# National Institute for Health and Care Excellence

**FINAL** 

## **Depression in adults**

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

NICE guideline NG222
Evidence review supplement
June 2022

**Final** 



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

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

Figure 1: Depression symptomatology endpoint

	Expe	erimen	ital	C	Control			Std. Mean Difference		ce			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI				
Gawrysiak 2009	8.1	3	14	14.7	4.5	16	45.2%	-1.66 [-2.50, -0.81]		-			
Yokoyama 2018	9.26	6.68	19	14.38	6.58	21	54.8%	-0.76 [-1.40, -0.11]		-			
Total (95% CI)			33			37	100.0%	-1.16 [-2.04, -0.29]		•			
Heterogeneity: $Tau^2 = 0.26$ ; $Chi^2 = 2.74$ , $df = 1$ ( $P = 0.10$ ); $I^2 = 64\%$ Test for overall effect: $Z = 2.60$ ( $P = 0.009$ )										-5 Favours BA	) Favours	5 no treatn	10 nent

Figure 2: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, R	andom, 95	% CI	
Gawrysiak 2009	-12.9	4.78121324	14	-5.1	3.25806691	16	42.6%	-1.88 [-2.76, -1.00]		-	_		
Yokoyama 2018	-6.16	4.50324328	19	-1	4.475958	21	57.4%	-1.13 [-1.80, -0.45]			-		
Total (95% CI)			33			37	100.0%	-1.45 [-2.18, -0.72]			•		
Heterogeneity: Tau² = Test for overall effect:	-10	-5 Favour	0 s BA Favo	5 urs no treat	10 tment								

Figure 3: Discontinuation (any reason)

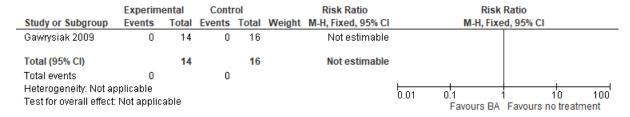
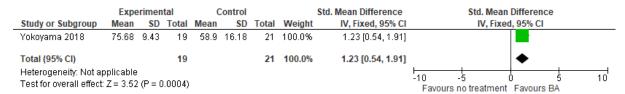


Figure 4: Quality of life endpoint



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

Figure 5: Depression symptomatology endpoint

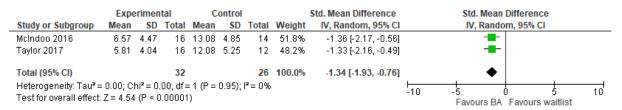


Figure 6: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rand	om, 95	5% CI	
McIndoo 2016	-7.36	2.97816218	16	-1.59	3.31298204	14	49.0%	-1.79 [-2.66, -0.92]		-			
Taylor 2017	-6.38	3.87773129	16	-0.84	3.65880445	12	51.0%	-1.42 [-2.27, -0.57]		-			
Total (95% CI)			32			26	100.0%	-1.60 [-2.21, -0.99]		•			
Heterogeneity: Tau $^2$ = 0.00; Chi $^2$ = 0.35, df = 1 (P = 0.55); i $^2$ = 0% Test for overall effect: Z = 5.17 (P < 0.00001)										-5 Favours BA	0 Favo	5 ours waitlist	10

### Figure 7: Remission ITT

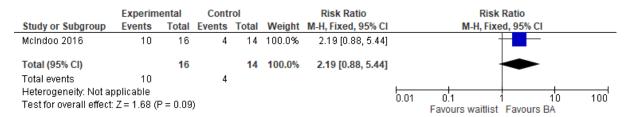


Figure 8: Response ITT



Figure 9: Discontinuation (any reason)

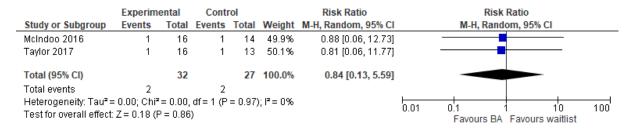


Figure 10: Depression symptomatology at 1-month follow-up

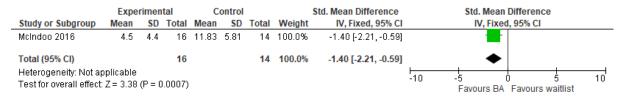


Figure 11: Quality of life endpoint

	Expe	erimen	ital	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Taylor 2017	47.75	9.75	16	37.5	9.65	12	100.0%	1.03 [0.22, 1.83]	•
Total (95% CI)			16			12	100.0%	1.03 [0.22, 1.83]	•
Heterogeneity: Not applicable Test for overall effect: Z = 2.50 (P = 0.01)									-10 -5 0 5 10 Favours waitlist Favours BA

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

Figure 12: Depression symptomatology endpoint

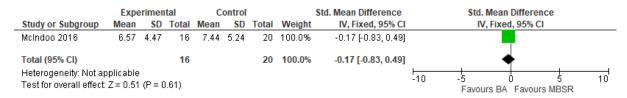


Figure 13: Depression symptomatology change score

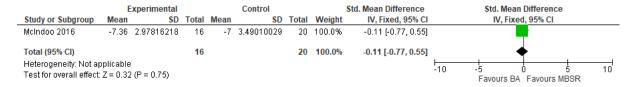


Figure 14: Remission (ITT)



Figure 15: Response (ITT)

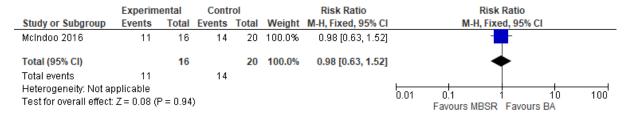


Figure 16: Discontinuation (any reason)

	Experim	ental	Contr	rol		Risk Ratio		Risk R	Ratio				
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI					
McIndoo 2016	1	16	2	20	100.0%	0.63 [0.06, 6.29]	_						
Total (95% CI)		16		20	100.0%	0.63 [0.06, 6.29]	_						
Total events	1		2										
Heterogeneity: Not ap Test for overall effect:		P = 0.69	)				0.01 0.	1 1 Favours BA	10 Favours MBSI	100 R			

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

	Expe	rimen	ıtal	C	ontrol		!	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95%	CI	
McIndoo 2016	4.5	4.4	16	7.06	5.98	20	100.0%	-0.47 [-1.14, 0.20]					
Total (95% CI)			16			20	100.0%	-0.47 [-1.14, 0.20]			•		
Heterogeneity: Not ap Test for overall effect:		(P = 0	0.17)						-10	-5 Favou	0 Irs BA Favo	urs MBSR	10

### Less severe: Behavioural therapies group versus no treatment

Figure 18: Depression symptomatology at endpoint

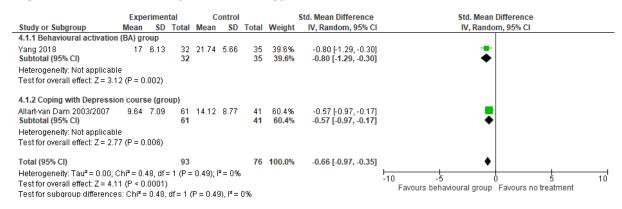
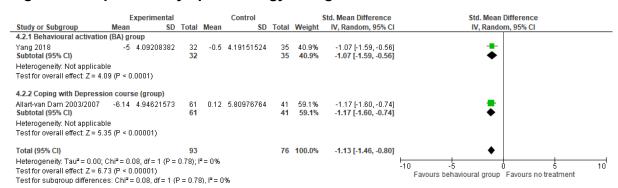


Figure 19: Depression symptomatology change score



### Figure 20: Remission (ITT)

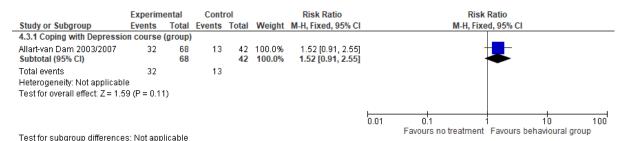


Figure 21: Discontinuation (any reason)

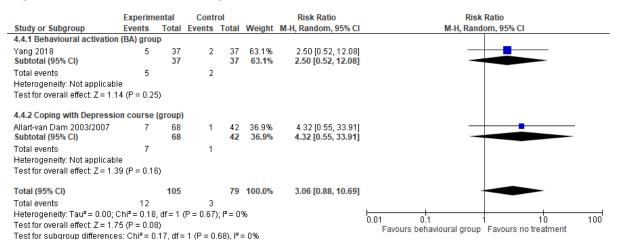


Figure 22: Depression symptomatology at 6-month follow-up

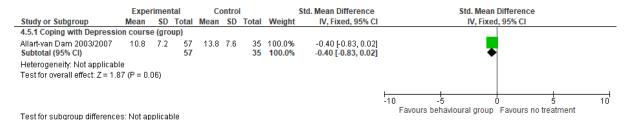
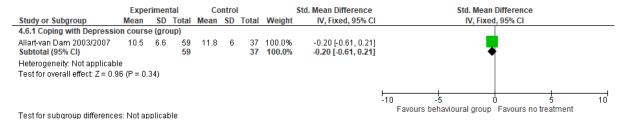


Figure 23: Depression symptomatology at 12-month follow-up



### Less severe: Behavioural therapies group versus waitlist

Figure 24: Depression symptomatology endpoint

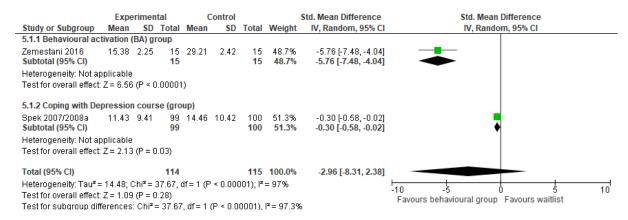


Figure 25: Depression symptomatology change score

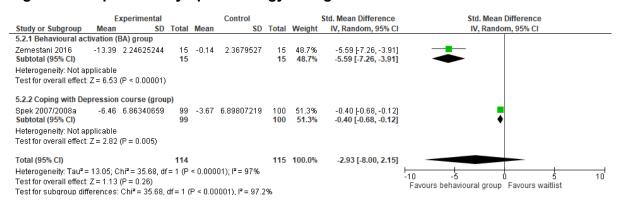
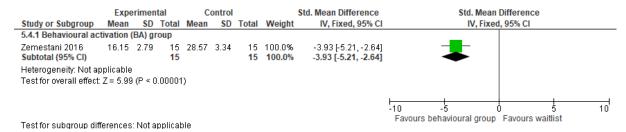


Figure 26: Discontinuation (any reason)

	Experime	ental	Contr	ol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
5.3.1 Behavioural act	ivation (BA	A) group	)				
Zemestani 2016 Subtotal (95% CI)	0	15 <b>15</b>	0	15 <b>15</b>		Not estimable Not estimable	
Total events	0		0				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Not applic	able					
5.3.2 Coping with Dep	ression c	ourse (	group)				
Spek 2007/2008a Subtotal (95% CI)	43	99 <b>99</b>	42	100 <b>100</b>	100.0% <b>100.0%</b>	1.03 [0.75, 1.43] <b>1.03 [0.75, 1.43</b> ]	<b>‡</b>
Total events	43		42				
Heterogeneity: Not ap	plicable						
Test for overall effect: 2	Z = 0.20 (F	P = 0.84	)				
Total (95% CI)		114		115	100.0%	1.03 [0.75, 1.43]	<b>•</b>
Total events	43		42				
Heterogeneity: Not ap	plicable						0.01 0.1 1 10 100
Test for overall effect: 3	Z = 0.20 (F	P = 0.84	)				0.01 0.1 1 10 100 Favours behavioural group Favours waitlist
Test for subgroup diffe	erences: N	lot appli	cable				ravouis penavioural group Favouis Wallist

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



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

Figure 28: Depression symptomatology endpoint

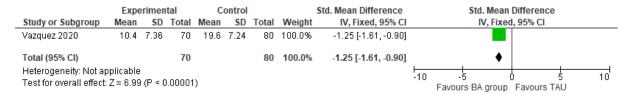


Figure 29: Depression symptomatology change score

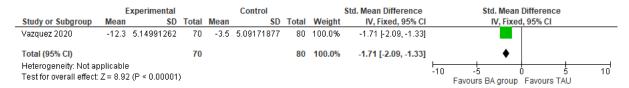
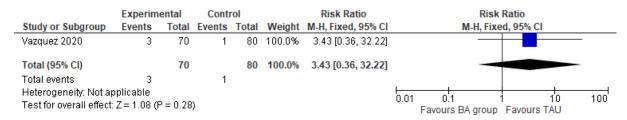
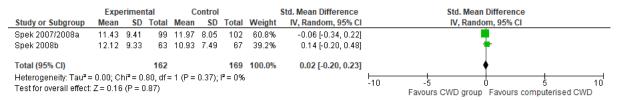


Figure 30: Discontinuation (any reason)



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

Figure 31: Depression symptomatology endpoint



### Figure 32: Depression symptomatology change score

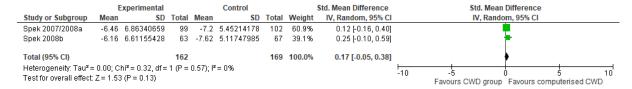


Figure 33: Discontinuation (any reason)

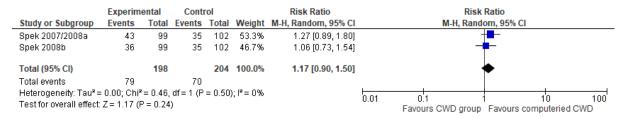


Figure 34: Depression symptomatology at 10-month follow-up



### Less severe: Cognitive and cognitive behavioural therapies individual versus no treatment

Figure 35: Depression symptomatology endpoint

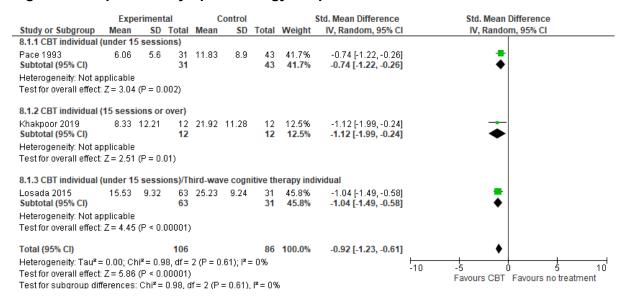


Figure 36: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV,	Randor	n, 95% CI		
8.2.1 CBT individual (	under 15	sessions)											
Pace 1993 Subtotal (95% CI)	-12.1	3.80715117	31 <b>31</b>	-4.12	6.11501431	43 <b>43</b>	73.6% <b>73.6</b> %	-1.50 [-2.02, -0.97] - <b>1.50 [-2.02</b> , - <b>0.97]</b>		•			
Heterogeneity: Not ap	plicable												
Test for overall effect:	Z = 5.60	(P < 0.00001)											
8.2.2 CBT individual (	15 sessi	ions or over)											
Khakpoor 2019 Subtotal (95% CI)	-10.17	5.67	12 <b>12</b>	-2.25	7.63	12 <b>12</b>	26.4% <b>26.4</b> %	-1.14 [-2.01, -0.26] - <b>1.14 [-2.01</b> , - <b>0.26</b> ]		•			
Heterogeneity: Not as	oplicable						201170	military oreol		•			
Test for overall effect:													
Total (95% CI)			43			55	100.0%	-1.40 [-1.85, -0.95]		•			
Heterogeneity: Tau² =			•	0.49); l² :	= 0%				-10 -5			<u> </u>	10
Test for overall effect:										s CBT	Favours n	o treatme	
Test for subgroup diff	ferences:	$Chi^2 = 0.48, d$	f=1 (P	= 0.49)	, I²=0%								

Figure 37: Remission (ITT)

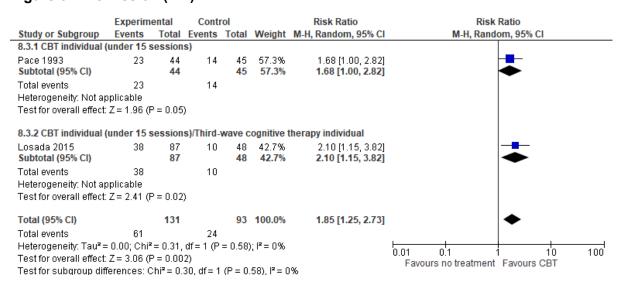


Figure 38: Discontinuation (any reason)

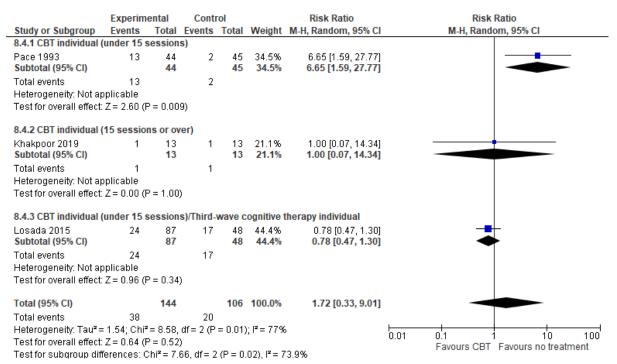
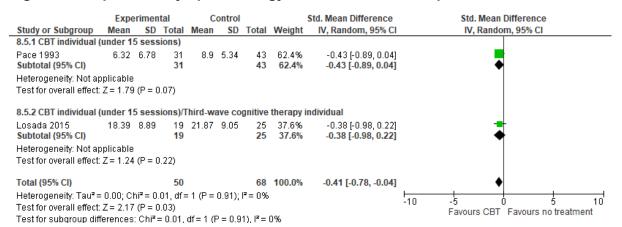


Figure 39: Depression symptomatology at 1-6 month follow-up



Risk Ratio Experimental Control Risk Ratio Total Weight M-H, Random, 95% CI M-H, Random, 95% CI Study or Subgroup **Events** Total Events 8.6.1 CBT individual (under 15 sessions) Pace 1993 25 44 28 84.6% 0.91 [0.65, 1.29] Subtotal (95% CI) 44 45 84.6% 0.91 [0.65, 1.29] Total events 28 25 Heterogeneity: Not applicable Test for overall effect: Z = 0.52 (P = 0.60) 8.6.2 CBT individual (under 15 sessions)/Third-wave cognitive therapy individual Losada 2015 17 48 15.4% 1.34 [0.60, 3.00] Subtotal (95% CI) 48 15.4% 1.34 [0.60, 3.00] Total events 17 Heterogeneity: Not applicable Test for overall effect: Z = 0.71 (P = 0.48) Total (95% CI) 93 100.0% 0.97 [0.71, 1.33] 131 35 Total events Heterogeneity:  $Tau^2 = 0.00$ ;  $Chi^2 = 0.83$ , df = 1 (P = 0.36);  $I^2 = 0\%$ 100 Test for overall effect: Z = 0.20 (P = 0.84) Favours no treatment Favours CBT Test for subgroup differences:  $Chi^2 = 0.73$ , df = 1 (P = 0.39),  $I^2 = 0\%$ 

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

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

Figure 41: Depression symptomatology endpoint

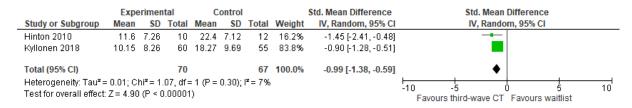


Figure 42: Depression symptomatology change score

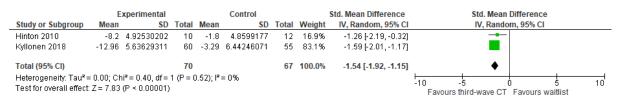


Figure 43: Remission (ITT)

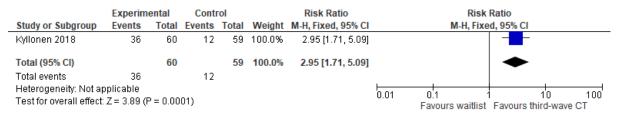


Figure 44: Discontinuation (any reason)

	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Hinton 2010	2	10	2	12	60.5%	1.20 [0.20, 7.05]	
Kyllonen 2018	0	60	4	59	39.5%	0.11 [0.01, 1.99]	<del></del>
Total (95% CI)		70		71	100.0%	0.47 [0.04, 5.39]	
Total events	2		6				
Heterogeneity: Tau² =	1.76; Chi <sup>2</sup>	= 2.17,	df = 1 (P	= 0.14	); I <sup>2</sup> = 54%	5	0.01 0.1 1 10 100
Test for overall effect:	Z = 0.61 (F	o = 0.54	)				0.01 0.1 1 10 100  Favours third-wave CT Favours waitlist

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

Figure 45: Depression symptomatology endpoint



Figure 46: Depression symptomatology change score

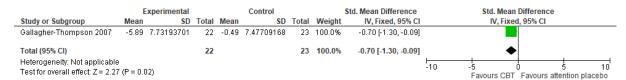
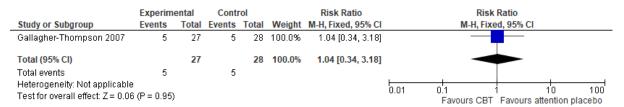


Figure 47: Discontinuation (any reason)



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

Figure 48: Depression symptomatology endpoint

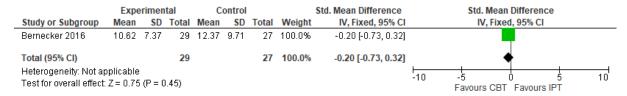


Figure 49: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std. Mea	n Dif	ference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 9	5% CI	
Bernecker 2016	-13.52	6.50193433	29	-12.54	6.57712703	27	100.0%	-0.15 [-0.67, 0.38]					
Total (95% CI)			29			27	100.0%	-0.15 [-0.67, 0.38]			•		
Heterogeneity: Not a Test for overall effect									-10	-5 Favours CB	T F	5 avours IPT	10

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

Figure 50: Depression symptomatology endpoint

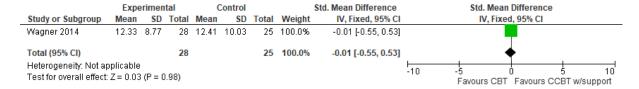


Figure 51: Remission (ITT)

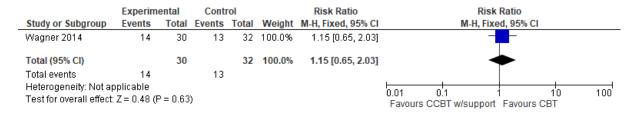


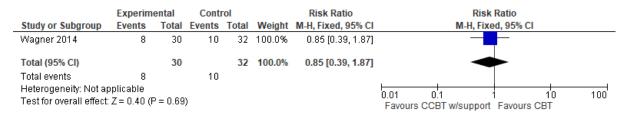
Figure 52: Discontinuation (any reason)



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

	Experimental Mean SD Total			Co	ontro	I		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IN	/, Fixed, 95%	CI	
Wagner 2014	14.47	9.33	20	9.28	7.5	17	100.0%	0.59 [-0.07, 1.26]					
Total (95% CI)			20			17	100.0%	0.59 [-0.07, 1.26]			•		
Heterogeneity: Not ap Test for overall effect:			0.08)						-10	-5 Favour	0 s CBT Favou	rs CCBT w	10 /support

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



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

Figure 55: Depression symptomatology endpoint

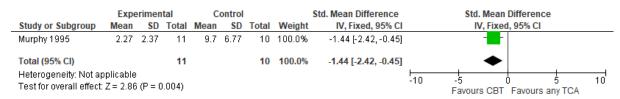


Figure 56: Depression symptomatology change score

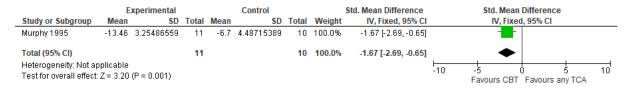


Figure 57: Remission (ITT)



Figure 58: Response (ITT)



Figure 59: Discontinuation (any reason)



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

Figure 60: Depression symptomatology endpoint

	Expe				ontrol			Std. Mean Difference		Std. N	ean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95%	CI	
Laidlaw 2008	5.25	4.48	20	7.75	6.05	20	100.0%	-0.46 [-1.09, 0.17]					
Total (95% CI)			20			20	100.0%	-0.46 [-1.09, 0.17]			•		
Heterogeneity: Not ap Test for overall effect:	•		).15)						-10	-5 Favours (	0 CBT Favou	5 Jrs any AD	10

Figure 61: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std. M	ean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	ixed, 95%	6 CI	
Laidlaw 2008	-6.15	2.97644083	20	-4.05	4.34684943	20	100.0%	-0.55 [-1.19, 0.08]					
Total (95% CI)			20			20	100.0%	-0.55 [-1.19, 0.08]			•		
Heterogeneity: Not ap Test for overall effect:									-10	-5 Favours (	0 CBT Favo	5 ours any AD	10

Figure 62: Remission (ITT)



Figure 63: Discontinuation (any reason)

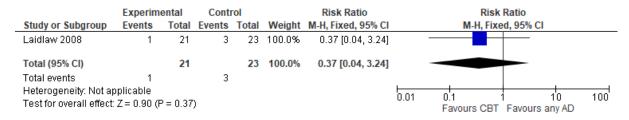


Figure 64: Depression symptomatology at 3-month follow-up

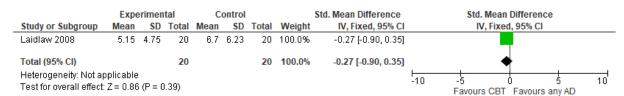


Figure 65: Depression symptomatology at 6-month follow-up

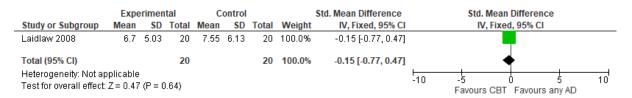
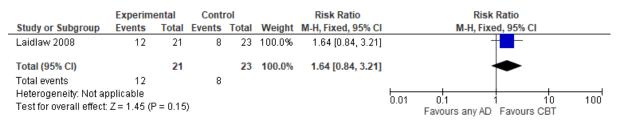


Figure 66: Remission at 3-month follow-up (ITT)

	Experim	ental	Contr	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Laidlaw 2008	16	21	10	23	100.0%	1.75 [1.04, 2.96]	-
Total (95% CI)		21		23	100.0%	1.75 [1.04, 2.96]	•
Total events	16		10				
Heterogeneity: Not ap Test for overall effect	P = 0.04	)				0.01 0.1 1 10 100 Favours any AD Favours CBT	

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



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

Figure 68: Depression symptomatology endpoint

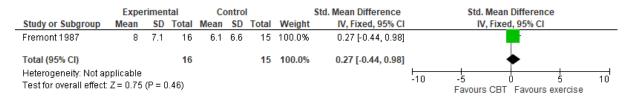


Figure 69: Depression symptomatology change score

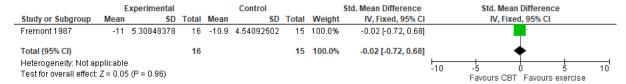


Figure 70: Discontinuation (any reason)



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

	Experimental Control				I	!	Std. Mean Difference		Std. M	ean Differe	ence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	CI	
Fremont 1987	6.6	6.6	16	6	7	15	100.0%	0.09 [-0.62, 0.79]					
Total (95% CI)			16			15	100.0%	0.09 [-0.62, 0.79]			•		
Heterogeneity: Not ap Test for overall effect:			).81)						-10	-5 Favours C	0 BT Favou	5 urs exercis	10 e

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

	Experimental			Co	ntro	I	!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 95%	CI	
Fremont 1987	9.9	7.7	13	6.8	7.1	13	100.0%	0.41 [-0.37, 1.18]					
Total (95% CI)			13			13	100.0%	0.41 [-0.37, 1.18]			•		
Heterogeneity: Not ap Test for overall effect			1.31)						-10	-5 Favours	O CBT Favor	5 urs exercise	10 e

### Less severe: CBT individual (15 sessions or over) versus progressive muscle relaxation individual

Figure 73: Depression symptomatology endpoint

	Experimental			Co	ontro	I		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 95%	CI	
Murphy 1995	2.27	2.37	11	4.39	6.1	13	100.0%	-0.43 [-1.24, 0.39]					
Total (95% CI)			11			13	100.0%	-0.43 [-1.24, 0.39]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.30)						-10	-5 Favours	0 CBT Favor	5 urs relaxati	10

Figure 74: Depression symptomatology change score

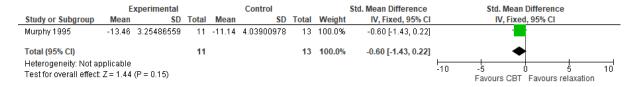


Figure 75: Remission (ITT)

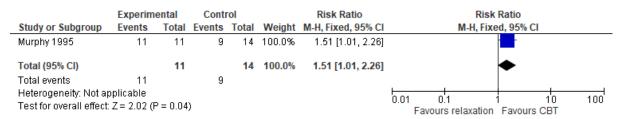


Figure 76: Response (ITT)



Figure 77: Discontinuation (any reason)

	Experim	ental	Conti	rol		Risk Ratio		Risk	Ratio		
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	ed, 95% CI		
Murphy 1995	0	11	3	14	100.0%	0.18 [0.01, 3.13]					
Total (95% CI)		11		14	100.0%	0.18 [0.01, 3.13]					
Total events	0		3								
Heterogeneity: Not ap Test for overall effect:	•	P = 0.24	)				0.01 0.	.1 avours CBT	favours re	10 elaxation	100

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

Figure 78: Depression symptomatology endpoint

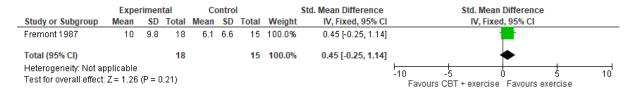


Figure 79: Depression symptomatology change score



Figure 80: Discontinuation (any reason)

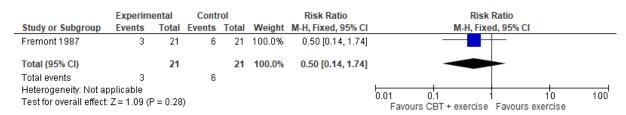


Figure 81: Depression symptomatology at 2-month follow-up

	Experimental Control Mean SD Total Mean SD Tota				ı		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
Fremont 1987	6.2	6.5	18	6	7	15	100.0%	0.03 [-0.66, 0.71]		•		
Total (95% CI)			18			15	100.0%	0.03 [-0.66, 0.71]		•	•	
Heterogeneity: Not a Test for overall effect			1.93)						-10 -	f 5 BT + exercise	) 5 Favours exerc	i 10

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

	Expe	rimen	tal	Control Mean SD Total				Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Fremont 1987	7.5	5.4	13	6.8	7.1	13	100.0%	0.11 [-0.66, 0.88]		-	-		
Total (95% CI)			13			13	100.0%	0.11 [-0.66, 0.88]		•			
Heterogeneity: Not a Test for overall effect			1.78)						-10 - Favours C	5 BT + exercise	Favours exe	5 rcise	10

### Less severe: Cognitive and cognitive behavioural therapies group versus no treatment

Figure 83: Depression symptomatology endpoint

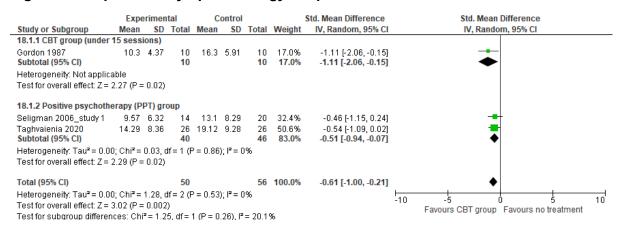


Figure 84: Depression symptomatology change score

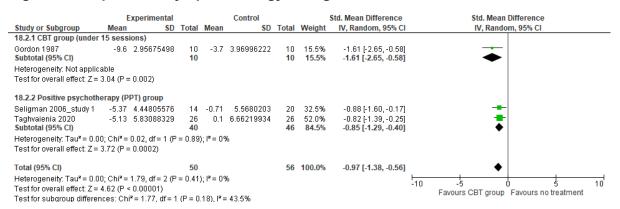
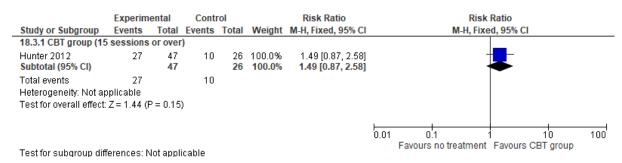


Figure 85: Remission (ITT)



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Figure 86: Discontinuation (any reason)

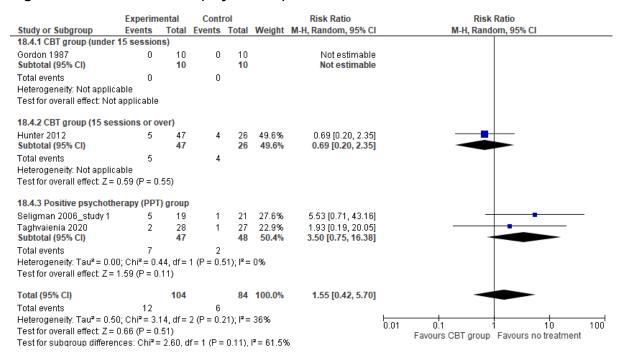


Figure 87: Depression symptomatology at 3-month follow-up

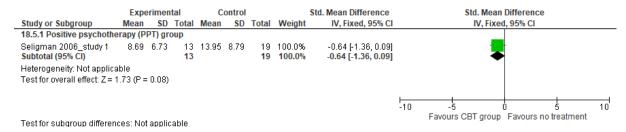


Figure 88: Depression symptomatology at 6-month follow-up

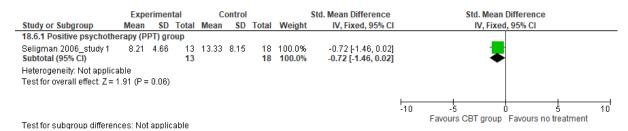
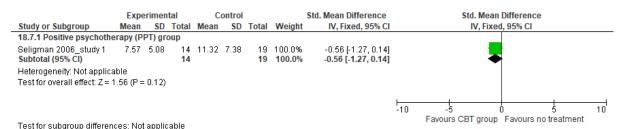
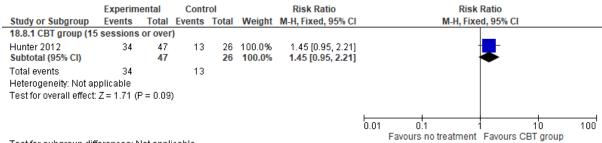


Figure 89: Depression symptomatology at 12-month follow-up

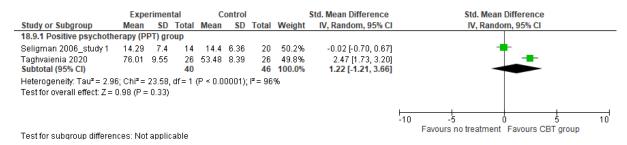


### Figure 90: Remission at 3-month follow-up (ITT)

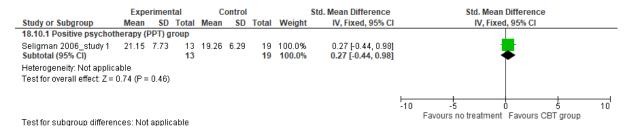


Test for subgroup differences: Not applicable

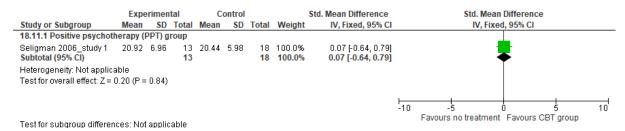
### Figure 91: Quality of life endpoint



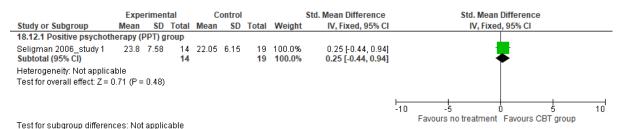
### Figure 92: Quality of life at 3-month follow-up



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



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



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

Figure 95: Depression symptomatology endpoint

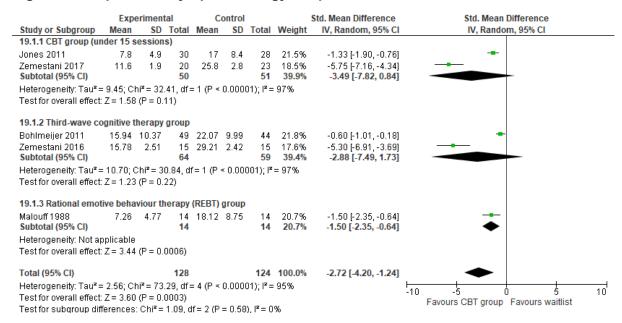


Figure 96: Depression symptomatology change score

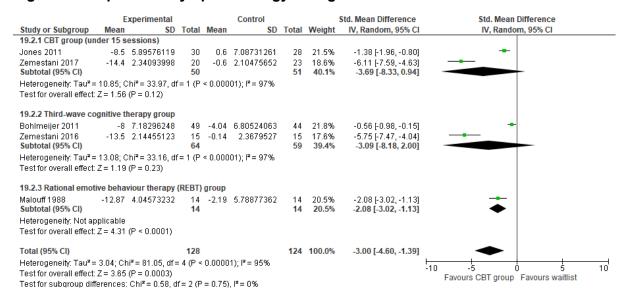


Figure 97: Discontinuation (any reason)

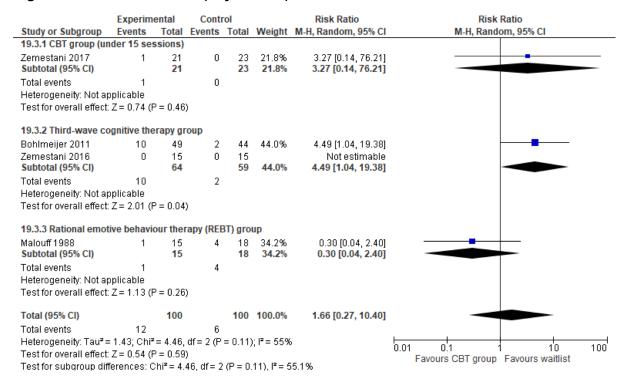
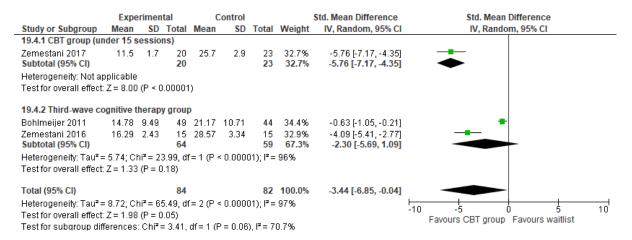


Figure 98: Depression symptomatology at 3-month follow-up



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

Figure 99: Depression symptomatology endpoint

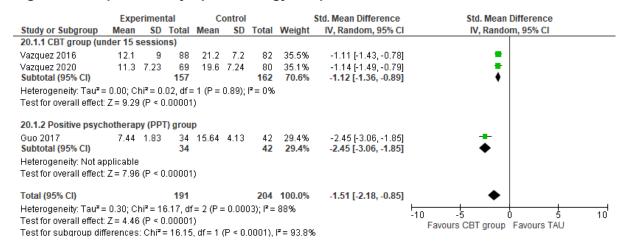


Figure 100: Depression symptomatology change score

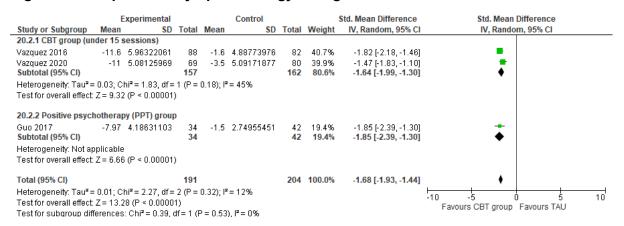


Figure 101: Discontinuation (any reason)

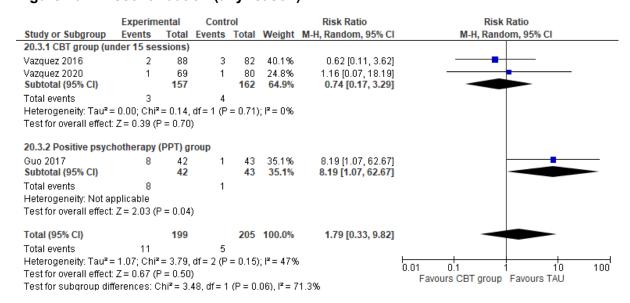


Figure 102: Depression symptomatology at 1-month follow-up

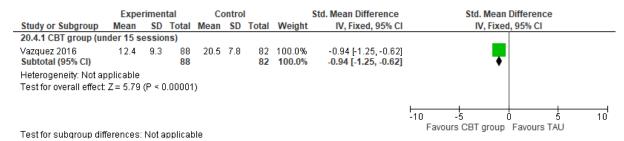


Figure 103: Depression symptomatology at 3-month follow-up

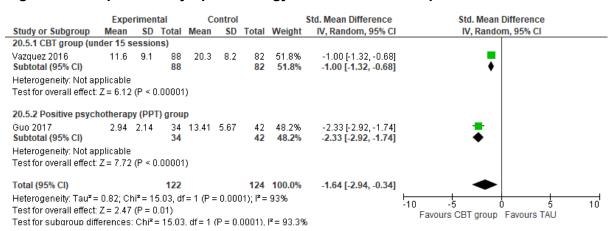


Figure 104: Depression symptomatology at 6-month follow-up

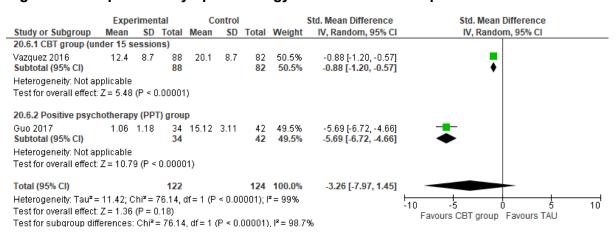
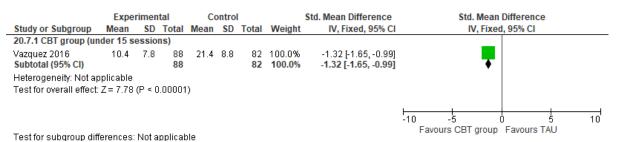
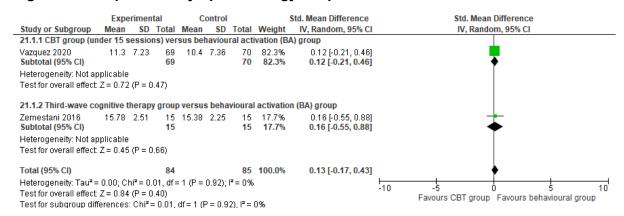


Figure 105: Depression symptomatology at 12-month follow-up

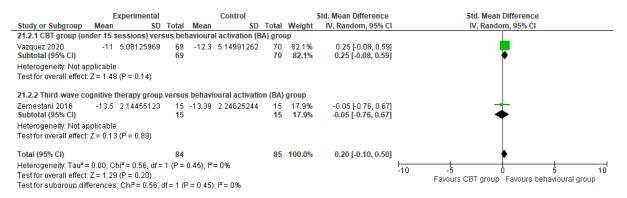


### Less severe: Cognitive and cognitive behavioural therapies group versus behavioural therapies group

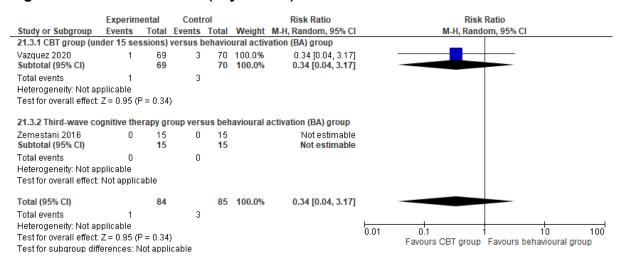
Figure 106: Depression symptomatology endpoint



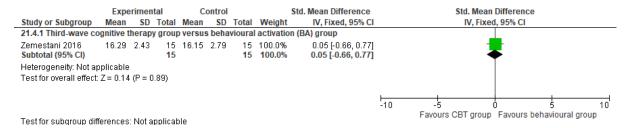
### Figure 107: Depression symptomatology change score



#### Figure 108: Discontinuation (any reason)

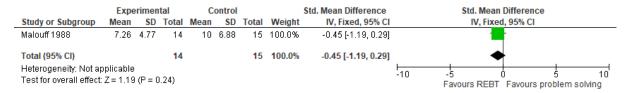


### Figure 109: Depression symptomatology at 3-month follow-up

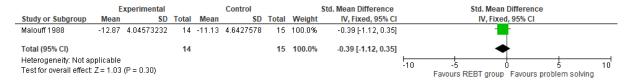


### Less severe: Rational emotive behaviour therapy (REBT) group versus problem solving group

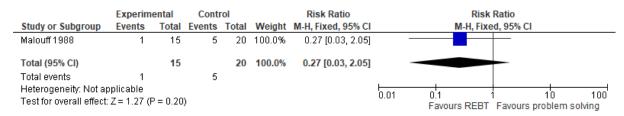
### Figure 110: Depression symptomatology endpoint



#### Figure 111: Depression symptomatology change score



### Figure 112: Discontinuation (any reason)



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

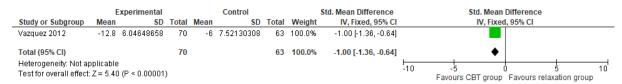


### Less severe: CBT group (under 15 sessions) versus progressive muscle relaxation group

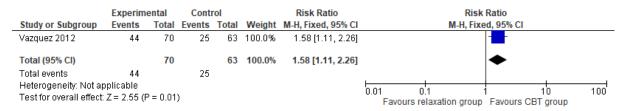
Figure 114: Depression symptomatology endpoint

	Experimental			Control			Std. Mean Difference			Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI	
Vazquez 2012	13.2	8.5	70	18.6	11.2	63	100.0%	-0.54 [-0.89, -0.20]				
Total (95% CI)			70			63	100.0%	-0.54 [-0.89, -0.20]		•		
Heterogeneity: Not ap Test for overall effect:		(P = 0	1.002)						-10	-5 Favours CBT group	D S	5 10 ation group

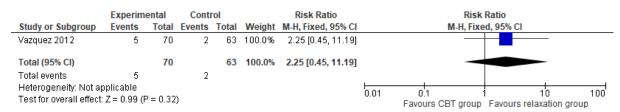
### Figure 115: Depression symptomatology change score



### Figure 116: Remission (ITT)



### Figure 117: Discontinuation (any reason)



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

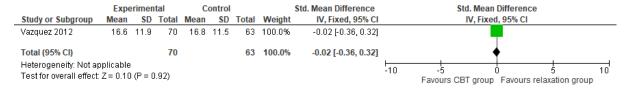


Figure 119: Remission at 3-month follow-up (ITT)

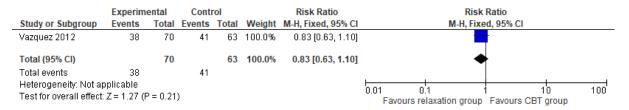


Figure 120: Remission at 6-month follow-up (ITT)

	Experim	ental	Contr	ol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Vazquez 2012	32	70	30	63	100.0%	0.96 [0.67, 1.38]	-
Total (95% CI)		70		63	100.0%	0.96 [0.67, 1.38]	<b>*</b>
Total events	32		30				
Heterogeneity: Not ap Test for overall effect:		P = 0.83	)				0.01 0.1 10 100  Favours relaxation group Favours CBT group

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

Figure 121: Depression symptomatology endpoint

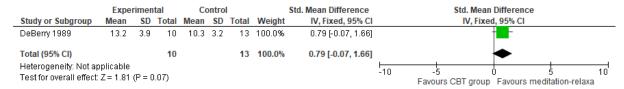
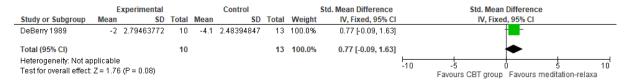


Figure 122: Depression symptomatology change score



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

Figure 123: Depression symptomatology endpoint

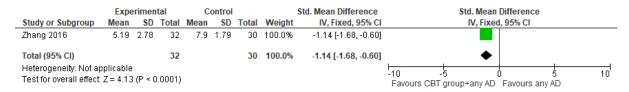


Figure 124: Depression symptomatology change score

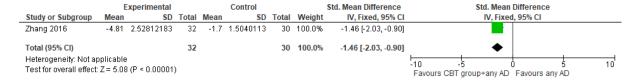
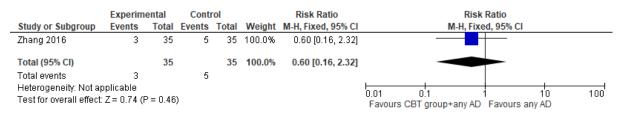


Figure 125: Discontinuation (any reason)



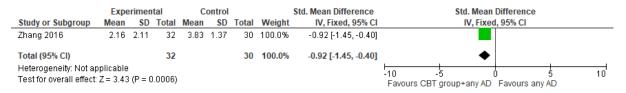
### Figure 126: Depression symptomatology at 12-month follow-up

	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. Mean		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Zhang 2016	1.78	1.21	32	5.67	1.37	30	100.0%	-2.98 [-3.71, -2.24]	-		_
Total (95% CI)			32			30	100.0%	-2.98 [-3.71, -2.24]	•		
Heterogeneity: Not ap Test for overall effect:	•		.00001	)					-10 -5 Favours CBT group+any AD	0 5 Favours any AD	10

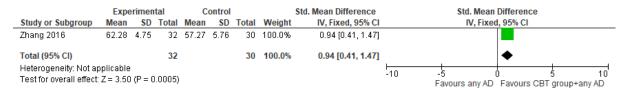
### Figure 127: Functional impairment endpoint

	Expe	erimen	ıtal	C	ontrol			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI				
Zhang 2016	3.91	2.88	32	5.13	1.83	30	100.0%	-0.50 [-1.00, 0.01]	•				
Total (95% CI)			32			30	100.0%	-0.50 [-1.00, 0.01]	•				
Heterogeneity: Not ap Test for overall effect:			0.05)						-10 -5 0 5 10 Favours CBT group+any AD Favours any AD				

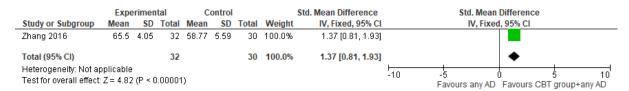
### Figure 128: Functional impairment at 12-month follow-up



## Figure 129: Quality of life physical health component endpoint



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



## Figure 131: Quality of life mental health component endpoint

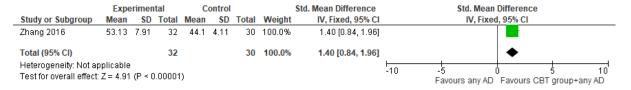
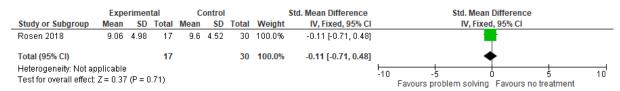


Figure 132: Quality of life mental health component at 12-month follow-up

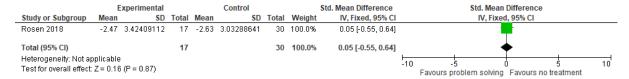


## Less severe: Problem solving individual versus no treatment

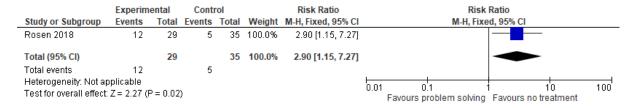
## Figure 133: Depression symptomatology endpoint



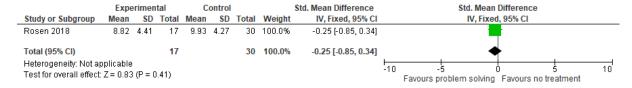
### Figure 134: Depression symptomatology change score



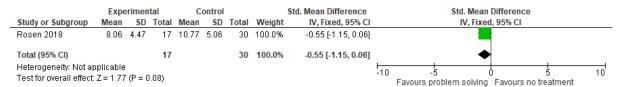
#### Figure 135: Discontinuation (any reason)



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



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



## Less severe: Problem solving individual versus TAU

## Figure 138: Depression symptomatology endpoint

	Expe	rimen	tal	Control				Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI		
Kendrick 2005/2006a	6.06	4.5	71	5.82	4.45	113	100.0%	0.05 [-0.24, 0.35]				
Total (95% CI)			71			113	100.0%	0.05 [-0.24, 0.35]	•	•		
Heterogeneity: Not appl Test for overall effect: Z		= 0.7	2)						-10 -5 ( Favours problem solving	Favours TAU		10

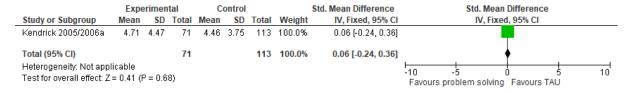
### Figure 139: Depression symptomatology change score

	E	xperimental	Control					Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Kendrick 2005/2006a	-3.98	3.0968371	71	-3.81	2.98	113	100.0%	-0.06 [-0.35, 0.24]	_			
Total (95% CI)			71			113	100.0%	-0.06 [-0.35, 0.24]	<b>.</b> • • • • • • • • • • • • • • • • • • •			
Heterogeneity: Not appl Test for overall effect: Z		P = 0.71)							-10 -5 0 5 10 Favours problem solving Favours TAU			

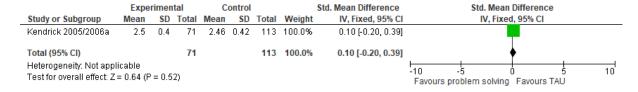
### Figure 140: Discontinuation (any reason)



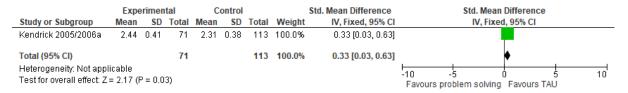
## Figure 141: Depression symptomatology at 4-month follow-up



### Figure 142: Interpersonal problems endpoint



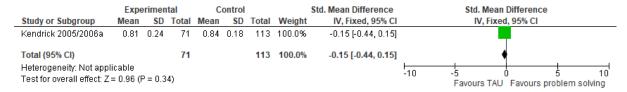
### Figure 143: Interpersonal problems at 4-month follow-up



## Figure 144: Quality of life endpoint

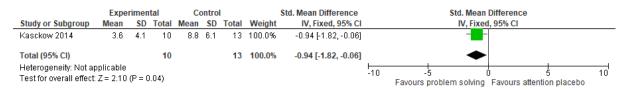
	Expe	erimen	tal	C	Control			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95% (	CI	
Kendrick 2005/2006a	0.8	0.19	71	0.82	0.19	113	100.0%	-0.10 [-0.40, 0.19]					
Total (95% CI)			71			113	100.0%	-0.10 [-0.40, 0.19]			•		
Heterogeneity: Not appl Test for overall effect: Z		P = 0.4	9)						-10	-5 Favour	0 s TAU Favou	5 Irs problem	10 solving

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

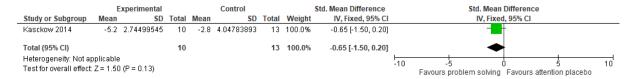


## Less severe: Problem solving individual versus attention placebo

## Figure 146: Depression symptomatology endpoint



### Figure 147: Depression symptomatology change score



### Figure 148: Discontinuation (any reason)



Figure 149: Quality of life mental health component endpoint

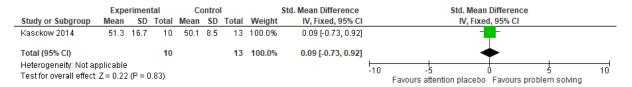
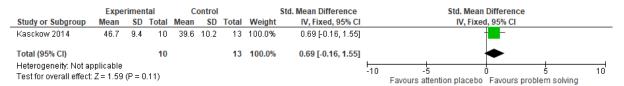
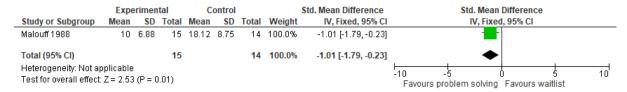


Figure 150: Quality of life physical health component endpoint

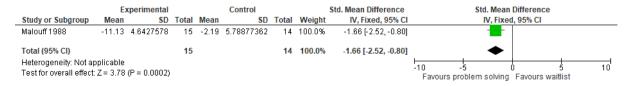


## Less severe: Problem solving group versus waitlist

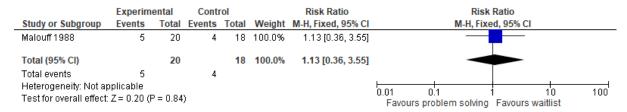
Figure 151: Depression symptomatology endpoint



### Figure 152: Depression symptomatology change score



## Figure 153: Discontinuation (any reason)



## Less severe: Problem solving group versus TAU

### Figure 154: Depression symptomatology endpoint



Figure 155: Depression symptomatology change score



## Figure 156: Remission (ITT)

	Experim	ental	Conti	rol		Risk Ratio		Ris	k Ratio	
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI		M-H, Fix	ced, 95% CI	
Vazquez 2013/Otero 2015/Lopez 2020	70	89	10	84	100.0%	6.61 [3.66, 11.94]			-	-
Total (95% CI)		89		84	100.0%	6.61 [3.66, 11.94]			•	
Total events	70		10							
Heterogeneity: Not applicable Test for overall effect: Z = 6.25 (P < 0.0000)	11)						0.01	0.1	1 1	0 100
1001101 0101411 01100L Z = 0.20 (1 0.0000	,							Favours TAI	J Favours prob	olem solving

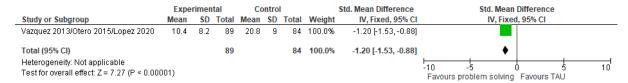
## Figure 157: Discontinuation (any reason)



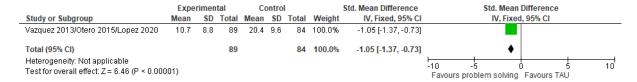
### Figure 158: Depression symptomatology at 1-month follow-up

	Expe	rimen	tal	Co	ontro	I		Std. Mean Difference		Std. Mean	Difference	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Vazquez 2013/Otero 2015/Lopez 2020	10.3	7.8	89	20.8	8.7	84	100.0%	-1.27 [-1.59, -0.94]					
Total (95% CI)			89			84	100.0%	-1.27 [-1.59, -0.94]		•			
Heterogeneity: Not applicable Test for overall effect: Z = 7.59 (P < 0.00)	001)								-10 -	l 5 blem solvina	) Favours	5 TAU	10

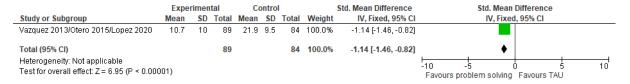
### Figure 159: Depression symptomatology at 3-month follow-up



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



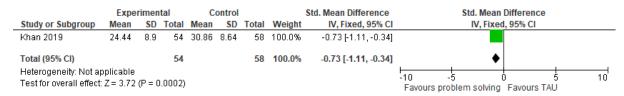
## Figure 161: Depression symptomatology at 12-month follow-up



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

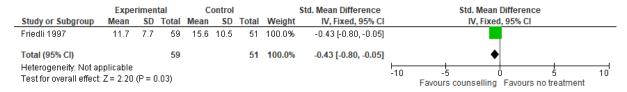
	Expe	rimen	tal	Co	ontro	I		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Vazquez 2013/Otero 2015/Lopez 2020	8.9	7.7	89	12.4	9.5	84	100.0%	-0.40 [-0.71, -0.10]		
Total (95% CI)			89			84	100.0%	-0.40 [-0.71, -0.10]	<b>♦</b>	
Heterogeneity: Not applicable Test for overall effect: Z = 2.63 (P = 0.009	)								-10 -5 0 5	10

### Figure 163: Functional impairment endpoint



## Less severe: Counselling versus no treatment

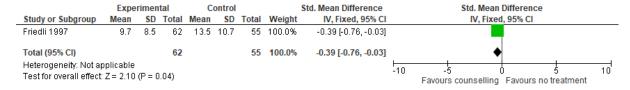
## Figure 164: Depression symptomatology endpoint



### Figure 165: Discontinuation (any reason)



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



### Figure 167: Interpersonal problems endpoint

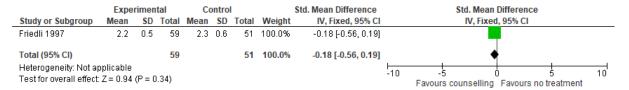


Figure 168: Interpersonal problems at 6-month follow-up

	Expe	rimen	tal	Co	ontro	I	Std. Mean Difference			Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Friedli 1997	2	0.5	62	2.2	0.5	55	100.0%	-0.40 [-0.76, -0.03]		•	
Total (95% CI)			62			55	100.0%	-0.40 [-0.76, -0.03]		•	
Heterogeneity: Not a Test for overall effect			1.03)						-10	-5 0 5 Favours counselling Favours no treatment	10

## Less severe: Counselling + traditional acupuncture versus traditional acupuncture

Figure 169: Depression symptomatology endpoint

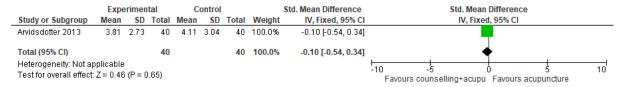


Figure 170: Depression symptomatology change score

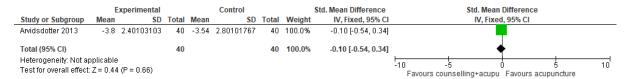
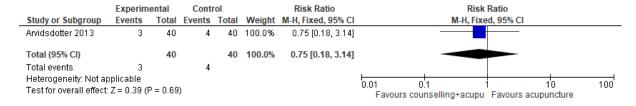


Figure 171: Discontinuation (any reason)



### Less severe: IPT versus TAU

Figure 172: Depression symptomatology endpoint

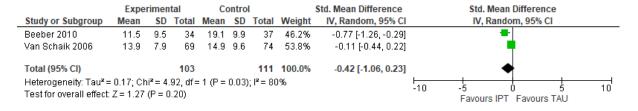


Figure 173: Depression symptomatology change score



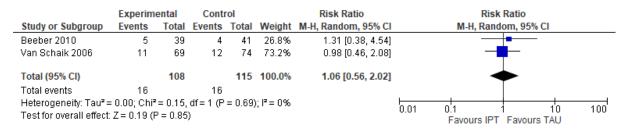
## Figure 174: Remission (ITT)

	Experim	ental	Conti	rol		Risk Ratio			
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI	
Van Schaik 2006	19	69	20	74	100.0%	1.02 [0.60, 1.74]		-	
Total (95% CI)		69		74	100.0%	1.02 [0.60, 1.74]		•	
Total events	19		20						
Heterogeneity: Not ap Test for overall effect:	•	P = 0.95	)				0.01	0.1 1 Favours TAU Favours IF	10 100 PT

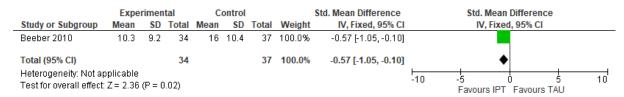
### Figure 175: Response (ITT)



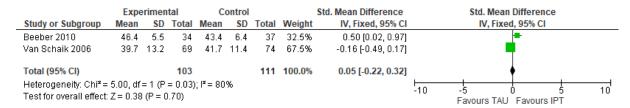
## Figure 176: Discontinuation (any reason)



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



### Figure 178: Quality of life physical health component endpoint



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

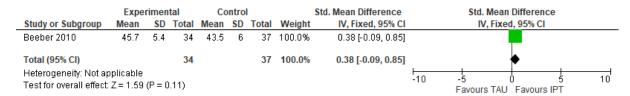


Figure 180: Quality of life mental health component endpoint

	Expe	erimen	rimental Control				Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean					Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Van Schaik 2006	42.4	11.4	69	39.4	11.1	74	100.0%	0.27 [-0.06, 0.59]					
Total (95% CI)			69			74	100.0%	0.27 [-0.06, 0.59]			•		
Heterogeneity: Not ap Test for overall effect:			0.11)						-10	-5 Favours	O TAU Favor	5 Irs IPT	10

## Less severe: Interpersonal counselling individual versus any SSRI

Figure 181: Depression symptomatology at endpoint

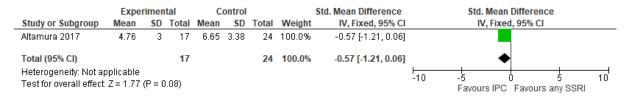
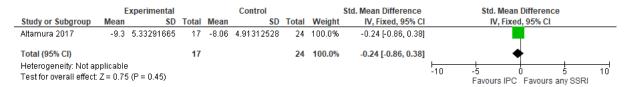


Figure 182: Depression symptomatology change score



### Figure 183: Remission (ITT)



Figure 184: Discontinuation (any reason)



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

Figure 185: Depression symptomatology at endpoint

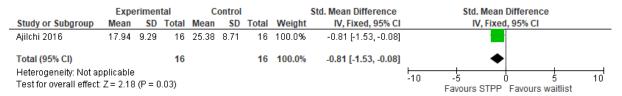


Figure 186: Depression symptomatology change score

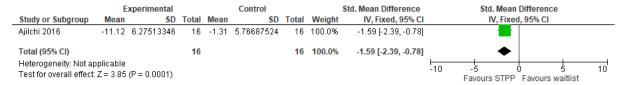


Figure 187: Discontinuation (any reason)



## Less severe: Short-term psychodynamic psychotherapy individual versus counselling

Figure 188: Depression symptomatology endpoint

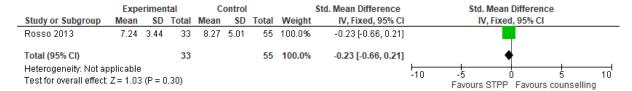
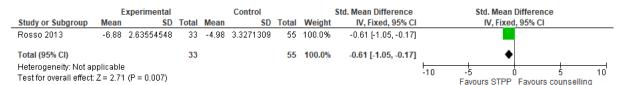


Figure 189: Depression symptomatology change score



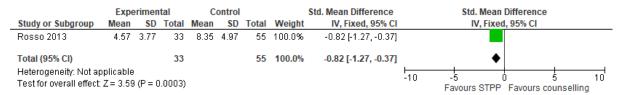
## Figure 190: Remission (ITT)

	Experim	ental	Contr	rol		Risk Ratio	Risk Ratio					
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI					
Rosso 2013	17	33	26	55	100.0%	1.09 [0.71, 1.68]	-					
Total (95% CI)		33		55	100.0%	1.09 [0.71, 1.68]	<b>*</b>					
Total events	17		26									
Heterogeneity: Not ap Test for overall effect:	•	o = 0.70	)				0.01 0.1 1 Favours counselling Favours S	10 100 STPP				

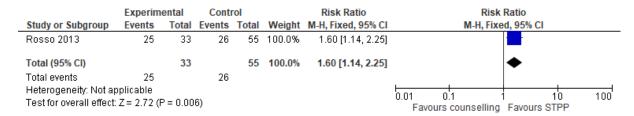
## Figure 191: Discontinuation (any reason)



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



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



## Less severe: Self-help versus no treatment

Figure 194: Depression symptomatology endpoint

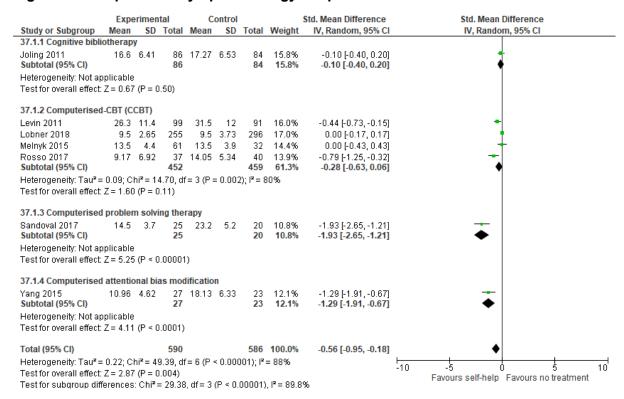
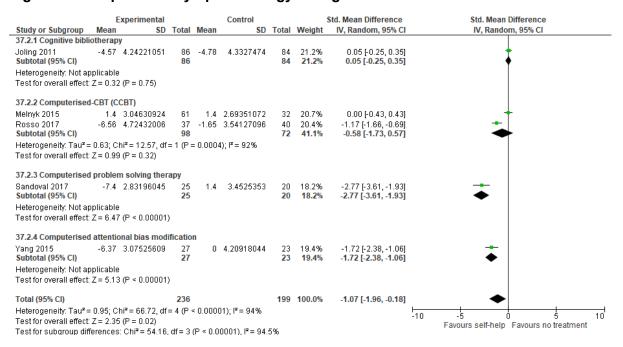
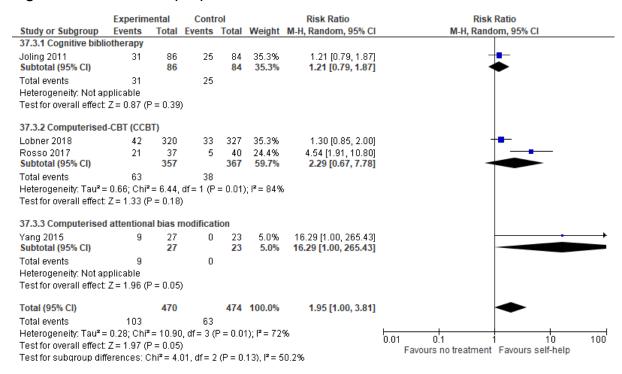


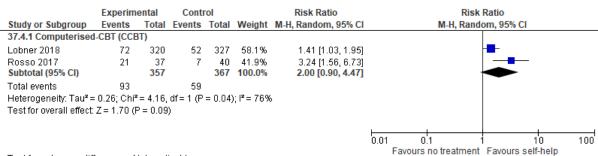
Figure 195: Depression symptomatology change score



## Figure 196: Remission (ITT)



## Figure 197: Response (ITT)



Test for subgroup differences: Not applicable

Figure 198: Discontinuation (any reason)

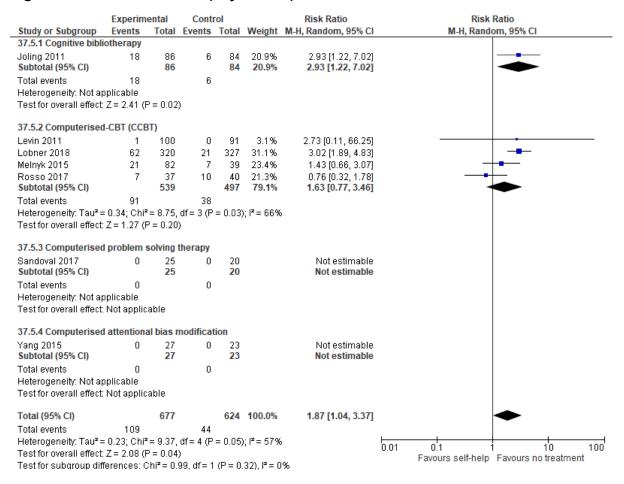
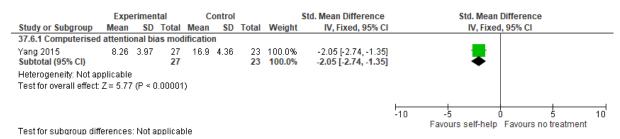


Figure 199: Depression symptomatology at 1-month follow-up



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

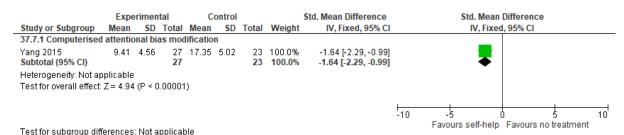


Figure 201: Depression symptomatology at 3-month follow-up

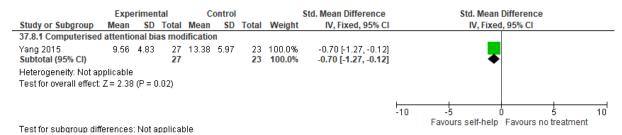


Figure 202: Depression symptomatology at 5-7 month follow-up

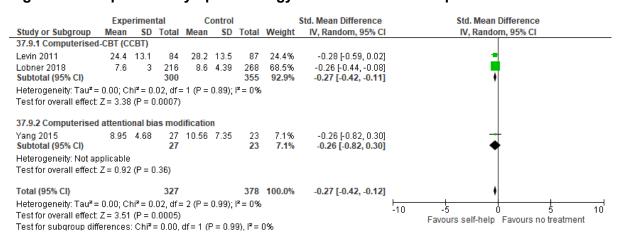
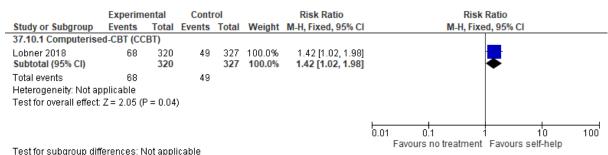
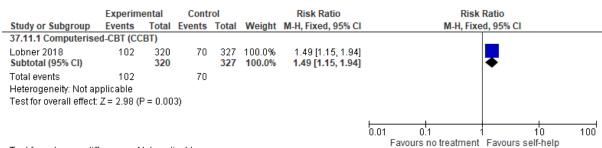


Figure 203: Remission at 5-month follow-up (ITT)

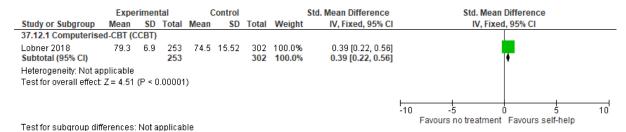


### Figure 204: Response at 5-month follow-up (ITT)

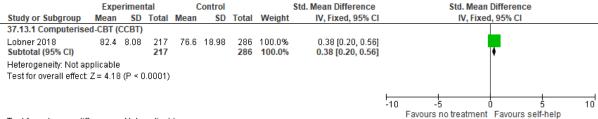


Test for subgroup differences: Not applicable

## Figure 205: Quality of life endpoint



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



Test for subgroup differences: Not applicable

## Less severe: Self-help versus waitlist

Figure 207: Depression symptomatology endpoint

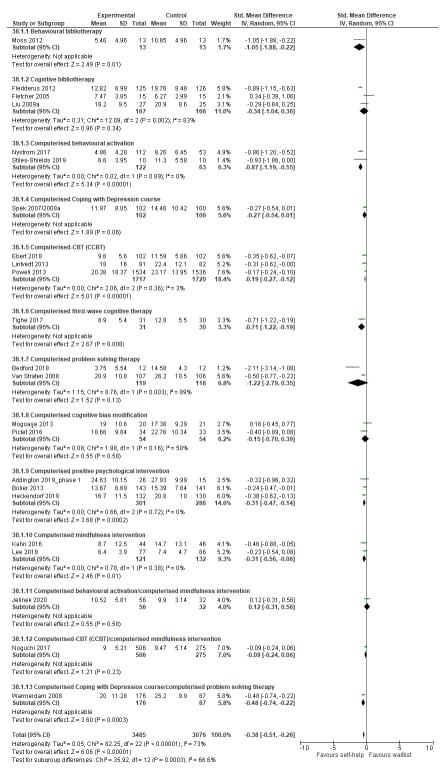
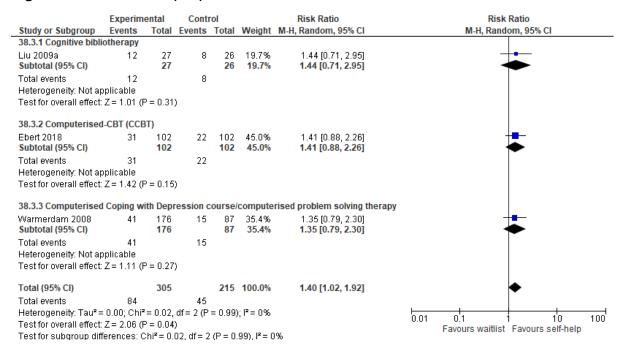


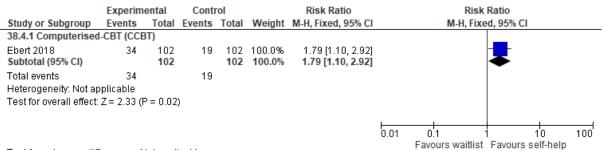
Figure 208: Depression symptomatology change score

Study or Subgroup	Mean	Experimental SD	Total	Mean	Control SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
38.2.1 Behavioural biblioth Moss 2012 Subtotal (95% CI)	erapy -5.77	4.34576806	13 <b>13</b>	-1.15	3.81650364	13 <b>13</b>	3.0% <b>3.0</b> %	-1.09 [-1.93, -0.26] - <b>1.</b> 09 [- <b>1.93</b> , - <b>0.26</b> ]	_
Heterogeneity: Not applicable Test for overall effect: Z = 2.5		.01)						,,	
38.2.2 Cognitive bibliothera Fledderus 2012	эру -9.61	4.83294424	125	-2.69	5.61811356	126	6.1%	-1.32 [-1.59, -1.04]	
Fletcher 2005 Liu 2009a	-1.43 -9.6	2.64033142 8.4	15 27 <b>167</b>		2.11780547 10	15 25 <b>166</b>	3.6% 4.4% <b>14.0</b> %	0.08 [-0.63, 0.80] -0.76 [-1.32, -0.20]	_
Subtotal (95% CI)  Heterogeneity: Tau <sup>2</sup> = 0.40;  Test for overall effect: Z = 1.3				); I² = 8I	6%	100	14.0%	-0.72 [-1.50, 0.05]	
38.2.3 Computerised behav	vioural a	ctivation							
Nystrom 2017 Stiles-Shields 2019 Subtotal (95% CI)	-8.14 -8.6	3.16 3.63515474	112 10 <b>122</b>		4.27316042 3.71521197	53 10 <b>63</b>	5.6% 2.6% <b>8.2</b> %	-1.51 [-1.88, -1.14] -0.99 [-1.93, -0.05] -1.44 [-1.79, -1.09]	<u>-</u>
Heterogeneity: Tau² = 0.00; Test for overall effect: Z = 8.			.31); l²	= 2%					
38.2.4 Computerised Copin Spek 2007/2008a		epression cou 5.45214178	r <b>se</b> 102	-3 67	6.89807219	100	6.0%	-0.57 [-0.85, -0.28]	-
Subtotal (95% CI)  Heterogeneity: Not applicab Test for overall effect: Z = 3.	ile		102	0.01	0.00001210	100	6.0%	-0.57 [-0.85, -0.28]	•
38.2.5 Computerised-CBT (		.0001)							
Ebert 2018 Lintvedt 2013	-4.12 -4.1	4.21427337 10.77032961	102 81		4.56681508 8.05667425	102 82	6.1% 5.8%	-0.25 [-0.52, 0.03] -0.73 [-1.05, -0.42]	<u>.</u>
Powell 2013 Subtotal (95% CI)		12.16249563	1534 1717	-0.1	9.75559583	1536 <b>1720</b>	6.9% <b>18.8%</b>	-0.25 [-0.32, -0.18] - <b>0.38 [-0.64, -0.12]</b>	•
Heterogeneity: $Tau^2 = 0.04$ ; Test for overall effect: $Z = 2$ .			.01); 1*	= //%					
38.2.6 Computerised third- Tighe 2017	wave co -6.3	gnitive therapy 3.6	31	-2.3	3.64485939	30	4.5%	-1.09 [-1.63, -0.55]	+
Subtotal (95% CI)  Heterogeneity: Not applicab  Test for overall effect: Z = 3.8		.0001)	31			30	4.5%	-1.09 [-1.63, -0.55]	•
38.2.7 Computerised probl									
Bedford 2018 Van Straten 2008 Subtotal (95% CI)	-8.67 -9	3.66723329 7.21318238	12 107 <b>119</b>		3.04055916 7.07036067	12 106 <b>118</b>	2.1% 6.1% <b>8.2</b> %	-2.46 [-3.56, -1.36] -0.74 [-1.02, -0.46] -1.51 [-3.19, 0.16]	— <b>÷</b>
Heterogeneity: Tau² = 1.31; Test for overall effect: Z = 1.			.003); I	²= 89%					
38.2.8 Computerised cogni Mogoase 2013	itive bias	modification 7.01381494	20	-0.52	6.31180244	21	4.1%	-0.24 [-0.85, 0.37]	-
Pictet 2016 Subtotal (95% CI)	-8.05	6.63321943	34 <b>54</b>		7.01603877	33 <b>54</b>	4.7% 8.8%	-1.01 [-1.52, -0.50] -0.65 [-1.40, 0.11]	<b>*</b>
Heterogeneity: Tau² = 0.22; Test for overall effect: Z = 1.			I.U6); I*	= 72%					
38.2.9 Computerised positi Addington 2019_phase 1	ive psycl 0.6	nological interv 7.5746221	ention 26	2.51	7.48098256	15	4.0%	-0.25 [-0.89, 0.39]	
Bolier 2013 Heckendorf 2019	-3.24 -5.1	4.50733846 7.63642587	143 132	-1.28 -1.5	5.30365911 6.88186021	141 130	6.3% 6.2%	-0.40 [-0.63, -0.16] -0.49 [-0.74, -0.25]	•
Subtotal (95% CI)  Heterogeneity: Tau <sup>2</sup> = 0.00;  Test for overall effect: Z = 5.			301 .73); l²	= 0%		286	16.5%	-0.43 [-0.59, -0.27]	•
38.2.10 Computerised mine									
Lee 2018 Subtotal (95% CI)	-2	2.9231832	77 <b>77</b>	-0.7	3.25806691	86 <b>86</b>	5.9% <b>5.9</b> %	-0.42 [-0.73, -0.11] -0.42 [-0.73, -0.11]	•
Heterogeneity: Not applicab Test for overall effect: Z = 2.		.009)							
38.2.11 Computerised Cop Warmerdam 2008	ing with -11.55	Depression co 7.5	urse/co		rised problem 6.81138752	solvin 87	g therapy 6.1%	-0.64 [-0.90, -0.37]	-
Subtotal (95% CI)  Heterogeneity: Not applicab  Test for overall effect: Z = 4.	ile		176			87	6.1%	-0.64 [-0.90, -0.37]	•
Total (95% CI)	ALIZ :	10.74 46 40 7	2879	0045 =	070	2723	100.0%	-0.70 [-0.89, -0.50]	
Heterogeneity: Tau² = 0.14; Test for overall effect: Z = 7.1 Test for subgroup difference	03 (P < 0	.00001)							-10 -5 0 5 10 Favours self-help Favours waitlist

## Figure 209: Remission (ITT)



## Figure 210: Response (ITT)



Test for subgroup differences: Not applicable

Figure 211: Discontinuation (any reason)

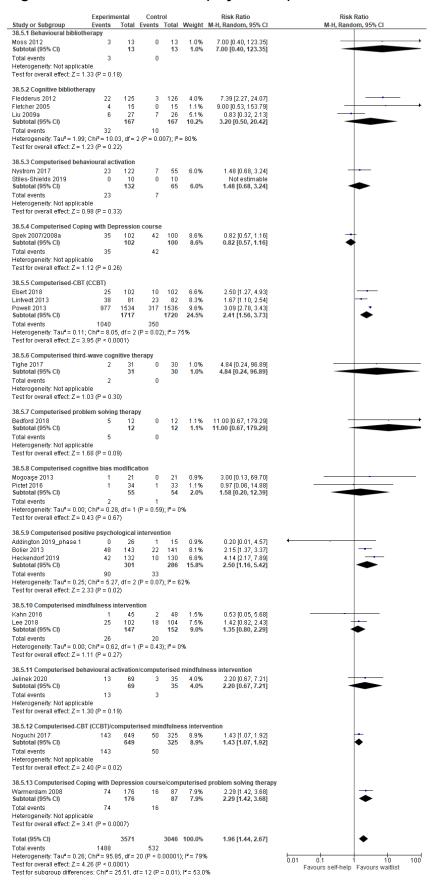


Figure 212: Remission at 1-month follow-up (ITT)

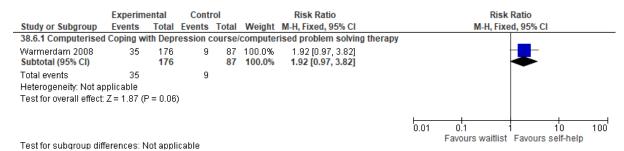


Figure 213: Depression symptomatology at 1-month follow-up

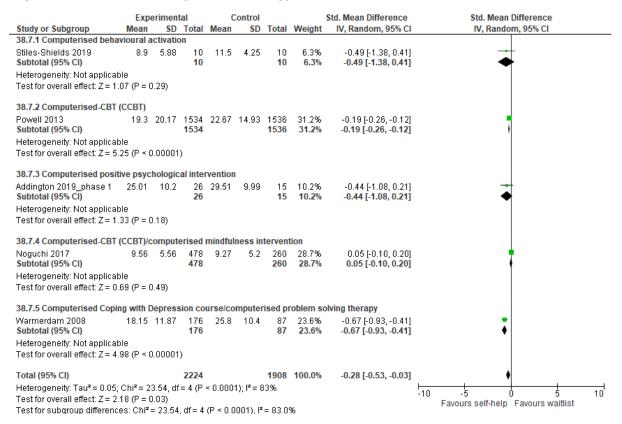


Figure 214: Depression symptomatology at 3-4 month follow-up

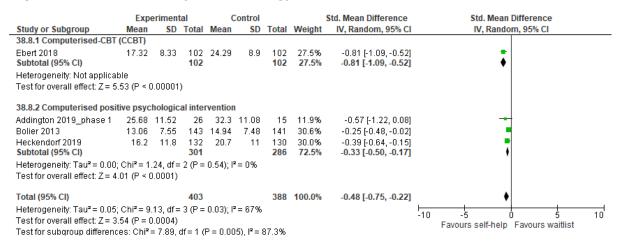


Figure 215: Quality of life endpoint

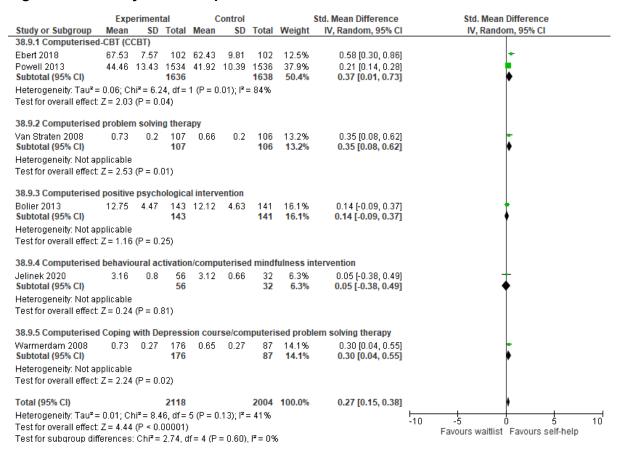


Figure 216: Quality of life at 1-4 month follow-up

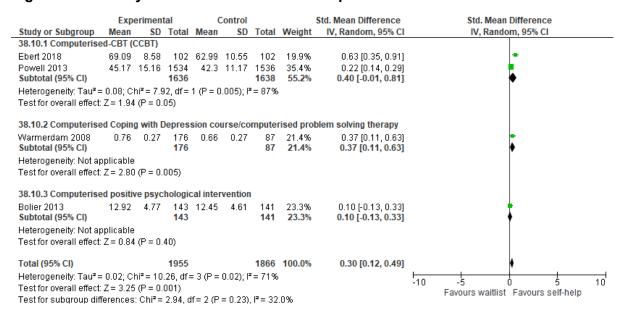


Figure 217: Quality of life physical health component endpoint

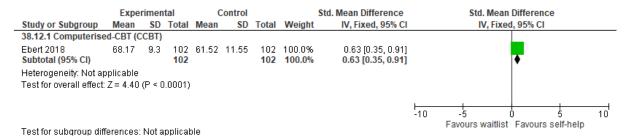


Figure 218: Quality of life mental health component endpoint

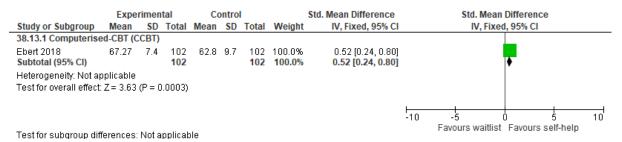
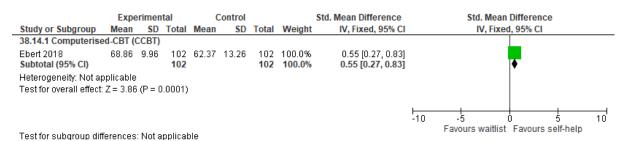


Figure 219: Quality of life physical health component at 3-month follow-up



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

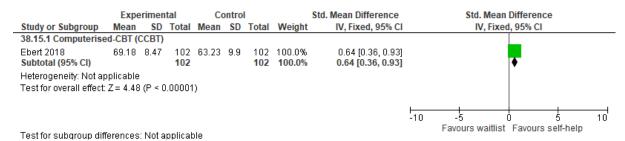


Figure 221: Sleeping difficulties endpoint

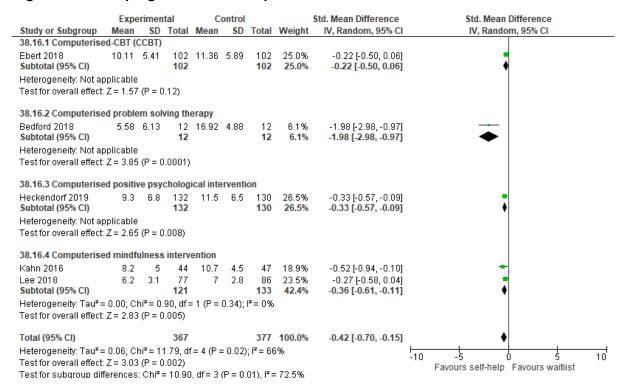


Figure 222: Sleeping difficulties at 3-month follow-up

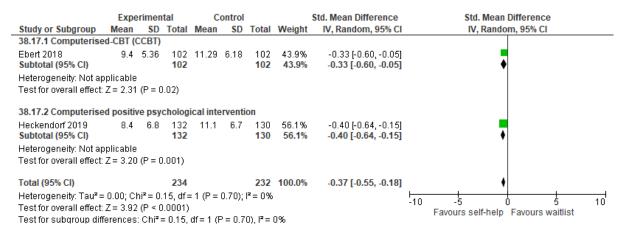
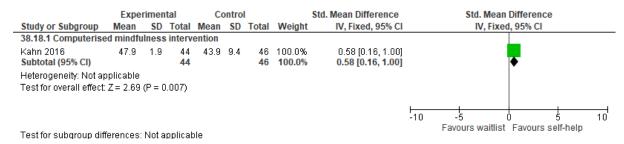
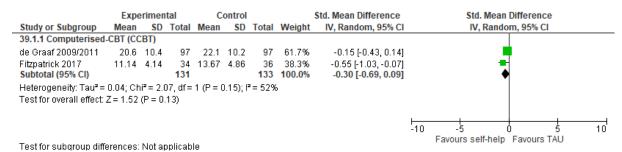


Figure 223: Interpersonal functioning endpoint

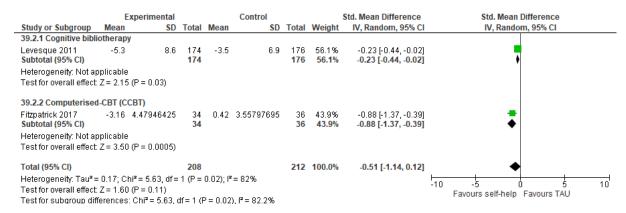


## Less severe: Self-help versus TAU

Figure 224: Depression symptomatology endpoint



### Figure 225: Depression symptomatology change score



### Figure 226: Remission (ITT)

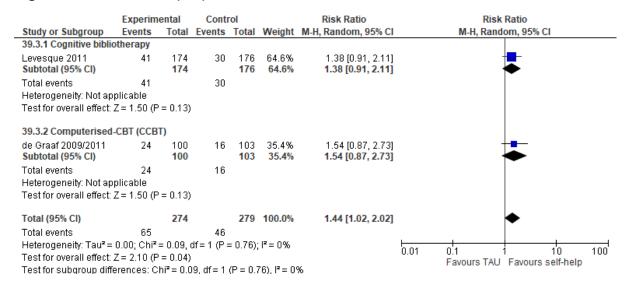


Figure 227: Discontinuation (any reason)

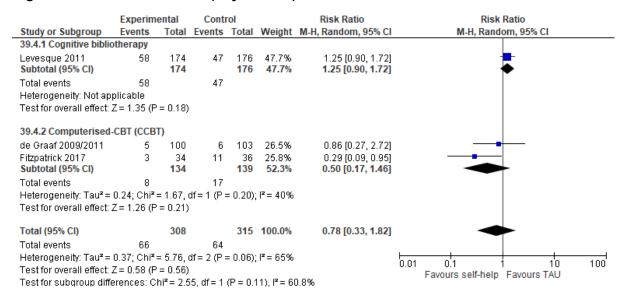
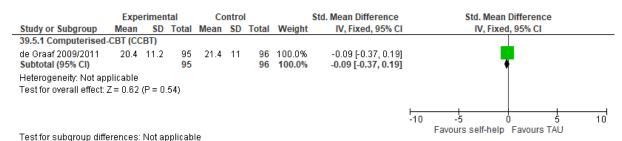
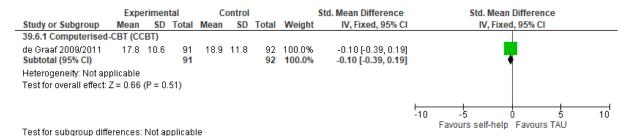


Figure 228: Depression symptomatology at 1-month follow-up



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



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

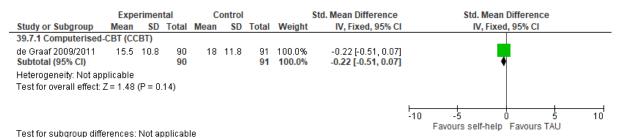
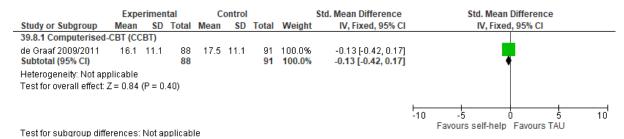


Figure 231: Depression symptomatology at 10-month follow-up



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

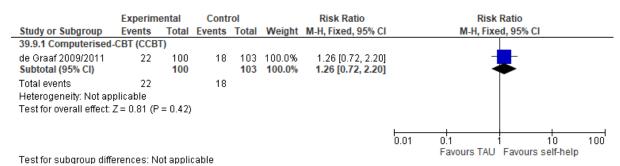


Figure 233: Remission at 4-month follow-up (ITT)

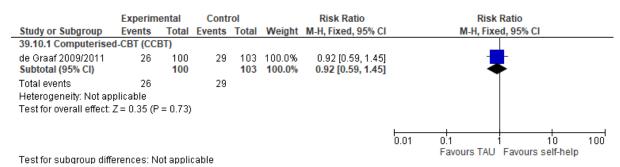


Figure 234: Remission at 10-month follow-up (ITT)

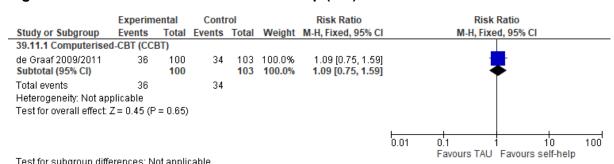
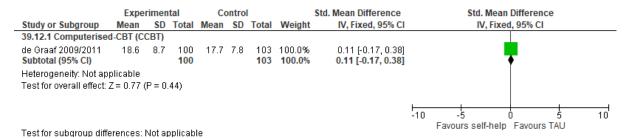


Figure 235: Functional impairment at 1-month follow-up



## Less severe: Self-help versus attention placebo

Figure 236: Depression symptomatology endpoint

Study or Subgroup 10.1.1 Cognitive bibliotherapy	Exp Mean	eriment SD		( Mean	Control SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
Geisner 2006 Subtotal (95% CI)	16.18	9.04	89 <b>89</b>	16.8	8.64	88 <b>88</b>	10.4% <b>10.4</b> %	-0.07 [-0.36, 0.22] - <b>0.07 [-0.36, 0.22]</b>	<del>,</del>
Heterogeneity: Not applicable Fest for overall effect: Z = 0.46 (P = 0.64	4)								
10.1.2 Computerised-CBT (CCBT)									
Hur 2018 Subtotal (95% CI)	10	7.09	17 <b>17</b>	16	10.32	17 <b>17</b>	5.1% <b>5.1%</b>	-0.66 [-1.35, 0.03] - <b>0.66 [-1.35, 0.03]</b>	<b>→</b>
leterogeneity: Not applicable 'est for overall effect: Z = 1.87 (P = 0.06	6)								
0.1.3 Computerised attentional bias	modifica	ation							
aert 2010_study 1		13.45		17.17	7.7	23	6.2%	0.71 [0.13, 1.30]	-
fastikhina 2017	12.38	7.21		10.38	4.85	21	6.1%	0.32 [-0.27, 0.91]	<del> -</del>
ang 2015 Subtotal (95% CI)	10.96	4.62	27 <b>76</b>	16.78	5.09	27 <b>71</b>	6.2% <b>18.6%</b>	-1.18 [-1.76, -0.60] -0.05 [-1.19, 1.08]	
Heterogeneity: Tau² = 0.92; Chi² = 22.5 Fest for overall effect: Z = 0.09 (P = 0.90)		(P < 0.0		²= 91%		•	10.0%	-0.00 [-1.10, 1.00]	
0.1.4 Computerised cognitive bias m		tion							
Pictet 2016	18.66		24	20.83	8.59	34	7.6%	0.221.024.0241	
Pictet 2016 3mith 2018		9.84	34 21		10.72	34 19	7.6% 5.8%	-0.23 [-0.71, 0.24] -0.12 [-0.74, 0.51]	
Subtotal (95% CI)	20	11.96	55	21.35	10.72	53	13.4%	-0.12 [-0.74, 0.51] - <b>0.19 [-0.57, 0.19]</b>	•
Heterogeneity: Tau² = 0.00; Chi² = 0.08 Fest for overall effect: Z = 0.98 (P = 0.30		P = 0.77	); I² = 0	)%					
0.1.5 Computerised positive psychol	_								
ddington 2019_phase 1		10.15		26.83		17	5.9%	-0.21 [-0.83, 0.40]	<del>-</del>
royer 2016 ubtotal (95% CI)	11.17	9.72	59 <b>85</b>	15.28	11.61	54 <b>71</b>	9.1% <b>15.0%</b>	-0.38 [-0.76, -0.01] - <b>0.34 [-0.66, -0.02]</b>	•
Heterogeneity: Tau² = 0.00; Chi² = 0.21 Test for overall effect: Z = 2.08 (P = 0.04		P = 0.64	);	1%					
40.1.6 Computerised mindfulness into	erventio	n							
Howells 2016 Subtotal (95% CI)	10.05	9.13	57 <b>57</b>	13.39	9.59	64 <b>64</b>	9.3% <b>9.3%</b>	-0.35 [-0.71, 0.01] - <b>0.35 [-0.71, 0.01</b> ]	•
Heterogeneity: Not applicable Fest for overall effect: Z = 1.93 (P = 0.05	5)								
0.1.7 Computerised-CBT (CCBT)/psy				ite					
Christensen 2004a/Mackinnon 2008 Gubtotal (95% CI)	16.05	9.53	276 <b>276</b>	19.5	11.8	159 <b>159</b>	11.9% <b>11.9%</b>	-0.33 [-0.53, -0.13] - <b>0.33 [-0.53</b> , - <b>0.13]</b>	•
leterogeneity: Not applicable 'est for overall effect: Z = 3.30 (P = 0.00	010)								
0.1.8 Computerised-CBT (CCBT)/Con	-								
tcDermott 2019 Subtotal (95% CI)	17.33	11.53	298 <b>298</b>	16.61	10.83	158 <b>158</b>	11.9% <b>11.9%</b>	0.06 [-0.13, 0.26] <b>0.06 [-0.13, 0.26]</b>	<b>,</b>
Heterogeneity: Not applicable Test for overall effect: Z = 0.65 (P = 0.5)	2)								
0.1.9 Expressive writing									
1cMakin 2011	16.62	5.21		19.43	5.52	14	4.4%	-0.51 [-1.28, 0.26]	<del></del>
i <b>ubtotal (95% CI)</b> Heterogeneity: Not applicable Fest for overall effect: Z = 1,29 (P = 0,21	ns.		13			14	4.4%	-0.51 [-1.28, 0.26]	
rest for overall effect. Z = 1.29 (P = 0.20)	<i>)</i>		966			605	100.0%	-0.21 [-0.41, -0.01]	•
Otal 1997/ CII			200			093	100.0%	-0.Z I [-0.4 I, -0.0 I]	VI
Heterogeneity: Tau² = 0.08; Chi² = 36.6	2 df = 1	2 (P = 0	00037	I2 = 679	χ.				-10 -5 0 5

Figure 237: Depression symptomatology change score

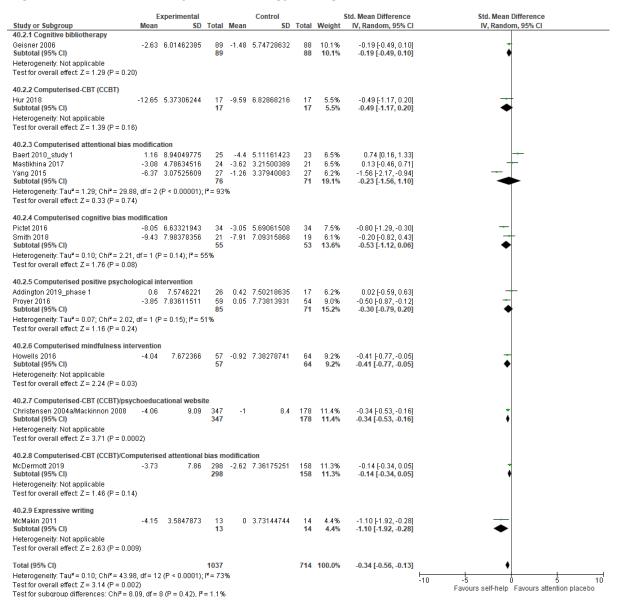


Figure 238: Remission (ITT)

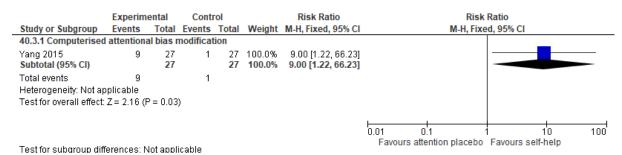


Figure 239: Discontinuation (any reason)

	Experimental				Risk Ratio	Risk Ratio
Study or Subgroup	Events Tot	al Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
40.4.1 Computerised-CBT (CCBT)						
Hur 2018 Subtotal (95% CI)	2	24 7 24	24 <b>24</b>	7.3% <b>7.3%</b>	1.00 [0.41, 2.42] <b>1.00 [0.41, 2.42]</b>	<del>-</del>
Fotal events	7	7				
Heterogeneity: Not applicable Fest for overall effect: Z = 0.00 (P = 1.00	))					
40.4.2 Computerised cognitive bias m						
Pictet 2016		34 1	34	0.9%	1.00 [0.07, 15.34]	
Smith 2018 Subtotal (95% CI)		21 2 5 <b>5</b>	19 <b>53</b>	2.3% <b>3.2%</b>	1.36 [0.25, 7.27] 1.25 [0.30, 5.21]	
otal events	4	3	33	3.270	1.25 [0.30, 5.21]	
rotal events Heterogeneity: Tau² = 0.00; Chi² = 0.03, Fest for overall effect: Z = 0.30 (P = 0.76	df= 1 (P = 0.8					
40.4.3 Computerised attentional bias	modification					
/ang 2015		27 0	27		Not estimable	
Subtotal (95% CI)		27	27		Not estimable	
Fotal events	0	0				
Heterogeneity: Not applicable Fest for overall effect: Not applicable						
40.4.4 Computerised positive psychol	_					
Addington 2019_phase 1		26 1	17	0.7%	0.22 [0.01, 5.16]	<del></del>
Proyer 2016 Subtotal (95% CI)		59 24 8 <b>5</b>	54 <b>71</b>	22.9% 23.6%	1.14 [0.77, 1.69]	
Total events	30	25	/ 1	23.0%	1.07 [0.57, 2.01]	
rotal events Heterogeneity: Tau² = 0.07; Chi² = 1.05, Fest for overall effect: Z = 0.22 (P = 0.83	df = 1 (P = 0.3)					
40.4.5 Computerised mindfulness inte	ervention					
Howells 2016		33	97	24.5%	1.21 [0.84, 1.75]	<del> </del>
Subtotal (95% CI)		)7	97	24.5%	1.21 [0.84, 1.75]	<b>◆</b>
Fotal events Heterogeneity: Not applicable Fest for overall effect: Z = 1.03 (P = 0.30	40	33				
40.4.6 Computerised-CBT (CCBT)/psyd	choeducationa	website				
Christensen 2004a/Mackinnon 2008 Subtotal (95% CI)	100 34 <b>3</b> 4		178 <b>178</b>	20.4% 20.4%	2.44 [1.58, 3.77] <b>2.44 [1.58, 3.77</b> ]	<b>+</b>
Total events	100	21				
Heterogeneity: Not applicable Fest for overall effect: Z = 4.03 (P < 0.00	001)					
0.4.7 Computerised-CBT (CCBT)/Com	nputerised atte	ntional bias	modif	ication		
1cDermott 2019 Subtotal (95% CI)	58 29 <b>29</b>		158 <b>158</b>	20.4% <b>20.4%</b>	1.28 [0.83, 1.98] <b>1.28 [0.83, 1.98]</b>	<b>±</b>
Fotal events	58	24	.50	20.7/0	1.20 [0.03, 1.30]	
otal events Heterogeneity: Not applicable Fest for overall effect: Z = 1.12 (P = 0.28		24				
40.4.8 Expressive writing						
McMakin 2011	0 1	3 1	15	0.7%	0.38 [0.02, 8.62]	
Subtotal (95% CI)		13	15	0.7%	0.38 [0.02, 8.62]	
Total events	0	1				
Heterogeneity: Not applicable Fest for overall effect: Z = 0.61 (P = 0.54	1)					
Fotal (95% CI)	94	16	623	100.0%	1.35 [1.04, 1.75]	•
Total events	239	114				
Heterogeneity: Tau² = 0.04; Chi² = 10.9 Fest for overall effect: Z = 2.26 (P = 0.02		20); I² = 27%	,			0.01 0.1 1 10 10 Favours self-help Favours attention placebo

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

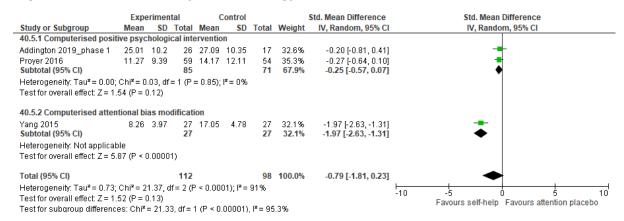


Figure 241: Depression symptomatology at 2-month follow-up

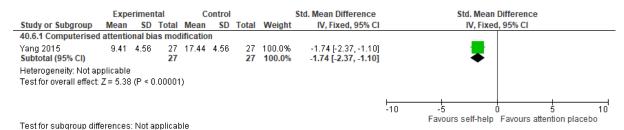


Figure 242: Depression symptomatology at 3-4 month follow-up

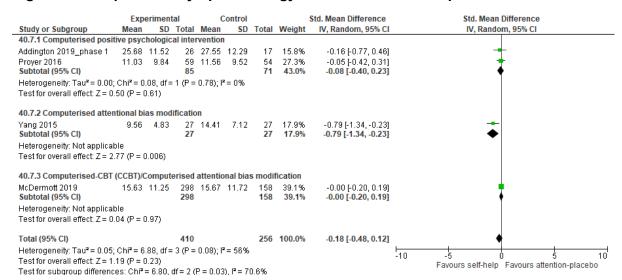


Figure 243: Depression symptomatology at 6-7 month follow-up

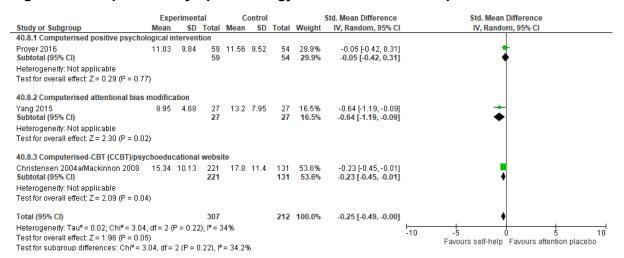


Figure 244: Depression symptomatology at 12-month follow-up

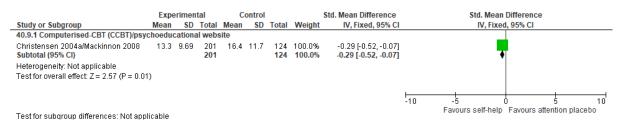
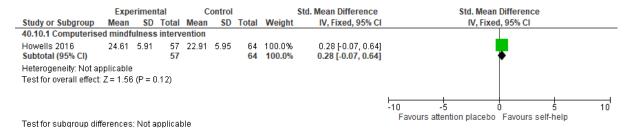


Figure 245: Quality of life endpoint



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

Figure 246: Depression symptomatology endpoint

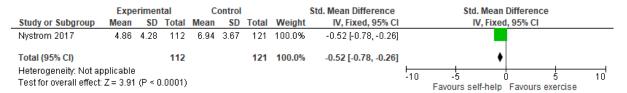


Figure 247: Depression symptomatology change score

	Expe	erimen	ital	C	ontrol		:	Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI				
Nystrom 2017	-8.14	3.16	112	-5.89	3.25	121	100.0%	-0.70 [-0.96, -0.43]						
Total (95% CI)			112			121	100.0%	-0.70 [-0.96, -0.43]			•			
Heterogeneity: Not applicable Test for overall effect: Z = 5.17 (P < 0.00001)									-10	-5 Favours self-h	0 elp Fav	5 ours exerc	10 sise	

Figure 248: Discontinuation (any reason)



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

Figure 249: Depression symptomatology endpoint

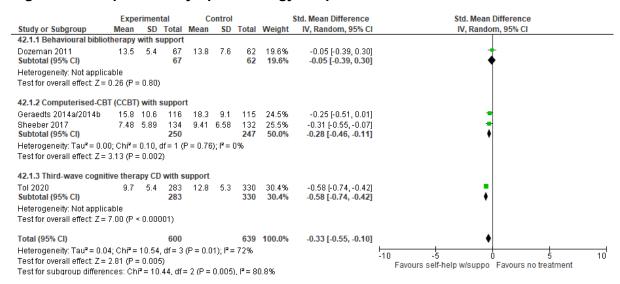
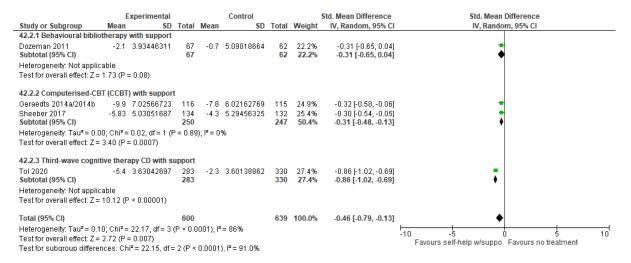


Figure 250: Depression symptomatology change score



## Figure 251: Remission (ITT)

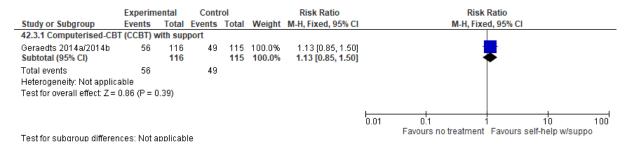


Figure 252: Discontinuation (any reason)

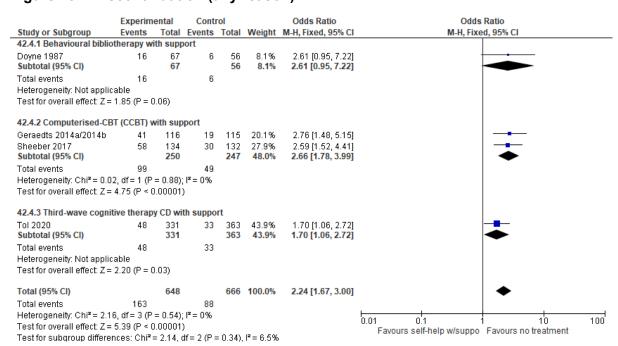
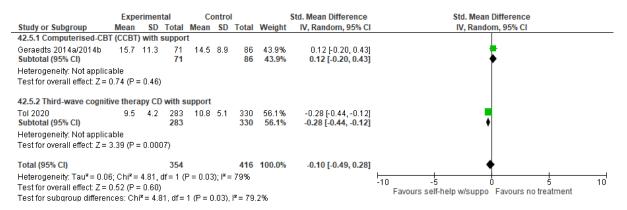
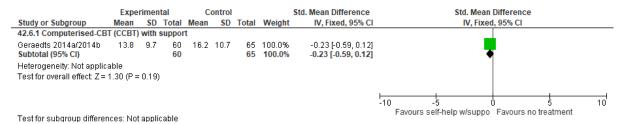


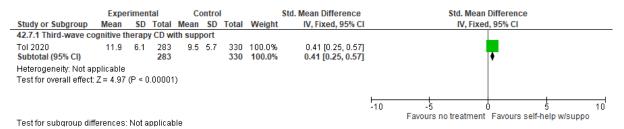
Figure 253: Depression symptomatology at 3-4 month follow-up



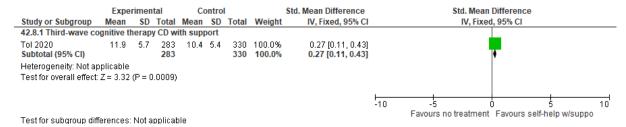
#### Figure 254: Depression symptomatology at 10-month follow-up



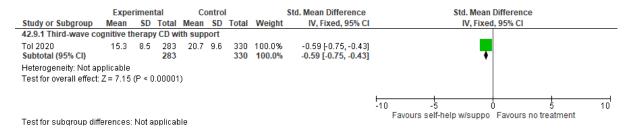
#### Figure 255: Quality of life endpoint



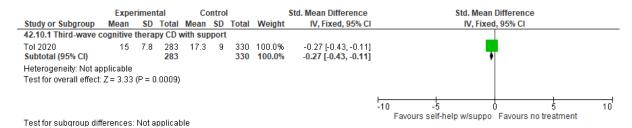
#### Figure 256: Quality of life at 3-month follow-up



#### Figure 257: Functional impairment endpoint



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



## Less severe: Self-help with support versus waitlist

Figure 259: Depression symptomatology endpoint

Study or Subgroup	Expe Mean	erimen SD		C Mean	ontrol SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
43.1.1 Cognitive bibl	iotherap	y with	suppor	rt					
Fledderus 2012 Subtotal (95% CI)	13.84	7.55	125 <b>125</b>	19.76	8.48	126 <b>126</b>	24.6% <b>24.6</b> %	-0.73 [-0.99, -0.48] - <b>0.73 [-0.99, -0.48</b> ]	<b>;</b>
Heterogeneity: Not a Test for overall effect			.00001	)					
43.1.2 Computerised	d behavi	oural a	ctivatio	on with	suppo	rt			
Carlbring 2013 Subtotal (95% CI)	16.65	8.04	40 <b>40</b>	23.43	7.67	40 <b>40</b>	7.6% <b>7.6</b> %	-0.85 [-1.31, -0.40] - <b>0.85 [-1.31, -0.40</b> ]	•
Heterogeneity: Not a Test for overall effect			.0003)						
43.1.3 Computerised	d-CBT (C	CBT) v	vith sup	pport					
Ruwaard 2009 Subtotal (95% CI)	9.8	6.5	36 <b>36</b>	15.6	7.6	18 <b>18</b>	4.6% <b>4.6</b> %	-0.83 [-1.42, -0.24] - <b>0.83 [-1.42, -0.24</b> ]	•
Heterogeneity: Not a Test for overall effect			.006)						
43.1.4 Computerised	d problei	m solvi	ng the	rapy wi	th sup	port			
Ebert 2014	15.37		75		8.37	75	14.8%	-0.69 [-1.02, -0.36]	*
Ince 2013 Subtotal (95% CI)	21.38	10.5	26 <b>101</b>	28.27	8.71	30 <b>105</b>	5.5% <b>20.3%</b>	-0.71 [-1.25, -0.17] - <b>0.70 [-0.98, -0.41]</b>	•
Heterogeneity: Tau² : Test for overall effect					0.95);	l² = 0%			
43.1.5 Cognitive bias	s modific	ation	with su	pport					
Watkins 2009 Subtotal (95% CI)	7	4.41	20 <b>20</b>	11.4	4.81	20 <b>20</b>	3.7% <b>3.7%</b>	-0.93 [-1.59, -0.28] - <b>0.93 [-1.59, -0.28</b> ]	<b>→</b>
Heterogeneity: Not a Test for overall effect			.005)						
43.1.6 Expressive w	riting wi	th sup	port						
Lamers 2015 Subtotal (95% CI)	14.55			18.75	8.82	58 <b>58</b>	11.8% <b>11.8%</b>	-0.45 [-0.82, -0.09] - <b>0.45 [-0.82, -0.09</b> ]	<b>→</b>
Heterogeneity: Not a			102)						
			·	41			- ME	-1	
Pots 2016a	d third-w 15.95		-	tnerap 19.34		suppo 87	22.6%	sive writing with support -0.41 [-0.68, -0.14]	•
Subtotal (95% CI) Heterogeneity: Not a			149		0.00	87	22.6%	-0.41 [-0.68, -0.14]	•
Test for overall effect			.003)						
43.1.8 Computerised	d exercis	se proi	notion	with su	pport				
Strom 2013 Subtotal (95% CI)	17.88	11.3	24 <b>24</b>	24.04	6.86	24 <b>24</b>	4.8% <b>4.8%</b>	-0.65 [-1.23, -0.07] - <b>0.65 [-1.23, -0.07</b> ]	<b>→</b>
Heterogeneity: Not a Test for overall effect								,	
		, -	553			470	400.00	064[076 0543	,
Total (95% CI) Heterogeneity: Tau <sup>2</sup> :	= 0.00; C	hi² = 6.		8 (P =	0.59);		100.0%	-0.64 [-0.76, -0.51]	-10 -5 0 5 10
Test for overall effect Test for subgroup dit	: Z = 9.85	5 (P < 0	.00001	)					-10 -5 0 5 10 Favours self-help w/suppo Favours waitlist

Figure 260: Depression symptomatology change score

43.2.1 Cognitive bibliotherapy with support Feloderius 2012 0.9.3 5.0803268 125 -2.69 5.61811356 126 17.3% -1.23 [-1.50, -0.96]    Feloderius 2012 0.9.3 5.0803268 125 -2.69 5.61811356 126 17.3% -1.23 [-1.50, -0.96]    Feloderius 2012 0.9.3 5.0803268 125 -2.69 5.61811356 126 17.3% -1.23 [-1.50, -0.96]    Feloderius 2012 0.9.3 5.0803268 125 -2.69 5.61811356 126 17.3% -1.23 [-1.50, -0.96]    Feloderius 2012 0.9.3 5.0803268 125 -2.69 5.61811356 126 17.3% -1.23 [-1.50, -0.96]    ### HeterogeneRy Not applicable Test for overall effect 2.2 = 3.94 (~ 0.00001)  ### A3.2.2 Computerised Dehavioural activation with support Felorapid 20139.6 7 5.3182986 40 -1.7 5.04281667 18 8.9% -0.90 [-1.50, -0.31]    ### HeterogeneRy Not applicable Test for overall effect 2.2 = 2.99 (~ 0.003)  ### A3.2.4 Computerised problems solving therapy with support Ebert 20147.39 6.29306761 75 -1.81 6.29707864 75 15.3% -0.92 [-1.25, -0.58]    ### HeterogeneRy Not applicable Test for overall effect 2.2 = 3.04 (~ 0.00001)  ### A3.2.5 Cognitive bias modification with support Walkins 200965 5.3 47164946 20 -0.7 4.82126021 20 7.2% -1.39 [-2.09, -0.68]    ### HeterogeneRy Not applicable Test for overall effect 2.2 = 3.00 (~ 0.0001)  ### A3.2.6 Expressive writing with support Lames 20159.3 6.43298531 58 -4.15 6.16558567 58 14.0% -0.82 [-1.20, -0.44]    ### HeterogeneRy Not applicable Test for overall effect 2.2 = 3.00 (~ 0.00001)  ### A3.2.6 Expressive writing with support Lames 20159.3 6.43298531 58 -4.15 6.16558567 58 14.0% -0.82 [-1.20, -0.44]    ### HeterogeneRy Not applicable Test for overall effect 2.2 = 3.00 (~ 0.00001)  ### A3.2.6 Expressive writing with support Felorapid Problems 20159.3 6.42398531 58 -4.15 6.16558567 58 14.0% -0.82 [-1.20, -0.44]    ### HeterogeneRy Not applicable Test for overall effect 2.2 = 3.00 (~ 0.00001)  ### A3.2.6 Expressive writing with support  ### HeterogeneRy Not applicable Test for overall effect 2.2 = 3.00 (~ 0.00001)  ### A3.2.6 Expressive writing with support  ### B3.2.000	Study or Subgroup	E Mean	Experimental SD	Total	Mean	Control SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI		Difference om, 95% CI
Subtotal (6% C)	43.2.1 Cognitive biblic	otherapy	y with support								
### A3.2.2 Computerised behavioural activation with support  ### Caribing 2013		-9.3	5.06032608		-2.69	5.61811356					
Carbring 2013		•									
Subtotal (95% C) 40 40 10.9% -1.51 [2.01, -1.01]	43.2.2 Computerised	behavio	oural activation	n with s	support						
Test for overall effect Z = 5.94 (P < 0.00001)  43.2.3 Computerised CBT (CCBT) with support Roward 2009		-9.67	5.3182986		-1.7	5.1043168				<del>-</del>	
Rivariard 2009											
Rivariard 2009	43.2.3 Computerised	-CBT (C	CBT) with supr	ort							
Heterogeneity: Not applicable Test for overall effect. Z = 2.99 (P = 0.003)  43.2.4 Computerised problem solving therapy with support Ebert 2014	Ruwaard 2009			36	-5.7	5.04281667				<del>-</del>	
### ### ##############################	Heterogeneity: Not ap									·	
Ebert 2014	TOOLIGI OVOIGII GIIGGE	2-2.00	(i = 0.000)								
Subtotal (95% CI)	•		-								
### Test for overall effect Z = 5.34 (P < 0.00001)  ### 43.2.5 Cognitive bias modification with support  ### Watkins 2009	Subtotal (95% CI)				-1.61	6.23707864				Ť	
Watkins 2009		•									
Watkins 2009	43.2.5 Cognitive bias	modific	ation with sup	port							
Heterogeneity: Not applicable Test for overall effect: Z = 3.90 (P < 0.0001)  43.2.6 Expressive writing with support  Lamers 2015	Watkins 2009			20	-0.7	4.82126021				<del>-</del>	
43.2.6 Expressive writing with support  Lamers 2015	Heterogeneity: Not ap								,,	•	
Lamers 2015											
Subtotal (95% CI) 58 58 14.0% -0.82 [-1.20, -0.44]	•	_									
Test for overall effect: Z = 4.24 (P < 0.0001)  43.2.7 Computerised third-wave cognitive therapy with support/Expressive writing with support  Pots 2016a -10.91 6 149 -7.17 5.91913 87 17.3% -0.62 [-0.89, -0.35]  Subtotal (95% CI) 149 87 17.3% -0.62 [-0.89, -0.35]  Heterogeneity: Not applicable  Test for overall effect: Z = 4.52 (P < 0.00001)  43.2.8 Computerised exercise promotion with support  Strom 2013 -9.04 7.51964095 24 -4.21 4.9328288 24 9.1% -0.75 [-1.33, -0.16]  Subtotal (95% CI) 24 24 9.1% -0.75 [-1.33, -0.16]  Heterogeneity: Not applicable  Test for overall effect: Z = 2.49 (P = 0.01)  Total (95% CI) 527 448 100.0% -0.99 [-1.22, -0.76]  Heterogeneity: Tau" = 0.06; Chi" = 17.10, df = 7 (P = 0.02); i" = 59%  Test for overall effect: Z = 8.56 (P < 0.00001)		-9.36	6.43298531		-4.15	6.16556567				•	
43.2.7 Computerised third-wave cognitive therapy with support/Expressive writing with support Pots 2016a -10.91 6 149 -7.17 5.91913 87 17.3% -0.62 [-0.89, -0.35] Subtotal (95% CI) 149 87 17.3% -0.62 [-0.89, -0.35] Heterogeneity: Not applicable Test for overall effect Z = 4.52 (P < 0.00001)  43.2.8 Computerised exercise promotion with support Strom 2013 -9.04 7.51964095 24 -4.21 4.9328288 24 9.1% -0.75 [-1.33, -0.16] Subtotal (95% CI) 24 24 9.1% -0.75 [-1.33, -0.16] Heterogeneity: Not applicable Test for overall effect Z = 2.49 (P = 0.01)  Total (95% CI) 527 448 100.0% -0.99 [-1.22, -0.76] Heterogeneity: Tau" = 0.06; Chi" = 17.10, df = 7 (P = 0.02); i" = 59% Test for overall effect Z = 8.56 (P < 0.00001)											
Pots 2016a -10.91 6 149 -7.17 5.91913 87 17.3% -0.62 [-0.89, -0.35] Subtotal (95% CI) 149 87 17.3% -0.62 [-0.89, -0.35] Heterogeneity: Not applicable Test for overall effect: Z = 4.52 (P < 0.00001)  43.2.8 Computerised exercise promotion with support Strom 2013 -9.04 7.51964095 24 -4.21 4.9328288 24 9.1% -0.75 [-1.33, -0.16] Subtotal (95% CI) 24 24 9.1% -0.75 [-1.33, -0.16] Heterogeneity: Not applicable Test for overall effect: Z = 2.49 (P = 0.01)  Total (95% CI) 527 448 100.0% -0.99 [-1.22, -0.76] Heterogeneity: Tau" = 0.06; Chi" = 17.10, df = 7 (P = 0.02); i" = 59% Test for overall effect: Z = 8.56 (P < 0.00001)			,								
Subtotal (95% CI) 149 87 17.3% -0.62 [-0.89, -0.35]			_							_	
Test for overall effect: Z = 4.52 (P < 0.00001)  43.2.8 Computerised exercise promotion with support  Strom 2013 -9.04 7.51964095 24 -4.21 4.9328288 24 9.1% -0.75 [-1.33, -0.16]  Subtotal (95% CI) 24 24 9.1% -0.75 [-1.33, -0.16]  Heterogeneity: Not applicable  Test for overall effect: Z = 2.49 (P = 0.01)  Total (95% CI) 527 448 100.0% -0.99 [-1.22, -0.76]  Heterogeneity: Tau" = 0.06; Chi" = 17.10, df = 7 (P = 0.02); I" = 59%  Test for overall effect: Z = 8.56 (P < 0.00001)  Test for overall effect: Z = 8.56 (P < 0.00001)		-10.91	0		-7.17	5.91915				•	
Strom 2013		•									
Strom 2013	43.2.8 Computerised	exercis	se promotion v	vith sur	port						
Heterogeneity: Not applicable Test for overall effect: Z = 2.49 (P = 0.01)  Total (95% CI) 527 448 100.0% -0.99 [-1.22, -0.76] Heterogeneity: Tau" = 0.06; Chi" = 17.10, df = 7 (P = 0.02); i" = 59% Test for overall effect: Z = 8.56 (P < 0.00001)	Strom 2013			24		4.9328288				<del>-</del>	
Test for overall effect: Z = 2.49 (P = 0.01)  Total (95% CI)		ınlicahle		24			24	9.1%	-0.75 [-1.33, -0.16]	•	
Heterogeneity: Tau" = 0.06; Chi" = 17.10, df = 7 (P = 0.02); I" = 59%  Test for overall effect: Z = 8.56 (P < 0.00001)  Favours self-help w/suppo Favours waitlist											
Test for overall effect: Z = 8.56 (P < 0.00001)  Favours self-help w/suppo Favours waitlist							448	100.0%	-0.99 [-1.22, -0.76]	•	
				7 (P =	0.02);1	<sup>2</sup> = 59%					
				df = 7 (	P = 0.02	2), I² = 59.1%				Favours self-help w/suppo	Favours waitlist

#### Figure 261: Remission (ITT)

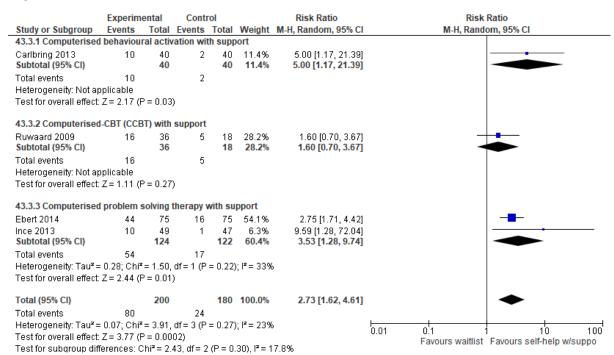


Figure 262: Discontinuation (any reason)

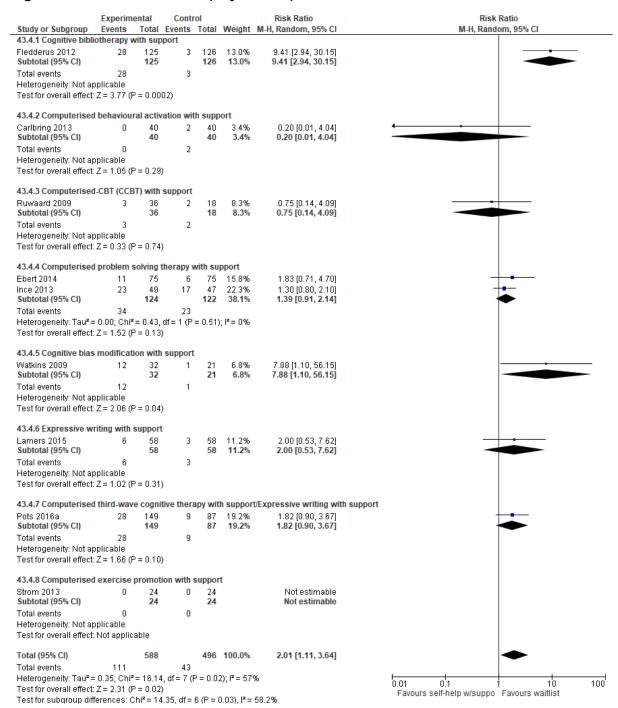


Figure 263: Depression symptomatology at 1-2 month follow-up

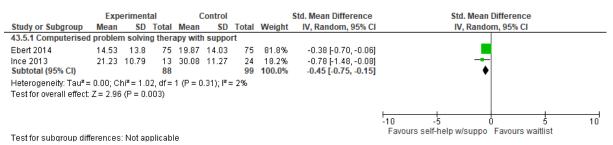


Figure 264: Depression symptomatology at 3-4 month follow-up

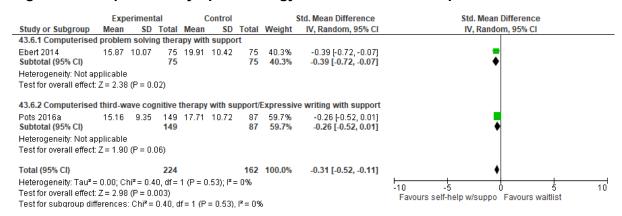
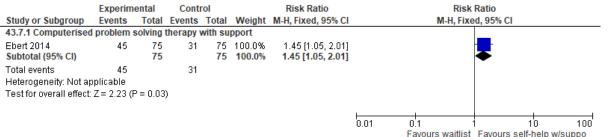
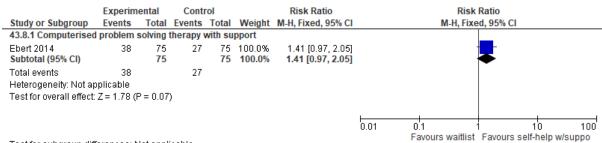


Figure 265: Remission at 1-month follow-up (ITT)



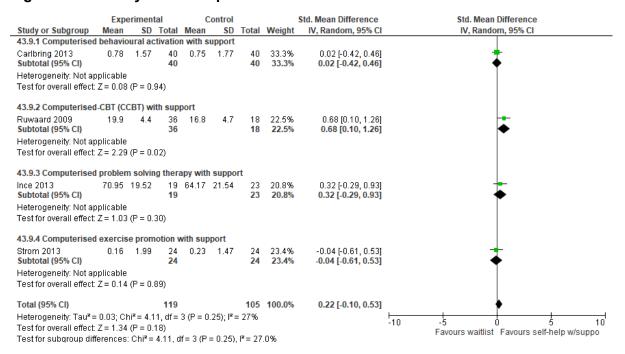
Test for subgroup differences: Not applicable

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

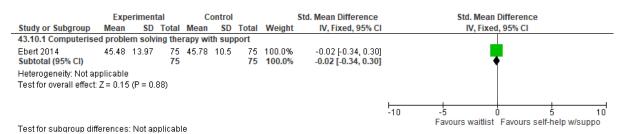


Test for subgroup differences: Not applicable

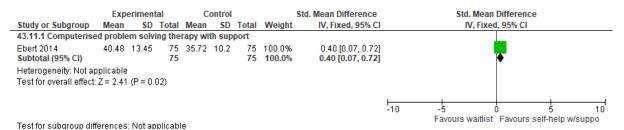
#### Figure 267: Quality of life endpoint



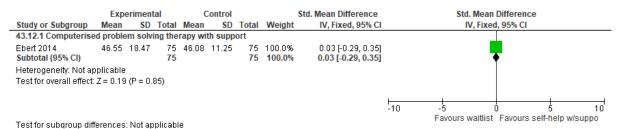
#### Figure 268: Quality of life physical health component endpoint



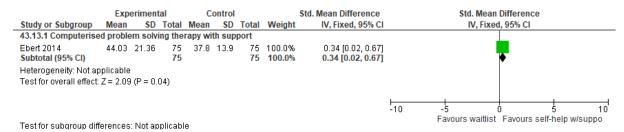
#### Figure 269: Quality of life mental health component endpoint



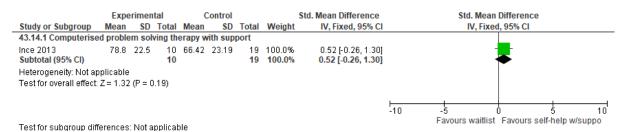
#### Figure 270: Quality of life physical health component at 1-month follow-up



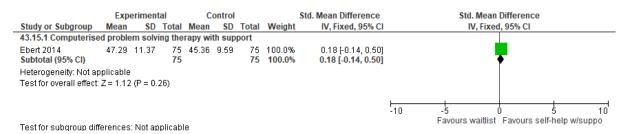
#### Figure 271: Quality of life mental health component at 1-month follow-up



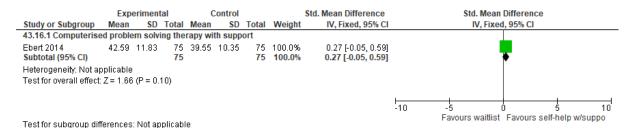
#### Figure 272: Quality of life at 2-month follow-up



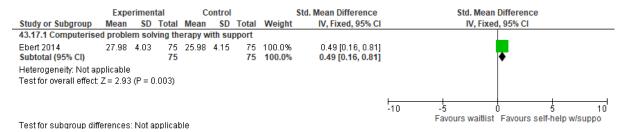
#### Figure 273: Quality of life physical health component at 4-month follow-up



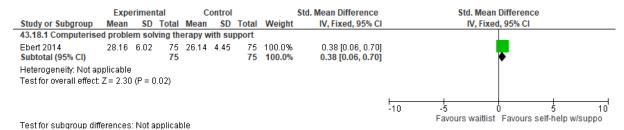
#### Figure 274: Quality of life mental health component at 4-month follow-up



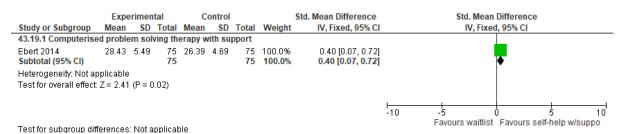
#### Figure 275: Global functioning endpoint



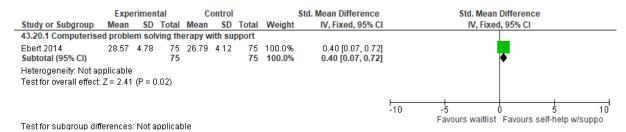
#### Figure 276: Global functioning at 1-month follow-up



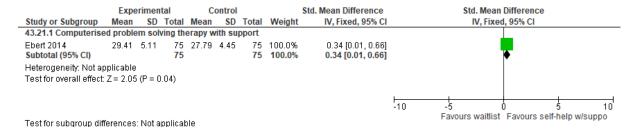
#### Figure 277: Global functioning at 4-month follow-up



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



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



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

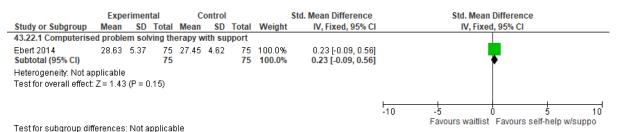


Figure 281: Days on sick leave (during past 4 weeks) endpoint

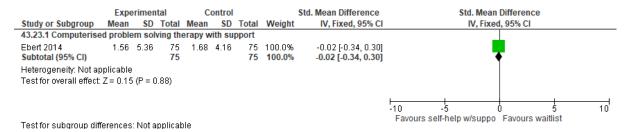


Figure 282: Days on sick leave (during past 4 weeks) at 1-month follow-up

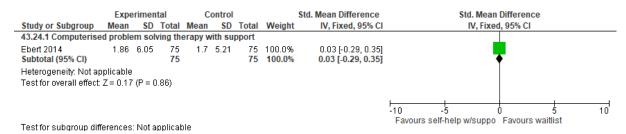
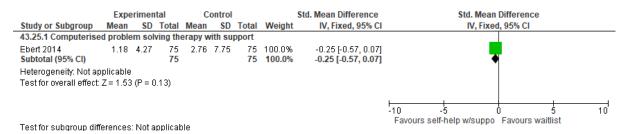


Figure 283: Days on sick leave (during past 4 weeks) at 4-month follow-up



# Less severe: Computerised Coping with Depression course with support versus TAU

Figure 284: Depression symptomatology endpoint

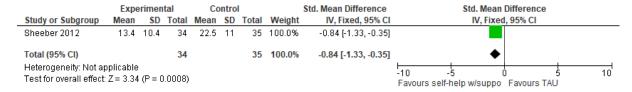
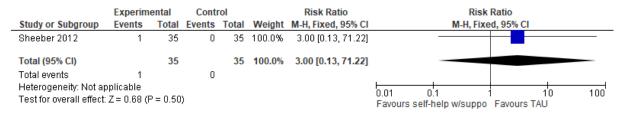
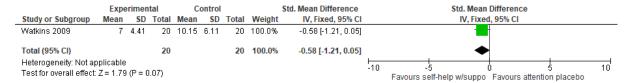


Figure 285: Discontinuation (any reason)

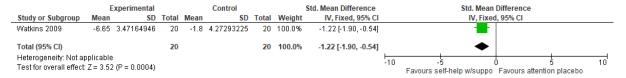


#### Less severe: Cognitive bias modification with support versus attention placebo

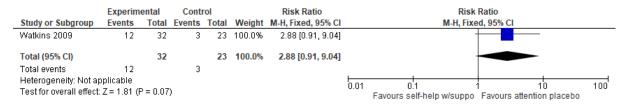
#### Figure 286: Depression symptomatology endpoint



#### Figure 287: Depression symptomatology change score

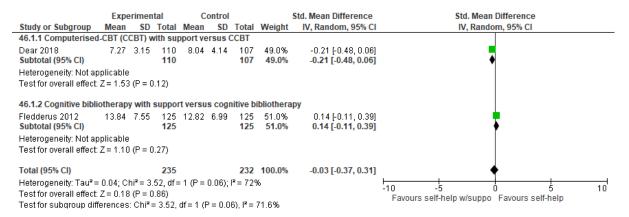


#### Figure 288: Discontinuation (any reason)

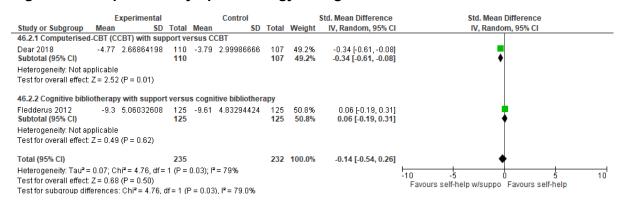


#### Less severe: Self-help with support versus self-help

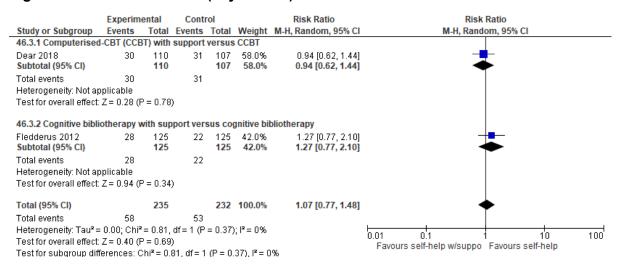
#### Figure 289: Depression symptomatology endpoint



#### Figure 290: Depression symptomatology change score



#### Figure 291: Discontinuation (any reason)



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

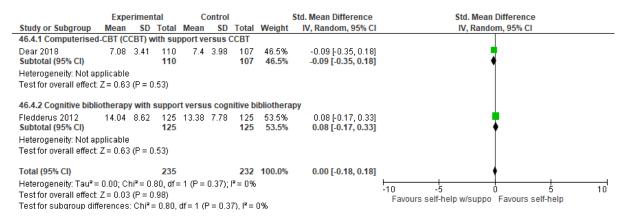
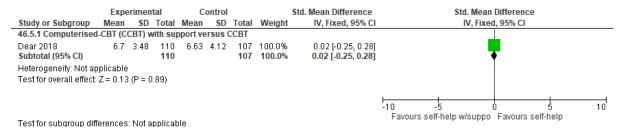
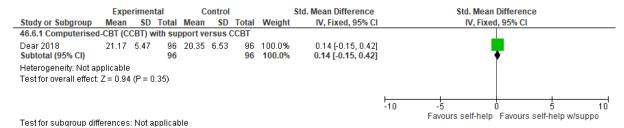


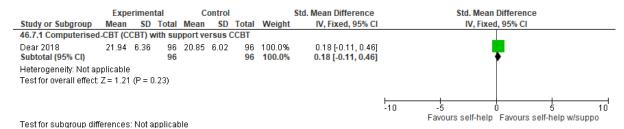
Figure 293: Depression symptomatology at 12-month follow-up



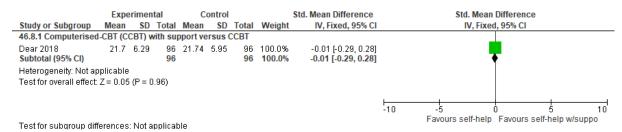
#### Figure 294: Quality of life endpoint



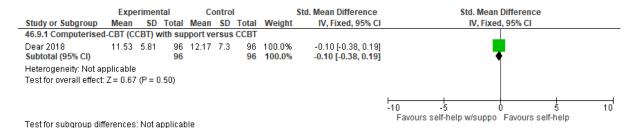
#### Figure 295: Quality of life at 3-month follow-up



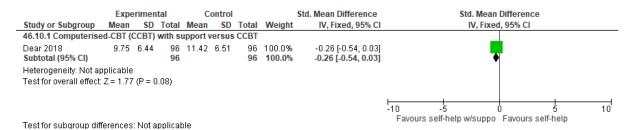
#### Figure 296: Quality of life at 12-month follow-up



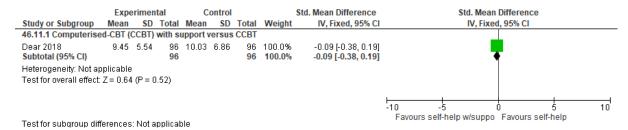
#### Figure 297: Functional impairment at endpoint



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

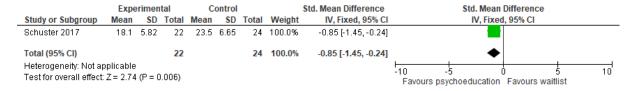


#### Figure 299: Functional impairment at 12-month follow-up

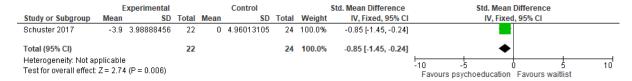


#### Less severe: Psychoeducation group versus waitlist

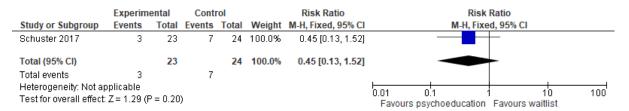
#### Figure 300: Depression symptomatology endpoint



#### Figure 301: Depression symptomatology change score



#### Figure 302: Discontinuation (any reason)



#### Less severe: SSRIs versus placebo

Figure 303: Depression symptomatology endpoint

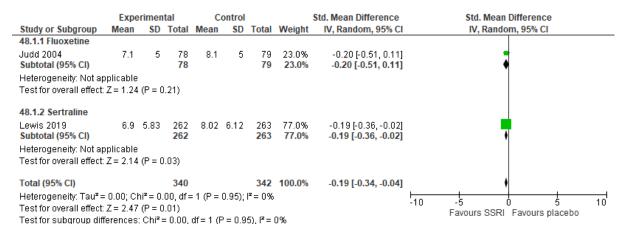
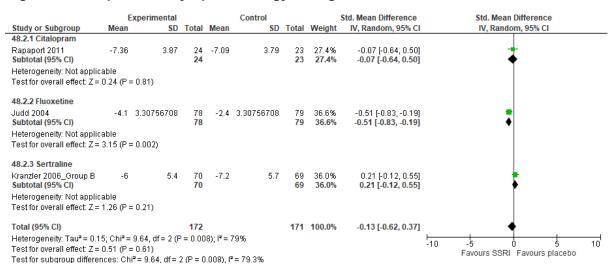


Figure 304: Depression symptomatology change score



#### Figure 305: Response (ITT)

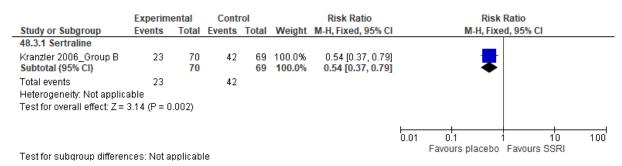


Figure 306: Discontinuation due to SE

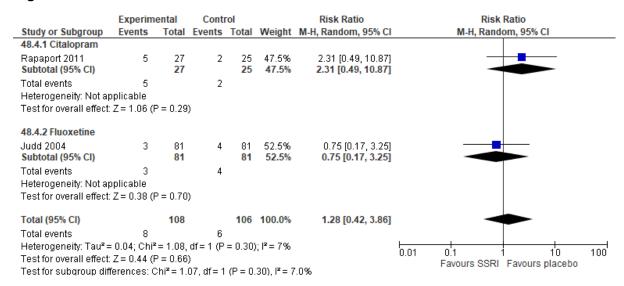


Figure 307: Discontinuation (any reason including SE)

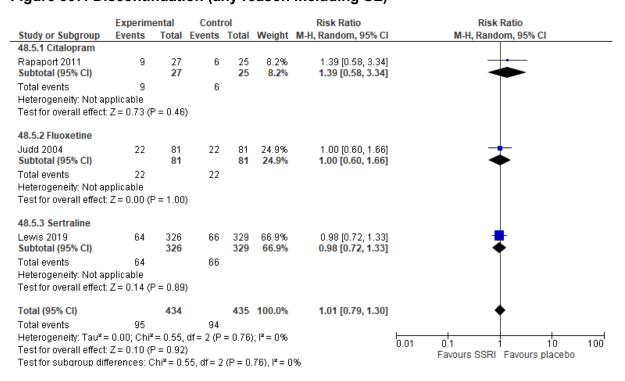


Figure 308: Global functioning endpoint

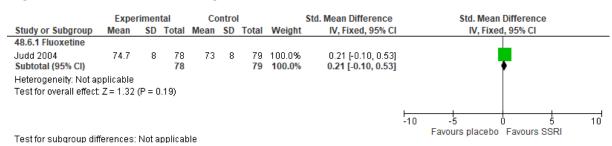


Figure 309: Global functioning change score

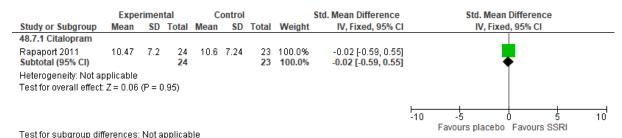


Figure 310: Quality of life physical health component endpoint

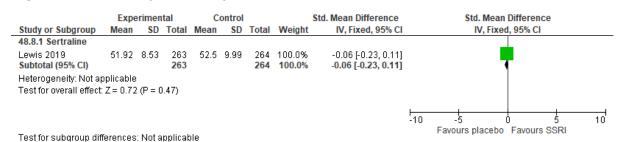
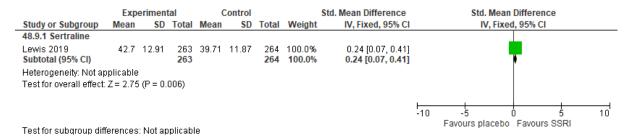


Figure 311: Quality of life mental health component endpoint



#### Less severe: TCAs versus placebo

Figure 312: Depression symptomatology endpoint

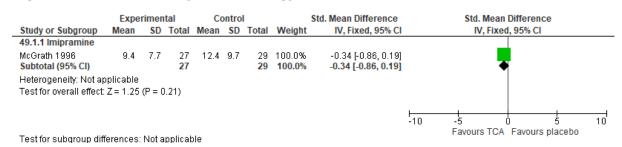


Figure 313: Depression symptomatology change score

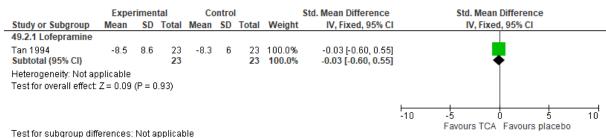
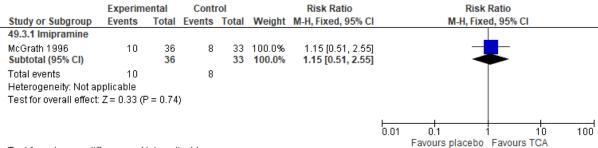


Figure 314: Remission (ITT)



Test for subgroup differences: Not applicable

Figure 315: Response (ITT)

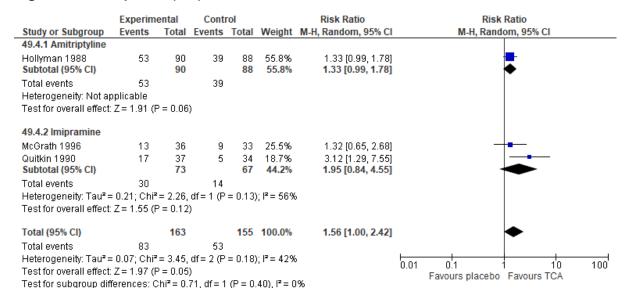
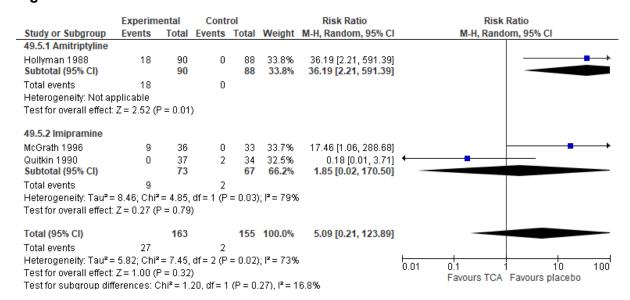


Figure 316: Discontinuation due to SE



49.6.3 Lofepramine Tan 1994

Subtotal (95% CI)

Heterogeneity: Not applicable Test for overall effect: Z = 0.21 (P = 0.84)

Test for overall effect: Z = 0.22 (P = 0.83)

Total events

Total (95% CI)

Total events

Experimental Control Risk Ratio Risk Ratio Total Weight M-H, Random, 95% CI M-H, Random, 95% CI Study or Subgroup Events Events 49.6.1 Amitriptyline Hollyman 1988 28 1.14 [0.72, 1.81] Subtotal (95% CI) 1.14 [0.72, 1.81] 44.2% Total events 28 24 Heterogeneity: Not applicable Test for overall effect: Z = 0.56 (P = 0.57) 49.6.2 Imipramine McGrath 1996 9 36 33 17.0% 2.06 [0.70, 6.07] Quitkin 1990 3 37 8 34 13.6% 0.34 [0.10, 1.19] Subtotal (95% CI) 30.6% 0.87 [0.15, 5.01] Total events 12 12 Heterogeneity:  $Tau^2 = 1.25$ ;  $Chi^2 = 4.55$ , df = 1 (P = 0.03);  $I^2 = 78\%$ Test for overall effect: Z = 0.16 (P = 0.87)

1.09 [0.48, 2.46]

1.09 [0.48, 2.46]

1.06 [0.63, 1.77]

0.01

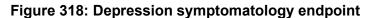
10

Favours TCA Favours placebo

100

Figure 317: Discontinuation (any reason including SE)

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



32

32

9

49

Heterogeneity:  $Tau^2 = 0.10$ ;  $Chi^2 = 4.69$ , df = 3 (P = 0.20);  $I^2 = 36\%$ 

Test for subgroup differences:  $Chi^2 = 0.09$ , df = 2 (P = 0.96),  $I^2 = 0\%$ 

31

8

44

25.1%

25.1%

186 100.0%

	Expe	erimen	ıtal	С	ontrol			Std. Mean Difference		Std. M	ean Differen	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95% C	l	
Sims 2006	18.27	7.54	11	15.27	6.53	15	100.0%	0.42 [-0.37, 1.20]			-		
Total (95% CI)			11			15	100.0%	0.42 [-0.37, 1.20]			•		
Heterogeneity: Not ap Test for overall effect:			0.30)					<u>+</u>	10	-5 Eavours exer	0 rise Favour	5 s no treatm	10

Figure 319: Depression symptomatology change score

	E	xperimental			Control			Std. Mean Difference		Std. Me	an Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed, 95%	6 CI	
Sims 2006	-1.44	5.04257871	11	-1.34	4.51712298	15	100.0%	-0.02 [-0.80, 0.76]			-		
Total (95% CI)			11			15	100.0%	-0.02 [-0.80, 0.76]			•		
Heterogeneity: Not ap Test for overall effect:									-10	-5 Favours exerci	se Favo	5 ours no treatn	10 nent

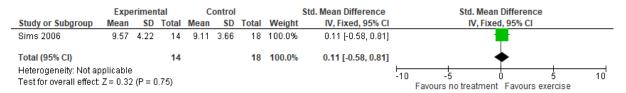
Figure 320: Discontinuation (any reason)



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

	Experimental				ontrol			Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 95% (	1	
Sims 2006	15.28	9.9	14	14.44	7.24	18	100.0%	0.10 [-0.60, 0.80]					
Total (95% CI)			14			18	100.0%	0.10 [-0.60, 0.80]			<b>*</b>		
Heterogeneity: Not a Test for overall effect		(P = 0	1.79)						-10	-5 Favours exe	0 rcise Favou	5 rs no treatm	10

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



#### Less severe: Exercise individual versus waitlist

Figure 323: Depression symptomatology endpoint

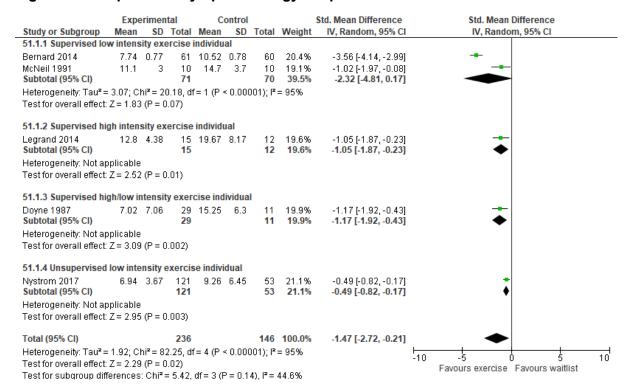


Figure 324: Depression symptomatology change score

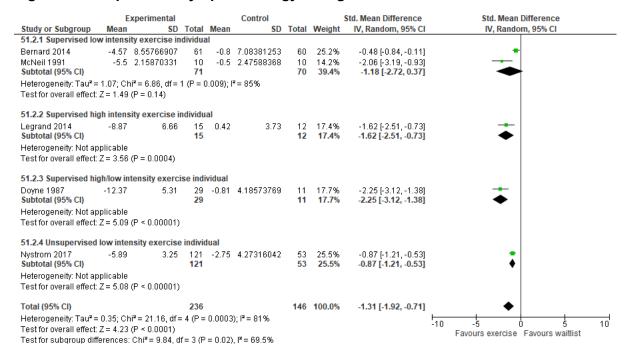
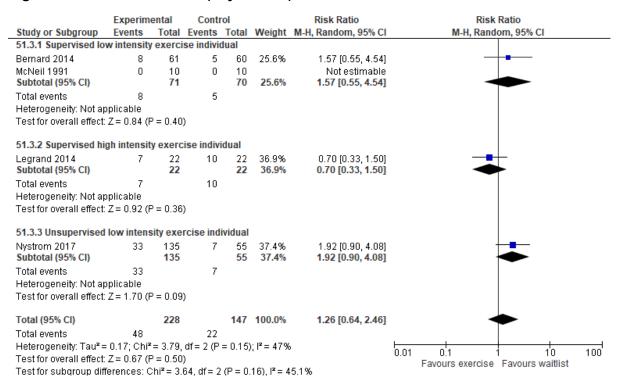
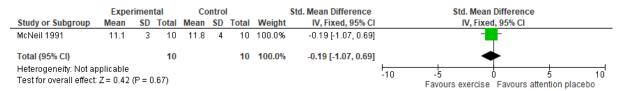


Figure 325: Discontinuation (any reason)

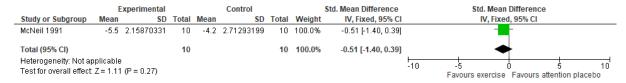


# Less severe: Supervised low intensity exercise individual versus attention placebo

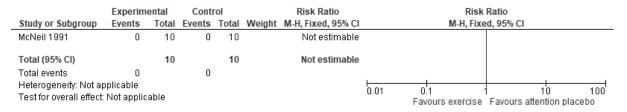
Figure 326: Depression symptomatology endpoint



#### Figure 327: Depression symptomatology change score

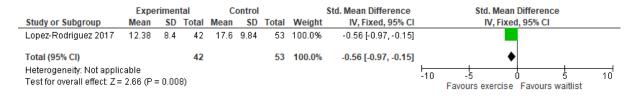


#### Figure 328: Discontinuation (any reason)



#### Less severe: Supervised low intensity exercise group versus waitlist

#### Figure 329: Depression symptomatology endpoint



### Figure 330: Depression symptomatology change score

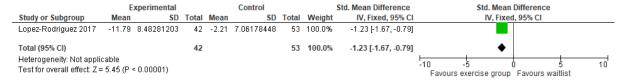


Figure 331: Discontinuation (any reason)

	Experim	ental	Contr	rol		Risk Ratio		Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
Lopez-Rodriguez 2017	18	60	8	61	100.0%	2.29 [1.08, 4.86]		-
Total (95% CI)		60		61	100.0%	2.29 [1.08, 4.86]		•
Total events	18		8					
Heterogeneity: Not applic Test for overall effect: Z =		0.03)					0.01	0.1 1 10 100  Favours exercise Favours waitlist

Figure 332: Sleeping difficulties endpoint

	Expe	erimen	tal	Co	ontro	I		Std. Mean Difference		Std. Mea	ın Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	CI	
Lopez-Rodriguez 2017	5.62	2.72	42	5.89	3.2	53	100.0%	-0.09 [-0.49, 0.32]					
Total (95% CI)			42			53	100.0%	-0.09 [-0.49, 0.32]			•		
Heterogeneity: Not applic Test for overall effect: Z=		= 0.67	)						-10	-5 Favours exercis	0 e Favo	5 urs waitlis	10 t

#### Less severe: Supervised high intensity exercise group versus TAU

Figure 333: Depression symptomatology endpoint

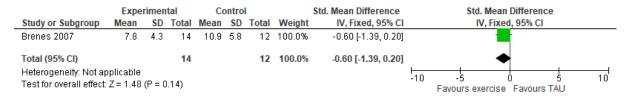


Figure 334: Depression symptomatology change score

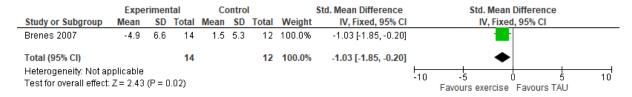


Figure 335: Discontinuation (any reason)

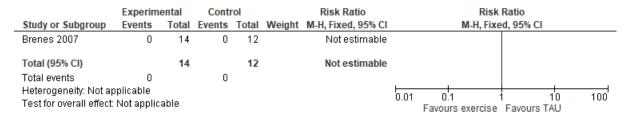


Figure 336: Quality of life physical health component endpoint

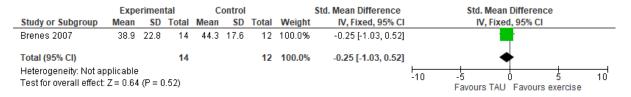


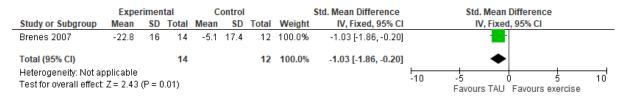
Figure 337: Quality of life mental health component endpoint

	Experimental				ntro	I	!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Brenes 2007	31.3	13.5	14	50.7	25	12	100.0%	-0.96 [-1.78, -0.14]					
Total (95% CI)			14			12	100.0%	-0.96 [-1.78, -0.14]			•		
Heterogeneity: Not ap Test for overall effect:	•		1.02)						-10	-5 Favours	0 TAU Favo	5 urs exercis	10 se

Figure 338: Quality of life physical health component change score

	Expe	Experimental			ontrol			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Brenes 2007	-11.9	26.1	14	-8.5	10.2	12	100.0%	-0.16 [-0.93, 0.61]			-		
Total (95% CI)			14			12	100.0%	-0.16 [-0.93, 0.61]			•		
Heterogeneity: Not ap Test for overall effect			0.68)						-10	-5 Favour	0 s TAU Favo	5 urs exercis	10 e

Figure 339: Quality of life mental health component change score



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

Figure 340: Depression symptomatology endpoint

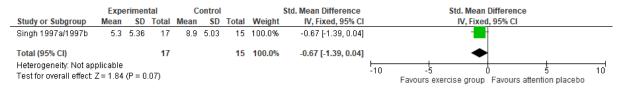
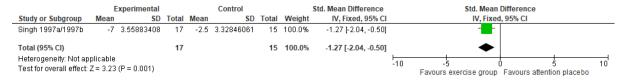
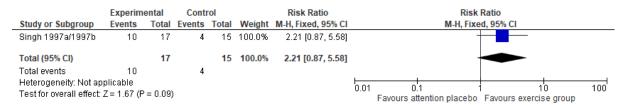


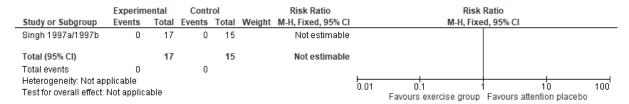
Figure 341: Depression symptomatology change score



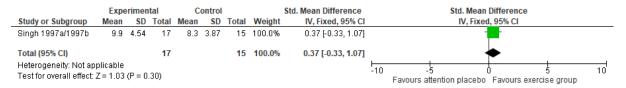
#### Figure 342: Response (ITT)



#### Figure 343: Discontinuation (any reason)



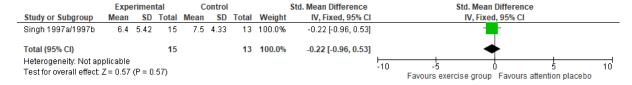
#### Figure 344: Quality of life endpoint



#### Figure 345: Global functioning endpoint

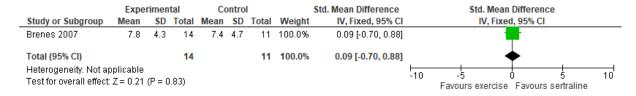


#### Figure 346: Sleeping difficulties endpoint



#### Less severe: Supervised high intensity exercise group versus sertraline

#### Figure 347: Depression symptomatology endpoint



#### Figure 348: Depression symptomatology change score

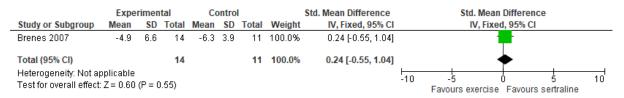


Figure 349: Discontinuation (any reason)

	Experim	ental	Conti	rol		Risk Ratio		Risk	Ratio	
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	ed, 95% CI	
Brenes 2007	0	14	0	11		Not estimable				
Total (95% CI)		14		11		Not estimable				
Total events	0		0							
Heterogeneity: Not ap Test for overall effect	•	able					0.01	0.1 Favours exercise	1 10 Favours sertraline	100

Figure 350: Quality of life physical health component endpoint

					ontrol			Std. Mean Difference		Std. Mean	Differen	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% C	I	
Brenes 2007	38.9	22.8	14	43.8	23.32	11	100.0%	-0.21 [-1.00, 0.59]		•	-		
Total (95% CI)			14			11	100.0%	-0.21 [-1.00, 0.59]			•		
Heterogeneity: Not ap Test for overall effect:			0.61)						-10	-5 Favours sertraline	0 Favour	5 s exercise	10

Figure 351: Quality of life mental health component endpoint

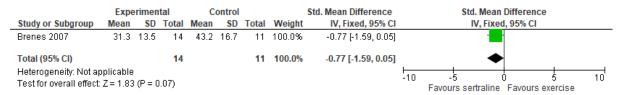


Figure 352: Quality of life physical health component change score

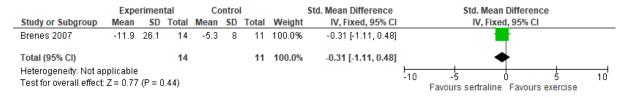
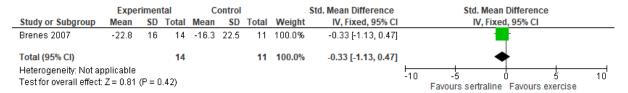
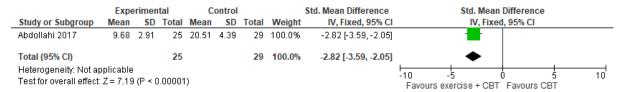


Figure 353: Quality of life mental health component change score



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

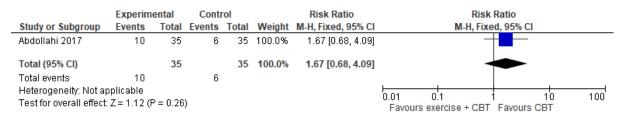
Figure 354: Depression symptomatology at endpoint



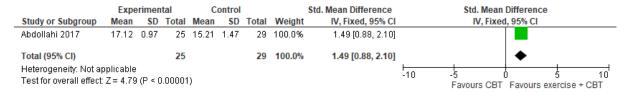
#### Figure 355: Depression symptomatology change score



#### Figure 356: Discontinuation (any reason)

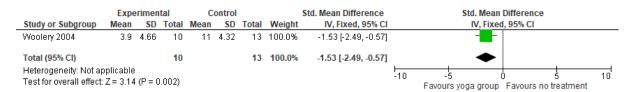


#### Figure 357: Global functioning at endpoint

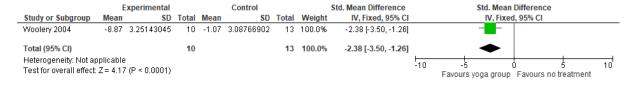


#### Less severe: Yoga group versus no treatment

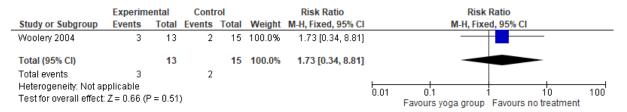
#### Figure 358: Depression symptomatology endpoint



#### Figure 359: Depression symptomatology change score



#### Figure 360: Discontinuation (any reason)



#### Less severe: Yoga group versus waitlist

#### Figure 361: Depression symptomatology endpoint

	Expe	Experimental			Control			Std. Mean Difference		Std.	Mean D	ifference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed,	95% CI		
Chu 2017	16.85	9.51	13	21.15	11.28	13	100.0%	-0.40 [-1.18, 0.38]						
Total (95% CI)			13			13	100.0%	-0.40 [-1.18, 0.38]			•			
Heterogeneity: Not ap Test for overall effect:			0.31)						-10 Fav	-5 ours yoga	group F	Favours wa	5 aitlist	10

#### Figure 362: Depression symptomatology change score

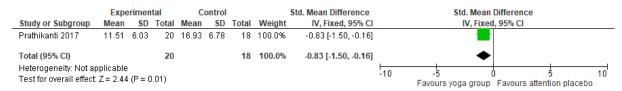
Experimental					Control			Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 959	6 CI		
Chu 2017	-12.92	10.0573754	13	-2.47	7.4717334	13	100.0%	-1.14 [-1.98, -0.30]		-	F			
Total (95% CI)			13			13	100.0%	-1.14 [-1.98, -0.30]		•	•			
Heterogeneity: Not a Test for overall effect					-10	-5 Favours yoga grou	0 p Fav	5 ours waitlist	10					

#### Figure 363: Discontinuation (any reason)

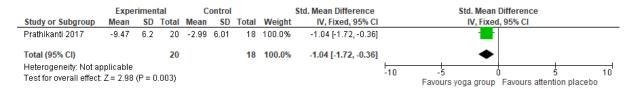


#### Less severe: Yoga group versus attention placebo

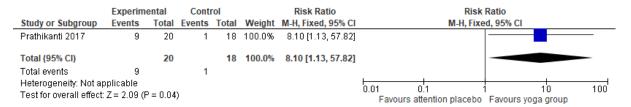
#### Figure 364: Depression symptomatology endpoint



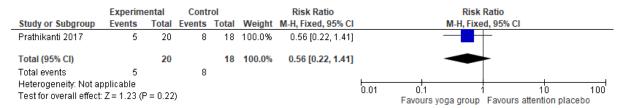
#### Figure 365: Depression symptomatology change score



#### Figure 366: Remission (ITT)

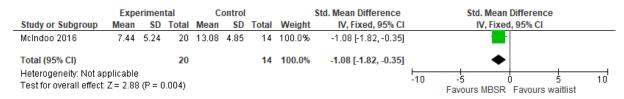


#### Figure 367: Discontinuation (any reason)

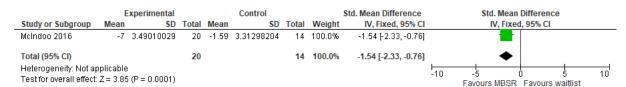


## Less severe: Mindfulness-based stress reduction (MBSR) individual versus waitlist

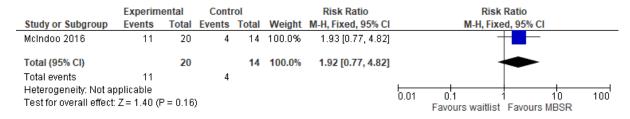
Figure 368: Depression symptomatology endpoint



#### Figure 369: Depression symptomatology change score



#### Figure 370: Remission (ITT)



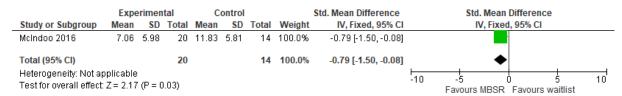
#### Figure 371: Response (ITT)



#### Figure 372: Discontinuation (any reason)

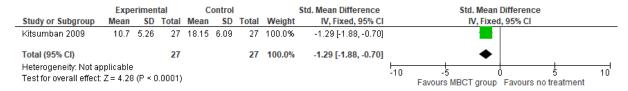


#### Figure 373: Depression symptomatology at 1-month follow-up

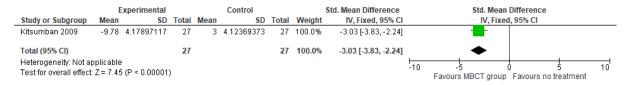


## Less severe: Mindfulness-based cognitive therapy (MBCT) group versus no treatment

Figure 374: Depression symptomatology endpoint



#### Figure 375: Depression symptomatology change score



#### Figure 376: Discontinuation (any reason)

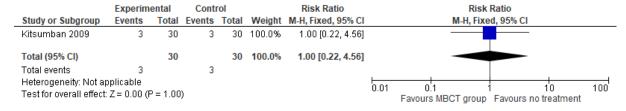
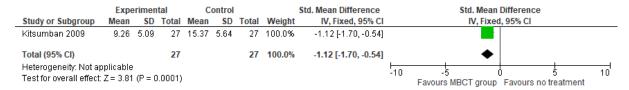


Figure 377: Depression symptomatology at 3-month follow-up



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

Figure 378: Depression symptomatology endpoint



Figure 379: Depression symptomatology change score

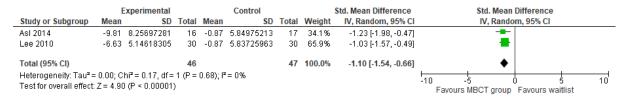
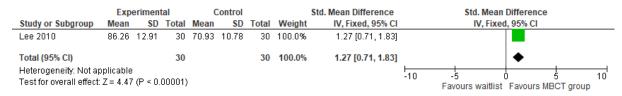


Figure 380: Discontinuation (any reason)

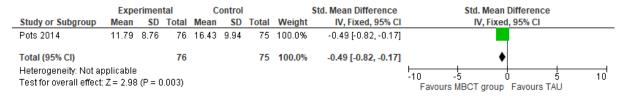


Figure 381: Quality of life endpoint

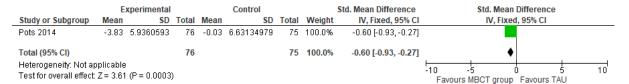


#### Less severe: Mindfulness-based cognitive therapy (MBCT) group versus TAU

Figure 382: Depression symptomatology endpoint



#### Figure 383: Depression symptomatology change score



#### Figure 384: Discontinuation (any reason)



#### Less severe: Mindfulness/meditation group versus attention placebo

Figure 385: Depression symptomatology endpoint

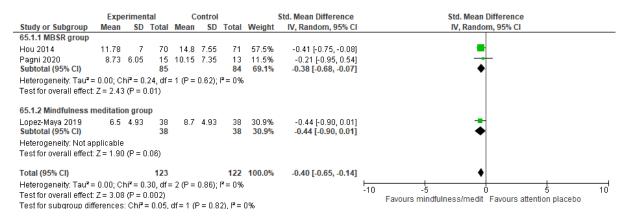
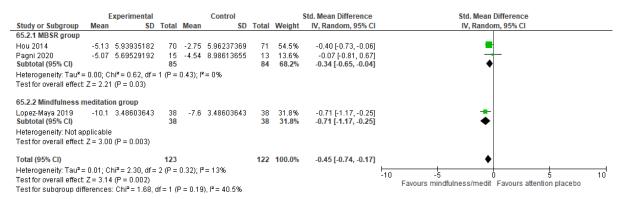
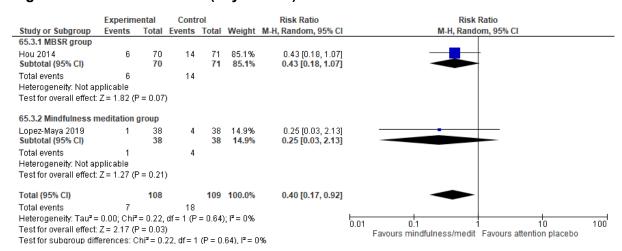


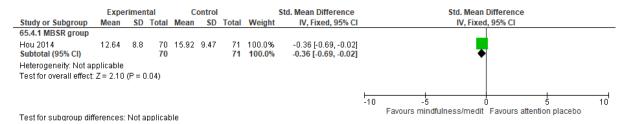
Figure 386: Depression symptomatology change score



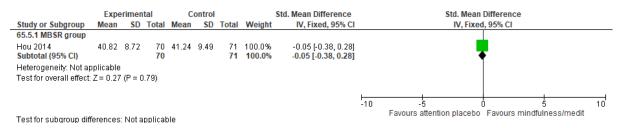
#### Figure 387: Discontinuation (any reason)



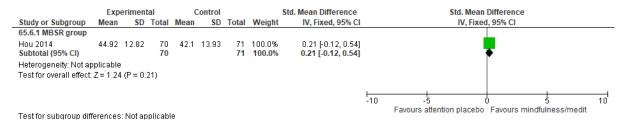
#### Figure 388: Depression symptomatology at 3-month follow-up



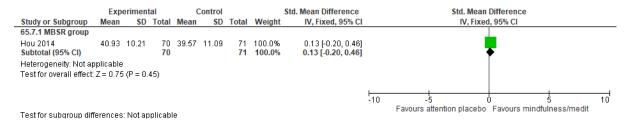
#### Figure 389: Quality of life physical health component endpoint



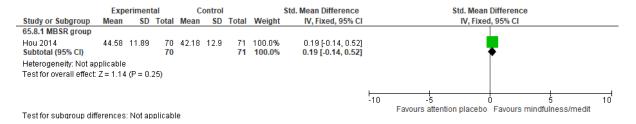
#### Figure 390: Quality of life mental health component endpoint



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

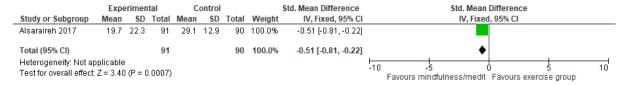


#### Figure 392: Quality of life mental health component at 3-month follow-up

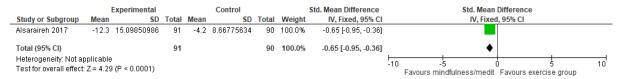


# Less severe: Mindfulness meditation group versus supervised high intensity exercise group

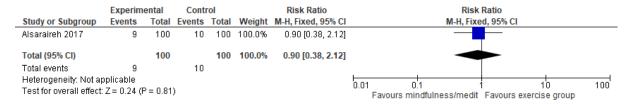
Figure 393: Depression symptomatology at endpoint



#### Figure 394: Depression symptomatology change score

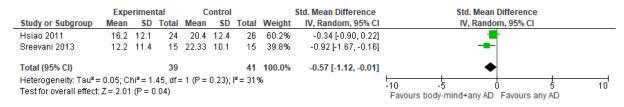


#### Figure 395: Discontinuation (any reason)



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

#### Figure 396: Depression symptomatology endpoint



#### Figure 397: Depression symptomatology change score

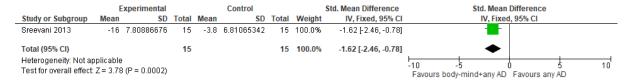
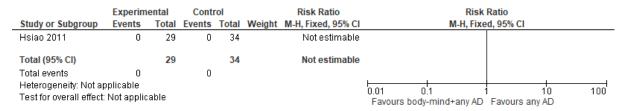
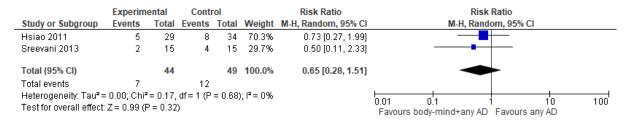


Figure 398: Discontinuation due to SE



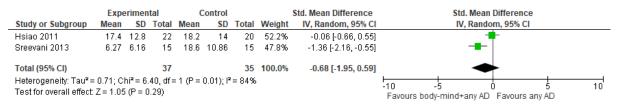
#### Figure 399: Discontinuation (any reason including SE)



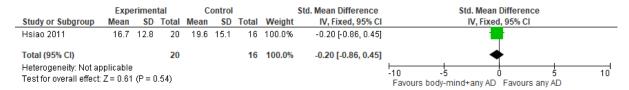
#### Figure 400: Depression symptomatology at 1-month follow-up

	Expe	Experimental Control						Std. Mean Difference		Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI				
Sreevani 2013	6.8	7.13	15	18.87	10.98	15	100.0%	-1.27 [-2.06, -0.47]		-					
Total (95% CI)			15			15	100.0%	-1.27 [-2.06, -0.47]		•					
Heterogeneity: Not applicable Test for overall effect: Z = 3.13 (P = 0.002)									-10 -5 Favours body-r	0 mind+any AD	Favours any A	j D	10		

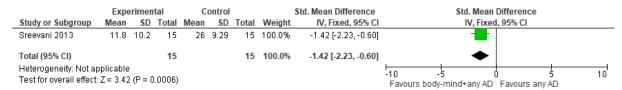
#### Figure 401: Depression symptomatology at 2-3 month follow-up



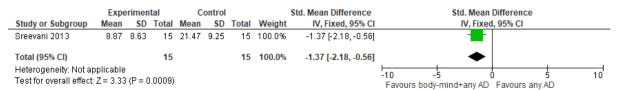
#### Figure 402: Depression symptomatology at 6-month follow-up



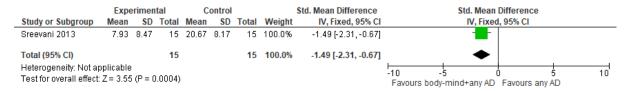
#### Figure 403: Functional impairment endpoint



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

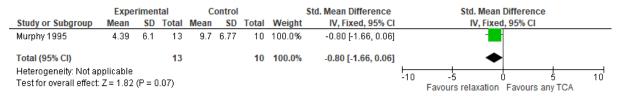


#### Figure 405: Functional impairment at 2-month follow-up



### Less severe: Progressive muscle relaxation individual versus any TCA

#### Figure 406: Depression symptomatology endpoint



#### Figure 407: Depression symptomatology change score

	Experimental							Std. Mean Difference		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	I, 95% CI		
Murphy 1995	-11.14	4.03900978	13	-6.7	4.48715389	10	100.0%	-1.01 [-1.89, -0.13]			-			
Total (95% CI)			13			10	100.0%	-1.01 [-1.89, -0.13]			•			
Heterogeneity: Not applicable Test for overall effect: Z = 2.24 (P = 0.03)									-10	Favour	s relaxation	) Favours :	5 any TCA	10

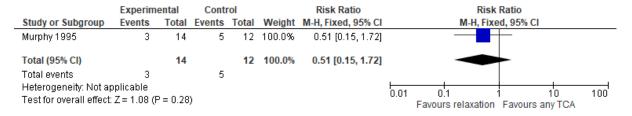
#### Figure 408: Remission (ITT)



#### Figure 409: Response (ITT)

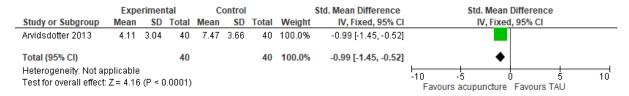


#### Figure 410: Discontinuation (any reason)



#### Less severe: Traditional acupuncture versus TAU

Figure 411: Depression symptomatology endpoint



#### Figure 412: Depression symptomatology change score

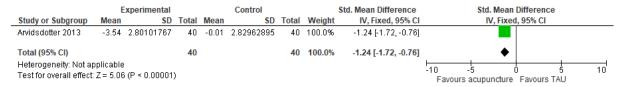


Figure 413: Discontinuation (any reason)



#### Less severe: Traditional acupuncture + counselling versus TAU

Figure 414: Depression symptomatology endpoint

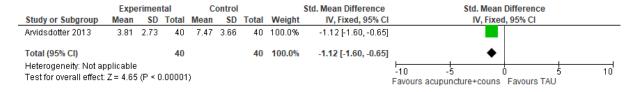


Figure 415: Depression symptomatology change score

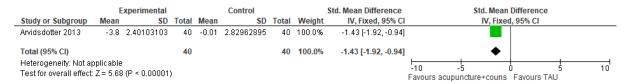
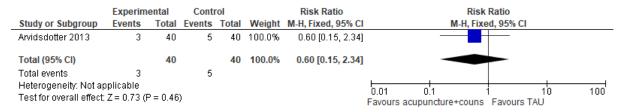


Figure 416: Discontinuation (any reason)



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