours treatment

PS06 Review:

01 Problem solving versus placebo Comparison:

Outcome: 06 Depression scores: dichotomous outcomes post-treatment (BDI)

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI >8 at post-treatment					
Mynors-Wallis1995	13/30	21/30		100.00	0.62 [0.39, 0.99]
Subtotal (95% CI)	30	30		100.00	0.62 [0.39, 0.99]
Total events: 13 (treatment), 21 (con Test for heterogeneity: not applicable Test for overall effect: Z = 1.99 (P =	e [′]				
Total (95% CI) Total events: 13 (treatment), 21 (con Test for heterogeneity: not applicable Test for overall effect: Z = 1.99 (P =	e [′]	3	•	100.00	0.62 [0.39, 0.99]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

Comparison: 02 Problem solving versus antidepressants
Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment Control RR (random) n/N n/N 95% CI					Weight %	RR (random) 95% CI			
01 All ages										
Mynors-Wallis1995	2/30	6/31	←		-	-			41.74	0.34 [0.08, 1.57]
Mynors-Wallis2000	23/80	6/36				+-		_	58.26	1.73 [0.77, 3.87]
Subtotal (95% CI)	110	67		_				_	100.00	0.88 [0.18, 4.20]
Total events: 25 (treatment) Test for heterogeneity: Chi² Test for overall effect: Z = 0	$= 3.39$, df = 1 (P = 0.07), I^2	= 70.5%								
			0.1	0.2	0.5	1	2	5	10	
			Favours treatment Favours control						ol	

Review: PS09

Comparison: 02 Problem solving versus antidepressants
Outcome: 02 Leaving the study due to side effects

Study or sub-category	Treatment n/N	Control RR (fixed) n/N 95% CI		Weight %	ht RR (fixed) 95% CI	
01 All ages						
Mynors-Wallis1995	0/30	3/31	-	50.09	0.15 [0.01, 2.74]	
Mynors-Wallis2000	0/80	2/36	—	49.91	0.09 [0.00, 1.86]	
Subtotal (95% CI)	110	67		100.00	0.12 [0.01, 0.97]	
Total events: 0 (treatment), 5	5 (control)					
Test for heterogeneity: Chi ²	$= 0.05$, df = 1 (P = 0.82), I^2 =	= 0%				
Test for overall effect: $Z = 1$.	99 (P = 0.05)					
			0.1 0.2 0.5 1 2	5 10		

Favours treatment

Favours control

Review: PS10

Comparison: 02 Problem solving versus antidepressants

Outcome: 03 Depression scores: continuous measures post-treatment (HRSD)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD – 18–65 years								
Mynors-Wallis1995	29	7.10(6.70)	27	8.10(7.10)		#	45.35	-0.14 [-0.67, 0.38]
Mynors-Wallis2000	34	8.50(8.03)	34	6.20(7.14)		=	54.65	0.30 [-0.18, 0.78]
Subtotal (95% CI)	63		61			•	100.00	0.10 [-0.25, 0.45]
Test for heterogeneity: Chi ² : Test for overall effect: $Z = 0$.		P = 0.22), F = 32.9%						
Total (95% CI)	63		61			•	100.00	0.10 [-0.25, 0.45]
Test for heterogeneity: Chi^2 : Test for overall effect: $Z = 0$.		P = 0.22), I ² = 32.9%						
					-10 -5	0 5	10	
					Favours trea	atment Favours c	ontrol	

Comparison:

02 Problem solving versus antidepressants 04 Depression scores: continuous measures post-treatment (BDI) Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed) 95% CI		Weight %	SMD (fixed) 95% CI
03 BDI –18–65 years Mynors-Wallis1995 Mynors-Wallis2000 Subtotal (95% CI)	29 34 63	9.00(9.90) 12.20(11.90)	27 34 61	11.90(10.50) 11.80(11.90)			‡		44.87 55.13 100.00	-0.28 [-0.81, 0.25] 0.03 [-0.44, 0.51] -0.11 [-0.46, 0.25]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0	= 0.75, df = 1				-10	-5	0	5	10	-0.11 [-0.40, 0.23]

Review: PS12

Comparison: 02 Problem solving versus antidepressants

Outcome: 05 Depression scores: dichotomous outcomes post-treatment (HRSD)

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 – 18–65 years					
Mynors-Wallis2000	38/80	12/36	+	100.00	1.43 [0.85, 2.39]
Subtotal (95% CI)	80	36		100.00	1.43 [0.85, 2.39]
Total events: 38 (treatment), 12 Test for heterogeneity: not app Test for overall effect: Z = 1.34	licable ´				
Total (95% CI) Total events: 38 (treatment), 12 Test for heterogeneity: not app		3		100.00	1.43 [0.85, 2.39]

Favours treatment Favours control

Favours treatment Favours control

PS13 Review:

Comparison: 02 Problem solving versus antidepressants

Outcome: 06 Depression scores: dichotomous outcomes post-treatment (BDI)

Study or sub-category	Treatment n/N	Control n/N		RR (f 95%	ixed) 6 CI	Weight %	RR (fixed) 95% CI
01 BDI >8 at post-treatment							
Mynors-Wallis1995	13/30	20/31			+	100.00	0.67 [0.41, 1.09]
Subtotal (95% CI)	30	31			+	100.00	0.67 [0.41, 1.09]
Total events: 13 (treatment),	20 (control)						
Test for heterogeneity: not a	pplicable						
Test for overall effect: Z = 1.	61 (P = 0.11)						
			0.1 0.2	2 0.5	1 2	5 10	
			Favours	treatment	Favours	control	

Outcome:

Comparison: 02 Problem solving versus antidepressants

07 Depression scores: dichotomous outcomes at follow-up

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI			
02 HRSD >7 at 1 year Mynors-Wallis2000 Subtotal (95% CI) Total events: 33 (treatment),		16/36 3		•	100.00	0.93 [0.59, 1.45] 0.93 [0.59, 1.45]			
Test for heterogeneity: not ap Test for overall effect: Z = 0.3			-++						
			0.1 0.2	0.5 1 2	5 10				
	Favours treatment Favours control								

Review: PS15

Comparison: 02 Problem solving versus antidepressants

Outcome: 08 Depression scores: continuous measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD at 1 year							
Mynors-Wallis2000	25	5.80(7.65)	30	7.20 (5.59)		100.00	-0.21 [-0.74, 0.32]
Subtotal (95% CI)	25		30		•	100.00	-0.21 [-0.74, 0.32]
Test for heterogeneity: not ap Test for overall effect: Z = 0.7							
02 BDI at 1 year							
Mynors-Wallis2000	25	9.60(13.01)	30	11.50(13.13)		100.00	-0.14 [-0.67, 0.39]
Subtotal (95% CI)	25		30		<u>▼</u>	100.00	-0.14 [-0.67, 0.39]
Test for heterogeneity: not ap Test for overall effect: Z = 0.5							
					-10 -5 0 5	10	

Favours treatment Favours control

Review: PS16

Comparison: 03 Problem-solving + antidepressants versus antidepressants

Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Mynors-Wallis2000	6/35	6/36		100.00	1.03 [0.37, 2.89]
Total (95% CI) Total events: 6 (treatment), 6 Test for heterogeneity: not a Test for overall effect: Z = 0.	pplicable	3		100.00	1.03 [0.37, 2.89]
			0.1 0.2 0.5 1 2	5 10	
	ontrol				

Comparison: 03 Problem-solving + antidepressants versus antidepressants Outcome:

02 Leaving the study early due to side effects

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Mynors-Wallis2000	4/35	2/36		_	100.00	2.06 [0.40, 10.52]
Total (95% CI) Total events: 4 (treatment), 2 Test for heterogeneity: not a Test for overall effect: Z = 0.	pplicable	3			100.00	2.06 [0.40, 10.52]
			0.1 0.2	0.5 1 2	5 10	
			Favours tre	atment Favours	control	

Review: **PS18**

Comparison: 03 Problem-solving + antidepressants versus antidepressants Outcome: 03 Depression scores: dichotomous outcomes post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI	
01 HRSD >7 at post-treatment						
Mynors-Wallis2000	14/35	12/36		100.00	1.20 [0.65, 2.22]	
Subtotal (95% CI)	35	36		100.00	1.20 [0.65, 2.22]	
Total events: 14 (treatment), 12 (co Test for heterogeneity: not applical Test for overall effect: Z = 0.58 (P	ble					
Total (95% CI) Total events: 14 (treatment), 12 (cc Test for heterogeneity: not applical Test for overall effect: Z = 0.58 (P	ble	3		100.00	1.20 [0.65, 2.22]	
		0.1	0.2 0.5 1 2	5 10		

Favours treatment

Favours control

Review: PS19

Comparison: 03 Problem-solving + antidepressants versus antidepressants 04 Depression scores: continuous measures post-treatment Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD post-treatment							
Mynors-Wallis2000	31	7.50(6.82)	34	6.20(7.14)	i i i i i i i i i i i i i i i i i i i	100.00	0.18 [-0.30, 0.67]
Subtotal (95% CI)	31		34		•	100.00	0.18 [-0.30, 0.67]
Test for heterogeneity: not ap Test for overall effect: Z = 0.7							
02 BDI post-treatment							
Mynors-Wallis2000	31	9.30(7.67)	34	11.80(11.90)	<u>=</u>	100.00	-0.24 [-0.73, 0.24]
Subtotal (95% CI)	31		34		•	100.00	-0.24 [-0.73, 0.24]
Test for heterogeneity: not ag	oplicable				1		
Test for overall effect: Z = 0.9							
				-1	0 -5 0 5	10	
				F	avours treatment Favours or	ontrol	

Comparison: 03 Problem-solving + antidepressants versus antidepressants Outcome: 05 Depression scores: dichotomous outcomes at follow-up

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI			
01 HRSD >7 at 1 year								
Mynors-Wallis2000	12/35	16/36		100.00	0.77 [0.43, 1.39]			
Subtotal (95% CI)	35	36		100.00	0.77 [0.43, 1.39]			
Total events: 12 (treatment), 16 (correst for heterogeneity: not applicable Test for overall effect: Z = 0.87 (P =	le [´]							
Total (95% CI) Total events: 12 (treatment), 16 (coi Test for heterogeneity: not applicabl Test for overall effect: Z = 0.87 (P =	le	3		100.00	0.77 [0.43, 1.39]			
			0.1 0.2 0.5 1 2	5 10				
	Favours treatment Favours control							

Review:

Comparison:

03 Problem-solving + antidepressants versus antidepressants 06 Depression scores: continuous measures at follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD at 1 year Mynors-Wallis2000 Subtotal (95% CI)	30 30	5.70(6.15)	30 30	7.20 (5.59)		100.00	-0.25 [-0.76, 0.26] -0.25 [-0.76, 0.26]
Test for heterogeneity: not app Test for overall effect: Z = 0.97							
02 BDI at 1 year							
Mynors-Wallis2000	30	8.60(9.22)	30	11.50(13.13)	-	100.00	-0.25 [-0.76, 0.26]
Subtotal (95% CI)	30		30		•	100.00	-0.25 [-0.76, 0.26]
Test for heterogeneity: not app Test for overall effect: Z = 0.97							
				-	10 -5 0 5	10	

Favours treatment Favours control

Review: PS22

04 Problem-solving (GP) versus problem-solving (nurse) Comparison:

Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Mynors-Wallis2000	14/39	9/41	-	100.00	1.64 [0.80, 3.34]
Total (95% CI) Total events: 14 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 1.	pplicable	4		100.00	1.64 [0.80, 3.34]
			0.1 0.2 0.5 1 2 5	10	
			Favours treatment Favours cont	rol	

Comparison: 04 Problem-solving (GP) versus problem-solving (nurse) Outcome:

02 Leaving the study early due to side effects

Study or sub-category	Treatment n/N	Control n/N			(fixed) % CI	Weight %	RR (fixed) 95% CI
Mynors-Wallis2000	0/39	0/41					Not estimable
Total (95% CI) Total events: 0 (treatment), 0 (cor Test for heterogeneity: not applica Test for overall effect: not applica	able	4					Not estimable
			0.1 0.	2 0.5	1 2	5 10	
			Favour	s treatment	Favou	rs control	

Review: PS24

Comparison: 04 Problem-solving (GP) versus problem-solving (nurse) Outcome: 03 Depression scores: dichotomous outcomes post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 at post-treatmen	nt				
Mynors-Wallis2000	19/39	19/41	-	100.00	1.05 [0.66, 1.67]
Subtotal (95% CI)	39	41		100.00	1.05 [0.66, 1.67]
Total events: 19 (treatment), 1 Test for heterogeneity: not ap Test for overall effect: Z = 0.2	plicable				
Total (95% CI) Total events: 19 (treatment), 1 Test for heterogeneity: not ap		4	•	100.00	1.05 [0.66, 1.67]

Favours treatment Favours control

Review: PS25

Comparison: 04 Problem-solving (GP) versus problem-solving (nurse) Outcome: 04 Depression scores: dichotomous outcomes follow-up

			95% CI	%	95% CI
01 HRSD >7 at 1 year					
Mynors-Wallis2000	15/39	18/41		100.00	0.88 [0.52, 1.48]
Subtotal (95% CI)	39	41		100.00	0.88 [0.52, 1.48]
Test for overall effect: Z = 0.49 (P =	= 0.62)	4		100.00	0.00.00.00.1.401
Total (95% CI) Total events: 15 (treatment), 18 (co Test for heterogeneity: not applicab		4		100.00	0.88 [0.52, 1.48]

Comparison: 04 Problem-solving (GP) versus problem-solving (nurse)
Outcome: 05 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed 95% CI) Weight %	SMD (fixed) 95% CI
01 HRSD post-treatment							
Mynors-Wallis2000	34	8.50(8.03)	36	8.70(7.96)		100.00	-0.02 [-0.49, 0.44]
Subtotal (95% CI)	34		36		•	100.00	-0.02 [-0.49, 0.44]
Test for heterogeneity: not ap Test for overall effect: Z = 0.							
02 BDI post-treatment Mynors-Wallis2000	34	12.20(11.90)	36	13.00(11.33)		100.00	-0.07 [-0.54, 0.40]
Subtotal (95% CI)	34	12.20(11.50)	36	13.00(11.33)		100.00	-0.07 [-0.54, 0.40]
Test for heterogeneity: not a			30		Y	100.00	0.07 [0.34, 0.40]
Test for overall effect: Z = 0.2							
					-10 -5 0	5 10	
					Favours treatment Fa	vours control	

Review: PS27

Comparison: 04 Problem-solving (GP) versus problem-solving (nurse) Outcome: 06 Depression scores: continuous measures at follow-up

Subtotal (95% CI) 25 28 100.00 -0.01 [-0.55, 0.53] Test for heterogeneity: not applicable Test for overall effect: Z = 0.05 (P = 0.96) D2 BDI at 1 year Mynors-Wallis2000 25 9.60 (13.01) 28 11.50 (12.69) Test for heterogeneity: not applicable 100.00 -0.15 [-0.69, 0.39] 100.00 -0.15 [-0.69, 0.39]	Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
Subtotal (95% CI) 25 28 100.00 -0.01 [-0.55, 0.53] Fest for heterogeneity: not applicable	01 HRSD at 1 year							
Test for heterogeneity: not applicable Test for overall effect: Z = 0.05 (P = 0.96) 22 BDI at 1 year Mynors-Wallis2000	Mynors-Wallis2000	25	5.80(7.65)	28	5.90(6.48)		100.00	-0.01 [-0.55, 0.53]
Subtotal (95% CI) 25 28	Subtotal (95% CI)	25		28		▼	100.00	-0.01 [-0.55, 0.53]
Mynors-Wallis2000 25 9.60 (13.01) 28 11.50 (12.69) ■ 100.00 −0.15 [−0.69, 0.39] Subtotal (95% CI) 25 28 ■ 100.00 −0.15 [−0.69, 0.39] Test for heterogeneity: not applicable ■ 100.00 −0.15 [−0.69, 0.39]	Test for overall effect: Z = 0.							
Subtotal (95% CI) 25 28 \$\ 100.00 -0.15 [-0.69, 0.39] Test for heterogeneity: not applicable		25	9 60 (13 01)	2.8	11 50/12 69)	<u> </u>	100 00	-0 15 [-0 69 0 39]
Test for heterogeneity: not applicable			9.00(13.01)		11.30(12.03)			
Test for overall effect: Z = 0.53 (P = 0.60)	Test for heterogeneity: not a	pplicable		20		Ĭ	_50.00	1120 (1103) 0.03]

Favours treatment Favours control

Couples therapy

Review: CT01

Comparison: Outcome:

01 Couples therapy versus waitlist control
01 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at post-treatment							
O'Leary1990 (US)	12	6.78(8.02)	12	17.97(8.02)	-	44.22	-1.35 [-2.25, -0.44]
Beach1992 (US)	15	8.40(6.22)	15	20.47(10.68)	-	55.78	-1.34 [-2.15, -0.54]
Subtotal (95% CI)	27		27		•	100.00	-1.35 [-1.95, -0.75]
Test for heterogeneity: Chi ² Test for overall effect: Z = 4							
Total (95% CI)	27		27		•	100.00	-1.35 [-1.95, -0.75]
Test for heterogeneity: Chi ² Test for overall effect: Z = 4							
				-10	-5 0 5	10	

Favours treatment Favours control

CT02 Review:

02 Couples therapy versus CBT 01 Leaving study early Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
O'Leary1990 (US)	3/15	3/15		32.53	1.00 [0.24, 4.18]
Emanuels-Zuurveen1996	7/20	2/16	-	24.10	2.80 [0.67, 11.67]
BODENMANN2008	2/20	4/20	-	43.37	0.50 [0.10, 2.43]
Total (95% CI)	5	5		100.00	1.22 [0.55, 2.71]
Total events: 12 (treatment), 9	(control)				
Test for heterogeneity: Chi ² = 2 Test for overall effect: Z = 0.48		= 23.0%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Comparison: 02 Couples therapy versus CBT 02 Depression scores: at post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
Emanuels-Zuurveen1996	13	14.80(10.60)	14	18.30(12.20)	+	24.98	-0.30 [-1.06, 0.46]
BODENMANN2008	20	14.91(11.02)	20	14.50(10.04)	'+	37.52	0.04 [-0.58, 0.66]
Subtotal (95% CI)	33		34		(62.50	-0.10 [-0.58, 0.38]
Test for heterogeneity: Chi² = 0 Test for overall effect: Z = 0.39		$(P = 0.50), I^2 = 0\%$					
02 HRSD scores	0.0	0.05/0.40		0.04 (0.04)		0.7.50	0.00 / 0.00 0.00
BODENMANN2008 Subtotal (95% CI)	20 20	9.25(8.49)	20 20	9.81(8.21)	Ī	37.50 37.50	-0.07 [-0.69, 0.55]
Test for overall effect: Z = 0.21	icable		20		The state of the s	37.30	-0.07 [-0.69, 0.55]
Total (95% CI) Test for heterogeneity: Chi ² = 0 Test for overall effect: Z = 0.44		$(P = 0.80), I^2 = 0\%$	54		•	100.00	-0.08 [-0.46, 0.30]

Review: CT04

02 Couples therapy versus CBT Comparison:

Outcome: 03 Depression scores: at 6 months follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
BODENMANN2008	20	13.75(10.01)	20	14.35(12.37)	i i i	100.00	-0.05 [-0.67, 0.57]
Subtotal (95% CI)	20		20		~	100.00	-0.05 [-0.67, 0.57]
Test for heterogeneity: not ap Test for overall effect: Z = 0.1							
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 0.1			20		†	100.00	-0.05 [-0.67, 0.57]

Favours treatment Favours control

Favours treatment Favours control

Review: CT05

Comparison:

02 Couples therapy versus CBT 04 Depression scores: at 1 year follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores									
O'Leary1990 (US)	12	6.27(9.36)	12	11.44(9.36)			-	36.88	-0.53 [-1.35, 0.28]
BODENMANN2008	20	12.68(9.30)	20	16.66(13.68)			=	63.12	-0.33 [-0.96, 0.29]
Subtotal (95% CI)	32		32				•	100.00	-0.41 [-0.90, 0.09]
Test for heterogeneity: Chi ² : Test for overall effect: Z = 1.		(P = 0.70), F = 0%							
Total (95% CI)	32		32				•	100.00	-0.41 [-0.90, 0.09]
Test for heterogeneity: Chi ² : Test for overall effect: Z = 1.		$(P = 0.70), I^2 = 0\%$							
					-10	-5	0 5	10	
					Favou	rs treatmer	nt Favours	control	

10

Comparison: 02 Couples therapy versus CBT

05 Depression scores: at 1.5 years follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
BODENMANN2008	20	15.33(11.09)	20	16.40(14.23)	<u>=</u>	100.0	-0.08 [-0.70, 0.54]
Subtotal (95% CI)	20		2			0	-0.08 [-0.70, 0.54]
Test for heterogeneity: not ap Test for overall effect: Z = 0.2							
Total (95% CI)	20		2		•	100.0	-0.08 [-0.70, 0.54]
Test for heterogeneity: not ap Test for overall effect: Z = 0.2							
					10 -5 0 5	10	

Favours treatment Favours control

Review: CT07

02 Couples therapy versus CBT Comparison:

06 Behavioural couple therapy: depression scores: dichotomous data Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Relapse at 6 months					
JACOBSON1993	11/20	14/20		51.85	0.79 [0.48, 1.28]
Subtotal (95% CI)	20	20		51.85	0.79 [0.48, 1.28]
Total events: 11 (treatment), 1 Test for heterogeneity: not app Test for overall effect: Z = 0.9	olicable				
02 Relapse at 12 months	10/00	10/00	_		
JACOBSON1993	10/20 20	13/20		48.15	0.77 [0.45, 1.32]
Subtotal (95% CI) Fotal events: 10 (treatment), 1 Fest for heterogeneity: not app Fest for overall effect: Z = 0.98	3 (control) blicable	20		48.15	0.77 [0.45, 1.32]
Fotal (95% CI) Fotal events: 21 (treatment), 2 Fest for heterogeneity: Chi ² = Fest for overall effect: Z = 1.3	0.00, df = 1 (P = 0.95), l ² =	4 = 0%	•	100.00	0.78 [0.54, 1.12]
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ontrol	

Review: CT08

03 Couples therapy + CBT versus CBT 01 Relapse at 6 months Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
JACOBSON1993	0/11	0/14			Not estimable
Total (95% CI) Total events: 0 (treatment), Test for heterogeneity: not a Test for overall effect: not a	applicable	1			Not estimable
			0.1 0.2 0.5 1	2 5 10	
			Favours treatment Fa	vours control	

CT09 Review:

03 Couples therapy + CBT versus CBT 02 Relapse at 12 months Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
JACOBSON1993	1/10	2/13	+		100.00	0.65 [0.07, 6.19]
Total (95% CI) Total events: 1 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 0	applicable	1			100.00	0.65 [0.07, 6.19]
			0.1 0.2	0.5 1 2	5 10	
			Favours treat	ment Favours	control	

Review:

CT10 04 Couples therapy + CBT versus couples therapy Comparison:

Outcome: 01 Relapse at 6 months

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
JACOBSON1993	0/11	1/11	+	100.00	0.33 [0.02, 7.39]
Total (95% CI) Total events: 0 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 0	applicable	1		100.00	0.33 [0.02, 7.39]
			0.1 0.2 0.5 1 2 5	5 10	
			Favours treatment Favours cor	ntrol	

Review:

04 Couples therapy + CBT versus couples therapy 02 Relapse at 12 months Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
JACOBSON1993	1/10	1/10	-		100.00	1.00 [0.07, 13.87]
Total (95% CI) Total events: 1 (treatment), Test for heterogeneity: not Test for overall effect: Z = 0	applicable	1			100.00	1.00 [0.07, 13.87]
			0.1 0.2	0.5 1 2	5 10	
			Favours t	reatment Favo	urs control	

CT12 Review:

05 Couples therapy versus IPT Comparison: Outcome: 01 Leaving study early

Study or sub-category	Treatment n/N	Control n/N				R (fixed) 15% CI			Weight %		RR (fixed) 95% CI	
Foley1989 (US) BODENMANN2008	2/9 2/20	4/9 2/20	_		-	+	_		66.67 33.33		[0.12, 2.08] [0.16, 6.42]	
Total (95% CI) Total events: 4 (treatment), 6 Test for heterogeneity: Chi² = Test for overall effect: Z = 0.	= 0.34, df = 1 (P = 0.56), l ² :	29		-			-		100.00	0.67	[0.22, 2.04]	
			0.1	0.2	0.5	1	2	5	10			
			Favo	ours tre	eatment	Fav	vours	contro	ol			

Review: CT13
Comparison: 05 Couples therapy versus IPT
Outcome: 02 Depression scores: at post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
BODENMANN2008	20	14.91(11.02)	20	15.55(11.58)	+	40.81	-0.06 [-0.68, 0.56]
Subtotal (95% CI)	20		20		•	40.81	-0.06 [-0.68, 0.56]
Test for heterogeneity: not a	pplicable						
Test for overall effect: $Z = 0$.							
02 HRSD scores							
Foley1989 (US)	9	13.00(12.60)	9	12.40(12.60)	-	18.37	0.05 [-0.88, 0.97]
BODENMANN2008	20	9.25(8.49)	20	9.34(5.82)	+	40.83	-0.01 [-0.63, 0.61]
Subtotal (95% CI)	29		29		•	59.19	0.01 [-0.51, 0.52]
Test for heterogeneity: Chi ² : Test for overall effect: Z = 0.		$(P = 0.92), I^2 = 0\%$					
Total (95% CI)	49		49		•	100.00	-0.02 [-0.42, 0.38]
Test for heterogeneity: Chi ² : Test for overall effect: Z = 0.		$(P = 0.98), I^2 = 0\%$					
				-10	-5 0 5	10	

Favours treatment Favours control

Review:

Comparison: 05 Couples therapy versus IPT

03 Depression scores: at 6 months follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
BODENMANN2008	20	13.75(10.01)	20	17.10(10.78)		100.00	-0.32 [-0.94, 0.31]
Subtotal (95% CI)	20		20		•	100.00	-0.32 [-0.94, 0.31]
Test for heterogeneity: not appl Test for overall effect: Z = 0.99							
Total (95% CI) Test for heterogeneity: not appl Test for overall effect: Z = 0.99			20		•	100.00	-0.32 [-0.94, 0.31]
					-10 -5 0 5	10	
					Favours treatment Favours of	ontrol	

Review: CT15

Comparison: 05 Couples therapy versus IPT

Outcome: 04 Depression scores: at 1 year follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores BODENMANN2008	20	12.68(9.30)	20	15.00(10.06)		100.0	-0.23 [-0.86, 0.39]
Subtotal (95% CI)	20	12.00(9.30)	2	13.00(10.00)	→	0	-0.23 [-0.86, 0.39]
Test for heterogeneity: not applicab Test for overall effect: Z = 0.74 (P =							
Total (95% CI) Test for heterogeneity: not applicab Test for overall effect: Z = 0.74 (P =			2		•	100.0	-0.23 [-0.86, 0.39]
					-10 -5 0 5	10	

Favours treatment Favours control

Review: CT16

Comparison: 05 Couples therapy versus IPT

Outcome: 05 Depression scores: at 1.5 years follow-up

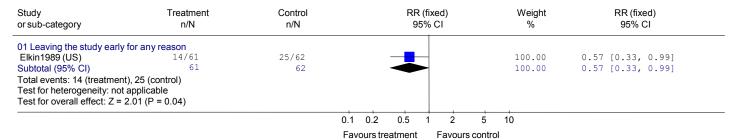
Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
BODENMANN2008	20	15.33(11.09)	20	13.77 (10.29)	\Box	100.00	0.14 [-0.48, 0.76]
Subtotal (95% CI)	20		20		•	100.00	0.14 [-0.48, 0.76]
Test for heterogeneity: not app Test for overall effect: Z = 0.4							
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 0.4:			2		•	100.0	0.14 [-0.48, 0.76]
					-10 -5 0	5 10	
					Favours treatment Favou	rs control	

Interpersonal therapy

Review: IPT01

Comparison: 01 IPT versus placebo

Outcome: 01 Tolerability



Review: IPT02

Comparison: 01 IPT versus placebo

Outcome: 02 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD at end of treatment Elkin1989 (US) Subtotal (95% CI) Test for heterogeneity: not appl Test for overall effect: Z = 2.36		9.80(7.90)	62 62	13.20(7.80)	•	100.00	-0.43 [-0.79, -0.07] -0.43 [-0.79, -0.07]
02 BDI at end of treatment Elkin1989 (US) Subtotal (95% CI) Test for heterogeneity: not appl Test for overall effect: Z = 1.56		12.00(10.60)	62 62	15.00(10.50)	•	100.00	-0.28 [-0.64, 0.07] -0.28 [-0.64, 0.07]
					-10 -5 0 Favours treatment Fa	5 10	

Review: IPT03

Comparison: 01 IPT versus placebo

Outcome: 03 Depression score: dichotomous outcome post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 at end of treat	tment				
Elkin1989 (US)	35/61	49/62	-	100.00	0.73 [0.56, 0.93]
Subtotal (95% CI)	61	62	•	100.00	0.73 [0.56, 0.93]
Total events: 35 (treatment Test for heterogeneity: not Test for overall effect: Z = 2	applicable				
02 BDI >9 at end of treatme	ent				
Elkin1989 (US)	27/61	37/62		100.00	0.74 [0.52, 1.05]
Subtotal (95% CI)	61	62	•	100.00	0.74 [0.52, 1.05]
Total events: 27 (treatment Test for heterogeneity: not Test for overall effect: Z = 1	applicable				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours c	ontrol	

Review: IPT04

Comparison: 02 IPT versus usual GP care (including antidepressants)

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Schulberg1996 (US) SWARTZ2008	46/93 2/26	11/92 3/21	•	•	76.92 23.08	4.14 [2.29, 7.47] 0.54 [0.10, 2.93]
Total (95% CI) Total events: 48 (treatment), Test for heterogeneity: Chi² = Test for overall effect: Z = 4.4	4.96, df = 1 (P = 0.03), I ² =	113	0.1 0.2 0.	5 1 2 5	100.00	3.31 [1.94, 5.63]

Favours treatment

Favours control

Review: IPT05

Comparison: 02 IPT versus usual GP care (including antidepressants)

Outcome: 02 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD post-treatment								
Schulberg1996 (US)	93	12.17(8.68)	92	15.26(8.68)			75.28	-0.35 [-0.65, -0.06]
MARSHALL2008	35	8.40(4.06)	30	4.70 (5.32)		-	24.72	0.78 [0.27, 1.29]
Subtotal (95% CI)	128		122				100.00	-0.07 [-0.33, 0.18]
02 BDI post-treatment								
Freeman2002 (UK)	52	14.17(13.90)	20	23.40(11.28)			100.00	-0.69 [-1.22, -0.16]
Subtotal (95% CI)	52		20			•	100.00	-0.69 [-1.22, -0.16]
Test for heterogeneity: not a	pplicable					•		
Test for overall effect: $Z = 2$.								
					-10 -	5 0 5	10	
					Favours tre	eatment Favours o	ontrol	

Review: IPT06

02 IPT versus usual GP care (including antidepressants) Comparison: Outcome:

03 Depression scores: continuous measures at 3-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI							
SWARTZ2008	26	8.30(6.50)	21	14.20(6.70)		49.65	-0.88 [-1.48, -0.28]
Subtotal (95% CI)	26		21		•	49.65	-0.88 [-1.48, -0.28]
Test for heterogeneity: no Test for overall effect: Z =							
02 HAM-D 17							
SWARTZ2008	26	6.40(4.00)	21	10.80(6.60)		50.35	-0.81 [-1.41, -0.21]
Subtotal (95% CI)	26		21		•	50.35	-0.81 [-1.41, -0.21]
Test for heterogeneity: no	t applicable				, -		
Test for overall effect: Z =	2.66 (P = 0.008)						
Total (95% CI)	52		42		•	100.00	-0.85 [-1.27, -0.42]
Test for heterogeneity: Ch	i ² = 0.02. df = 1 (F	9 = 0.88), I ² = 0%			•		
Test for overall effect: Z =		,,					
					-10 -5 0 5	10	
					Favours treatment Favours of	ontrol	

Review: IPT07

02 IPT versus usual GP care (including antidepressants) Comparison:

Outcome: 04 Depression scores: continuous measures at 5-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
02 BDI at 5-month follow-up Freeman2002 (UK) Subtotal (95% CI)	4 4 4 4	15.36(14.60)	18 18	18.10(10.80)			100.00	-0.20 [-0.75, 0.35] -0.20 [-0.75, 0.35]
Test for heterogeneity: not appli Test for overall effect: Z = 0.71								
					-10 -5	0 5	10	

Favours treatment Favours control

Review:

Comparison: 02 IPT versus usual GP care (including antidepressants)

Outcome: 05 Depression scores: continuous measures at 9-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI							
SWARTZ2008	26	8.90(7.80)	21	15.30(9.60)	=	51.34	-0.73 [-1.32, -0.13]
Subtotal (95% CI)	26		21		◆	51.34	-0.73 [-1.32, -0.13]
Test for heterogeneity: no	ot applicable						
Test for overall effect: Z =							
02 HAM-D 17							
SWARTZ2008	26	5.60(3.90)	21	11.10(7.00)	 -	48.66	-0.98 [-1.60, -0.37]
Subtotal (95% CI)	26		21		♦	48.66	-0.98 [-1.60, -0.37]
Test for heterogeneity: no	ot applicable						
Test for overall effect: Z =	3.15 (P = 0.002)						
Total (95% CI) Test for heterogeneity: Ch Test for overall effect: Z =			42		•	100.00	-0.85 [-1.28, -0.43]
					-10 -5 0 5	10	
					Favours treatment Favours of		
					ravours treatment Favours (OHUO	

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Review: IPT09

Comparison: 03 IPT (with/without placebo) versus IPT + antidepressants

Outcome: 01 Tolerability

Study or sub-category	Treatment n/N	Control n/N	RR (fi 95%	,	Weight %	RR (fixed) 95% CI
01 Leaving the study early fo	r anv reason					
Weissman1992 (US)	7/12	7/13			86.71	1.08 [0.54, 2.17]
Reynolds1999 (US)	4/17	1/16		_	13.29	3.76 [0.47, 30.20]
Subtotal (95% CI)	29	29	-		100.00	1.44 [0.72, 2.86]
Test for heterogeneity: Chi^2 = Test for overall effect: $Z = 1.0$	04 (P = 0.30)	· · · · · ·				
02 Leaving the study early du	ue to side effects					
Weissman1992 (US)	0/12	3/13	4		76.59	0.15 [0.01, 2.70]
Reynolds1999 (US)	1/17	1/16	-		23.41	0.94 [0.06, 13.82]
Subtotal (95% CI)	29	29			100.00	0.34 [0.06, 2.08]
Total events: 1 (treatment), 4	(control)					
Test for heterogeneity: Chi² = Test for overall effect: Z = 1.		= 0%				
			0.1 0.2 0.5 1	2	5 10	
			Favours treatment	Favours c	ontrol	

Review: IPT10

Comparison: 03 IPT (with/without placebo) versus IPT + antidepressants
Outcome: 02 Depression score: dichotomous outcome post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7					
Reynolds1999 (US)	12/17	5/16		100.00	2.26 [1.03, 4.97]
Subtotal (95% CI)	17	16		100.00	2.26 [1.03, 4.97]
Total events: 12 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 2	applicable				
-			0.1 0.2 0.5 1 2 5	10	
			Favours treatment Favours con	trol	

Review: IPT11

Comparison: 04 IPT + antidepressants versus antidepressants
Outcome: 01 Leaving study early due to any reason

Study Treatment Control RR (fixed) Weight RR (fixed) or sub-category n/N n/N 95% CI 95% CI 01 Leaving the study early for any reason Reynolds1999 (US) $$^{\circ}$$ 0/16 7/25 14.01 0.10 [0.01, 1.67] deMello2001(Braz) 6/16 11/19 23.75 0.65 [0.31, 1.36] BLOM2007 16/49 17/47 40.99 0.90 [0.52, 1.57] SCHRAMM2007 10/65 21.26 1.11 [0.48, 2.55] 9/65 Subtotal (95% CI) 146 156 100.00 0.77 [0.53, 1.14] Total events: 32 (treatment), 44 (control) Test for heterogeneity: $Chi^2 = 3.26$, df = 3 (P = 0.35), $I^2 = 8.0\%$ Test for overall effect: Z = 1.29 (P = 0.20) 10 0.1 0.2 0.5 2 5 Favours treatment Favours control

Review: IPT12

04 IPT + antidepressants versus antidepressants 02 Leaving study early due to adverse effects Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 Leaving the study early due Reynolds1999 (US)	to side effects	2/25	—		27.18	0.31 [0.02, 5.99]
deMello2001(Braz) SCHRAMM2007	0/16 3/65	2/19 3/65	-	_	- 31.58 - 41.24	0.24 [0.01, 4.57] 1.00 [0.21, 4.77]
Subtotal (95% CI) Total events: 3 (treatment), 7 (c Test for heterogeneity: Chi ² = 1	.01, $df = 2 (P = 0.60), I^2 =$	109			100.00	0.57 [0.17, 1.89]
Test for overall effect: Z = 0.92	(P = 0.36)		0.1 0.2 0	.5 1 2 nent Favours c	5 10 ontrol	

Review: IPT13

04 IPT + antidepressants versus antidepressants Outcome: 03 Depression score: dichotomous outcome post-Comparison:

treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7					
Reynolds1999 (US)	5/16	11/25		100.00	0.71 [0.30, 1.66]
Subtotal (95% CI)	16	25		100.00	0.71 [0.30, 1.66]
otal events: 5 (treatment), 1	11 (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 0$.	79 (P = 0.43)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

Review: IPT14

Comparison: 04 IPT + antidepressants versus antidepressants
Outcome: 04 Depression scores: continuous measures post-treatment

Test for heterogeneity: not applicable Test for overall effect: Z = 0.36 (P = 0.72) D3 Mean at endpoint HRSD (at 5/6 weeks) BLOM2007	65 6 33 65 98	15.10 (11.90) 15.60 (6.20) 11.80 (7.90)		23.9 1 12.71 23.43 36.14	-0.06 [-0.41, 0.28] -0.06 [-0.41, 0.28] 0.28 [-0.20, 0.75] -0.40 [-0.75, -0.05] -0.16 [-0.44, 0.12]
Subtotal (95% CI) 65 Test for heterogeneity: not applicable Test for overall effect: Z = 0.36 (P = 0.72) 03 Mean at endpoint HRSD (at 5/6 weeks) BLOM2007 37 17.30 (6.00) SCHRAMM2007 65 8.90 (6.40) Subtotal (95% CI) 102 Test for heterogeneity: Chi² = 5.13, df = 1 (P = 0.02), l² = 80.5% Test for overall effect: Z = 1.14 (P = 0.25) 04 Mean at endpoint HRSD at 12 weeks deMello2001(Braz) 11 9.00 (5.50) BLOM2007 33 13.80 (7.70) Subtotal (95% CI) 44 Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Test for overall effect: Z = 0.59 (P = 0.56) 05 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37	33 65 98	15.60(6.20)	-	12.71 23.43	-0.06 [-0.41, 0.28] 0.28 [-0.20, 0.75] -0.40 [-0.75, -0.05]
Test for heterogeneity: not applicable Test for overall effect: Z = 0.36 (P = 0.72) 33 Mean at endpoint HRSD (at 5/6 weeks) BLOM2007	33 65 98		-	12.71 23.43	0.28 [-0.20, 0.75] -0.40 [-0.75, -0.05]
Test for overall effect: Z = 0.36 (P = 0.72) 33 Mean at endpoint HRSD (at 5/6 weeks) BLOM2007 37 17.30 (6.00) SCHRAMM2007 65 8.90 (6.40) Subtotal (95% CI) 102 Test for heterogeneity: Chi² = 5.13, df = 1 (P = 0.02), l² = 80.5% Test for overall effect: Z = 1.14 (P = 0.25) A Mean at endpoint HRSD at 12 weeks deMello2001(Braz) 11 9.00 (5.50) BLOM2007 33 13.80 (7.70) Subtotal (95% CI) 44 Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Test for overall effect: Z = 0.59 (P = 0.56) D S Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37	65 98		-	23.43	-0.40 [-0.75, -0.05]
BLOM2007 37 17.30 (6.00) SCHRAMM2007 65 8.90 (6.40) Subtotal (95% CI) 102 Fest for heterogeneity: Chi² = 5.13, df = 1 (P = 0.02), l² = 80.5% Test for overall effect: Z = 1.14 (P = 0.25) D4 Mean at endpoint HRSD at 12 weeks deMello2001(Braz) 11 9.00 (5.50) BLOM2007 33 13.80 (7.70) Subtotal (95% CI) 44 Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Test for overall effect: Z = 0.59 (P = 0.56) D5 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37	65 98		-	23.43	-0.40 [-0.75, -0.05]
SCHRAMM2007 65 8.90 (6.40) Subtotal (95% CI) 102 Fest for heterogeneity: Chi² = 5.13, df = 1 (P = 0.02), l² = 80.5% Fest for overall effect: Z = 1.14 (P = 0.25) O4 Mean at endpoint HRSD at 12 weeks deMello2001(Braz) 11 9.00 (5.50) BLOM2007 33 13.80 (7.70) Subtotal (95% CI) 44 Fest for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Fest for overall effect: Z = 0.59 (P = 0.56) O5 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37	65 98		-	23.43	-0.40 [-0.75, -0.05]
Subtotal (95% CI) 102 Fest for heterogeneity: Chi² = 5.13, df = 1 (P = 0.02), I² = 80.5% Test for overall effect: Z = 1.14 (P = 0.25) 04 Mean at endpoint HRSD at 12 weeks deMello2001(Braz) 11 9.00 (5.50) BLOM2007 33 13.80 (7.70) Subtotal (95% CI) 44 Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), I² = 0% Test for overall effect: Z = 0.59 (P = 0.56) 05 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37	98	11.80(7.90)	1		
Fest for Neterogeneity: Chi² = 5.13, df = 1 (P = 0.02), l² = 80.5% Fest for overall effect: Z = 1.14 (P = 0.25) 104 Mean at endpoint HRSD at 12 weeks deMello2001(Braz) 11 9.00 (5.50) BLOM2007 33 13.80 (7.70) Subtotal (95% CI) 44 Fest for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Fest for overall effect: Z = 0.59 (P = 0.56) 105 Mean at endpoint MADRS at 6 weeks BLOM2007 37 Subtotal (95% CI) 37	13			36.14	-0.16 [-0.44, 0.12]
Test for overall effect: Z = 1.14 (P = 0.25) 24 Mean at endpoint HRSD at 12 weeks deMello2001(Braz) 11 9.00 (5.50) BLOM2007 33 13.80 (7.70) Subtotal (95% CI) Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Test for overall effect: Z = 0.59 (P = 0.56) 25 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37					
deMello2001(Braz) 11 9.00 (5.50) BLOM2007 33 13.80 (7.70) Subtotal (95% CI) 44 Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Test for overall effect: Z = 0.59 (P = 0.56) D5 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37					
BLOM2007 33 13.80 (7.70) Subtotal (95% CI) 44 Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Test for overall effect: Z = 0.59 (P = 0.56) D5 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37					
Subtotal (95% CI) Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Test for overall effect: Z = 0.59 (P = 0.56) D5 Mean at endpoint MADRS at 6 weeks BLOM2007 Subtotal (95% CI) 37 22.80 (8.90)		9.10(7.90)	+	4.38	-0.01 [-0.82, 0.79]
Test for heterogeneity: Chi² = 0.10, df = 1 (P = 0.75), l² = 0% Fest for overall effect: Z = 0.59 (P = 0.56) D5 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37	30	15.10(7.50)	†	11.52	-0.17 [-0.66, 0.33]
Test for overall effect: Z = 0.59 (P = 0.56) D5 Mean at endpoint MADRS at 6 weeks BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37	43		•	15.91	-0.13 [-0.55, 0.30]
BLOM2007 37 22.80 (8.90) Subtotal (95% CI) 37					
Subtotal (95% CI) 37					
	33	22.80(8.80)	+	12.84	0.00 [-0.47, 0.47]
	33		♦	12.84	0.00 [-0.47, 0.47]
Test for heterogeneity: not applicable					
Test for overall effect: Z = 0.00 (P = 1.00)					
06 Mean at endpoint MADRS at 12 weeks					
BLOM2007 32 18.20(10.90)	30	21.90(9.80)		11.21	-0.35 [-0.85, 0.15]
Subtotal (95% CI) 32	30		◆	11.21	-0.35 [-0.85, 0.15]
Test for heterogeneity: not applicable Test for overall effect: Z = 1.37 (P = 0.17)					
Total (95% CI) 280	269		•	100.00	-0.13 [-0.30, 0.03]
Test for heterogeneity: $Chi^2 = 6.48$, $df = 6$ ($P = 0.37$), $I^2 = 7.4\%$ Test for overall effect: $Z = 1.56$ ($P = 0.12$)					
1 est 101 Overall effect. Z = 1.30 (P = 0.12)				+	
		-10 Fa	-5 0 5 vours treatment Favours c	10	

IPT15 Review:

05 IPT (with/without placebo) versus antidepressants (with/without clinical management) Comparison:

Outcome: 01 Tolerability

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI	
01 Leaving the study early fo	or any reason					
Elkin1989 (US)	14/61	19/57		29.43	0.69 [0.38, 1.24]	
Schulberg1996 (US)	46/93	41/91	_	62.08	1.10 [0.81, 1.49]	
Reynolds1999 (US)	3/17	7/25	-	8.49	0.63 [0.19, 2.10]	
Subtotal (95% CI)	171	173	•	100.00	0.94 [0.72, 1.22]	
Test for heterogeneity: Chi² = Test for overall effect: Z = 0.4 02 Leaving the study early do	47 (P = 0.64)	10.070	_			
Reynolds1999 (US)	0/17	2/25	4	100.00	0.29 [0.01, 5.67]	
Subtotal (95% CI) Total events: 0 (treatment), 2 Test for heterogeneity: not ap Test for overall effect: Z = 0.8	oplicable	25			0.29 [0.01, 5.67]	
		C	0.1 0.2 0.5 1 2	5 10		_
		ı	Favours treatment Favours co	ontrol		

Review: IPT16
Comparison: 05 IPT (with/without placebo) versus antidepressants (with/without clinical management)
Outcome: 04 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 HRSD at end of treatmer	nt						
Elkin1989 (US)	61	9.80(7.90)	57	9.80(7.80)		39.10	0.00 [-0.36, 0.36]
Schulberg1996 (US)	93	12.17(8.68)	91	10.96(9.92)	=	60.90	0.13 [-0.16, 0.42]
Subtotal (95% CI)	154		148)	100.00	0.08 [-0.15, 0.30]
02 BDI at end of treatment	,						
Elkin1989 (US)	61	12.00(10.60)	57	11.60(10.50)	<u> </u>	100.0	0.04 [-0.32, 0.40]
Subtotal (95% CI)	61		5		▼	0	0.04 [-0.32, 0.40]
Test for heterogeneity: not a Test for overall effect: Z = 0.							
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review: IPT17

Outcome:

Comparison: 05 IPT (with/without placebo) versus antidepressants (with/without clinical management)

05 Depression score: dichotomous outcome post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 at end of treatment					
Elkin1989 (US)	35/61	33/57	-	79.30	0.99 [0.73, 1.35]
Reynolds1999 (US)	12/17	11/25	 	20.70	1.60 [0.94, 2.75]
Subtotal (95% CI)	78	82	*	100.00	1.12 [0.86, 1.46]
Test for heterogeneity: Chi² = 2.3 Test for overall effect: Z = 0.82 (F 02 BDI >9 at end of treatment Elkin1989 (US)		27/57		100.00	0 02 10 62 1 201
Subtotal (95% CI)	6	27/37		100.00	0.93 [0.63, 1.38] 0.93 [0.63, 1.38]
Total events: 27 (treatment), 27 (rest for heterogeneity: not applicate the control of the contr	control) able				0.33 [0.03, 1.30]
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ontrol	

Review: IPT18

Comparison: 06 IPT as continuation treatment (up to 6 months)
Outcome: 01 Depression score: after continuation treatment

or sub-category	n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 IPT V AD: HRSD >7 after 4 r	months' continuation tre	atment			
Schulberg1996 (US)	50/93	47/91		100.00	1.04 [0.79, 1.37]
Subtotal (95% CI)	93	91	*	100.00	1.04 [0.79, 1.37]
Total events: 50 (treatment), 47	(control)				
Test for heterogeneity: not applic	cable				
Test for overall effect: Z = 0.29 ((P = 0.77)				
02 IPT versus TAU: HRSD >7 at	fter 4 months' continuat	on treatment			
Schulberg1996 (US)	50/93	75/92	-	100.00	0.66 [0.53, 0.82]
Subtotal (95% CI)	93	92	•	100.00	0.66 [0.53, 0.82]
Total events: 50 (treatment), 75	(control)				
Test for heterogeneity: not applic	cable				
	P = 0.0001)				

Favours treatment Favours control

Review: IPT19

Comparison: 06 IPT as continuation treatment (up to 6 months)
Outcome: 02 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 IPT versus ADs: HRSD afte	er 4 months' c	continuation treatment						
Schulberg1996 (US)	93	9.30(8.68)	91	9.00(9.54)			100.00	0.03 [-0.26, 0.32]
Subtotal (95% CI)	93		91			♦	100.00	0.03 [-0.26, 0.32]
Test for heterogeneity: not app	olicable							
Test for overall effect: Z = 0.22	2 (P = 0.82)							
02 IPT versus TAU: HRSD aft	er 4 months' o	continuation treatment						
Schulberg1996 (US)	93	9.30(8.68)	92	13.10(8.63)			100.00	-0.44 [-0.73, -0.15]
Subtotal (95% CI)	93		92			•	100.00	-0.44 [-0.73, -0.15]
Test for heterogeneity: not app	olicable							
Test for overall effect: Z = 2.94	4 (P = 0.003)							
03 IPT + ADs versus ADs: HR	RSD after 6 mg	onths' maintenance + 16	weeks drug-f	ree and 8 weeks IPT free				
deMello2001 (Braz)	11	3.20(6.30)	12	8.10(9.80)			100.00	-0.57 [-1.41, 0.27]
Subtotal (95% CI)	11		12			•	100.00	-0.57 [-1.41, 0.27]
Test for heterogeneity: not app Test for overall effect: Z = 1.33								
				-	-10 -5	0 5	10	
					Favours treatn	nent Favours	control	

Review: IPT20

Comparison: 06 IPT as continuation treatment (up to 6 months)
Outcome: 03 Relapse (16-week continuation phase)

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 IPT + ADs versus ADs + med	lication clinic				
Reynolds1999 (US)	0/11	1/14	←	100.00	0.42 [0.02, 9.34]
Subtotal (95% CI)	11	14		100.00	0.42 [0.02, 9.34]
Total events: 0 (treatment), 1 (co Test for heterogeneity: not applic					
Test for overall effect: Z = 0.55 (I	P = 0.58)				
02 IPT + AD versus IPT + placet	bo				
Reynolds1999 (US)	0/11	1/5	←	100.00	0.17 [0.01, 3.51]
Subtotal (95% CI)	11	5		100.00	0.17 [0.01, 3.51]
Total events: 0 (treatment), 1 (co	ontrol)				
Test for heterogeneity: not applic	cable				
Test for overall effect: Z = 1.15 (I	P = 0.25)				
03 IPT + placebo versus medica	tion clinic + placebo				
Reynolds1999 (US)	1/5	0/10		100.00	5.50 [0.26, 115.22]
Subtotal (95% CI)	5	10		100.00	5.50 [0.26, 115.22]
Total events: 1 (treatment), 0 (co	ontrol)				
Test for heterogeneity: not applic	cable				
Test for overall effect: Z = 1.10 (I	P = 0.27)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

IPT21 07 IPT as maintenance treatment (3 years) 01 Leaving the study early Review: Comparison: Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %		RR (fixed) 95% CI
1 IPT versus IPT + antidepressant	ts		_			
Frank1990 (US)	2/26	4/25	←	100.00	0.48	[0.10, 2.40]
ubtotal (95% CI)	26	25		100.00	0.48	[0.10, 2.40]
otal events: 2 (treatment), 4 (contre	ol)					
est for heterogeneity: not applicable						
est for overall effect: Z = 0.89 (P =						
O IDT i antidantacanta varava ID	T i placeba					
2 IPT + antidepressants versus IP	•					
Frank1990 (US)	4/25	4/26		49.50		[0.29, 3.71]
Reynolds1999B (US)	3/25	4/25		50.50		[0.19, 3.01]
ubtotal (95% CI)	50	51		100.00	0.89	[0.35, 2.28]
otal events: 7 (treatment), 8 (contributes for heterogeneity: Chi² = 0.12, fest for overall effect: Z = 0.24 (P =	$df = 1 (P = 0.73), I^2 =$	= 0%				
3 IPT versus antidepressants			_			
Frank1990 (US)	2/26	9/28	←	100.00	0.24	[0.06, 1.01]
Subtotal (95% CI)	26	28		100.00	0.24	[0.06, 1.01]
otal events: 2 (treatment), 9 (contre	ol)					
est for heterogeneity: not applicablest for overall effect: Z = 1.95 (P =						
4 IPT versus placebo	0.406	2/22	_	100.00	0 50	
Frank1990 (US)	2/26	3/23		100.00		[0.11, 3.22]
Subtotal (95% CI)	26	23		100.00	0.59	[0.11, 3.22]
otal events: 2 (treatment), 3 (contr						
est for heterogeneity: not applicab						
est for overall effect: Z = 0.61 (P =	= 0.54)					
5 IPT + antidepressants versus ar	ntidepressants					
Frank1990 (US)	4/25	9/28		69.23	0.50	[0.17, 1.42]
Reynolds1999B (US)	3/25	4/28	3	30.77		[0.21, 3.39]
Subtotal (95% CI)	50	56		100.00		[0.26, 1.38]
otal events: 7 (treatment), 13 (conf						,,
est for heterogeneity: $Chi^2 = 0.35$, est for overall effect: $Z = 1.19$ (P =	$df = 1 (P = 0.56), I^2 =$	= 0%				
6 IPT + antidepressants versus me	edication clinic + plac	cebo				
Frank1990 (US)	4/25	3/23		8 7.06	1.23	[0.31, 4.90]
Reynolds1999B (US)	3/25	0/29	12.94		8.08	[0.44, 149.20]
Subtotal (95% CI)	50	52		100.00		[0.65, 6.87]
otal events: 7 (treatment), 3 (contre						[,
est for heterogeneity: Chi ² = 1.40, fest for overall effect: Z = 1.24 (P =	$df = 1 (P = 0.24), I^2 =$	= 28.8%				
7 IPT + placebo versus medication	n clinic + placebo					
Frank1990 (US)	4/26	3/23		— 87 <u>.</u> 27		[0.29, 4.73]
Reynolds1999B (US)	4/25	0/29		12.73 →	10.38	[0.59, 183.92]
ubtotal (95% CI)	51	52		0.00	2.35	[0.74, 7.44]
otal events: 8 (treatment), 3 (contre	ol)					
est for heterogeneity: $Chi^2 = 1.98$, est for overall effect: $Z = 1.45$ (P =	$df = 1 (P = 0.16), I^2 =$	= 49.4%				
8 IPT versus IPT + placebo						
Frank1990 (US)	2/26	1/26		100.00	0 50	[0.10, 2.50]
	2/26	4/26				
Subtotal (95% CI)	26	26		100.00	0.50	[0.10, 2.50]
otal events: 2 (treatment), 4 (contrest for heterogeneity: not applicables for overall effect: Z = 0.84 (P =	ole [´]					

Review: Comparison: Outcome:

IPT22 07 IPT as maintenance treatment (3 years) 02 Relapse

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	I	RR (fixed) 95% CI
01 IPT versus IPT + antidepress	ants					
Frank1990 (US)	18/26	10/25		100.00	1.73	1.00, 2.98]
Subtotal (95% CI)	26	25		100.00		1.00, 2.98]
Total events: 18 (treatment), 10		20		200.00	1.70	2.00, 2.50,
Test for heterogeneity: not applic						
Test for overall effect: Z = 1.98 (
02 IPT + antidepressants versus	IPT + placebo					
Frank1990 (US)	10/25	21/26		56.27	0.50 [0.30, 0.83]
Reynolds1999B (US)	5/25	16/25		43.73	0.31 [0.14, 0.72]
Subtotal (95% CI)	50	51	◆	100.00	0.42 [0.27, 0.65]
Total events: 15 (treatment), 37 Test for heterogeneity: $Chi^2 = 0.1$ Test for overall effect: $Z = 3.84$ (89 , df = 1 (P = 0.35), I^2 =	: 0%				
03 IPT versus antidepressants						
Frank1990 (US)	18/26	15/28	++-	100.00	1.29 [0.84, 1.99]
Subtotal (95% CI)	26	28	★	100.00	1.29 [0.84, 1.99]
Total events: 18 (treatment), 15 Test for heterogeneity: not applic Test for overall effect: Z = 1.17 (cable					
04 IPT versus placebo			_			
Frank1990 (US)	18/26	21/23		100.00		0.57, 1.01]
Subtotal (95% CI)	26	23	-	100.00	0.76	0.57, 1.01]
Total events: 18 (treatment), 21	(control)					
Test for heterogeneity: not applic Test for overall effect: Z = 1.90 (
5 IPT + antidepressants versus			_			
Frank1990 (US)	10/25	15/28		55.56		0.41, 1.35]
Reynolds1999B (US)	5/25	12/28		44.44		0.19, 1.14]
Subtotal (95% CI)	50	56		100.00	0.62 [0.38, 1.02]
Total events: 15 (treatment), 27 Test for heterogeneity: $Chi^2 = 0$. Test for overall effect: $Z = 1.87$ (76 , df = 1 (P = 0.38), I^2 =	: 0%				
6 IPT + AD versus Medication	clinic + placebo					
Reynolds1999B (US)	5/25	26/29 -		100.00	0.22 [0.10, 0.49]
Subtotal (95% CI)	25	29		100.00	0.22 [0.10, 0.49]
Total events: 5 (treatment), 26 (c Test for heterogeneity: not applic Test for overall effect: Z = 3.70 (cable					
7 IPT + placebo versus medica	ition clinic + placebo					
Frank1990 (US)	21/26	21/23	-	48.07	0.88	0.71, 1.11]
Reynolds1999B (US)	16/25	26/29		51.93		0.52, 0.98]
Subtotal (95% CI)	51	52	•	100.00		0.66, 0.97]
Total events: 37 (treatment), 47 Test for heterogeneity: $Chi^2 = 1.2$ Test for overall effect: $Z = 2.30$ (29, df = 1 (P = 0.26), l ² =	: 22.3%				
08 IPT versus IPT + placebo						
Frank1990 (US)	18/26	21/26	—	100.00	0.86	0.62, 1.18]
Subtotal (95% CI)	26	26		100.00		0.62, 1.18]
Total events: 18 (treatment), 21 Test for heterogeneity: not applic Test for overall effect: Z = 0.95 ((control) cable	20		100.00	0.00 [3.02, 1.10]
	,	0.1	0.2 0.5 1 2	5 10		
			vours treatment Favours co			

Review: IPT23
Comparison: 08 IPT for the elderly
Outcome: 01 IPT (with/without placebo) versus IPT + antidepressants

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early fo	or any reason				
Weissman1992 (US)	7/12	7/13		33.65	1.08 [0.54, 2.17]
Reynolds1999 (US)	4/17	1/16	-	5.16	3.76 [0.47, 30.20]
REYNOLDS2006	7/35	11/28		61.20	0.51 [0.23, 1.14]
Subtotal (95% CI)	64	57	*	100.00	0.87 [0.52, 1.45]
Total events: 18 (treatment), Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.9	= 3.98, df = 2 (P = 0.14), l ² :	= 49.7%			
02 Leaving the study early de	ue to side effects				
Weissman1992 (US)	0/12	3/13	←	76.59	0.15 [0.01, 2.70]
Reynolds1999 (US)	1/17	1/16	23.4	1 →	0.94 [0.06, 13.82]
Subtotal (95% CI)	29	29	100.0	0	0.34 [0.06, 2.08]
Total events: 1 (treatment), 4 Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.	= 0.85, df = 1 (P = 0.36), l ² :	= 0%			
03 HRSD >7					
Reynolds1999 (US)	12/17	5/16		100.00	2.26 [1.03, 4.97]
Subtotal (95% CI)	17	16		100.00	2.26 [1.03, 4.97]
Total events: 12 (treatment),	5 (control)				
Test for heterogeneity: not ap	pplicable				
Test for overall effect: Z = 2.0	02 (P = 0.04)				
		(0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Review: IPT24

08 IPT for the elderly Comparison:

Outcome: 02 IPT + antidepressants versus antidepressants

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early fo Reynolds1999 (US)	r any reason 0/16	7/25	4	100.00	0.10 [0.01, 1.67]
Subtotal (95% CI) Total events: 0 (treatment), 7 Test for heterogeneity: not ap Test for overall effect: Z = 1.6	(control)	25		100.00	0.10 [0.01, 1.67]
02 Leaving the study early du	ue to side effects				
Reynolds1999 (US)	0/16	2/25		- 100.00	0.31 [0.02, 5.99]
Subtotal (95% CI)	16	25		100.00	0.31 [0.02, 5.99]
Total events: 0 (treatment), 2 Test for heterogeneity: not ap Test for overall effect: $Z = 0.7$	plicable				
03 HRSD >7					
Reynolds1999 (US)	5/16	11/25		100.00	0.71 [0.30, 1.66]
Subtotal (95% CI)	16	25		100.00	0.71 [0.30, 1.66]
Total events: 5 (treatment), 1 Test for heterogeneity: not ap Test for overall effect: Z = 0.7	plicable				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Review:

Comparison:

IPT25
08 IPT for the elderly
03 IPT (with/without placebo) versus antidepressants (with/without clinical management) Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early for	r any reason				
Reynolds1999 (US)	3/17	7/25		100.00	0.63 [0.19, 2.10]
Subtotal (95% CI)	17	25		100.00	0.63 [0.19, 2.10]
Total events: 3 (treatment), 7 Test for heterogeneity: not ap					
Test for overall effect: Z = 0.7					
02 Leaving the study early du	ie to side effects				
Reynolds1999 (US)	0/17	2/25		- 100.00	0.29 [0.01, 5.67]
Subtotal (95% CI)	17	25		- 100.00	0.29 [0.01, 5.67]
Total events: 0 (treatment), 2	(control)				
Test for heterogeneity: not ap	plicable				
Test for overall effect: Z = 0.8	32 (P = 0.41)				
03 HRSD >7 at end of treatm	ent				
Reynolds1999 (US)	12/17	11/25	 	100.00	1.60 [0.94, 2.75]
Subtotal (95% CI)	17	25		100.00	1.60 [0.94, 2.75]
Total events: 12 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 1.7	plicable				
		0.	1 0.2 0.5 1 2	5 10	
		Fa	avours treatment Favours co	ntrol	

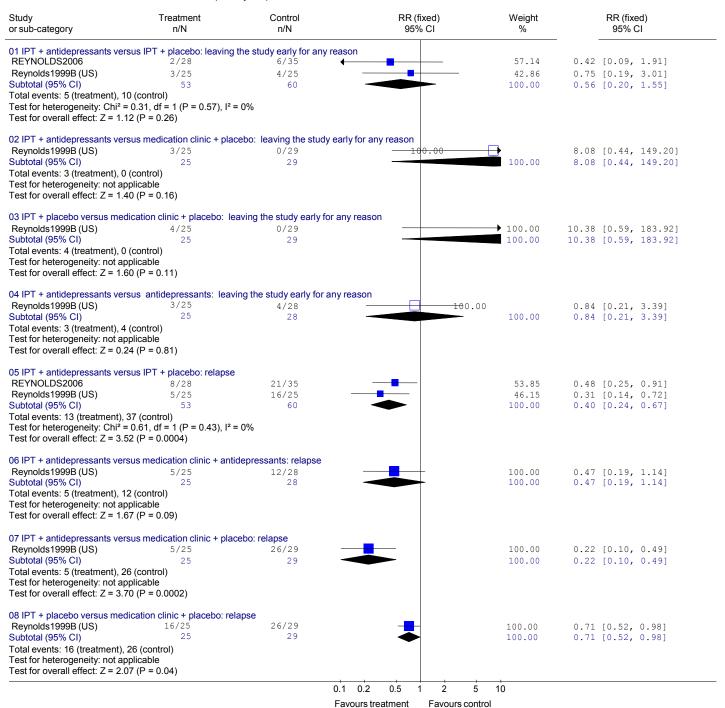
Review: IPT26 Comparison: 08 IPT for the elderly Outcome: 05 IPT versus standard care (Netherlands)

Study Treatment or sub-category N Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
1 Depression scores: MADRS at 2 months VAN SCHAIK2006 69 17.10 (7.50) Subtotal (95% CI) Test for heterogeneity: not applicable Test for overall effect: Z = 1.67 (P = 0.09)	74 74	19.40(8.70)		49.79 49.79	-0.28 [-0.61, 0.05] -0.28 [-0.61, 0.05]
2 Depression scores: MADRS at 6 months VAN SCHAIK2006 69 13.90 (7.90) Subtotal (95% CI) 69 Test for heterogeneity: not applicable Test for overall effect: Z = 0.67 (P = 0.50)	74 74	14.90(9.60)	-	50.21 50.21	-0.11 [-0.44, 0.22] -0.11 [-0.44, 0.22]
Total (95% CI) 138 Test for heterogeneity: Chi² = 0.50, df = 1 (P = 0.48), I^2 = 0% Test for overall effect: Z = 1.66 (P = 0.10)	148		•	100.00	-0.20 [-0.43, 0.04]
		-1 Favou	-0.5 0 0.5	1 control	

Review: IPT27

Comparison: 08 IPT for the elderly

Outcome: 06 IPT as maintenance treatment (2 or 3 years)



Counselling

Review:

01 Counselling CCT versus Counselling EFT 01 BDI post treatment Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
GOLDMAN2006	19	9.89(9.10)	19	4.95(5.69)	=	100.00	0.64 [-0.02, 1.29]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z =			19		•	100.00	0.64 [-0.02, 1.29]
-				-1	0 -5 0 5	10	

Favours treatment Favours control

Favours treatment Favours control

Review: C02

Comparison:

02 Counselling versus antidepressants 01 Depression scores: continous outcomes post-treatment Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment							
Bedi2000 (UK)	39	15.20(11.60)	44	14.80(10.05)	\rightarrow	100.00	0.04 [-0.39, 0.47]
Subtotal (95% CI)	39		44		*	100.00	0.04 [-0.39, 0.47]
Test for heterogeneity: not appl Test for overall effect: Z = 0.17							
Total (95% CI)	39		4		•	100.0	0.04 [-0.39, 0.47]
Test for heterogeneity: not appl Test for overall effect: Z = 0.17							
				-4	-2 0 2	4	

C03 Review:

Comparison: 02 Counselling versus antidepressants

02 Depression scores: dichotomous outcomes post-treatment Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 RDC >3					
Bedi2000 (UK)	27/52	22/51	-	100.00	1.20 [0.80, 1.81]
Subtotal (95% CI)	52	51	•	100.00	1.20 [0.80, 1.81]
Test for overall effect: Z = 0.89 (I	P = 0.37)				
Total (95% CI) Total events: 27 (treatment), 22 (Test for heterogeneity: not applic	5 (control)	5	•	100.00	1.20 [0.80, 1.81]
Test for overall effect: Z = 0.89 (I	P = 0.37)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Review: C04

Comparison: 02 Counselling versus antidepressants

03 Depression scores: continuous measures at follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 12 months follow-up Bedi2000 (UK) Subtotal (95% CI)	31 31	16.70(11.50)	34 3	14.60(13.10)		100.0	0.17 [-0.32, 0.66] 0.17 [-0.32, 0.66]
Test for heterogeneity: not applic Test for overall effect: Z = 0.67 (I							
Total (95% CI) Test for heterogeneity: not applic Test for overall effect: Z = 0.67 (I			3		*	100.0	0.17 [-0.32, 0.66]
				-4	-2 0 2	4	

Favours treatment Favours control

Review: C05

02 Counselling versus antidepressants Comparison:

04 Depression scores: dichotomous outcomes at follow-up Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 RDC >3 at 12 months follow-up Bedi2000 (UK)	43/52	30/51		100.00	1.41 [1.08, 1.83]
Subtotal (95% CI) Total events: 43 (treatment), 30 (con: Test for heterogeneity: not applicable Test for overall effect: Z = 2.56 (P = 6)	52 trol)	51	~	100.00	1.41 [1.08, 1.83]
Total (95% CI) Total events: 43 (treatment), 30 (con: Test for heterogeneity: not applicable Test for overall effect: Z = 2.56 (P = 0	e [′]	5	•	100.00	1.41 [1.08, 1.83]
		0.1 Fa	0.2 0.5 1 2 sours treatment Favours co	5 10 ntrol	

Review:

03 Counselling PE versus CBT 01 BDI post-treatment Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed 95% CI	i)	Weight %	SMD (fixed) 95% CI
WATSON2003	40	13.05(11.91)	45	12.56(10.70)			•		100.0	0.04 [-0.38, 0.47]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z =			4				•		100.0	0.04 [-0.38, 0.47]
					-10	-5	0	5	10	
					Favou	ırs treatme	ent Fa	vours cor	itrol	

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Review:

04 Counselling CCT versus Counselling PE 01 BDI post-treatment Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
GREENBERG1998	17	9.12(5.38)	15	8.39(5.69)	•	100.0	0.13 [-0.57, 0.82]
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 0.3			1		•	100.0	0.13 [-0.57, 0.82]
					-10 -5 0 5	10	
					Favours treatment Favours co	ntrol	

Review: C08

05 Counselling + GP care versus GP care 01 Tolerability Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early for any	reason				
Simpson2003 (UK)	8/73	7/72		100.00	1.13 [0.43, 2.95]
Subtotal (95% CI)	73	72		100.00	1.13 [0.43, 2.95]
Total events: 8 (treatment), 7 (cont	rol)				
Test for heterogeneity: not applical					
Test for overall effect: Z = 0.24 (P					
Total (95% CI)	7	7		100.00	1.13 [0.43, 2.95]
Total events: 8 (treatment), 7 (cont	rol)			100.00	1.10 [0.10, 2.30]
Test for heterogeneity: not applical	,				
Test for overall effect: Z = 0.24 (P					
103(10) 070(4) 0100(. 2 - 0.24 (1	- 0.01)				
		0.1	0.2 0.5 1 2	5 10	

Favours treatment Favours control

Review:

05 Counselling + GP care versus GP care Comparison:

Outcome: 02 Dichotomous depression scores

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI >=14 6 months after	r study start				
Simpson2003 (UK)	44/73	46/72	-	100.00	0.94 [0.73, 1.22]
Subtotal (95% CI)	73	72	•	100.00	0.94 [0.73, 1.22]
Total events: 44 (treatment), 46 (control)				
Test for heterogeneity: not a					
Test for overall effect: Z = 0	0.45 (P = 0.65)				
02 BDI >=14 12 months aft	er study start				
				4 0 0 0 0	0 00 10 00 1 001
Simpson2003 (UK)	42/73	52/72		100.00	0.80 [0.62, 1.02]
Simpson2003 (UK)	42/73 73	52/72 72	=	100.00	0.80 [0.62, 1.02]
Simpson2003 (UK) Subtotal (95% CI)	73		-		. , ,
Simpson2003 (UK) Subtotal (95% CI) Total events: 42 (treatment)	73), 52 (control)		•		. , ,
	73), 52 (control) applicable		•		. , ,
Simpson2003 (UK) Subtotal (95% CI) Total events: 42 (treatment Test for heterogeneity: not a	73), 52 (control) applicable		0.2 0.5 1 2		. , ,

Review:

05 Counselling + GP care versus GP care 03 Continuous depression scores Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI 6 months after study	start								
Simpson2003 (UK)	65	16.10(9.70)	65	15.60(7.40)			\rightarrow	100.00	0.06 [-0.29, 0.40]
Subtotal (95% CI)	65		65				•	100.00	0.06 [-0.29, 0.40]
Test for heterogeneity: not a Test for overall effect: Z = 0.									
02 BDI 12 months after stud	v start								
Simpson2003 (UK)	60	15.30(10.30)	55	15.00(8.10)			-	100.0	0.03 [-0.33, 0.40]
Subtotal (95% CI)	60		5				•	0	0.03 [-0.33, 0.40]
Test for heterogeneity: not a Test for overall effect: Z = 0.									
					-4	-2	0 2	4	
					Favour	s treatme	nt Favours o	ontrol	

Review:

06 Sub-analysis: counselling versus GP care (with Ward2000) Comparison:

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Dropouts by 4 months					
Ward2000 (UK)	5/67	5/67		100.00	1.00 [0.30, 3.30]
Subtotal (95% CI)	67	67		100.00	1.00 [0.30, 3.30]
Total events: 5 (treatment), 5 (or Test for heterogeneity: not appl Test for overall effect: Z = 0.00	icable				
02 Dropouts by 12 months					
Ward2000 (UK)	9/67	10/67		100.00	0.90 [0.39, 2.07]
Subtotal (95% CI)	67	67		100.00	0.90 [0.39, 2.07]
Γotal events: 9 (treatment), 10 (Γest for heterogeneity: not appl Γest for overall effect: Z = 0.25	icable				
		0.	1 0.2 0.5 1 2	5 10	
		Fa	avours treatment Favours co	ontrol	

Review:

06 Sub-analysis: counselling versus GP care (with Ward2000) 02 Depression scores: continuous outcomes Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment	t						
Ward2000 (UK)	67	12.90(9.30)	67	18.30(12.40)		100.0	-0.49 [-0.83, -0.15]
Subtotal (95% CI)	67		6		•	0	-0.49 [-0.83, -0.15]
Test for heterogeneity: not ap Test for overall effect: Z = 2.7							
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 2.7			67		•	100.00	-0.49 [-0.83, -0.15]
					-10 -5 0 5	10	
					Favours treatment Favours con	trol	

Review: C13

Comparison: 06 Sub-analysis: counselling versus GP care (with Ward2000)
Outcome: 03 Depression scores: continuous measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 12 months follow-up)						
Ward2000 (UK)	67	11.80(9.60)	67	12.10(10.30)	<u> </u>	100.0	-0.03 [-0.37, 0.31]
Subtotal (95% CI)	67		6		▼	0	-0.03 [-0.37, 0.31]
Test for heterogeneity: not app Test for overall effect: Z = 0.1							
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 0.13			6		•	100.0	-0.03 [-0.37, 0.31]
					10 -5 0 5	10	
					Favours treatment Favours con	ntrol	

Review: C14

Comparison: 07 Sub-analysis: counselling versus CBT (with Ward2000)

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Dropouts by 4 months	- /	= / 00	_	100	
Ward2000 (UK)	5/67	7/63		100.00	0.67 [0.22, 2.01]
Subtotal (95% CI)	67	63		100.00	0.67 [0.22, 2.01]
Total events: 5 (treatment), 7 (con					
Test for heterogeneity: not applicate Test for overall effect: Z = 0.71 (F					
1001101 0101011 011001. 2 0.71 (1	0.10)				
02 Dropouts by 12 months					
Ward2000 (UK)	9/67	13/63		100.00	0.65 [0.30, 1.42]
Subtotal (95% CI)	67	63		100.00	0.65 [0.30, 1.42]
Total events: 9 (treatment), 13 (co	ontrol)				
Test for heterogeneity: not applicate	able [′]				
Test for overall effect: Z = 1.08 (F	P = 0.28)				
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ntrol	

Review: C15

Comparison: 07 Sub-analysis: counselling versus CBT (with Ward2000)

Outcome: 02 Depression scores: continuous outcomes

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatmen	t						
Ward2000 (UK)	67	12.90(9.30)	63	14.30(10.80)		100.0	-0.14 [-0.48, 0.21]
Subtotal (95% CI)	67		6		▼	0	-0.14 [-0.48, 0.21]
Test for heterogeneity: not ap Test for overall effect: Z = 0.7							
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 0.7			6		•	100.0	-0.14 [-0.48, 0.21]
					-10 -5 0 5	10	
					Favours treatment Favours of	ontrol	

Review: C16

Comparison: 07 Sub-analysis: counselling versus CBT (with Ward2000)
Outcome: 03 Depression scores: continuous measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 12 months follow-up							
Ward2000 (UK)	67	11.80(9.60)	63	11.40(10.80)		100.00	0.04 [-0.31, 0.38]
Subtotal (95% CI)	67		63		▼	100.00	0.04 [-0.31, 0.38]
Test for heterogeneity: not applicabl Test for overall effect: Z = 0.22 (P =							
Total (95% CI) Test for heterogeneity: not applicabl Test for overall effect: Z = 0.22 (P =			63		•	100.00	0.04 [-0.31, 0.38]
				,	-10 -5 0 5	10	
					Favours treatment Favours co	ntrol	

Review:

Comparison: Outcome: 08 Sub-analysis Counselling PE versus CBT (with Ward2000) 01 BDI post treatment

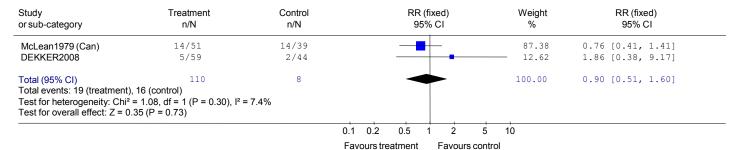
Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI		Weight %	SMD (fixed) 95% CI
Ward2000 (UK)	67	12.90(9.30)	63	14.30(10.80)			<u> </u>		60.47	-0.14 [-0.48, 0.21]
WATSON2003	40	13.05(11.91)	45	12.56(10.70)			†		39.53	0.04 [-0.38, 0.47]
Total (95% CI) Test for heterogeneity: Ch Test for overall effect: Z =		(P = 0.52), I ² = 0%	108				•		100.00	-0.07 [-0.33, 0.20]
					-10	-5	0	5	10	
					Favou	rs treatme	nt Fav	ours cont	trol	

Short-term psychodynamic psychotherapy

Review: PP01

Comparison: 01 Short-term psychodynamic psychotherapy versus antidepressants

Outcome: 01 Leaving the study early



Review: PP02

Comparison: 01 Short-term psychodynamic psychotherapy versus antidepressants

Outcome: 02 Depression scores: continuous measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at enpoint HAM-D	scores						
DEKKER2008	59	18.39(6.51)	44	15.59(6.45)		100.0	0.43 [0.03, 0.82]
Subtotal (95% CI)	59		4			- 0	0.43 [0.03, 0.82]
Test for heterogeneity: not a	pplicable						
Test for overall effect: $Z = 2$.							
Total (95% CI)	59		4			100.0	0.43 [0.03, 0.82]
Total (95% CI) Test for heterogeneity: not a			4		-	100.0	0.43 [0.03, 0.82]

Favours treatment Favours control

Review: PP03

Comparison: 01 Short-term psychodynamic psychotherapy versus antidepressants

Outcome: 03 Depression scores: continuous measures mean change from baseline to endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HDRS scores							
	26	-11.00(4.70)	25	-11.20(7.87)	Ė	100.00	0.03 [-0.52, 0.58]
Subtotal (95% CI)	26		25		•	100.00	0.03 [-0.52, 0.58]
Test for heterogeneity: not applicable Test for overall effect: Z = 0.11 (P =							
Total (95% CI) Test for heterogeneity: not applicable Test for overall effect: Z = 0.11 (P =			2		•	100.0	0.03 [-0.52, 0.58]
					-10 -5 0 5	10	
					Favours treatment Favours co.	ntrol	

PP04 Review:

02 Short-term psychodynamic psychotherapy versus BT Comparison:

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
McLean1979 (Can)	14/51	4/44	-	100.00	3.02 [1.07, 8.50]
Total (95% CI) Total events: 14 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 2.	pplicable	4		100.00	3.02 [1.07, 8.50]
			0.1 0.2 0.5 1 2 5	5 10	
			Favours treatment Favours cor	ntrol	

Review:

PP05 03 Short-term psychodynamic psychotherapy versus CBT Comparison:

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Gallagher-Th1994 (US)	9/30	5/36	-	100.00	2.16 [0.81, 5.76]
Total (95% CI) Total events: 9 (treatment), 5 (c Test for heterogeneity: not appl Test for overall effect: Z = 1.54	licable	3		100.00	2.16 [0.81, 5.76]
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours cor	ntrol	

Review:

03 Short-term psychodynamic psychotherapy versus CBT 02 Depression scores: at endpoint Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 BDI scores post-treatmer	nt						
Shapiro1994 (Mild)	10	5.93(6.59)	10	8.30(7.35)	<u>-</u>	34.78	-0.33 [-1.21, 0.56]
Shapiro1994 (Mod)	9	9.56(4.90)	9	3.11(3.95)	-	30.85	1.38 [0.32, 2.44]
Shapiro1994 (UK)	9	12.44(9.43)	10	11.58(6.76)	-	34.37	0.10 [-0.80, 1.00]
Subtotal (95% CI)	28		29		•	100.00	0.35 [-0.61, 1.30]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0							
					-10 -5 0 5	10	
					Favours treatment Favours co	ntrol	

Review:

03 Short-term psychodynamic psychotherapy versus CBT 03 Depression scores: at 6 months follow-up Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores up to 6-mont	hs' follow-up							
Shapiro1994 (Mild)	10	8.57(8.73)	10	11.00(6.73)		+	36.6	-0.30 [-1.18, 0.58]
Shapiro1994 (Mod)	8	11.00(7.35)	10	5.80(6.13)		 -	3	0.74 [-0.23, 1.71]
Shapiro1994 (UK)	8	12.00(8.78)	10	11.40(10.81)		-	30.3	0.06 [-0.87, 0.99]
Subtotal (95% CI)	26		3			•	8	0.13 [-0.40, 0.67]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0		(P = 0.29), I ² = 18.4%						
					-10 -5	0 5	10	

Favours treatment Favours control

Review: PP08

03 Short-term psychodynamic psychotherapy versus CBT 04 Depression scores: at 1 year follow-up Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 BDI scores up to 1-year	follow-up							
Shapiro1994 (Mild)	. 9	2.44(4.87)	9	9.67(8.05)		-	33.5	-1.04 [-2.04, -0.04]
Shapiro1994 (Mod)	7	7.43(6.73)	8	3.25(3.01)		+-	2	0.77 [-0.29, 1.84]
Shapiro1994 (UK)	9	7.23(6.49)	8	10.88(13.13)		-	32.1	-0.34 [-1.30, 0.62]
Subtotal (95% CI)	25		2			•	0	-0.22 [-1.22, 0.79]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0		P = 0.05), I ² = 66.5%						
					-10	-5 0	5 10	
					Favours tr	eatment Favou	irs control	

Review: PP09

Comparison: 03 Short-term psychodynamic psychotherapy versus CBT

Outcome: 05 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Still met RDC criteria for dep	pression post-treatment				
Gallagher-Th1994 (US)	17/30	12/36		100.00	1.70 [0.97, 2.97]
Subtotal (95% CI)	30	36		100.00	1.70 [0.97, 2.97]
Total events: 17 (treatment), 12	(control)				
Test for heterogeneity: not appl Test for overall effect: Z = 1.86					
Total (95% CI) Total events: 17 (treatment), 12 Test for heterogeneity: not appl Test for overall effect: Z = 1.86	icable	3		100.00	1.70 [0.97, 2.97]
			0.1 0.2 0.5 1 2 5	10	
			Favours treatment Favours con	trol	

Review: PP10

Comparison: 03 Short-term psychodynamic psychotherapy versus CBT Outcome: 06 Depression scores: dichotomous measures at follow-up

Study or sub-category	Treatment n/N	Control n/N			RR (fixe 95% C	,	Weight %	RR (fixed) 95% CI
01 Still met RDC criteria for d Gallagher-Th1994 (US) Subtotal (95% CI) Total events: 19 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 1.5	19/30 30 17 (control) oplicable	ow-up 17/36 36				-	100.00	1.34 [0.86, 2.08] 1.34 [0.86, 2.08]
			0.1 0.2	0.5	1	2	5 10	
			Favours	treatme	nt I	Favour	s control	

Review:

04 Short-term psychodynamic psychotherapy + antidepressants versus supportive therapy + antidepressants Comparison:

Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Burnand2002	14/47	10/48		100.00	1.43 [0.71, 2.89]
Total (95% CI) Total events: 14 (treatmen Test for heterogeneity: not Test for overall effect: Z =	t applicable	4		100.00	1.43 [0.71, 2.89]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favour	s control	

PP12 Review:

Comparison: 04 Short-term psychodynamic psychotherapy + antidepressants versus supportive therapy + ADS

02 Non-remitters Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Burnand2002	31/47	29/48	-	100.00	1.09 [0.80, 1.48]
Total (95% CI) Total events: 31 (treatment Test for heterogeneity: not Test for overall effect: Z =	t applicable	4	•	100.00	1.09 [0.80, 1.48]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

Review:

Comparison: 04 Short-term psychodynamic psychotherapy + antidepressants versus supportive therapy + antidepressants 03 Mean HRSD at endpoint

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	WMD (fixed) 95% CI
Burnand2002	35	8.90(7.00)	39	9.70(7.30)		_	-	100.0	-0.80 [-4.06, 2.46]
Total (95% CI) Test for heterogeneity: no Test for overall effect: Z =			3			•		100.0	-0.80 [-4.06, 2.46]
					-10	-5	0	5 10	
					Favoi	ırs treatme	nt Favour	s control	

Review: PP14

Comparison: 05 Short-term psychodynamic psychotherapy versus short-term psychodynamic psychotherapy + ADs

Outcome: 01 Depression scores: continuous measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			D (fixed) 15% CI		Weight %	SMD (fixed) 95% CI
01 HRSD score										
DEJONGHE2004	107	18.14(3.37)	101	17.99(3.57)			$\overline{\Box}$		100.00	0.04 [-0.23, 0.32]
Subtotal (95% CI)	107		101				•		100.00	0.04 [-0.23, 0.32]
Test for heterogeneity: not applica Test for overall effect: Z = 0.31 (P										
Total (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 0.31 (P			10				•		100.0	0.04 [-0.23, 0.32]
					-4	-2	0 :	2 4	4	
					Favour	rs treatment	Favours	s control		

Review: PP15

Comparison: 05 Short-term psychodynamic psychotherapy versus short-term psychodynamic psychotherapy + ADs

Outcome: 02 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DEJONGHE2004	1/107	16/101	←	100.00	0.06 [0.01, 0.44]
Total (95% CI) Total events: 1 (treatment) Test for heterogeneity: not Test for overall effect: Z = 2	applicable	101		100.00	0.06 [0.01, 0.44]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	control	

Review: PP16

Comparison: 06 Short-term psychodynamic psychotherapy versus wait list

Outcome: 01 Depression scores: continuous measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		O (fixed) 5% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint HAM-D s	scores							
MAINA2005	10	8.90(3.30)	10	12.00(2.00)	-	-	100.00	-1.09 [-2.04, -0.13]
Subtotal (95% CI)	10		10		•		100.00	-1.09 [-2.04, -0.13]
Test for heterogeneity: not app Test for overall effect: Z = 2.24								
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 2.24			1		•		100.0	-1.09 [-2.04, -0.13]
					-10 -5	0 5	10	
					Favours treatment	Favours co	ontrol	

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Review: PP17

Outcome:

07 Short-term psychodynamic psychotherapy versus supportive therapy 01 Depression scores: continuous measures at endpoint Comparison:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint HAM-D s	cores						
MAINA2005	10	12.10(3.20)	10	14.80(2.00)		100.00	-0.97 [-1.91, -0.03]
Subtotal (95% CI)	10		10		•	100.00	-0.97 [-1.91, -0.03]
Test for heterogeneity: not app Test for overall effect: Z = 2.02							
Total (95% CI) Test for heterogeneity: not app	10 blicable		10		•	100.00	-0.97 [-1.91, -0.03]
Test for overall effect: $Z = 2.02$	2 (P = 0.04)						
				-10	0 -5 0	5 10	

Favours treatment Favours control

Favours treatment Favours control

Review:

08 Antidepressants versus short –term psychodynamic psychotherapy + ADs 01 Depression scores: continuous measures at 24 weeks Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (rando 95% CI	m) Weight %	SMD (random) 95% CI
01 HAM-D-17 score							
KOOL2003 no PD	20	23.25(9.37)	23	11.09(6.52)	-	49.53	1.50 [0.81, 2.18]
KOOL2003 with PD	36	1.89(8.06)	49	11.10(7.83)	=	50.47	-1.15 [-1.62, -0.69]
Subtotal (95% CI)	56		72			100.00	0.16 [-2.44, 2.76]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0.							
Total (95% CI) Test for heterogeneity: Chi² Test for overall effect: Z = 0.			72			100.00	0.16 [-2.44, 2.76]
				-1	0 -5 0	5 10	

Review:

08 ADs versus short-term psychodynamic psychotherapy + ADs 02 Depression scores: continuous measures at 24 months follow-up Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HAM-D score							
MAINA2008	49	13.53(9.36)	40	9.07(7.14)		100.00	0.52 [0.10, 0.95]
Subtotal (95% CI)	49		40		•	100.00	0.52 [0.10, 0.95]
Test for heterogeneity: not applicable Test for overall effect: Z = 2.42 (P = 0							
Total (95% CI) Test for heterogeneity: not applicable Test for overall effect: Z = 2.42 (P = 0			40		•	100.00	0.52 [0.10, 0.95]
					-10 -5 0	5 10	
					Favours treatment Fav	ours control	

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Review: PP20

Comparison: 08 ADs versus short-term psychodynamic psychotherapy + ADs
Outcome: 03 Depression scores: continuous measures at 48 months follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HAM-D score							
MAINA2008	49	14.88(9.82)	40	9.72(7.14)		100.00	0.59 [0.16, 1.01]
Subtotal (95% CI)	49		40		•	100.00	0.59 [0.16, 1.01]
Test for heterogeneity: not Test for overall effect: Z =							
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z = 2			40		*	100.00	0.59 [0.16, 1.01]
				-10) -5 0 5	10	

Favours treatment Favours control

Favours treatment Favours control

Review: PP21

Comparison:

09 Sub-analysis Guthrie1999 01 Short-term psychodynamic psychotherapy versus TAU Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 SCL-90-R at end point							
GUTHRIE1999	55	2.30(0.89)	55	2.44(0.89)	-	50.11	-0.16 [-0.53, 0.22]
Subtotal (95% CI)	55		55		•	50.11	-0.16 [-0.53, 0.22]
Γest for heterogeneity: not app Γest for overall effect: Z = 0.82							
02 SCL-90-R at 6 months							
GUTHRIE1999	55	2.16(1.04)	55	2.44(1.26)	-	49.89	-0.24 [-0.62, 0.13]
Subtotal (95% CI)	55		55		•	49.89	-0.24 [-0.62, 0.13]
Γest for heterogeneity: not app Γest for overall effect: Z = 1.26							
Γotal (95% CI)	110		110		•	100.00	-0.20 [-0.46, 0.07]
Fest for heterogeneity: $Chi^2 = \Gamma$ est for overall effect: $Z = 1.4$		P = 0.75), I ² = 0%					

Rational emotive behaviour therapy

Review: REBT01

Comparison: 01 REBT versus antidepressants Outcome:

01 Depression scores: continuous measures

N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
3						
57	10.40(6.90)	57	10.90(6.80)		49.98	-0.07 [-0.44, 0.29]
57		57			49.98	-0.07 [-0.44, 0.29]
res						
57	8.80(7.40)	57	8.80(6.70)		50.02	0.00 [-0.37, 0.37]
57		57			50.02	0.00 [-0.37, 0.37]
	P = 0.78), I ² = 0%	114			100.00	-0.04 [-0.30, 0.22]
	57 57 cable (P = 0.70) ores 57 57 cable (P = 1.00)	s 57 10.40 (6.90) 57 cable (P = 0.70) ores 57 8.80 (7.40) 57 cable (P = 1.00) 114 07, df = 1 (P = 0.78), l ² = 0%	s 57 10.40(6.90) 57 57 57 57 cable (P = 0.70) 57 57 57 57 57 57 57 57 57 57 57 57 57	s 57 10.40(6.90) 57 10.90(6.80) 57 cable (P = 0.70) 57 57 8.80(6.70) 57 cable (P = 1.00) 114 07, df = 1 (P = 0.78), l ² = 0%	s 57 10.40(6.90) 57 10.90(6.80) 57 cable (P = 0.70) 57 57 8.80(6.70) 57 cable (P = 1.00) 114 07, df = 1 (P = 0.78), l² = 0%	N Mean (SD) N Mean (SD) 95% CI % 57 10.40 (6.90) 57 10.90 (6.80) 49.98 57 2cable (P = 0.70) res 57 8.80 (7.40) 57 8.80 (6.70) 57 cable (P = 1.00) 114 114 114 100.00

Favours treatment Favours control

REBT02 Review:

01 REBT versus antidepressants Comparison:

02 Relapse Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Relapse at 6-month follow-up (no	continuation treatr	ment)			
DAVID2008	1/48	5/47 ←	100.00		0.20 [0.02, 1.61]
Subtotal (95% CI)	48	47	100.0 0		0.20 [0.02, 1.61]
Total events: 1 (treatment), 5 (contro	d)				
Test for heterogeneity: not applicable					
Test for overall effect: Z = 1.52 (P =					
Fotal (95% CI)	4	4		100.00	0.20 [0.02, 1.61]
Total events: 1 (treatment), 5 (contro	d)	_			, , , , , , , , , , , , , , , , , , , ,
Test for heterogeneity: not applicable					
Test for overall effect: Z = 1.52 (P =					
1000 101 0101011 011000. Z = 1.02 (1 =	0.10)	+			
		0.1	0.2 0.5 1 2	5 10	
		Eav	yours treatment Favours co	entrol	

Review:

REBT03 01 REBT versus antidepressants 03 Leaving study early Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI				
DAVID2008	5/57	8/57		100.00	0.63 [0.22, 1.80]				
Total (95% CI) Total events: 5 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	5		100.00	0.63 [0.22, 1.80]				
		(0.1 0.2 0.5 1 2	5 10					
Favours treatment Favours control									