Appendix 19b: Psychological and psychosocial clinical evidence forest plots

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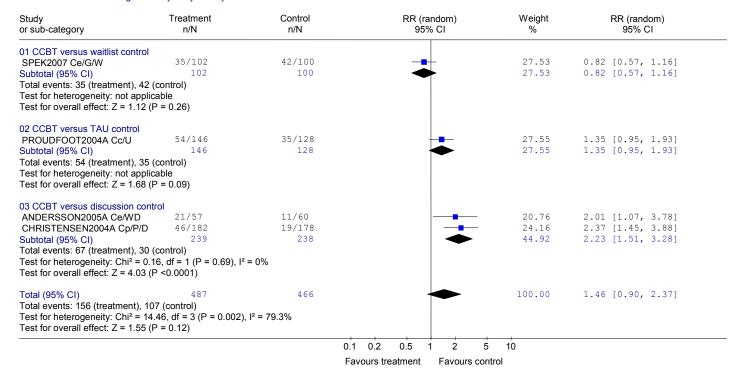
LOW-INTENSITY INTERVENTIONS

Computerised cognitive behavioural therapy (CCBT)

Review: CCBT01

Comparison: 01 CCBT versus control

Outcome: 01 Leaving the study early for any reason



Comparison: 01 CCBT versus control
Outcome: 02 Depression self-report measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 CCBT versus waitlist control							
SPEK2007 Ce/G/W	102	11.97(8.05)	100	14.46(10.42)	-	17.83	-0.27 [-0.54, 0.01]
Subtotal (95% CI)	102		100		•	17.83	-0.27 [-0.54, 0.01]
Test for heterogeneity: not applica Test for overall effect: Z = 1.89 (P							
02 CCBT versus TAU control							
PROUDFOOT2004A Cc/U	95	12.10(9.30)	100	18.40(10.90)	-	17.29	-0.62 [-0.91, -0.33]
Subtotal (95% CI)	95		100		•	17.29	-0.62 [-0.91, -0.33]
Test for heterogeneity: not applica Test for overall effect: Z = 4.21 (P		1)					
03 CCBT versus discussion contr							
ANDERSSON2005A Ce/WD	36	12.20(6.80)	49	19.50(8.10)		10.59	-0.95 [-1.41, -0.50]
OTHER TENDER LEGISLATION OF THE	136	15.90(9.80)	159	19.50(11.80)	<u>.</u>	20.36	-0.33 [-0.56, -0.10]
Subtotal (95% CI)	172		208		-	30.95	-0.61 [-1.22, 0.00]
Test for heterogeneity: Chi² = 5.79 Test for overall effect: Z = 1.96 (P		(P = 0.02), I ² = 82.7%					
04 CCBT versus information cont	rol						
CLARKE2002 Ce/I	107	22.20(12.80)	116	25.50(14.20)	-	18.53	-0.24 [-0.51, 0.02]
CLARKE2005 Ce/Cp/I	67	20.00(13.80)	79	22.90(13.80)	-	15.41	-0.21 [-0.54, 0.12]
Subtotal (95% CI)	174		195		◆	33.94	-0.23 [-0.43, -0.02]
Test for heterogeneity: Chi ² = 0.0. Test for overall effect: Z = 2.19 (P		$(P = 0.87), I^2 = 0\%$					
Total (95% CI)	543		603		•	100.00	-0.40 [-0.58, -0.22]
Test for heterogeneity: Chi ² = 11.							
Test for overall effect: $Z = 4.25$ (P	° <0.0001	1)					
				-4	-2 0 2	4	
				Fa	avours treatment Favours c	ontrol	

Comparison: 01 CCBT versus control
Outcome: 03 Depression self-report measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Depression self-report measure PROUDFOOT2004 ACc/U Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 2.65 (P	93 93 ble	12.10(10.30)	85 85	16.40(11.00)	-	100.00	-0.40 [-0.70, -0.11] -0.40 [-0.70, -0.11]
02 Depression self-report measure PROUDFOOT2004A Cc/U Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 2.64 (P	83 83 ible	9.60(8.20)	81 81	13.50(10.30)	=	100.00	-0.42 [-0.73, -0.11] -0.42 [-0.73, -0.11]
03 Depression self-report measure CHRISTENSEN2004A Cp/P/D Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 1.54 (P	106 106 ble	15.60(10.20)	131 131	17.80(11.40)	-	100.00 100.00	-0.20 [-0.46, 0.06] -0.20 [-0.46, 0.06]
04 Depression self-report measure PROUDFOOT2004A Cc/U Subtotal (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 3.74 (P	94 94 ble	9.30(8.50)	92 92	14.90(11.30)	*	100.00 100.00	-0.56 [-0.85, -0.27] -0.56 [-0.85, -0.27]
OI LILLOUI OCIOIVI	94 102 196), df = 1	14.10(10.70) 10.45(8.05) (P = 0.75), I ² = 0%	124 100 224	16.40(11.70) 12.88(10.10)	•	51.52 48.48 100.00	-0.20 [-0.47, 0.07] -0.27 [-0.54, 0.01] -0.23 [-0.43, -0.04]
					-1 -0.5 0 0.5 Favours treatment Favours con	1 1	

Review: CCBT04

Comparison: 02 CCBT versus active control

01 Leaving the study early for any reason Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 CCBT versus psychoeducation	n control				
CHRISTENSEN2004A Cp/P/D	46/182	25/165		100.00	1.67 [1.08, 2.59]
Subtotal (95% CI)	182	165		100.00	1.67 [1.08, 2.59]
Total events: 46 (treatment), 25 (control)				
Test for heterogeneity: not application					
Test for overall effect: Z = 2.28 (P	= 0.02)				
02 CCBT versus group CBT conti	rol				
SPEK2007 Ce/G/W	35/102	43/99		100.00	0.79 [0.56, 1.12]
Subtotal (95% CI)	102	99		100.00	0.79 [0.56, 1.12]
Total events: 35 (treatment), 43 (d	control)		-		
Test for heterogeneity: not applica	able				
Test for overall effect: Z = 1.32 (P					
	,		· · · · · · · · · · · · · · · · · · ·	±	
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ontrol	

Comparison: 02 CCBT versus active control
Outcome: 02 Depression self-report measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 CCBT versus group CBT SPEK2007 Ce/G/W	102	11.97(8.05)	99	11.43(9.41)	_	42.13	0.06 [-0.22, 0.34]
Subtotal (95% CI)	102	11.97(0.03)	99	11.43(9.41)		42.13	0.06 [-0.22, 0.34]
Test for heterogeneity: not a Test for overall effect: Z = 0.							
02 CCBT versus psychoedu		45 00 (0 00)	4.40	4.5.00.40.00)		55.05	
CHRISTENSEN2004A Cp/ Subtotal (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0.	136 pplicable	15.90(9.80)	140 140	16.20(9.30)	-	57.87 57.87	-0.03 [-0.27, 0.20] -0.03 [-0.27, 0.20]
Total (95% CI) Test for heterogeneity: Chi² Test for overall effect: Z = 0.			239		+	100.00	0.01 [-0.17, 0.19]
					-1 -0.5 0 0.5	1	
					Favours treatment Favours co	ontrol	

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Depression self-report measu	res at 6-	month follow-up					
CHRISTENSEN2004A Cp/P/D	106	15.60(10.20)	115	15.10(10.10)		100.00	0.05 [-0.21, 0.31]
Subtotal (95% CI)	106		115			100.00	0.05 [-0.21, 0.31]
Test for heterogeneity: not applic	able						
Test for overall effect: Z = 0.36 (F	P = 0.72						
02 Depression self-report measu	res at 12	-month follow-up					
CHRISTENSEN2004A Cp/P/D	94	14.10(10.70)	107	12.60(8.70)	 •	49.95	0.15 [-0.12, 0.43]
SPEK2007 Ce/G/W	102	10.45(8.05)	99	12.14(8.76)		50.05	-0.20 [-0.48, 0.08]
Subtotal (95% CI)	196		206		•	100.00	-0.02 [-0.22, 0.17]
Test for heterogeneity: Chi ² = 3.1 Test for overall effect: Z = 0.23 (F							
					-1 -0.5 0 0	.5 1	
					Favours treatment Favour	s control	

06 Sub-analysis: PROUDFOOT2004A depressed-sample only 01 Depression self-report measures at endpoint Comparison: Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 CCBT versus waitlist contro	I						
SPEK2007 Ce/G/W	102	11.97(8.05)	100	14.46(10.42)	 	18.98	-0.27 [-0.54, 0.01]
SELMI1990	12	10.33(5.18)	12	18.50(9.32)		3.90	-1.05 [-1.91, -0.18]
Subtotal (95% CI)	114		112		◆	22.88	-0.54 [-1.28, 0.19]
Test for heterogeneity: Chi ² = 2 Test for overall effect: Z = 1.46							
02 CCBT versus TAU control PROUDFOOT2004A Cc/U	32	14.88(10.73)	22	18.95(12.16)	_	8.30	-0.35 [-0.90, 0.19]
	32	14.00(10.73)	22	10.93(12.10)		8.30	-0.35 [-0.90, 0.19]
Subtotal (95% CI)			22			0.30	-0.33 [-0.90, 0.19]
Test for heterogeneity: not app Test for overall effect: Z = 1.27							
03 CCBT versus discussion co							
ANDERSSON2005A Ce/WD	36	12.20(6.80)	49	19.50(8.10)	-	10.84	-0.95 [-1.41, -0.50]
CHRISTENSEN2004A Cp/P/[15.90(9.80)	159	19.50(11.80)	-	21.98	-0.33 [-0.56, -0.10]
Subtotal (95% CI)	172		208		•	32.82	-0.61 [-1.22, 0.00]
Test for heterogeneity: Chi ² = 5 Test for overall effect: Z = 1.96							
04 CCBT versus information co	ontrol						
CLARKE2002 Ce/I	107	22.20(12.80)	116	25.50(14.20)	=	19.81	-0.24 [-0.51, 0.02]
CLARKE2005 Ce/Cp/I	67	20.00(13.80)	79	22.90(13.80)	-= 	16.19	-0.21 [-0.54, 0.12]
Subtotal (95% CI)	174		195		•	36.00	-0.23 [-0.43, -0.02]
Fest for heterogeneity: $Chi^2 = 0$ Fest for overall effect: $Z = 2.19$							
Total (95% CI)	492		537		•	100.00	-0.38 [-0.56, -0.20]
Test for heterogeneity: Chi ² = 1 Test for overall effect: Z = 4.09							
				-4	-2 0 2	4	
				Fa	vours treatment Favours con	ntrol	

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Depression self-report measu							
SELMI1990	12	6.17(5.57)	12	20.67(9.89)	←	100.00	-1.74 [-2.71, -0.78]
Subtotal (95% CI)	12		12			100.00	-1.74 [-2.71, -0.78]
Test for heterogeneity: not applic Test for overall effect: Z = 3.54 (04)					
02 Depression self-report measu							
PROUDFOOT2004A Cc/U	33	15.49(11.92)	21	14.38(9.00)	- 	100.00	0.10 [-0.45, 0.65]
Subtotal (95% CI)	33		21			100.00	0.10 [-0.45, 0.65]
Test for heterogeneity: not applic Test for overall effect: Z = 0.36 ()					
03 Depression self-report measu	ures at 5-	month follow-up					
PROUDFOOT2004A Cc/U	30	14.78(9.37)	17	11.24(8.31)	- - 	100.00	0.39 [-0.21, 0.99]
Subtotal (95% CI)	30		17			100.00	0.39 [-0.21, 0.99]
Test for heterogeneity: not applic	cable						
Test for overall effect: Z = 1.26 ((P = 0.21))					
04 Depression self-report measu							
CHRISTENSEN2004A Cp/P/D		15.60(10.20)	131	17.80(11.40)	- 	100.00	-0.20 [-0.46, 0.06]
Subtotal (95% CI)	106		131			100.00	-0.20 [-0.46, 0.06]
Test for heterogeneity: not applic Test for overall effect: Z = 1.54 ()					
05 Depression self-report measu							
PROUDFOOT2004 Cc/U	33	12.69(9.58)	20	12.25(10.81)	 -	100.00	0.04 [-0.51, 0.60]
Subtotal (95% CI)	33		20			100.00	0.04 [-0.51, 0.60]
Test for heterogeneity: not applic Test for overall effect: Z = 0.15 ()					
06 Depression self-report measu	ures at 12	2-month follow-up					
CHRISTENSEN2004A Cp/P/D		14.10(10.70)	124	16.40(11.70)		51.52	-0.20 [-0.47, 0.07]
SPEK2007 Ce/G/W	102	10.45(8.05)	100	12.88(10.10)	-	48.48	-0.27 [-0.54, 0.01]
Subtotal (95% CI)	196		224		•	100.00	-0.23 [-0.43, -0.04]
Test for heterogeneity: Chi ² = 0.7 Test for overall effect: Z = 2.37 (
					-1 -0.5 0 0.5	1	
					Favours treatment Favours con	trol	

Guided self-help

Review:

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

Outcome: 01 Leaving the study early for any reason

Study or sub-category				RR (random) 95% CI	Weight %	RR (random) 95% CI	
Brown1984	1/15	2/15			19.25	0.50 [0.05, 4.94]	
FLOYD2004	3/16	0/14			12.23	6.18 [0.35, 110.11]	
Jamison1995	7/40	1/40			24.01	7.00 [0.90, 54.32]	
Schmidt1983	1/12	0/10			10.59	2.54 [0.11, 56.25]	
Scogin1987	1/10	2/11	←		20.09	0.55 [0.06, 5.18]	
Scogin1989	1/22	1/22	-	+	13.83	1.00 [0.07, 15.00]	
otal (95% CI)	115	112			100.00	1.71 [0.62, 4.69]	
Fotal events: 14 (treatment), Fest for heterogeneity: Chi ² Fest for overall effect: Z = 1.	$= 5.05$, df $= 5$ (P = 0.41), I^2	= 1.0%					

Favours treatment

Favours control

Favours treatment Favours control

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
Brown1984	14	13.07(10.89)	11	18.18(11.29)		20.49	-0.45 [-1.25, 0.35]
Jamison1995	33	9.20(7.10)	39	19.50(8.20)	-	28.77	-1.32 [-1.83, -0.81]
Landreville1997	10	13.50(6.11)	13	17.00(12.59)		19.75	-0.33 [-1.16, 0.50]
Schmidt1983	12	7.30(6.40)	10	21.70(9.00)		15.62	-1.80 [-2.83, -0.78]
Scogin1987	9	5.00(2.80)	8	9.60(5.10)		15.37	-1.08 [-2.12, -0.04]
Total (95% CI)	78		81		•	100.00	-0.98 [-1.50, -0.47]
Test for heterogeneity: Ch Test for overall effect: Z =							
					-4 -2 0 2	4	

Review:

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

03 Self-report depression measure (CES-D) at 12-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			O (fixed) 5% CI	Weight %	SMD (fixed) 95% CI
WILLEMSE2004	107	9.40(7.40)	109	11.10(9.40)		+		100.00	-0.20 [-0.47, 0.07]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z =			109				•	100.00	-0.20 [-0.47, 0.07]
					-4	-2	0 2	2 4	
					Favour	rs treatment	Favours	control	

GSH04 Review:

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

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

Favours treatment Favours control

Favours control

Review: GSH05

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

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

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

Favours treatment

Review: GSH06

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
LOVELL2008	7/29	1/30		100.00	7.24 [0.95, 55.26]
Total (95% CI) Total events: 7 (treatment Test for heterogeneity: no Test for overall effect: Z =	t applicable	30		100.00	7.24 [0.95, 55.26]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours c	ontrol	

GSH07 Review:

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			(fixed) % CI	Weight %	SMD (fixed) 95% CI
LOVELL2008	19	18.74(12.96)	23	22.26(12.40)		-	-	100.00	-0.27 [-0.88, 0.34]
Total (95% CI) Test for heterogeneity: no Test for overall effect: Z =			23					100.00	-0.27 [-0.88, 0.34]
					-4	-2	0 2	4	
					Favour	s treatment	Favours co	ntrol	

Review: GSH08

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

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
WILLEMSE2004	64/107	0/109		→ 48.52	131.39 [8.23, 2096.44]
WILLIAMS2008	39/141	38/140	+	51.48	1.02 [0.70, 1.49]
Total (95% CI)	248	249		100.00	10.77 [0.00, 31281.62]
otal events: 103 (treatme lest for heterogeneity: Chi lest for overall effect: Z =	$f^2 = 32.57$, df = 1 (P < 0.0000	1), I ² = 96.9%			
		0.1	0.2 0.5 1 2	5 10	

Favours treatment Favours control

Review: GSH09

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	We	ight 6	SMD (fixed) 95% CI
WILLIAMS2008	102	16.26(11.09)	102	22.00(12.22)		÷	-	100	.00	-0.49 [-0.77, -0.21]
Total (95% CI) Test for heterogeneity: no Test for overall effect: Z =		6)	102				•	100	.00	-0.49 [-0.77, -0.21]
					-4	-2	Ö	2 4		
					Favou	ırs treatmer	nt Favou	rs control		

Review:

03 Individual GSH (minimal support) versus TAU Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			O (fixed) 5% CI	Weight %	SMD (fixed) 95% CI
WILLIAMS2008	102	14.89(11.09)	102	20.20(14.01)		ŧ	-	100.00	-0.42 [-0.70, -0.14]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z = 2			102			•		100.00	-0.42 [-0.70, -0.14]
					-4	-2	0 2	4	
					Favou	rs treatment	Favours	control	

GSH11 Review:

03 Individual GSH (minimal support) versus TAU Comparison:

04 Self-report depression measure (CES-D) at 12-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
WILLEMSE2004	107	9.40(7.40)	109	11.10(9.40)	=	100.00	-0.20 [-0.47, 0.07]
Total (95% CI) Test for heterogeneity: no Test for overall effect: Z =			109		•	100.00	-0.20 [-0.47, 0.07]
					-4 -2 0 2	4	
					Favours treatment Favours of	ontrol	

GSH12 Review:

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

Outcome: 01 Leaving the study early for any reason

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

GSH13 Review:

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
Brown1984	13	15.08(10.43)	11	18.18(11.29)		-	100.00	-0.28 [-1.08, 0.53]
Total (95% CI) Test for heterogeneity: not appl Test for overall effect: Z = 0.67			11			+	100.00	-0.28 [-1.08, 0.53]
					-4	-2 0 2	4	

Favours treatment Favours control

Review: GSH14

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 Group guided self-help					
Schmidt1983	0/11	0/10			Not estimable
Subtotal (95% CI)	11	10			Not estimable
Total events: 0 (treatment), 0 (contro Test for heterogeneity: not applicabl Test for overall effect: not applicable	e [']				
Total (95% CI) Total events: 0 (treatment), 0 (contro Test for heterogeneity: not applicabl Test for overall effect: not applicable	e [′]	10			Not estimable
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours of	ontrol	

11

Review: GSH15

Comparison:

05 Group GSH versus waitlist control
02 Self-report depression measures (BDI or HADS-D) at endpoint Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
02 Group guided self-help								
Schmidt1983	11	16.00(7.30)	10	21.70(9.00)		—	100.00	-0.67 [-1.56, 0.21]
Subtotal (95% CI)	11		10			•	100.00	-0.67 [-1.56, 0.21]
Test for heterogeneity: not a	applicable					•		
Test for overall effect: Z = 1	.49 (P = 0.14)							
					-10	-5 0 5	10	
					Favours	treatment Favours	control	

Review:

Comparison: 05 Group GSH versus waitlist control

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Psycheducation workshop							
BROWN2004	30	15.34(10.47)	25	20.16(7.52)	<u>=</u>	100.00	-0.51 [-1.05, 0.03]
Subtotal (95% CI)	30		25		•	100.00	-0.51 [-1.05, 0.03]
Test for heterogeneity: not app Test for overall effect: Z = 1.86							
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 1.86			25		•	100.00	-0.51 [-1.05, 0.03]

Favours treatment Favours control GSH17

Review:

Comparison: 06 Group GSH versus TAU

Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Psychoeducation cours	se (cluster randomised trial)				
HANSSON2008	35/205	9/114		- 100.00	2.16 [1.08, 4.34]
Subtotal (95% CI)	205	114		- 100.00	2.16 [1.08, 4.34]
Total events: 35 (treatmer Test for heterogeneity: not Test for overall effect: Z =	t applicable				
Total (95% CI) Total events: 35 (treatmer Test for heterogeneity: not Test for overall effect: Z =	t applicable	114		100.00	2.16 [1.08, 4.34]
	· · · · · · · · · · · · · · · · · · ·	0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours	control	

12

Review: GSH18

Comparison: 06 Group GSH versus TAU

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			(fixed) % CI	Weight %	SMD (fixed) 95% CI
01 Psychoeducation cours	e (cluster rando	mised trial, change score	e)						
HANSSON2008	82	-4.60(3.30)	40	-3.00(4.00)				100.00	-0.45 [-0.83, -0.07]
Subtotal (95% CI)	82		40			₹)	100.00	-0.45 [-0.83, -0.07]
Test for heterogeneity: not	applicable								
Test for overall effect: Z = 2	2.30 (P = 0.02)								
					-10	-5	0 5	10	
					Favour	s treatment	Favours co	ontrol	

Review: GSH19

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

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
GEISNER2006	9/89	1/88		→ 16.78	8.90 [1.15, 68.77]
SALKOVSKIS2006	12/50	7/46		45.72	1.58 [0.68, 3.66]
STICE2007	4/28	10/67		37.50	0.96 [0.33, 2.80]
Total (95% CI)	167	201		100.00	1.75 [0.67, 4.56]
Total events: 25 (treatment),	, 18 (control)				
Test for heterogeneity: Chi ²	$= 3.84$, df = 2 (P = 0.15), I^2	= 47.9%			
Test for overall effect: $Z = 1$.	14 (P = 0.25)				

Favours treatment Favours control

Review: GSH20

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

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixe 95% CI	,	SMD (fixed) 95% CI
STICE2007	28	14.29(8.12)	67	18.51(7.02)		=	100.00	-0.57 [-1.02, -0.12]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 2			67			•	100.00	-0.57 [-1.02, -0.12]
					-10	-5 0	5 10	
					Favours	treatment Fa	avours control	

Review: GSH21

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

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

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

Review: GSH22

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI)	Weight %	SMD (fixed) 95% CI
SALKOVSKIS2006	50	15.10(10.90)	46	14.90(11.00)			•		100.00	0.02 [-0.38, 0.42]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0			46				•		100.00	0.02 [-0.38, 0.42]
					-10	-5	Ó	5	10	
					Favou	ırs treatme	nt Fav	ours con	trol	

Review: GSH23

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

Outcome: 05 Self-report depression measures (BDI) at 6-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed) 95% CI	,	Weight %	SMD (fixed) 95% CI
SALKOVSKIS2006	50	12.60(9.60)	46	14.30(12.50)			-		55.49	-0.15 [-0.55, 0.25]
STICE2007	28	8.03(6.37)	67	12.28(8.45)			-		44.51	-0.53 [-0.98, -0.09]
Total (95% CI)	78		113				•	1	100.00	-0.32 [-0.62, -0.02]
Test for heterogeneity: Chi² Test for overall effect: Z = 2										
					-10	-5	0	5 10		
					Favou	rs treatme	ent Favou	rs control		

Physical activity

Review:

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

Study or sub-category	N	Physical activity Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 Aerobic (17.5 kcal/hour, 3	3 times per we	eek) versus stretching					
DUNN2005 SA	17	9.00(3.60)	13	14.00(4.90)	-	19.80	-1.16 [-1.94, -0.37]
Subtotal (95% CI)	17		13		•	19.80	-1.16 [-1.94, -0.37]
Test for heterogeneity: not a					-		
Test for overall effect: $Z = 2$.	88 (P = 0.004	·)					
02 Non-aerobic versus healt	th education						
Singh1997 SN	17	5.30(1.30)	15	8.90(1.30)	-	18.03	-2.70 [-3.69, -1.71]
SINGH1997A SN	1.5	5.80(1.40)	1.3	8.10(1.30)	-	19.03	-1.65 [-2.52, -0.77]
MATHER2002 SN	43	12.60(8.90)	43	13.70(8.90)	+	22.51	-0.12 [-0.55, 0.30]
Subtotal (95% CI)	75		71		◆	59.57	-1.44 [-3.04, 0.15]
Test for heterogeneity: Chi ²	= 27.31, df =	2 (P <0.00001), I ² = 92.7%	6				
Test for overall effect: Z = 1.	77 (P = 0.08)						
03 Non-aerobic (high-intensi	ity) versus GF	o care					
SINGH2005D SN	18	8.50(5.50)	19	14.40(6.00)	-	20.63	-1.00 [-1.69, -0.31]
Subtotal (95% CI)	18		19		•	20.63	-1.00 [-1.69, -0.31]
Test for heterogeneity: not a					•		
Test for overall effect: $Z = 2$.	85 (P = 0.004	·)					
Total (95% CI)	110		103		•	100.00	-1.26 [-2.12, -0.41]
Test for heterogeneity: Chi ²	= 28.67, df =	4 (P <0.00001), I ² = 86.0%	6		-		
Test for overall effect: $Z = 2$.							
	-	•		-10	5 0 5	10	

Favours treatment Favours control

Review:

Comparison:

01 Physical activity versus no physical activity control
02 Supervised non-aerobic versus health education (clinician-rated depression scores at follow-up) Outcome:

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

Review: PA03

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 Aerobic versus no treatment							
Veale1992 SA	36	13.90(12.80)	29	17.80(10.20)	 	13.79	-0.33 [-0.82, 0.16]
Subtotal (95% CI)	36		29		•	13.79	-0.33 [-0.82, 0.16]
Γest for heterogeneity: not applica Γest for overall effect: Z = 1.31 (P							
02 Aerobic versus newspaper rea							
TSANG2006 SA	48	3.20(2.10)	34	6.20(1.50)	-	13.68	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	48		34		◆	13.68	-1.58 [-2.09, -1.08]
Test for heterogeneity: not applica Test for overall effect: Z = 6.15 (P		01)					
03 Aerobic versus stretching							
KNUBBEN2007 SA	20	22.40(10.00)	18	31.80(11.20)	-	12.08	-0.87 [-1.54, -0.20]
Subtotal (95% CI)	20		18		•	12.08	-0.87 [-1.54, -0.20]
Test for heterogeneity: not applica Test for overall effect: Z = 2.55 (P							
04 Non-aerobic versus health edu	cation						
Singh1997 SN	17	9.80(2.40)	15	13.80(2.00)		10.53	-1.75 [-2.59, -0.92]
SINGH1997A SN	15	10.80(2.60)	13	11.80(1.80)	-	11.28	-0.43 [-1.18, 0.32]
MATHER2002 SN	43	15.40(10.10)	43	16.70(10.10)	+	14.42	-0.13 [-0.55, 0.30]
Subtotal (95% CI)	75		71		•	36.23	-0.72 [-1.64, 0.20]
Test for heterogeneity: Chi ² = 11.6 Test for overall effect: Z = 1.54 (P							
05 Non-aerobic versus GP care							
SINGH2005D SN	18	8.40(7.00)	19	14.00(5.20)	-	11.98	-0.89 [-1.57, -0.21]
Subtotal (95% CI)	18		19		•	11.98	-0.89 [-1.57, -0.21]
Test for heterogeneity: not applica Test for overall effect: Z = 2.57 (P							
06 Low-intensity non-aerobic vers							
SINGH2005D SN	17	13.30(7.00)	19	14.00(5.20)	†	12.23	-0.11 [-0.77, 0.54]
Subtotal (95% CI)	17		19		•	12.23	-0.11 [-0.77, 0.54]
Test for heterogeneity: not applica Test for overall effect: Z = 0.34 (P							
Total (95% CI)	214		190		•	100.00	-0.74 [-1.19, -0.29]
Test for heterogeneity: Chi ² = 31.2 Test for overall effect: Z = 3.24 (P							

16

Review: PA04

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Aerobic versus newspaper r	eading at 4	1 weeks					
TSANG2006 SA	48	3.00(2.00)	34	5.70(1.10)	-	28.02	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	48		34		◆	28.02	-1.58 [-2.09, -1.08]
est for heterogeneity: not appl	icable						
est for overall effect: Z = 6.15		01)					
2 Aerobic versus newspaper r	eading at 8	3 weeks					
TSANG2006 SA	48	3.40(2.50)	34	5.70(1.50)	-	32.33	-1.06 [-1.53, -0.59]
Subtotal (95% CI)	48		34		◆	32.33	-1.06 [-1.53, -0.59]
Γest for heterogeneity: not appl Γest for overall effect: Z = 4.43		01)					
03 Non-aerobic versus health e	ducation a	t 34 weeks					
MATHER2002 SN	43	15.00(10.20)	43	17.50(10.20)	=	39.65	-0.24 [-0.67, 0.18]
Subtotal (95% CI)	43		43		•	39.65	-0.24 [-0.67, 0.18]
Test for heterogeneity: not appl Test for overall effect: Z = 1.12							
Fotal (95% CI) Fest for heterogeneity: Chi² = 1 Fest for overall effect: Z = 6.48			111		•	100.00	-0.88 [-1.15, -0.62]

Favours treatment Favours control

Review: PA05

Comparison: 01 Physical activity versus no physical activity control

Outcome: 06 Unsupervised non-aerobic versus advice control (self-rated endpoint depression scores)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		ID (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Endpoint depression score	es							
SIMS2006 UN	11	18.30(7.50)	15	15.30(6.50)		 -	44.05	0.42 [-0.37, 1.21]
Subtotal (95% CI)	11		15			•	44.05	0.42 [-0.37, 1.21]
Test for heterogeneity: not ap Test for overall effect: Z = 1.0								
02 Depression scores at 24 v	veeks							
SIMS2006 UN	14	15.30(9.90)	18	14.40(7.20)			55.95	0.10 [-0.60, 0.80]
Subtotal (95% CI)	14		18			•	55.95	0.10 [-0.60, 0.80]
Test for heterogeneity: not ap	plicable							
Test for overall effect: Z = 0.2	29 (P = 0.77)							
Total (95% CI)	25		33			•	100.00	0.24 [-0.28, 0.77]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.9		$(P = 0.56), I^2 = 0\%$						
					-10 -5	0 5	10	
					Favours treatmen	nt Favours o	ontrol	

PA06 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic versu	us no treatment				
McCann1984 SA	1/16	2/16	•	- 18.28	0.50 [0.05, 4.98]
Veale1992 SA	12/48	6/35		63.44	1.46 [0.61, 3.51]
Subtotal (95% CI)	64	51		81.72	1.24 [0.56, 2.79]
otal events: 13 (treatment)	= 0.73, df = 1 (P = 0.39), l ²	= 0%			
2 Supervised non-aerobic	versus GP care				
SINGH2005D SN	2/20	1/20		9.14	2.00 [0.20, 20.33]
Subtotal (95% CI)	20	20		9.14	2.00 [0.20, 20.33]
otal events: 2 (treatment), est for heterogeneity: not a					,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
est for overall effect: Z = 0.					
3 Supervised low-intensity	non-aerobic versus GP care	Э			
SINGH2005D SN	3/20	1/20		9.14	3.00 [0.34, 26.45]
Subtotal (95% CI)	20	20		9.14	3.00 [0.34, 26.45]
otal events: 3 (treatment),	1 (control)				
est for heterogeneity: not a	applicable				
est for overall effect: Z = 0.	.99 (P = 0.32)				
otal (95% CI)	104	91		100.00	1.47 [0.72, 3.01]
otal events: 18 (treatment)	, 10 (control)				
est for heterogeneity: Chi2	= 1.33, $df = 3$ (P = 0.72), I^2	= 0%			
est for overall effect: Z = 1.	.07 (P = 0.29)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntroi	

Review: PA07

Comparison: Outcome:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed 95% CI)	Weight %	SMD (fixed) 95% CI
HOFFMAN2008 SAUA	51	9.20(6.10)	49	11.00(7.00)			=		100.00	-0.27 [-0.67, 0.12]
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 1.3			49				•		100.00	-0.27 [-0.67, 0.12]
					-10	-5	Ó	5	10	
					Favou	rs treatme	nt Fav	ours con	trol	

Review: PA08

Comparison:

02 Physical activity versus placebo pill 03 Unsupervised aerobic (clinician-rated endpoint depression scores) Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed 95% CI	1)	Weight %	SMD (fixed) 95% CI
HOFFMAN2008 SAUA	53	10.20(6.70)	49	11.00(7.00)			•		100.00	-0.12 [-0.50, 0.27]
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 0.5			49				•		100.00	-0.12 [-0.50, 0.27]
					-10	-5	Ó	5	10	
					Favou	ırs treatme	ent Fa	vours con	trol	

Review: PA09

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic					
McCann1984 SA	1/16	2/16	•	- 6.07	0.50 [0.05, 4.98]
BLUMENTHAL2007 SAUA	10/51	14/49		43.36	0.69 [0.34, 1.40]
KNUBBEN2007 SA	1/20	2/18	•	- 6.39	0.45 [0.04, 4.55]
Subtotal (95% CI)	87	83		55.82	0.64 [0.33, 1.23]
Total events: 12 (treatment), 18 Test for heterogeneity: Chi ² = 0.		= 0%			
Test for overall effect: Z = 1.35	(P = 0.18)				
02 Unsupervised aerobic					
BLUMENTHAL2007 SAUA	3/53	14/49	←	44.18	0.20 [0.06, 0.65]
Subtotal (95% CI)	53	49		44.18	0.20 [0.06, 0.65]
Total events: 3 (treatment), 14 (Test for heterogeneity: not appli Test for overall effect: Z = 2.68 (icable				
Total (95% CI) Total events: 15 (treatment), 32 Test for heterogeneity: Chi² = 3.	23 , df = 3 (P = 0.36), I^2	132 = 7.2%	•	100.00	0.44 [0.25, 0.78]
Test for overall effect: Z = 2.84 ((P = 0.004)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	control	

Review: PA10

Comparison: 03 Physical activity versus waitlist

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
HABOUSH2006 SA	10	12.80(5.70)	12	16.00(6.70)	=	100.00	-0.49 [-1.35, 0.36]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 1.			12		•	100.00	-0.49 [-1.35, 0.36]
					-10 -5 0 5	10	
					Favours treatment Favours con	trol	

Review: PA11

Comparison: 03 Physical activity versus waitlist

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed 95% CI) Weight %	SMD (fixed) 95% CI
HABOUSH2006 SA	10	8.90(6.60)	9	11.00(5.20)		+	100.00	-0.34 [-1.24, 0.57]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0			9			•	100.00	-0.34 [-1.24, 0.57]
					-10	-5 0	5 10	
					Favours	s treatment Fav	ours control	

Review: PA12

Comparison: 04 Physical activity versus sertraline

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (rando 95% CI	,	SMD (random) 95% CI
Herman2002 SA	53	17.40(3.10)	48	18.20(3.90)		50.39	-0.23 [-0.62, 0.17]
HOFFMAN2008 SAUA	51	9.20(6.10)	49	16.10(4.40)	-	49.61	-1.28 [-1.72, -0.85]
Total (95% CI)	104		97		•	100.00	-0.75 [-1.79, 0.28]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.4			6				
					10 -5 0	5 10	

Favours treatment Favours control

Review: PA13

Comparison: 04 Physical activity versus sertraline

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
Herman2002 SA	53	21.10(6.90)	48	22.50(8.00)		+	100.00	-0.19 [-0.58, 0.20]
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 0.93			48		,		100.00	-0.19 [-0.58, 0.20]
					-10	-5 0 5	10	

Favours treatment Favours control

Review: PA14 Comparison: 04 Phy

n: 04 Physical activity versus sertraline

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
HOFFMAN2008 SAUA	53	10.20(6.70)	49	16.10(4.40)	=	100.00	-1.03 [-1.44, -0.61]
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 4.8		01)	49		•	100.00	-1.03 [-1.44, -0.61]
					-10 -5 0 5	10	
					Favours treatment Favours con	ntrol	

20

Review: PA15

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

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 Supervised aerobic					
Herman2002 SA	14/53	7/48		39.34	1.81 [0.80, 4.11]
BLUMENTHAL2007 SAUA	10/51	7/49		36.78	1.37 [0.57, 3.32]
Subtotal (95% CI)	104	97		76.12	1.59 [0.87, 2.90]
Total events: 24 (treatment), 14 Test for heterogeneity: $Chi^2 = 0$. Test for overall effect: $Z = 1.52$	$\dot{20}$, df = 1 (P = 0.65), I^2	= 0%			
02 Unsupervised aerobic					
BLUMENTHAL2007 SAUA	3/53	7/49 -		23.88	0.40 [0.11, 1.45]
Subtotal (95% CI)	53	49 -		23.88	0.40 [0.11, 1.45]
Total events: 3 (treatment), 7 (c Test for heterogeneity: not appli Test for overall effect: Z = 1.40 (cable				
Total (95% CI) Total events: 27 (treatment), 21 Test for heterogeneity: Chi ² = 3. Test for overall effect: Z = 0.32	.88, $df = 2 (P = 0.14), I^2$	146 = 48.4%		100.00	1.14 [0.52, 2.49]
		0.1	0.2 0.5 1 2 5	5 10	
		Fa	vours treatment Favours co	ntrol	

Review: PA16

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic					
Herman2002 SA	0/1	5/48		17.32	2.23 [0.18, 27.86]
BLUMENTHAL2007 SAUA	10/51	1/49		40.95	9.61 [1.28, 72.27]
Subtotal (95% CI)	52	97		58.27	7.41 [1.40, 39.23]
Total events: 10 (treatment), 6	(control)				
Test for heterogeneity: Chi2 = (0.93 , df = 1 (P = 0.33), I^2	= 0%			
Test for overall effect: Z = 2.36	S(P = 0.02)				
02 Unsupervised aerobic					
BLUMENTHAL2007 SAUA	3/53	1/49		41.73	2.77 [0.30, 25.78]
Subtotal (95% CI)	53	49		41.73	2.77 [0.30, 25.78]
Total events: 3 (treatment), 1 (control)				
Test for heterogeneity: not app	olicable				
Test for overall effect: Z = 0.90	(P = 0.37)				
Total (95% CI)	105	146		100.00	5.48 [1.48, 20.29]
Total events: 13 (treatment), 7	(control)				
Test for heterogeneity: Chi ² = 1		= 0%			
Test for overall effect: Z = 2.55					
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ntrol	

Review: PA17

Comparison: 05 Physical activity versus psychotherapy
Outcome: 01 Supervised non-aerobic versus hypnosis (clinician-rated depression scores at follow-up)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 24 weeks							
BUTLER2008 SN	12	14.25(8.99)	12	8.14(5.32)	 	48.50	0.80 [-0.04, 1.64]
Subtotal (95% CI)	12		12		•	48.50	0.80 [-0.04, 1.64]
Test for heterogeneity: not Test for overall effect: Z = 1							
02 36 weeks							
BUTLER2008 SN	13	6.31(5.53)	13	7.31(5.92)	+	51.50	-0.17 [-0.94, 0.60]
Subtotal (95% CI)	13		13		•	51.50	-0.17 [-0.94, 0.60]
Test for heterogeneity: not Test for overall effect: Z = 0							
Total (95% CI) Test for heterogeneity: Chi ² Test for overall effect: Z = 0		(P = 0.10), I ² = 64.0%	25		+	100.00	0.30 [-0.65, 1.25]
				-10) -5 0 5	10	

Favours treatment Favours control

Review:

Comparison: 05 Physical activity versus psychotherapy
Outcome: 02 Supervised (self-rated endpoint depression scores)

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Aerobic versus social contac							
McNeil1991 SA	10	11.10(3.00)	10	11.80(4.00)	-+ -	25.39	-0.19 [-1.07, 0.69]
Subtotal (95% CI)	10		10		•	25.39	-0.19 [-1.07, 0.69]
Test for heterogeneity: not appli							
Test for overall effect: Z = 0.42 (P = 0.67)						
02 Aerobic versus group therapy							
Klein1985 SASN	14	1.00(0.90)	14	1.20(0.80)	 	35.48	-0.23 [-0.97, 0.52]
Subtotal (95% CI)	14		14		•	35.48	-0.23 [-0.97, 0.52]
Test for heterogeneity: not app							
Test for overall effect: Z = 0.60 (P = 0.55)						
3 Aerobic versus cognitive tech	nniques						
Fremont1987 SA	15	6.10(6.60)	16	8.00(7.10)	- 	39.13	-0.27 [-0.98, 0.44]
Subtotal (95% CI)	15		16		*	39.13	-0.27 [-0.98, 0.44]
Test for heterogeneity: not appli							
Test for overall effect: Z = 0.75 (P = 0.46)						
Total (95% CI)	39		40		•	100.00	-0.23 [-0.68, 0.21]
Test for heterogeneity: Chi ² = 0.	02, df = 2 ($(P = 0.99), I^2 = 0\%$			1		
Test for overall effect: Z = 1.04 (,					
				-10	-5 0 5	10	
				_	avours treatment Favours co		

Review: PA19

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Aerobic versus cognitive to	echniques at	8 weeks					
Fremont1987 SA	15	6.00(7.00)	16	6.60(6.60)	-	42.35	-0.09 [-0.79, 0.62]
Subtotal (95% CI)	15		16		•	42.35	-0.09 [-0.79, 0.62]
Test for heterogeneity: not ap Test for overall effect: Z = 0.2							
02 Aerobic versus cognitive to	echniques at	16 weeks					
Fremont1987 SA	13	6.80(7.10)	13	9.90(7.70)	-	34.75	-0.41 [-1.18, 0.37]
Subtotal (95% CI)	13		13		•	34.75	-0.41 [-1.18, 0.37]
Test for heterogeneity: not ap Test for overall effect: Z = 1.0							
03 Aerobic versus Group ther	rapy at 34 wee	eks					
Klein1985 SASN	8	1.00(0.70)	10	1.50(0.80)	-= 	22.91	-0.63 [-1.59, 0.33]
Subtotal (95% CI)	8		10		•	22.91	-0.63 [-1.59, 0.33]
Test for heterogeneity: not ap Test for overall effect: Z = 1.2							
Total (95% CI)	36		39		•	100.00	-0.32 [-0.78, 0.14]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.3		$P = 0.65$), $I^2 = 0\%$					
				-10) -5 0 5	10	
				Fa	avours treatment Favours of	control	

Review: PA20

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
03 Supervised aerobic versus time-	limited psychothera	ıpy			
Greist1979 SA	2/10	1/6		100.00	1.20 [0.14, 10.58]
Subtotal (95% CI)	10	6		100.00	1.20 [0.14, 10.58]
Total events: 2 (treatment), 1 (contr Test for heterogeneity: not applicab Test for overall effect: Z = 0.16 (P =	le				
otal (95% CI) otal events: 2 (treatment), 1 (contrest for heterogeneity: not applicablest for overall effect: Z = 0.16 (P =	le [´]	6		100.00	1.20 [0.14, 10.58]
		0	0.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours c	ontrol	

PA21 Review:

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 Aerobic + SSRI/SNRI/N	IARI versus SSR	I/SNRI/NARI/SSRI+TC/	Α				
PILU2007 SASN	10	8.10(5.20)	20	16.70(9.10)	-	42.83	-1.04 [-1.85, -0.23]
Subtotal (95% CI)	10		20		•	42.83	-1.04 [-1.85, -0.23]
Test for heterogeneity: not	applicable						
Test for overall effect: Z = :							
02 Aerobic + sertraline ver	sus sertraline						
Herman2002 SA	55	17.90(3.50)	48	18.20(3.90)	=	57.17	-0.08 [-0.47, 0.31]
Subtotal (95% CI)	55		48		•	57.17	-0.08 [-0.47, 0.31]
Test for heterogeneity: not	applicable						
Test for overall effect: Z =	0.41 (P = 0.68)						
Total (95% CI)	65		68		•	100.00	-0.49 [-1.42, 0.44]
Test for heterogeneity: Chi	2 = 4.38, df = 1 (I	P = 0.04), I ² = 77.2%			٦		
Test for overall effect: Z =	1.04 (P = 0.30)	**					
				-	10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review: PA22

Comparison: 09 Combination versus pharmacotherapy

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
Herman2002 SA	55	23.10(6.50)	48	22.50(8.00)		+	100.00	0.08 [-0.31, 0.47]
Total (95% CI) Test for heterogeneity: not appl Test for overall effect: Z = 0.42			48			•	100.00	0.08 [-0.31, 0.47]
					-10	-5 0 5	10	

Favours treatment Favours control

Review: PA23

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic + ser	rtraline versus sertraline				
Herman2002 SA	11/55	7/48	- 	100.00	1.37 [0.58, 3.26]
Subtotal (95% CI)	55	48		100.00	1.37 [0.58, 3.26]
Total events: 11 (treatment)	. 7 (control)				
Test for heterogeneity: not a Test for overall effect: Z = 0.					
Total (95% CI) Total events: 11 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 0.	applicable	48		100.00	1.37 [0.58, 3.26]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

PA24 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic + sertraline	versus sertraline				
Herman2002 SA	5/55	5/48		100.00	0.87 [0.27, 2.83]
Subtotal (95% CI)	55	48		100.00	0.87 [0.27, 2.83]
Total events: 5 (treatment), 5 (cont Test for heterogeneity: not applical Test for overall effect: Z = 0.23 (P =	ole				
Total (95% CI) Total events: 5 (treatment), 5 (cont Test for heterogeneity: not applicat Test for overall effect: Z = 0.23 (P =	ole [´]	48		100.00	0.87 [0.27, 2.83]
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours c	ontrol	

Review: Comparison: PA25

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised non-aerobic	;							
Singh1997 SN	17	5.30(1.30)	15	8.90(1.30)			10.18	-2.70 [-3.69, -1.71]
SINGH1997A SN	15	5.80(1.40)	13	8.10(1.30)		-	12.99	-1.65 [-2.52, -0.77]
MATHER2002 SN	43	12.60(8.90)	43	13.70(8.90)		<u> </u>	55.76	-0.12 [-0.55, 0.30]
SINGH2005D SN	18	8.50(5.50)	19	14.40(6.00)		-	21.07	-1.00 [-1.69, -0.31]
Subtotal (95% CI)	93		90			♦	100.00	-0.77 [-1.08, -0.45]
Test for heterogeneity: Chi ² Test for overall effect: Z = 4			6					
Total (95% CI)	93		90			•	100.00	-0.77 [-1.08, -0.45]
Test for heterogeneity: Chi ² Test for overall effect: Z = 4			6					
					-10 -5	0 5	10	
					Favours tre	atment Favours	control	

Review: PA26

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised non-aerobic a	t 24 weeks						
BUTLER2008 SN	12	14.25(8.99)	11	12.90(8.14)		17.25	0.15 [-0.67, 0.97]
Subtotal (95% CI)	12		11		•	17.25	0.15 [-0.67, 0.97]
Test for heterogeneity: not ap	plicable						
Test for overall effect: Z = 0.3	66 (P = 0.72)						
02 Supervised non-aerobic a	t 34–36 weel	ks					
MATHER2002 SN	43	11.50(8.90)	43	13.70(8.90)	=	64.35	-0.24 [-0.67, 0.18]
BUTLER2008 SN	13	6.31(5.53)	14	12.21(7.67)	-	18.39	-0.85 [-1.64, -0.06]
Subtotal (95% CI)	56		57		•	82.75	-0.38 [-0.75, -0.01]
Test for heterogeneity: Chi ² =	1.74, df = 1	$(P = 0.19), I^2 = 42.4\%$					
Test for overall effect: Z = 1.9	9 (P = 0.05)						
Total (95% CI)	68		68		•	100.00	-0.29 [-0.63, 0.05]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.6							
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review:

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised aerobic							
Veale1992 SA	36	13.90(12.80)	29	17.80(10.20)	-	10.84	-0.33 [-0.82, 0.16]
TSANG2006 SA	48	3.20(2.10)	34	6.20(1.50)	-	10.33	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	84		63		•	21.17	-0.94 [-1.29, -0.59]
Fest for heterogeneity: Chi ² Fest for overall effect: Z = 5			6				
2 Supervised non-aerobic							
Singh1997 SN	17	9.80(2.40)	15	13.80(2.00)		3.80	-1.75 [-2.59, -0.92]
SINGH1997A SN	15	10.80(2.60)	13	11.80(1.80)	-	4.65	-0.43 [-1.18, 0.32]
MATHER2002 SN	43	15.40(10.10)	43	16.70(10.10)	-	14.69	-0.13 [-0.55, 0.30]
SINGH2005 SN	18	8.40(7.00)	19	14.00(5.20)	-	5.70	-0.89 [-1.57, -0.21]
Subtotal (95% CI)	93		90		•	28.83	-0.54 [-0.84, -0.24]
03 All							
Veale1992 SA	36	13.90(12.80)	29	17.80(10.20)	<u> </u>	10.84	-0.33 [-0.82, 0.16]
Singh1997 SN	17	9.80(2.40)	15	13.80(2.00)		3.80	-1.75 [-2.59, -0.92]
SINGH1997A SN	15	10.80(2.60)	13	11.80(1.80)	-	4.65	-0.43 [-1.18, 0.32]
MATHER2002 SN	43	15.40(10.10)	43	16.70(10.10)	<u> </u>	14.69	-0.13 [-0.55, 0.30]
SINGH2005 SN	18	8.40(7.00)	19	14.00(5.20)	-	5.70	-0.89 [-1.57, -0.21]
TSANG2006 SA	48	3.20(2.10)	34	6.20(1.50)	-	10.33	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	177		153		•	50.00	-0.71 [-0.94, -0.48]
Fest for heterogeneity: Chi ² Fest for overall effect: Z = 6					·		
Fotal (95% CI) Fest for heterogeneity: Chi ² Fest for overall effect: Z = 8			306 3%		•	100.00	-0.71 [-0.87, -0.55]
				-10	-5 0 5	10	

Review: PA28

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

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

Favours treatment Favours control

PA29 Review:

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised aerobic at 4 weeks							
TSANG2006 SA	48	3.00(2.00)	34	5.70(1.10)	-	28.02	-1.58 [-2.09, -1.08]
Subtotal (95% CI)	48		34		♦	28.02	-1.58 [-2.09, -1.08]
Test for heterogeneity: not applicable Test for overall effect: Z = 6.15 (P <		1)					
02 Supervised aerobic at 8 weeks TSANG2006 SA	48	3.40(2.50)	34	5.70(1.50)	_	32.33	-1.06 [-1.53, -0.59]
Subtotal (95% CI)	48	3.40(2.30)	34	3.70(1.30)	=	32.33	-1.06 [-1.53, -0.59]
Test for heterogeneity: not applicab			24		•	32.33	-1.00 [-1.55, -0.59]
Test for overall effect: Z = 4.43 (P <		1)					
03 Supervised non-aerobic at 34 w							
MATHER2002 SN	43	15.00(10.20)	43	17.50(10.20)	-	39.65	-0.24 [-0.67, 0.18]
Subtotal (95% CI)	43		43		•	39.65	-0.24 [-0.67, 0.18]
Test for heterogeneity: not applicable Test for overall effect: Z = 1.12 (P =							
. 0101 (00 / 0 01)	L39		111		•	100.00	-0.88 [-1.15, -0.62]
Test for heterogeneity: Chi² = 16.72 Test for overall effect: Z = 6.48 (P <							
				-1	0 -5 0 5	10	
				F	avours treatment Favours	control	

PA30 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised aerobic					
McCann1984 SA	1/16	2/16	•	10.06	0.50 [0.05, 4.98]
Veale1992 SA	12/48	6/35		34.91	1.46 [0.61, 3.51]
Subtotal (95% CI)	64	51		44.97	1.24 [0.56, 2.79]
Γotal events: 13 (treatment), 8 (Γest for heterogeneity: Chi² = 0	$.73$, df = 1 (P = 0.39), I^2 = 0%				
Test for overall effect: $Z = 0.53$	(P = 0.60)				
02 Supervised non-aerobic					
SINGH2005 SN	2/20	1/20		5.03	2.00 [0.20, 20.33]
Subtotal (95% CI)	20	20		5.03	2.00 [0.20, 20.33]
Total events: 2 (treatment), 1 (c	control)				
Test for heterogeneity: not appl					
Test for overall effect: Z = 0.59					
O3 All					
McCann1984 SA	1/16	2/16	•	10.06	0.50 [0.05, 4.98]
Veale1992 SA	12/48	6/35		34.91	1.46 [0.61, 3.51]
SINGH2005 SN	2/20	1/20		5.03	2.00 [0.20, 20.33]
Subtotal (95% CI)	84	71		50.00	1.32 [0.62, 2.82]
Total events: 15 (treatment), 9 ((control)				
Test for heterogeneity: Chi ² = 0					
Test for overall effect: Z = 0.72					
Гotal (95% CI)	168	142		100.00	1.32 [0.77, 2.26]
Fotal events: 30 (treatment), 18					(0) =01
Test for heterogeneity: Chi ² = 1					
Test for overall effect: Z = 1.01	, , , , , , , , , , , , , , , , , , , ,				
	(. 0.0.)		04 00 05	± ± ±	
			0.1 0.2 0.5 1 2		
			Favours treatment Fav	ours control	

Review: PA31

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Supervised non-aerobic	0.400	0.400		• 100 00	5 00 10 06 00 001
SINGH2005 SN	2/20	0/20		100.00	5.00 [0.26, 98.00]
Subtotal (95% CI)	20	20		100.00	5.00 [0.26, 98.00]
Total events: 2 (treatment), 0 (c					
Test for heterogeneity: not appli	icable				
Test for overall effect: Z = 1.06	(P = 0.29)				
Total (95% CI)	20	20		100.00	5.00 [0.26, 98.00]
Total events: 2 (treatment), 0 (c	ontrol)				
Test for heterogeneity: not appli					
Test for overall effect: Z = 1.06					
Tool for overall effect. E = 1.00	(1 0.20)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Supervised aerobic							
DUNN2005 SA	17	9.00(3.60)	13	14.00(4.90)		100.00	-1.16 [-1.94, -0.37]
Subtotal (95% CI)	17		13		•	100.00	-1.16 [-1.94, -0.37]
Test for heterogeneity: not a Test for overall effect: Z = 2.							
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 2.0			13		•	100.00	-1.16 [-1.94, -0.37]
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review:

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

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

Review: PA34

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Unsupervised non-aerobi	c at 24 weeks								
SIMS2006 UN	14	15.30(9.90)	18	14.40(7.20)			=	100.00	0.10 [-0.60, 0.80]
Subtotal (95% CI)	14		18				•	100.00	0.10 [-0.60, 0.80]
Test for heterogeneity: not a Test for overall effect: Z = 0.									
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0.			18				•	100.00	0.10 [-0.60, 0.80]
					-10	-5	0 5	10	
					Favou	rs treatmer	nt Favours c	ontrol	

HIGH-INTENSITY INTERVENTIONS

Cognitive behavioural therapies

Review: CBT01

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	\$	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean endpoint BDI scor	es							
Selmi1990 (US)	12	11.64(8.20)	12	18.50(9.32)	_	-	45.77	-0.75 [-1.59, 0.08]
Beach1992 (US)	15	10.87(7.70)	15	20.47(10.68)		<u></u>	54.23	-1.00 [-1.77, -0.24]
Subtotal (95% CI)	27		27		•	•	100.00	-0.89 [-1.45, -0.33]
Test for heterogeneity: Chi ²	= 0.19. df = 1	(P = 0.67), I ² = 0%				•		
Test for overall effect: Z = 3								
					-4 -2	0 2	4	
					Favours treatm	ent Favours co	ontrol	

Review: CBT02

Comparison: 01 Cognitive behavioural therapies versus waitlist control

Outcome: 05 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >6 at endpoint					
Selmi1990 (US)	5/12	11/12		100.00	0.45 [0.23, 0.91]
Subtotal (95% CI)	12	12		100.00	0.45 [0.23, 0.91]
Total events: 5 (treatment), 1 Test for heterogeneity: not a Test for overall effect: Z = 2.1	pplicable				
02 BDI >9 at endpoint					
Selmi1990 (US)	7/12	10/12		100.00	0.70 [0.41, 1.20]
Subtotal (95% CI)	12	12		100.00	0.70 [0.41, 1.20]
Total events: 7 (treatment), 1 Test for heterogeneity: not a Test for overall effect: Z = 1.	pplicable				
		0.	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ontrol	

CBT03 Review:

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

Study or sub-category	Treatment n/N	Control n/N		RR (random) 95% CI	Weight %	RR (random) 95% CI
Elkin1989 (US)	19/59	25/62			53.61	0.80 [0.50, 1.29]
Jarrett1999 (US)	5/36	23/36	←-		46.39	0.22 [0.09, 0.51]
Total (95% CI)	95	98			100.00	0.44 [0.12, 1.61]
Total events: 24 (treatmen Test for heterogeneity: Chi Test for overall effect: Z =	$f^2 = 7.17$, df = 1 (P = 0.007),	l ² = 86.1%				
			0.1 0.2	2 0.5 1 2	5 10	
			Favours	treatment Favours	control	

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD post-treatment							
Elkin1989 (US)	59	10.70(7.90)	62	13.20(7.80)		100.00	-0.32 [-0.68, 0.04]
Subtotal (95% CI)	59		62		•	100.00	-0.32 [-0.68, 0.04]
Test for heterogeneity: not ap Test for overall effect: Z = 1.7							
02 BDI post-treatment							
Elkin1989 (US)	59	13.40(10.60)	62	15.00(10.50)		100.00	-0.15 [-0.51, 0.21]
Subtotal (95% CI)	59		62		•	100.00	-0.15 [-0.51, 0.21]
Test for heterogeneity: not ap	plicable						
Test for overall effect: $Z = 0.8$	3 (P = 0.41)						
				-4	-2 0 2	4	

Favours treatment Favours control

Review: CBT05

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >6 at end of treat	ment				
Elkin1989 (US)	38/59	49/62		100.00	0.81 [0.65, 1.02]
Subtotal (95% CI)	59	62	→	100.00	0.81 [0.65, 1.02]
Total events: 38 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 1	applicable				
02 BDI >9 post-treatment					
Elkin1989 (US)	30/59	37/62		100.00	0.85 [0.62, 1.18]
Subtotal (95% CI)	59	62	•	100.00	0.85 [0.62, 1.18]
Total events: 30 (treatment)), 37 (control)				
Test for heterogeneity: not a					
Test for overall effect: Z = 0	.97 (P = 0.33)				
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours	control	

Outcome:

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

01 CBT versus Gestalt: BDI scores post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI	
Rosner1999 (Ge)	18	13.80(9.90)	12	12.20(7.10)			+	100.00	0.17 [-0.56, 0.91]	
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z = 0			12				•	100.00	0.17 [-0.56, 0.91]	
					-10	-5	Ó	5 10		
					Favou	ırs treatme	nt Favou	irs control		

Review: CBT07

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

Outcome: 02 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Gallagher-Th1994 (US)	5/36	9/30		100.00	0.46 [0.17, 1.23]
Total (95% CI) Total events: 5 (treatment), 9 (Test for heterogeneity: not app Test for overall effect: Z = 1.54	olicable	30		100.00	0.46 [0.17, 1.23]
		0	.1 0.2 0.5 1 2	5 10	

Favours treatment

Favours control

Review: CBT08

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

Outcome: 03 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 BDI scores post-treatmen	nt (8 sessions)					
Shapiro1994 (Mild)	9	6.00(6.93)	10	6.11(6.08)		32.96	-0.02 [-0.92, 0.88]
Shapiro1994 (Mod)	10	7.60(7.20)	10	12.75(8.70)		32.88	-0.62 [-1.52, 0.28]
Shapiro1994 (UK)	10	14.90(12.49)	10	14.80(9.32)		34.16	0.01 [-0.87, 0.89]
Subtotal (95% CI)	29		30		•	100.00	-0.20 [-0.72, 0.31]
02 BDI scores post-treatment			4.0	5 00/6 50)			
							0 00 1 0 55 4 043
Shapiro1994 (Mild)	10	8.30(7.35)	10	5.90(6.59)	_	36.30	0.33 [-0.55, 1.21]
Shapiro1994 (Mod)	9	3.11(3.95)	9	9.56(4.90)	_ _	28.33	-1.38 [-2.44, -0.32]
. ,							
Shapiro1994 (Mod) Shapiro1994 (UK)	9 10 29	3.11(3.95) 11.58(6.76)	9	9.56(4.90)		28.33 35.37	-1.38 [-2.44, -0.32] -0.10 [-1.00, 0.80]
Shapiro1994 (Mod) Shapiro1994 (UK) Subtotal (95% CI)	9 10 29 = 6.15, df = 2	3.11 (3.95) 11.58 (6.76) (P = 0.05), I ² = 67.5%	9	9.56(4.90)	*	28.33 35.37	-1.38 [-2.44, -0.32] -0.10 [-1.00, 0.80]
Shapiro1994 (Mod) Shapiro1994 (UK) Subtotal (95% CI) Test for heterogeneity: Chi²	9 10 29 = 6.15, df = 2	3.11 (3.95) 11.58 (6.76) (P = 0.05), I ² = 67.5%	9	9.56(4.90)	-4 -2 0 2	28.33 35.37	-1.38 [-2.44, -0.32] -0.10 [-1.00, 0.80]

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

Outcome: 04 Depression scores: dichotomous outcomes

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

Review:

03 Cognitive behavioural therapies versus therapies not specifically designed for depression 05 Depression scores: continous measures at follow-up Comparison:

Outcome:

N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
low-up						
10	11.00(6.73)	10	8.57(8.73)	- 	36.63	0.30 [-0.58, 1.18]
10	5.80(6.13)	8	11.00(7.35)		30.38	-0.74 [-1.71, 0.23]
10	11.40(10.81)	8	12.00(8.78)	_ 	32.99	-0.06 [-0.99, 0.87]
30		26		•	100.00	-0.13 [-0.67, 0.40]
45, df = 2 (P = 0.62)						
_	10 10 10 10 30 45, df = 2	N Mean (SD) ow-up 10 11.00 (6.73) 10 5.80 (6.13) 10 11.40 (10.81) 30 45, df = 2 (P = 0.29), P = 18.4%	N Mean (SD) N N	N Mean (SD) N Mean (SD) N Mean (SD) N Mean (SD) N Mean (SD) N	N Mean (SD) N Mean (SD) 95% CI Ow-up	N Mean (SD) N Mean (SD) 95% CI % Ow-up

Favours treatment Favours control Review:

03 Cognitive behavioural therapies versus therapies not specifically designed for depression Comparison: Outcome: 06 Depression scores: continous measures at follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
02 BDI scores up to 1-year	follow-up						
Shapiro1994 (Mild)	9	9.67(8.05)	9	2.44(4.87)	-	33.52	1.04 [0.04, 2.04]
Shapiro1994 (Mod)	8	3.25(3.01)	7	7.43(6.73)		32.10	-0.77 [-1.84, 0.29]
Shapiro1994 (UK)	8	10.88(13.13)	9	7.23(6.49)		34.38	0.34 [-0.62, 1.30]
Subtotal (95% CI)	25		25		•	100.00	0.22 [-0.79, 1.22]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0							
				-	10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

CBT12 Review:

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

Study or sub-category	Treatment n/N	Control n/N			RR (f 95%	fixed) 6 CI		Weight %	RR (fixed) 95% CI
01 Still met RDC criteria for de	epression at 3-month follo	ow-up							
Gallagher-Th1994 (US)	17/36	19/30			-	+		100.00	0.75 [0.48, 1.16]
Subtotal (95% CI)	36	30			•	-		100.00	0.75 [0.48, 1.16]
Total events: 17 (treatment), 1 Test for heterogeneity: not app Test for overall effect: Z = 1.3	olicable								
			0.1	0.2	0.5	1 2	5	10	
			Fav	ours tre	eatment	Favou	rs contr	rol	

Review: CBT13

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

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

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		random) % CI	Weight %	SMD (random) 95% CI
01 BDI scores at end of treatment								
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)		+	37.89	-0.46 [-1.14, 0.22]
	34	19.68(13.50)	52	14.17(13.90)		-	62.11	0.40 [-0.04, 0.83]
Subtotal (95% CI)	52		68		•		100.00	0.01 [-0.83, 0.85]
Test for heterogeneity: $Chi^2 = 4.31$, (Test for overall effect: $Z = 0.02$ (P =								
02 HRSD post-treatment								
	29	6.70(6.10)	29	8.40(7.50)	-	-	58.26	-0.25 [-0.76, 0.27]
	18	13.50(5.30)	16	16.50(6.80)		+	41.74	-0.48 [-1.17, 0.20]
Subtotal (95% CI)	47		45		•		100.00	-0.33 [-0.74, 0.08]
Test for heterogeneity: Chi ² = 0.30, of Test for overall effect: Z = 1.58 (P =								
03 BDI at 5-month follow-up Freeman2002 (UK)	26	17.15(12.70)	44	15.36(14.60)		_	100.00	0.13 [-0.36, 0.61]
1 1001110112002 (011)	26	17.13(12.70)	44	13.30(14.00)		_	100.00	0.13 [-0.36, 0.61]
Test for heterogeneity: not applicabl Test for overall effect: Z = 0.51 (P =	е						100.00	0.13 [0.30, 0.01]
04 HRSD at 5-month follow-up								
	23	11.22(7.80)	35	8.90(7.20)		+	100.00	0.31 [-0.22, 0.84]
Cubicital (0070 Cl)	23		35			◆	100.00	0.31 [-0.22, 0.84]
Test for heterogeneity: not applicabl Test for overall effect: Z = 1.14 (P =								
					-4 -2	0 2	4	
					Favours treatment	Favours cor	ntrol	

Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Hautzinger (in-pats)	5/26	8/25		4.10	0.60 [0.23, 1.59]
Blackburn1981 (UK)	8/30	8/28		4.16	0.93 [0.41, 2.15]
Murphy1984 (US)	5/24	8/24		4.02	0.63 [0.24, 1.64]
Elkin1989 (US)	19/59	19/57		9.71	0.97 [0.57, 1.63]
Hautzinger1996 (Ge)	10/40	18/38		9.27	0.53 [0.28, 0.99]
Blackburn1997 (UK)	3/27	3/26		1.54	0.96 [0.21, 4.35]
Scott1997 (UK)	8/24	6/24		3.01	1.33 [0.55, 3.26]
Jarrett1999 (US)	5/36	9/36		4.52	0.56 [0.21, 1.50]
Keller2000 (US)	55/228	59/226	_	29.77	0.92 [0.67, 1.27]
Thompson2001 (US)	7/31	12/33		5.84	0.62 [0.28, 1.37]
DERUBEIS2005	9/60	19/120		6.36	0.95 [0.46, 1.97]
DIMIDJIAN2006	6/45	44/100		13.72	0.30 [0.14, 0.66]
DAVID2008	6/56	8/57		3.98	0.76 [0.28, 2.06]
Total (95% CI)	686	794	•	100.00	0.75 [0.63, 0.91]
Total events: 146 (treatment) Test for heterogeneity: Chi² = Test for overall effect: Z = 2.9	12.18, df = 12 (P = 0.43)), I ² = 1.4%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Relapse post-treatment Jarrett1999 (US) Subtotal (95% CI) Total events: 4 (treatment), 2 Test for heterogeneity: not a Test for overall effect: Z = 0.	pplicable	4/12 12		100.00	0.86 [0.27, 2.71] 0.86 [0.27, 2.71]
02 Relapse up to 12 months Blackburn1981 (UK) Jarrett1999 (US) Subtotal (95% CI) Total events: 2 (treatment), 5 Test for heterogeneity: Chi ² : Test for overall effect: Z = 1.	(with continuation treatme 1/17 1/12 29 5 (control) = 0.02, df = 1 (P = 0.89), I ²	3/12 2/7 19		58.20 41.80 100.00	0.24 [0.03, 2.00] 0.29 [0.03, 2.66] 0.26 [0.06, 1.21]
03 Relapse up to 12 months Blackburn1981 (UK) Murphy1984 (US) Jarrett1999 (US) DAVID2008 Subtotal (95% CI) Total events: 12 (treatment), Test for heterogeneity: Chi ² : Test for overall effect: Z = 1.	3/15 2/24 4/7 3/49 95 ,17 (control) = 2.56, df = 3 (P = 0.46), I ²	4/10 6/24 2/5 5/47 86		26.32 32.90 - 12.79 27.99 100.00	0.50 [0.14, 1.77] 0.33 [0.07, 1.49] 1.43 [0.41, 4.99] 0.58 [0.15, 2.27] 0.59 [0.30, 1.14]
04 Relapse at 18 months (no Blackburn1981 (UK) Subtotal (95% CI) Total events: 3 (treatment), 5 Test for heterogeneity: not a Test for overall effect: Z = 1.	o continuation treatment) 3/15 15 5 (control) pplicable	5/10 10		100.00	0.40 [0.12, 1.31] 0.40 [0.12, 1.31]
06 Relapse at 24 months (no Blackburn1981 (UK) Jarrett1999 (US) Subtotal (95% CI) Total events: 8 (treatment), 8 Test for heterogeneity: Chi ² : Test for overall effect: Z = 1.	3/15 5/7 22 8 (control) = 2.37, df = 1 (P = 0.12), I ²	5/10 3/5 15 = 57.8%		63.16 36.84 100.00	0.40 [0.12, 1.31] 1.19 [0.51, 2.80] 0.69 [0.34, 1.40]
07 Relapse at 24 months (wi Jarrett 1999 (US) Subtotal (95% CI) Total events: 2 (treatment), 3 Test for heterogeneity: not a Test for overall effect: Z = 0.	2/7 7 3 (control)	3/7 7		100.00 100.00	0.67 [0.16, 2.84] 0.67 [0.16, 2.84]

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		(fixed) 6 CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment	t							
Hautzinger (in-pats)	21	12.60(10.70)	22	14.30(10.30)		_	9.02	-0.16 [-0.76, 0.44]
Murphy1984 (US)	2.4	10.88(8.93)	24	13.04(12.32)			10.06	-0.20 [-0.76, 0.37]
Elkin1989 (US)	59	13.40(10.60)	57	11.60(10.50)		-	24.34	0.17 [-0.20, 0.53]
Hautzinger1996 (Ge)	33	10.70(8.10)	23	12.80(11.30)		_	11.35	-0.22 [-0.75, 0.32]
Blackburn1997 (UK)	2.4	19.00(12.50)	23	20.30(15.40)			9.88	-0.09 [-0.66, 0.48]
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)	-		6.93	-0.46 [-1.14, 0.22]
Jarrett1999 (US)	36	11.72(9.72)	36	9.67(9.36)		-	15.08	0.21 [-0.25, 0.68]
Thompson2001 (US)	31	16.40(9.70)	33	18.60(7.20)		_	13.35	-0.26 [-0.75, 0.24]
Subtotal (95% CI)	246		234			>	100.00	-0.06 [-0.24, 0.12]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.6	66 (P = 0.51)							
2 HRSD scores post-treatme								
Hautzinger (in-pats)	22	10.00(8.10)	22	11.30(7.60)			3.20	-0.16 [-0.75, 0.43]
Murphy1984 (US)	24	7.75(6.50)	24	10.92(8.22)	-	_	3.42	-0.42 [-0.99, 0.15]
Elkin1989 (US)	59	10.70(7.90)	57	9.80(7.80)		-	8.46	0.11 [-0.25, 0.48]
Hautzinger1996 (Ge)	33	8.50(5.80)	24	8.80(6.80)			4.06	-0.05 [-0.57, 0.48]
Blackburn1997 (UK)	24	10.70(7.60)	23	11.40(7.30)			3.43	-0.09 [-0.66, 0.48]
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)	•	_	2.40	-0.48 [-1.17, 0.20]
Jarrett1999 (US)	36	10.25(8.10)	36	8.64(6.42)		-	- 5.23	0.22 [-0.25, 0.68]
Keller2000 (US)	216	16.00(9.26)	220	15.80(9.49)		-	31.85	0.02 [-0.17, 0.21]
Thompson2001 (US)	31	12.50(7.00)	33	15.00(6.20)	-	_	4.59	-0.37 [-0.87, 0.12]
Miranda2003 (US)	90	11.51(7.28)	88	9.84(6.57)	-	-	12.91	0.24 [-0.06, 0.53]
DERUBEIS2005	50	9.92(6.95)	100	9.23(6.86)		 	9.73	0.10 [-0.24, 0.44]
BAGBY2008	58	6.60(4.98)	32	5.06(5.10)	_	•	- 5.96	0.30 [-0.13, 0.74]
MARSHALL2008	37	6.30(4.81)	30	4.70 (5.32)		<u> </u>	4.78	0.31 [-0.17, 0.80]
Subtotal (95% CI)	698		705		•	-	100.00	0.05 [-0.06, 0.15]
Fest for heterogeneity: Chi² = Fest for overall effect: Z = 0.8								
					-1 -0.5	0.5	1	
					Favours treatment	Favours co	ntrol	

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

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 HDRS <=12 at end of treatme	ent				
DERUBEIS2005	35/60	70/120		100.00	1.00 [0.77, 1.30]
Subtotal (95% CI)	60	120	<u> </u>	100.00	1.00 [0.77, 1.30]
Total events: 35 (treatment), 70 ((control)		Ť		, , , , , , , , , , , , , , , , , , , ,
Test for heterogeneity: not applic					
Test for overall effect: Z = 0.00 (F					
02 BDI >9 at end of treatment					
Murphy1984 (US)	14/24	15/24		39.00	0.93 [0.59, 1.48]
Elkin1989 (US)	30/59	27/57	-	55.25	1.07 [0.74, 1.56]
Murphy1995 (US)	2/11	10/12 ←		5.75	0.22 [0.06, 0.78]
Subtotal (95% CI)	94	93		100.00	0.81 [0.46, 1.42]
Total events: 46 (treatment), 52 (Test for heterogeneity: Chi ² = 5.7 Test for overall effect: Z = 0.75 (F	$\hat{7}6$, df = $\hat{2}$ (P = 0.06), I^2	= 65.3%			
03 Number not achieving remiss	ion				
DERUBEIS2005	36/60	65/120		100.00	1.11 [0.85, 1.44]
Subtotal (95% CI)	60	120	•	100.00	1.11 [0.85, 1.44]
Total events: 36 (treatment), 65 ((control)				
Test for heterogeneity: not applic Test for overall effect: Z = 0.76 (I	cable				
04 HRSD-17 >6 and HRSD-24 >	8 at end of treatment				
Murphy1984 (US)	13/24	18/24		9.14	0.72 [0.47, 1.12]
Elkin1989 (US)	38/59	33/57	 -	16.96	1.11 [0.83, 1.49]
Blackburn 1997 (UK)	15/23	15/20		10.86	0.87 [0.59, 1.29]
Keller2000 (US)	156/228	162/226	+	40.51	0.95 [0.85, 1.08]
Miranda2003 (US)	61/90	49/88	 -	22.53	1.22 [0.96, 1.54]
Subtotal (95% CI)	424	415	•	100.00	1.00 [0.86, 1.15]
Total events: 283 (treatment), 27 Test for heterogeneity: $Chi^2 = 6.4$ Test for overall effect: $Z = 0.02$ (I	13, df = 4 (P = 0.17), l ²	= 37.8%			
05 50% decrease in BDI scores			_		
Blackburn1981 (UK)	16/30	11/30	+	100.00	1.45 [0.82, 2.59]
Subtotal (95% CI)	30	30		100.00	1.45 [0.82, 2.59]
Total events: 16 (treatment), 11 (Test for heterogeneity: not applic					
Test for overall effect: Z = 1.27 (F					
		0.1	0.2 0.5 1 2	5 10	

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
11 HRSD at 1-month follow-up							
Murphy1984 (US)	19	6.63(7.08)	16	6.12(5.24)	<u>=</u>	100.00	0.08 [-0.59, 0.74]
Subtotal (95% CI)	19		16		→	100.00	0.08 [-0.59, 0.74]
est for heterogeneity: not applic	rable				Ť		
est for overall effect: Z = 0.23 (
2 HRSD at 12 month follow-up							
Hautzinger (in-pats)	18	9.90(7.60)	20	12.20(11.80)	-	28.93	-0.22 [-0.86, 0.41]
Hautzinger1996 (Ge)	32	7.40(5.70)	24	13.10(8.10)	=	38.72	-0.82 [-1.38, -0.27]
Blackburn1997 (UK)	23	7.80(7.30)	20	10.40(7.20)	<u>+</u>	32.35	-0.35 [-0.96, 0.25]
Subtotal (95% CI)	73		64		•	100.00	-0.50 [-0.84, -0.15]
Test for heterogeneity: $Chi^2 = 2.2$ Test for overall effect: $Z = 2.84$ (1)					Ì		
3 HRSD at 24-month follow-up							
Blackburn1997 (UK)	23	6.60(7.00)	20	9.30(7.20)	-	100.00	-0.37 [-0.98, 0.23]
Subtotal (95% CI)	23		20		◆	100.00	-0.37 [-0.98, 0.23]
est for heterogeneity: not applicest for overall effect: Z = 1.21 (
04 BDI at 1-month follow-up		40.5040.55		40.5040.55			
Murphy1984 (US)	19	10.53(9.91)	16	10.69(9.00)		100.00	-0.02 [-0.68, 0.65]
Subtotal (95% CI)	19		16		•	100.00	-0.02 [-0.68, 0.65]
est for heterogeneity: not applic est for overall effect: Z = 0.05 (
5 BDI at 12-month follow-up							
Hautzinger (in-pats)	18	14.10(13.10)	20	16.40(12.80)	_	29.14	-0.17 [-0.81, 0.46]
Hautzinger1996 (Ge)	30	9.50(9.00)	24	16.50(12.80)	-	39.08	-0.64 [-1.19, -0.09]
Blackburn1997 (UK)	22	14.80(10.50)	20	19.60(15.20)	,	31.78	-0.36 [-0.97, 0.25]
Subtotal (95% CI)	70		64		•	100.00	-0.41 [-0.76, -0.07]
est for heterogeneity: Chi ² = 1. ^c est for overall effect: Z = 2.36 (l		$(P = 0.55), I^2 = 0\%$					
96 BDI at 24-month follow-up Blackburn1997 (UK)	22	13.30(10.70)	20	18.10(13.10)	_	100.00	-0.40 [-1.01, 0.22]
Subtotal (95% CI)	22	,	20		<u> </u>	100.00	-0.40 [-1.01, 0.22]
est for heterogeneity: not applic			20		\blacksquare	100.00	0.40 [1.01, 0.22]
est for overall effect: Z = 1.27 (
7 HRSD after 6 months' mainte					L		
Blackburn1981 (UK)	13	4.60(4.90)	6	2.70(2.90)		100.00	0.41 [-0.57, 1.39]
Subtotal (95% CI)	13		6		*	100.00	0.41 [-0.57, 1.39]
est for heterogeneity: not applic est for overall effect: Z = 0.82 (
8 BDI after 6 months' maintena					<u></u>		
Blackburn1981 (UK)	14	5.70(5.20)	6	5.50(6.30)		100.00	0.03 [-0.92, 0.99]
Subtotal (95% CI)	14		6		•	100.00	0.03 [-0.92, 0.99]
est for heterogeneity: not applic est for overall effect: Z = 0.07 (

CBT20 Review:

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

Study or sub-category	Treatment n/N	Control n/N			RR (f 95%	,		Weight %	RR (fixed) 95% CI
01 BDI >9 at 1 year									
Murphy1984 (US)	16/24	21/24			-	-		100.00	0.76 [0.55, 1.05]
Subtotal (95% CI)	24	24			•			100.00	0.76 [0.55, 1.05]
Total events: 16 (treatment	t), 21 (control)								
Test for heterogeneity: not									
Test for overall effect: Z = 1									
			0.1	0.2	0.5	2	5	10	
			Fav	ours tre	eatment	Favour	s contro	ol	

Review: CBT21

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

r sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
1 Moderate or moderate/sev	vere				
Blackburn1981 (UK)	8/30	8/28		8.61	0.93 [0.41, 2.15]
Murphy1984 (US)	5/24	8/24		8.32	0.63 [0.24, 1.64]
Jarrett1999 (US)	5/36	9/36		9.36	0.56 [0.21, 1.50]
Keller2000 (US)	55/228	59/226	-	61.63	0.92 [0.67, 1.27]
Thompson2001 (US)	7/31	12/33		12.09	0.62 [0.28, 1.37]
ubtotal (95% CI)	349	347	•	100.00	0.83 [0.64, 1.07]
otal events: 80 (treatment), est for heterogeneity: Chi² = est for overall effect: Z = 1.4	: 1.99, df = 4 (P = 0.74), l ²	² = 0%			
2 Severe					
Elkin1989 (US)	19/59	19/57		68.09	0.97 [0.57, 1.63]
Blackburn1997 (UK)	3/27	3/26		10.77	0.96 [0.21, 4.35]
Scott1997 (UK)	8/24	6/24	- •	21.14	1.33 [0.55, 3.26]
ubtotal (95% ČI)	110	107	•	100.00	1.04 [0.68, 1.61]
otal events: 30 (treatment), est for heterogeneity: Chi² = est for overall effect: Z = 0.1	0.38 , df = 2 (P = 0.83), I^2	² = 0%			
3 Severe/very severe					
Hautzinger (in-pats)	5/26	8/25		30.64	0.60 [0.23, 1.59]
Hautzinger1996 (Ge)	10/40	18/38		69.36	0.53 [0.28, 0.99]
ubtotal (95% CI)	66	63		100.00	0.55 [0.32, 0.94]
otal events: 15 (treatment), est for heterogeneity: Chi ² = est for overall effect: Z = 2.2	$= 0.05$, df = 1 (P = 0.83), I^2	2 = 0%			

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 Moderate and moderate/s	severe						
Murphy1984 (US)	24	10.88(8.93)	24	13.04(12.32)	-	21.49	-0.20 [-0.76, 0.37]
Jarrett1999 (US)	36	11.72(9.72)	36	9.67(9.36)	- 	31.36	0.21 [-0.25, 0.68]
Thompson2001 (US)	31	16.40(9.70)	33	18.60(7.20)	-	28.02	-0.26 [-0.75, 0.24]
DIMIDJIAN2006	17	12.94(10.29)	28	13.89(8.61)	-	19.13	-0.10 [-0.70, 0.50]
Subtotal (95% CI)	108		121		*	100.00	-0.07 [-0.33, 0.20]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.4							
02 Severe							
Elkin1989 (US)	59	13.40(10.60)	57	11.60(10.50)		57.15	0.17 [-0.20, 0.53]
Blackburn 1997 (UK)	24	19.00(12.50)	23	20.30(15.40)	-	25.03	-0.09 [-0.66, 0.48]
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)		17.83	-0.46 [-1.14, 0.22]
Subtotal (95% CI)	101		96		•	100.00	-0.03 [-0.38, 0.31]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.2							
03 Severe and severe/very s	severe						
Hautzinger (in-pats)	21	12.60(10.70)	22	14.30(10.30)		28.98	-0.16 [-0.76, 0.44]
Hautzinger1996 (Ge)	33	10.70(8.10)	23	12.80(11.30)	-	36.00	-0.22 [-0.75, 0.32]
DIMIDJIAN2006	21	21.00(14.64)	38	14.39(11.00)	-	35.02	0.53 [-0.02, 1.07]
Subtotal (95% CI)	75		83		•	100.00	0.06 [-0.42, 0.53]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.2							
				-4	-2 0 2	4	
				F	avours treatment Favours cor	ntrol	

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/s	severe						
Murphy1984 (US)	24	7.75(6.50)	24	10.92(8.22)	 +	5.20	-0.42 [-0.99, 0.15]
Jarrett1999 (US)	36	10.25(8.10)	36	8.64(6.42)	 -	7.94	0.22 [-0.25, 0.68]
Keller2000 (US)	216	16.00(9.26)	220	15.80(9.49)	+	48.37	0.02 [-0.17, 0.21]
Thompson2001 (US)	31	12.50(7.00)	33	15.00(6.20)	 +	6.96	-0.37 [-0.87, 0.12]
Miranda2003 (US)	90	11.51(7.28)	88	9.84(6.57)	 -	19.60	0.24 [-0.06, 0.53]
DIMIDJIAN2006	17	10.41(4.05)	28	11.57 (5.32)		4.66	-0.23 [-0.84, 0.37]
MARSHALL2008	37	6.30(4.81)	30	4.70 (5.32)	+-	7.26	0.31 [-0.17, 0.80]
Subtotal (95% CI)	451		459		*	100.00	0.04 [-0.09, 0.17]
Test for heterogeneity: Chi2 =	= 9.55, df = 6	(P = 0.14), I ² = 37.2%					
Test for overall effect: $Z = 0.9$	58 (P = 0.56)						
02 Severe							
Elkin1989 (US)	59	10.70(7.90)	57	9.80(7.80)		35.22	0.11 [-0.25, 0.48]
Blackburn1997 (UK)	24	10.70(7.60)	23	11.40(7.30)	-	14.28	-0.09 [-0.66, 0.48]
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)		9.98	-0.48 [-1.17, 0.20]
DERUBEIS2005	50	9.92(6.95)	100	9.23(6.86)		40.52	0.10 [-0.24, 0.44]
Subtotal (95% CI)	151		196		•	100.00	0.02 [-0.20, 0.24]
Test for heterogeneity: Chi2 =	= 2.70, df = 3	(P = 0.44), I ² = 0%					
Test for overall effect: $Z = 0$.	17 (P = 0.86)						
03 Severe and severe/very s	severe						
Hautzinger (in-pats)	22	10.00(8.10)	22	11.30(7.60)	 _	28.56	-0.16 [-0.75, 0.43]
Hautzinger1996 (Ge)	33	8.50(5.80)	24	8.80(6.80)		36.20	-0.05 [-0.57, 0.48]
DIMIDJIAN2006	21	12.67(6.96)	38	13.13(7.74)	-	35.23	-0.06 [-0.59, 0.47]
Subtotal (95% CI)	76		84		*	100.00	-0.09 [-0.40, 0.23]
Test for heterogeneity: Chi ² =	= 0.09, df = 2	(P = 0.95), I ² = 0%			1		
Test for overall effect: Z = 0.							
					-4 -2 0 2	4	
					Favours treatment Favours of	control	

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/seve							
DIMIDJIAN2006	17	9.76(8.15)	22	7.91(6.29)	-	24.11	0.25 [-0.38, 0.89]
Subtotal (95% CI)	17		22		•	24.11	0.25 [-0.38, 0.89]
Test for heterogeneity: not applic Test for overall effect: Z = 0.78 (F							
02 Moderate and moderate seve	re: HRSD						
DIMIDJIAN2006	16	7.19(4.09)	22	8.45(5.26)	+	23.28	-0.26 [-0.90, 0.39]
Subtotal (95% CI)	16		22		•	23.28	-0.26 [-0.90, 0.39]
Test for heterogeneity: not applic Test for overall effect: Z = 0.78 (F							
3 Severe and severe/very seve							
DIMIDJIAN2006	18	17.44(15.57)	27	7.78(9.61)	-	25.40	0.77 [0.15, 1.39]
Subtotal (95% CI)	18		27		•	25.40	0.77 [0.15, 1.39]
Test for heterogeneity: not applic Test for overall effect: Z = 2.44 (F							
04 Severe and severe/very seve	re: HRSD						
DIMIDJIAN2006	18	10.33(7.62)	27	8.63(7.19)	 -	27.20	0.23 [-0.37, 0.83]
Subtotal (95% CI)	18		27		*	27.20	0.23 [-0.37, 0.83]
Test for heterogeneity: not applic Test for overall effect: Z = 0.74 (F							
Total (95% CI)	69		98		•	100.00	0.26 [-0.05, 0.57]
Test for heterogeneity: Chi ² = 5.0 Test for overall effect: Z = 1.63 (I		P = 0.17), I ² = 40.9%					
				-1	0 -5 0 5	10	
				F	avours treatment Favours co	ntrol	

Review:

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

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 Moderate or moderate/s	severe				
Murphy1984 (US)	14/24	15/24		73.90	0.93 [0.59, 1.48]
Murphy1995 (US)	2/11	10/12	—	26.10	0.22 [0.06, 0.78]
Subtotal (95% CI)	35	36		100.00	0.50 [0.11, 2.30]
Total events: 16 (treatment), 25 (control)				
Test for heterogeneity: Chi ² Test for overall effect: Z = (02 Severe	² = 5.13, df = 1 (P = 0.02), l ² 0.88 (P = 0.38)	² = 80.5%			
Elkin1989 (US)	30/59	27/57		100.00	1.07 [0.74, 1.56]
Subtotal (95% CI)	59	57	*	100.00	1.07 [0.74, 1.56]
Total events: 30 (treatment Test for heterogeneity: not Test for overall effect: Z = 0	applicable				
		0.	1 0.2 0.5 1 2	5 10	
		Fa	avours treatment Favours co	ontrol	

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

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

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

e) 4/14 14 01) e 0.79) ontinuation treatmen 1/17 1/12 29 01) off = 1 (P = 0.89), I ² 0.09) tinuation treatment 3/15			100.00 100.00 51.68 48.32 100.00	0.86 [0.27, 2.71] 0.86 [0.27, 2.71] 0.24 [0.03, 2.00] 0.29 [0.03, 2.66] 0.26 [0.06, 1.21]
14 bil) e 0.79) ontinuation treatmen 1/17 1/12 29 bil) ff = 1 (P = 0.89), I ² 0.09) tinuation treatment	12 nt) (moderate/severe) 3/12 2/7 19 = 0%		100.00 51.68 48.32	0.86 [0.27, 2.71] 0.24 [0.03, 2.00] 0.29 [0.03, 2.66]
ontinuation treatment $1/17$ $1/12$ 29 100.09) If = 1 (P = 0.89), I ² 100.09 0 tinuation treatment treatment treatment treatment treatment $1/10$ 0.09	nt) (moderate/severe) 3/12 2/7 19 = 0%		51.68 48.32	0.24 [0.03, 2.00] 0.29 [0.03, 2.66]
ontinuation treatment $1/17$ $1/12$ 29 100 100 100 10 10 10 10	3/12 2/7 19		48.32	0.29 [0.03, 2.66]
0.79) Intinuation treatment 1/17 1/12 29 0I) If = 1 (P = 0.89), I ² 0.09) tinuation treatment	3/12 2/7 19		48.32	0.29 [0.03, 2.66]
ontinuation treatment $1/17$ 1/12 29 oil) If = 1 (P = 0.89), I ² 0.09) tinuation treatment	3/12 2/7 19		48.32	0.29 [0.03, 2.66]
1/17 1/12 29 bl) If = 1 (P = 0.89), I ² 0.09) tinuation treatment	3/12 2/7 19		48.32	0.29 [0.03, 2.66]
1/12 29 bl) If = 1 (P = 0.89), I ² 0.09) tinuation treatment	2/7 19 = 0 %		48.32	0.29 [0.03, 2.66]
29 bl) ff = 1 (P = 0.89), l ² 0.09) tinuation treatment	19 = 0%			
ol) If = 1 (P = 0.89), I^2 0.09) tinuation treatment	= 0%		100.00	0.26 [0.06, 1.21]
$df = 1 (P = 0.89), I^2$ 0.09) tinuation treatment				
0.09) tinuation treatment				
) (
3/15				
	4/10		36.53	0.50 [0.14, 1.77]
,				0.33 [0.07, 1.49]
4/7				1.43 [0.41, 4.99]
	39		100.00	0.66 [0.28, 1.56]
rol)				
ff = 2 (P = 0.28), I ² 0.34)	= 21.5%			
		_		
3/15	5/10		100.00	0.40 [0.12, 1.31]
15	10		100.00	0.40 [0.12, 1.31]
ol)				
e 0 13)				
,				
			3/ 10	0.40 [0.12, 1.31]
				1.19 [0.51, 2.80]
				0.74 [0.24, 2.26]
	15		100.00	0.74 [0.24, 2.20]
	- 57 90 /			
	- 57.6%			
0.60)				
		_	100.00	0 67 10 16 0 6
				0.67 [0.16, 2.84]
	7		100.00	0.67 [0.16, 2.84]
ol)				
е				
0.58)				
	0.1	02 05 1 2	5 10	
	2/24 4/7 46 ol) If = 2 (P = 0.28), I ² 0.34) sation treatment) (r 3/15 15 i) e 0.13) sation treatment) (r 3/15 5/7 22 l) If = 1 (P = 0.12), I ² 0.60) suation treatment) 2/7 7	2/24 6/24 4/7 2/5 4/6 39 ol) If = 2 (P = 0.28), 2 = 21.5% 0.34) lation treatment) (moderate/severe) 3/15 5/10 15 10 l) b 0.13) lation treatment) (moderate/severe) 3/15 5/10 5/7 3/5 22 15 l) If = 1 (P = 0.12), 2 = 57.8% 0.60) location treatment) (moderate) 2/7 3/7 7 l) b 0.58)	2/24 6/24 4/7 2/5 46 39 ol) If = 2 (P = 0.28), ² = 21.5% 0.34) attion treatment) (moderate/severe) 3/15 5/10 15 10 I) 3/15 5/10 5/7 3/5 22 15 I) If = 1 (P = 0.12), ² = 57.8% 0.60) auation treatment) (moderate) 2/7 3/7 7 7 I) B D.58) 0.1 0.2 0.5 1 2	2/24 6/24 4/7 2/5 46 39 100.00 ol) off = 2 (P = 0.28), I² = 21.5% 0.34) attion treatment) (moderate/severe) 3/15 5/10 15 10 10.13) attion treatment) (moderate/severe) 3/15 5/10 5/7 3/5 22 15 100.00 ol) off = 1 (P = 0.12), I² = 57.8% 0.60) attion treatment) (moderate) 2/7 3/7 7 100.00 ol)

CBT28 Review:

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

Outcome: 08 Number not achieving remission – severely depressed

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI <= 10					
DIMIDJIAN2006	29/45	32/100		42.67	2.01 [1.41, 2.88]
Subtotal (95% CI)	45	100		42.67	2.01 [1.41, 2.88]
Total events: 29 (treatmen	t), 32 (control)				
Test for heterogeneity: not					
Test for overall effect: Z = :	3.82 (P = 0.0001)				
02 HRSD <= 7					
DIMIDJIAN2006	30/45	43/100		57.33	1.55 [1.14, 2.11]
Subtotal (95% CI)	45	100	•	57.33	1.55 [1.14, 2.11]
Total events: 30 (treatmen	t), 43 (control)				
Test for heterogeneity: not	applicable				
Test for overall effect: Z = :	2.81 (P = 0.005)				
Total (95% CI)	90	200	•	100.00	1.75 [1.38, 2.21]
Total events: 59 (treatmen	t), 75 (control)				
Test for heterogeneity: Chi	$i^2 = 1.19$, df = 1 (P = 0.28), I^2	= 15.9%			
Test for overall effect: Z =	4.70 (P <0.00001)				
		0.	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours	control	

CBT29 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI <= 10					
DIMIDJIAN2006	28/45	38/100	-	55.88	1.64 [1.17, 2.30]
Subtotal (95% CI)	45	100	•	55.88	1.64 [1.17, 2.30]
Total events: 28 (treatment	t), 38 (control)				
Test for heterogeneity: not					
Test for overall effect: $Z = 2$	2.86 (P = 0.004)				
02 HRSD <= 7					
DIMIDJIAN2006	29/45	30/100		44.12	2.15 [1.48, 3.11]
Subtotal (95% CI)	45	100		44.12	2.15 [1.48, 3.11]
Total events: 29 (treatment	t), 30 (control)				
Test for heterogeneity: not	applicable				
Test for overall effect: Z = 4	4.05 (P <0.0001)				
Total (95% CI)	90	200	•	100.00	1.86 [1.45, 2.39]
Total events: 57 (treatment	t), 68 (control)				
Test for heterogeneity: Chi	2 = 1.13, df = 1 (P = 0.29), 12	² = 11.4%			
Test for overall effect: Z = 4	4.89 (P <0.00001)				
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ntrol	

CBT30 Review:

Comparison: 06 Sub 04: cognitive behavioural therapies versus antidepressants by severity 0utcome: 10 Number not achieving response – less severely depressed

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI <= 10					
DIMIDJIAN2006	26/45	32/100		47.06	1.81 [1.24, 2.64]
Subtotal (95% CI)	45	100	•	47.06	1.81 [1.24, 2.64]
Total events: 26 (treatmen	t), 32 (control)				
Test for heterogeneity: not	applicable				
Test for overall effect: Z =	3.05 (P = 0.002)				
02 HRSD <= 7					
DIMIDJIAN2006	27/45	36/100		52.94	1.67 [1.17, 2.37]
Subtotal (95% CI)	45	100	•	52.94	1.67 [1.17, 2.37]
Total events: 27 (treatmen	t), 36 (control)				
Test for heterogeneity: not	applicable				
Test for overall effect: Z =	2.83 (P = 0.005)				
Total (95% CI)	90	200	•	100.00	1.73 [1.34, 2.24]
Total events: 53 (treatmen	t), 68 (control)				
Test for heterogeneity: Chi	$i^2 = 0.09$, df = 1 (P = 0.76), I^2	= 0%			
Test for overall effect: Z =	4.16 (P <0.0001)				
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours	control	

CBT31 Review:

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

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Hautzinger (in-pats)	5/24	8/25		6.22	0.65 [0.25, 1.71]
Blackburn1981 (UK)	8/30	8/28		6.57	0.93 [0.41, 2.15]
Murphy1984 (US)	4/22	8/24		6.07	0.55 [0.19, 1.56]
Miller1989 (US)	5/15	7/17		5.21	0.81 [0.32, 2.02]
Hautzinger1996 (Ge)	12/38	18/38		14.29	0.67 [0.37, 1.19]
Scott1997 (UK)	8/24	6/24		4.76	1.33 [0.55, 3.26]
Keller2000 (UŚ)	48/227	59/226		46.94	0.81 [0.58, 1.13]
Thompson2001 (US)	12/36	12/33		9.94	0.92 [0.48, 1.75]
otal (95% CI)	416	415	•	100.00	0.81 [0.65, 1.01]
otal events: 102 (treatment) est for heterogeneity: Chi² = est for overall effect: Z = 1.8	= 2.62, df = 7 (P = 0.92), I ²	= 0%			
		0.	1 0.2 0.5 1 2	5 10	
		Fa	avours treatment Favours co	ontrol	

CBT32 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 Relapse at 6 months (with contin					
Blackburn1981 (UK)	0/16	3/10	<u> </u>	100.00	0.09 [0.01, 1.62]
Subtotal (95% CI)	16	10		100.00	0.09 [0.01, 1.62]
Total events: 0 (treatment), 3 (contr					
Test for heterogeneity: not applicab					
Test for overall effect: Z = 1.63 (P =	0.10)				
03 Relapse at 12 months (no contin	uation treatment)				
Blackburn1981 (UK)	4/16	4/10		100.00	0.63 [0.20, 1.95]
Subtotal (95% Cl)	16	10		100.00	0.63 [0.20, 1.95]
Total events: 4 (treatment), 4 (contr	ol)				
Test for heterogeneity: not applicab	le				
Test for overall effect: $Z = 0.81$ (P =	0.42)				
04 Relapse at 18 months (no contin	uation treatment)				
Blackburn1981 (UK)	2/10	5/10		100.00	0.40 [0.10, 1.60]
Subtotal (95% CI)	10	10		100.00	0.40 [0.10, 1.60]
Total events: 2 (treatment), 5 (contr	ol)				
Test for heterogeneity: not applicab					
Test for overall effect: Z = 1.30 (P =					
	0.20)				
05 Relapse at 24 months (no contin			_		
Blackburn1981 (UK)	4/16	5/10		100.00	0.50 [0.17, 1.43]
Subtotal (95% CI)	16	10		100.00	0.50 [0.17, 1.43]
Total events: 4 (treatment), 5 (contr	ol)				
Test for heterogeneity: not applicab	le				
Test for overall effect: $Z = 1.29$ (P =	0.20)				
08 Relapse at 6 months (no continu	ation treatment)				
Murphy1984 (US)	6/22	6/24		100.00	1.09 [0.41, 2.89]
Subtotal (95% CI)	22	24		100.00	1.09 [0.41, 2.89]
Total events: 6 (treatment), 6 (contr					
Test for heterogeneity: not applicab					
Test for overall effect: Z = 0.18 (P =					
,	•				
09 Relapse at 6 years (no continuat			_		
FAVA1998	8/20	18/20		100.00	0.44 [0.25, 0.78]
Subtotal (95% CI)	20	20		100.00	0.44 [0.25, 0.78]
Total events: 8 (treatment), 18 (conf	trol)				
Test for heterogeneity: not applicab	le				
Test for overall effect: Z = 2.86 (P =	0.004)				
	*		01 02 05 1	F 10	
			0.1 0.2 0.5 1 2	5 10	

07 Cognitive behavioural therapies + antidepressants versus antidepressants (with clinical management or GP care)
03 Depression scores: continuous measures post-treatment Comparison: Outcome:

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

Favours treatment Favours control

Review:

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

Outcome: 04 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
02 HRSD scores post-treatr	nent						
Hautzinger (in-pats)	20	9.30(7.50)	22	11.30(7.60)		5.92	-0.26 [-0.87, 0.35]
Murphy1984 (US)	22	8.23(7.00)	24	10.92(8.22)		6.44	-0.35 [-0.93, 0.24]
Miller1989 (US)	14	15.30(13.84)	17	23.80(14.84)	-	4.18	-0.57 [-1.30, 0.15]
Hautzinger1996 (Ge)	32	8.00(5.50)	24	8.80(6.80)		7.80	-0.13 [-0.66, 0.40]
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)	•	4.68	-0.48 [-1.17, 0.20]
Keller2000 (US)	226	10.80(9.47)	220	15.80(9.49)		61.42	-0.53 [-0.72, -0.34]
Thompson2001 (US)	36	12.00(6.90)	33	15.00(6.20)		9.56	-0.45 [-0.93, 0.03]
Subtotal (95% CI)	368		356		•	100.00	-0.46 [-0.61, -0.31]
Test for heterogeneity: Chi ² Test for overall effect: Z = 6							
Total (95% CI)	368		356		•	100.00	-0.46 [-0.61, -0.31]
Test for heterogeneity: Chi ² Test for overall effect: Z = 6							
					-1 -0.5 0 0.5	1	
					Favours treatment Favours cor	ntrol	

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

Outcome: 05 Depression scores: dichotomous outcomes post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (rando 95% C	,	RR (random) 95% CI
01 HRSD-17 >6 and HRSE	D-24 >8				
Murphy1984 (US)	10/22	18/24		19.47	0.61 [0.36, 1.01]
Elkin1989 (US)	38/59	33/57	-	30.44	1.11 [0.83, 1.49]
Miller1989 (US)	5/14	13/17		12.10	0.47 [0.22, 0.99]
Keller2000 (US)	118/227	162/226	-	37.99	0.73 [0.62, 0.84]
Subtotal (95% CI)	322	324	•	100.00	0.76 [0.55, 1.03]
Total events: 171 (treatme	nt), 226 (control)		-		
Test for heterogeneity: Chi	2 = 9.30, df = 3 (P = 0.03), I	² = 67.7%			
Test for overall effect: Z =	1.77 (P = 0.08)				
			0.1 0.2 0.5 1	2 5 10	
			Favours treatment F	avours control	

Review: CBT36

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

Outcome: 06 Depression scores: dichotomous outcomes post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 BDI scores >9					
Murphy1984 (US)	8/22	15/24		29.39	0.58 [0.31, 1.10]
Elkin1989 (US)	30/59	27/57		56.27	1.07 [0.74, 1.56]
Miller1989 (US)	5/14	7/14		14.34	0.71 [0.30, 1.72]
Subtotal (95% CI)	95	95	•	100.00	0.88 [0.65, 1.18]
03 50% increase in BDI score	es				
Blackburn1981 (UK)	18/30	11/28		100.00	1.53 [0.89, 2.63]
Subtotal (95% CI)	30	28		100.00	1.53 [0.89, 2.63]
Total events: 18 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 1.5	11 (control) pplicable			74.44	,,
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI after 6 months' maintenance							
Blackburn1981 (UK)	9	7.60(5.10)	6	5.50(6.30)		100.00	0.35 [-0.69, 1.40]
Subtotal (95% CI)	9		6		•	100.00	0.35 [-0.69, 1.40]
「est for heterogeneity: not applicabl 「est for overall effect: Z = 0.66 (P =							
02 HRSD after 6 months' maintenar							
	10	4.40(3.40)	6	2.70(2.90)	-	100.00	0.50 [-0.53, 1.53]
Jubiciai (3370 OI)	10		6		◆	100.00	0.50 [-0.53, 1.53]
Fest for heterogeneity: not applicablest for overall effect: Z = 0.95 (P =							
06 BDI at 1-year follow-up	,						
	19	15.00(14.40)	20	16.40(12.80)		43.17	-0.10 [-0.73, 0.53]
riddtziriger (iir pate)	29	11.40(10.40)	24	16.50(12.80)	<u>-</u>	56.83	-0.44 [-0.98, 0.11]
	48		44	, , , , , , , , , , , , , , , , , , , ,	•	100.00	-0.29 [-0.70, 0.12]
est for heterogeneity: Chi ² = 0.62,		P = 0.43) I ² = 0%			Y		
Test for overall effect: Z = 1.38 (P =		. 0.10), . 070					
77 HRSD at 1-month follow-up							
	19	11.10(10.00)	20	12.20(11.80)	+	31.72	-0.10 [-0.73, 0.53]
	18	6.11(6.01)	16	6.12(5.24)	†	27.61	0.00 [-0.68, 0.67]
· idatziiigoi iooo (oo)	29	8.30(7.10)	24	13.10(8.10)	-	40.68	-0.62 [-1.18, -0.07]
abtotal (0070 Ol)	66		60			100.00	-0.29 [-0.64, 0.07]
Test for heterogeneity: Chi ² = 2.46, Test for overall effect: Z = 1.58 (P =		P = 0.29), I ² = 18.7%					
08 BDI at 1-month follow-up							
	18	7.83(7.94)	16	10.69(9.00)	-	100.00	-0.33 [-1.01, 0.35]
abtotal (0070 Ol)	18		16		•	100.00	-0.33 [-1.01, 0.35]
Fest for heterogeneity: not applicabl Fest for overall effect: Z = 0.95 (P =							
				-10	-5 0	5 10	
				Fa	vours treatment Favo	urs control	

CBT38 Review:

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

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Moderate and moderate/s	severe				
Blackburn1981 (UK)	8/30	8/28		9.45	0.93 [0.41, 2.15]
Murphy1984 (US)	4/22	8/24		8.74	0.55 [0.19, 1.56]
Keller2000 (US)	48/227	59/226	 ■+	67.52	0.81 [0.58, 1.13]
Thompson2001 (US)	12/36	12/33		14.30	0.92 [0.48, 1.75]
Subtotal (95% CI)	315	311	•	100.00	0.81 [0.62, 1.07]
Total events: 72 (treatment), Test for heterogeneity: Chi² = Test for overall effect: Z = 1.5	= 0.79 , df = 3 (P = 0.85), I^2	= 0%			
02 Severe					
Scott1997 (UK)	8/24	6/24		100.00	1.33 [0.55, 3.26]
Subtotal (95% CI)	24	24		100.00	1.33 [0.55, 3.26]
Total events: 8 (treatment), 6	(control)				
Test for heterogeneity: not a	,				
Test for overall effect: Z = 0.6	· •				
03 Severe/very severe					
Hautzinger (in-pats)	5/24	8/25		24.19	0.65 [0.25, 1.71]
Miller1989 (US)	5/15	7/17		20.26	0.81 [0.32, 2.02]
Hautzinger1996 (Ge)	12/38	18/38		55.56	0.67 [0.37, 1.19]
Subtotal (95% CI)	77	80		100.00	0.69 [0.45, 1.07]
Total events: 22 (treatment),	33 (control)		-		
Test for heterogeneity: Chi ² =		= 0%			
Test for overall effect: Z = 1.6					
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

CBT39 Review:

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/s	severe						
Murphy1984 (US)	22	10.09(10.61)	24	13.04(12.32)	-	40.20	-0.25 [-0.83, 0.33]
Thompson2001 (US)	36	15.70(8.60)	33	18.60(7.20)	- 	59.80	-0.36 [-0.84, 0.12]
Subtotal (95% CI)	58		57		•	100.00	-0.32 [-0.68, 0.05]
Test for heterogeneity: Chi2:	= 0.08, df = 1	$(P = 0.78), I^2 = 0\%$			-		
Test for overall effect: Z = 1.	68 (P = 0.09)						
02 Severe							
Scott1997 (UK)	18	17.70(10.00)	16	22.70(11.20)	- -	100.00	-0.46 [-1.14, 0.22]
Subtotal (95% CI)	18		16		•	100.00	-0.46 [-1.14, 0.22]
Test for heterogeneity: not a	pplicable						
Test for overall effect: Z = 1.							
03 Severe/very severe							
Hautzinger (in-pats)	20	11.30(10.40)	22	14.30(10.30)		33.69	-0.28 [-0.89, 0.32]
Miller1989 (US)	14	12.50(14.22)	17	19.20(15.26)		24.30	-0.44 [-1.16, 0.28]
Hautzinger1996 (Ge)	32	7.70(8.20)	23	12.80(11.30)	-	42.01	-0.52 [-1.07, 0.02]
Subtotal (95% CI)	66		62		•	100.00	-0.42 [-0.78, -0.07]
Test for heterogeneity: Chi2:	= 0.33, df = 2	$(P = 0.85), I^2 = 0\%$			-		
Test for overall effect: Z = 2.							
	. ,			-A	-2 0 2	4	
				-4	= -	-41	
				Fa	vours treatment Favours co	ntroi	

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/s	severe						
Murphy1984 (US)	22	8.23(7.00)	24	10.92(8.22)		8.32	-0.35 [-0.93, 0.24]
Keller2000 (US)	226	10.80(9.47)	220	15.80(9.49)	=	79.33	-0.53 [-0.72, -0.34]
Thompson2001 (US)	36	12.00(6.90)	33	15.00(6.20)	-	12.35	-0.45 [-0.93, 0.03]
Subtotal (95% CI)	284		277		♦	100.00	-0.50 [-0.67, -0.33]
Test for heterogeneity: Chi2:	= 0.39, df = 2	$(P = 0.82), I^2 = 0\%$			•		
Test for overall effect: Z = 5.							
02 Severe							
Scott1997 (UK)	18	13.50(5.30)	16	16.50(6.80)	- -	100.00	-0.48 [-1.17, 0.20]
Subtotal (95% CI)	18		16		•	100.00	-0.48 [-1.17, 0.20]
Test for heterogeneity: not a	pplicable				-		
Test for overall effect: Z = 1.							
03 Severe/very severe							
Hautzinger (in-pats)	20	9.30(7.50)	22	11.30(7.60)		33.06	-0.26 [-0.87, 0.35]
Miller1989 (US)	14	15.30(13.84)	17	23.80(14.84)		23.36	-0.57 [-1.30, 0.15]
Hautzinger1996 (Ge)	32	8.00(5.50)	24	8.80(6.80)	— -	43.58	-0.13 [-0.66, 0.40]
Subtotal (95% CI)	66		63		•	100.00	-0.28 [-0.63, 0.07]
Test for heterogeneity: Chi ²	= 0.95. df = 2	(P = 0.62), I ² = 0%			-		
Test for overall effect: Z = 1.							
	(
				-	4 -2 0 2	4	
				I	Favours treatment Favours co	ontrol	

Review: CBT41

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

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Moderate and moderate	/severe				
Murphy1984 (US)	8/22	15/24		100.00	0.58 [0.31, 1.10]
Subtotal (95% CI)	22	24		100.00	0.58 [0.31, 1.10]
Total events: 8 (treatment),	15 (control)				
Test for heterogeneity: not a	,				
Test for overall effect: Z = 1					
02 Severe					
Elkin1989 (US)	30/59	27/57	_ 	100.00	1.07 [0.74, 1.56]
Subtotal (95% CI)	59	57	•	100.00	1.07 [0.74, 1.56]
Total events: 30 (treatment)), 27 (control)				
Test for heterogeneity: not a					
Test for overall effect: Z = 0	0.37 (P = 0.71)				
03 Severe/very severe					
Miller1989 (US)	5/14	7/14		100.00	0.71 [0.30, 1.72]
Subtotal (95% CI)	14	14		100.00	0.71 [0.30, 1.72]
Total events: 5 (treatment),	7 (control)				
Test for heterogeneity: not a					
Test for overall effect: Z = 0					
	· · · · · ·	0.1	0.2 0.5 1 2	5 10	
			vours treatment Favours co		

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Moderate and moderate/s	severe				
Murphy1984 (US)	10/22	18/24		9.59	0.61 [0.36, 1.01]
Keller2000 (US)	118/227	162/226	=	90.41	0.73 [0.62, 0.84]
Subtotal (95% CI)	249	250	◆	100.00	0.71 [0.62, 0.82]
Total events: 128 (treatment Test for heterogeneity: Chi ² : Test for overall effect: Z = 4.	= 0.43, df = 1 (P = 0.51), I	² = 0%			
02 Severe					
Elkin1989 (US)	38/59	33/57		100.00	1.11 [0.83, 1.49]
Subtotal (95% CI)	59	57	—	100.00	1.11 [0.83, 1.49]
Total events: 38 (treatment),	, 33 (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 0$.	72 (P = 0.47)				
03 Severe/very severe					
Miller1989 (US)	5/14	13/17		100.00	0.47 [0.22, 0.99]
Subtotal (95% CI)	14	17		100.00	0.47 [0.22, 0.99]
Total events: 5 (treatment),	13 (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 1$.	99 (P = 0.05)				
		0.1	0.2 0.5 1 2	5 10	
		Fox	ours treatment Favours co	antral	
		Fav	ours treatment Favours co	אוווטו	

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 Relapse at 6 months (with contin					
Blackburn1981 (UK)	0/16	3/10		100.00	0.09 [0.01, 1.62]
Subtotal (95% CI)	16	10		100.00	0.09 [0.01, 1.62]
Total events: 0 (treatment), 3 (contro					
Test for heterogeneity: not applicable					
Test for overall effect: Z = 1.63 (P =	0.10)				
03 Relapse at 12 months (no continu	uation treatment)				
Blackburn1981 (UK)	4/16	4/10		100.00	0.63 [0.20, 1.95]
Subtotal (95% CI)	16	10		100.00	0.63 [0.20, 1.95]
Total events: 4 (treatment), 4 (contro					
Test for heterogeneity: not applicable					
Test for overall effect: Z = 0.81 (P =	0.42)				
04 Relapse at 18 months (no continu	uation treatment)				
Blackburn1981 (UK)	2/10	5/10		100.00	0.40 [0.10, 1.60]
Subtotal (95% CI)	10	10		100.00	0.40 [0.10, 1.60]
Total events: 2 (treatment), 5 (contro	ol)				
Test for heterogeneity: not applicabl	e				
Test for overall effect: Z = 1.30 (P =	0.20)				
05 Relapse at 24 months (no continu	uation treatment)				
Blackburn1981 (UK)	4/16	5/10		100.00	0.50 [0.17, 1.43]
Subtotal (95% Cl)	16	10		100.00	0.50 [0.17, 1.43]
Total events: 4 (treatment), 5 (contro	ol)				
Test for heterogeneity: not applicable	le				
Test for overall effect: Z = 1.29 (P =	0.20)				
08 Relapse at 6 months (no continua	ation treatment)				
Murphy1984 (US)	6/22	6/24		100.00	1.09 [0.41, 2.89]
Subtotal (95% CI)	22	24		100.00	1.09 [0.41, 2.89]
Total events: 6 (treatment), 6 (contro	ol)				
Test for heterogeneity: not applicable					
Test for overall effect: Z = 0.18 (P =	0.86)				
		0.	1 0.2 0.5 1 2	5 10	
		-	avours treatment Favours co		

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 1-month follow-up (
Murphy1984 (US)	18	7.83(7.94)	16	10.69(9.00)	=	100.00	-0.33 [-1.01, 0.35]
Subtotal (95% CI)	18		16		•	100.00	-0.33 [-1.01, 0.35]
Test for heterogeneity: not ap Test for overall effect: Z = 0.9							
02 HRSD at 1-month follow-u	p (moderate)					
Murphy1984 (US)	18	6.11(6.01)	16	6.12(5.24)	-	100.00	0.00 [-0.68, 0.67]
Subtotal (95% CI)	18		16		♦	100.00	0.00 [-0.68, 0.67]
Test for heterogeneity: not ap Test for overall effect: Z = 0.0							
03 HRSD at 1-month follow-u	p (very seve	re)					
Hautzinger (in-pats)	19	11.10(10.00)	20	12.20(11.80)	+	43.81	-0.10 [-0.73, 0.53]
Hautzinger1996 (Ge)	29	8.30(7.10)	24	13.10(8.10)	=	56.19	-0.62 [-1.18, -0.07]
Subtotal (95% CI)	48		44		•	100.00	-0.39 [-0.81, 0.02]
Test for heterogeneity: Chi² = Test for overall effect: Z = 1.8	6 (P = 0.06)						
04 BDI after 6 months' mainte Blackburn1981 (UK)	enance (mod	erate/severe) 7.60(5.10)	6	5.50(6.30)	<u> </u>	100.00	0.35 [-0.69, 1.40]
Subtotal (95% CI)	9		6	(,		100.00	0.35 [-0.69, 1.40]
Test for heterogeneity: not ap Test for overall effect: Z = 0.6							
	,						
05 HRSD after 6 months' mai	ntenance (m 10	oderate/severe) 4.40(3.40)	6	2.70(2.90)		100.00	0.50 [-0.53, 1.53]
Blackburn1981 (UK)	10	4.40(3.40)	6	2.70(2.90)	<u></u>	100.00	0.50 [-0.53, 1.53]
Subtotal (95% CI) Test for heterogeneity: not ap			U		_	100.00	0.30 [-0.33, 1.33]
Test for neterogeneity: not ap Test for overall effect: Z = 0.9							
06 BDI at 1-year follow-up (ve	erv severe)						
Hautzinger (in-pats)	19	15.00(14.40)	20	16.40(12.80)	<u> </u>	43.17	-0.10 [-0.73, 0.53]
Hautzinger1996 (Ge)	29	11.40(10.40)	24	16.50(12.80)	<u> </u>	56.83	-0.44 [-0.98, 0.11]
Subtotal (95% CI)	48		44		•	100.00	-0.29 [-0.70, 0.12]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.3							· · · · · · · · · · · · · · · · · · ·
				-10	-5 0 5	10	
				Fa	vours treatment Favours co	ontrol	

Review: CBT45

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

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Hautzinger (in-pats)	5/24	5/26		5.65	1.08 [0.36, 3.28]
Blackburn1981 (UK)	8/30	8/30		9.42	1.00 [0.43, 2.31]
Hautzinger1996 (Gé)	12/38	10/40		11.47	1.26 [0.62, 2.57]
Keller2000 (US)	48/227	55/228	_	64.61	0.88 [0.62, 1.23]
Thompson2001 (US)	12/36	7/31	-	8.86	1.48 [0.66, 3.28]
Total (95% CI)	355	355	•	100.00	1.00 [0.77, 1.30]
Total events: 85 (treatment),	85 (control)				
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.0	= 1.92, df = 4 (P = 0.75), l ²	= 0%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	control	

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

Outcome: 02 Relapse

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 Relapse at 6 months (with	h continuation treatment)				
Blackburn1981 (UK)	0/16	1/15	←	100.00	0.31 [0.01, 7.15]
Subtotal (95% CI)	16	15		100.00	0.31 [0.01, 7.15]
Total events: 0 (treatment), 1 Test for heterogeneity: not a	pplicable				
Test for overall effect: Z = 0.	73 (P = 0.47)				
03 Relapse at 12 months (no	continuation treatment)				
Blackburn1981 (UK)	4/16	3/15		100.00	1.25 [0.33, 4.68]
Subtotal (95% CÌ)	16	15		100.00	1.25 [0.33, 4.68]
Total events: 4 (treatment), 3	3 (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 0$.	33 (P = 0.74)				
04 Relapse at 18 months (no	continuation treatment)				
Blackburn1981 (UK)	2/16	3/15		100.00	0.63 [0.12, 3.24]
Subtotal (95% CI)	16	15		100.00	0.63 [0.12, 3.24]
Total events: 2 (treatment), 3	3 (control)				
Test for heterogeneity: not a	,				
Test for overall effect: $Z = 0$.					
05 Relapse at 24 months (no	continuation treatment)				
Blackburn1981 (UK)	4/16	3/15		100.00	1.25 [0.33, 4.68]
Subtotal (95% CI)	16	15		100.00	1.25 [0.33, 4.68]
Total events: 4 (treatment), 3		10		100.00	1.23 [0.33, 4.00]
Test for heterogeneity: not a					
Test for overall effect: Z = 0.					
- Cot for overall effect. Z = 0.	00 (i = 0.14)				
			*** *** * - *	5 10	
			Favours treatment Favours con	ntrol	

Review: CBT47

09 Cognitive behavioural therapies + antidepressants versus cognitive behavioural therapies 03 Depression scores: continuous measures post-treatment Comparison:

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatmer	nt						
Hautzinger (in-pats)	20	11.30(10.40)	21	12.60(10.70)		18.83	-0.12 [-0.73, 0.49]
Murphy1984 (US)	22	10.09(10.61)	24	10.88(8.93)		21.12	-0.08 [-0.66, 0.50]
Hautzinger1996 (Ge)	32	7.70(8.20)	33	10.70(8.10)		29.40	-0.36 [-0.85, 0.13]
Thompson2001 (US)	36	15.70(8.60)	31	16.40(9.70)	- 	30.65	-0.08 [-0.56, 0.40]
Subtotal (95% CI)	110		109		•	100.00	-0.17 [-0.44, 0.10]
Test for overall effect: Z = 1.	.25 (P = 0.21)						
02 HRSD scores post-treatn	nent		22	10.00/0.10)		10.00	0 00 1 0 00 0 521
02 HRSD scores post-treatm Hautzinger (in-pats)	nent 20	9.30(7.50)	22	10.00(8.10)	_	19.09	-0.09 [-0.69, 0.52]
02 HRSD scores post-treatn Hautzinger (in-pats) Murphy1984 (US)	nent 20 22	9.30(7.50) 8.23(7.00)	24	7.75(6.50)	<u>+</u>	20.93	0.07 [-0.51, 0.65]
02 HRSD scores post-treatn Hautzinger (in-pats) Murphy1984 (US) Hautzinger1996 (Ge)	nent 20 22 32	9.30(7.50) 8.23(7.00) 8.00(5.50)	24 33	7.75(6.50) 8.50(5.80)	-	20.93 29.61	0.07 [-0.51, 0.65] -0.09 [-0.57, 0.40]
02 HRSD scores post-treatn Hautzinger (in-pats) Murphy1984 (US) Hautzinger1996 (Ge) Thompson2001 (US)	nent 20 22 32 36	9.30(7.50) 8.23(7.00)	24 33 31	7.75(6.50)	-	20.93 29.61 30.37	0.07 [-0.51, 0.65] -0.09 [-0.57, 0.40] -0.07 [-0.55, 0.41]
02 HRSD scores post-treatn Hautzinger (in-pats) Murphy1984 (US) Hautzinger1996 (Ge) Thompson2001 (US) Subtotal (95% CI) Test for heterogeneity: Chi ²	nent 20 22 32 36 110 = 0.21, df = 3	9.30 (7.50) 8.23 (7.00) 8.00 (5.50) 12.00 (6.90) (P = 0.98), I ² = 0%	24 33	7.75(6.50) 8.50(5.80)	*	20.93 29.61	0.07 [-0.51, 0.65] -0.09 [-0.57, 0.40]
02 HRSD scores post-treatn Hautzinger (in-pats) Murphy1984 (US) Hautzinger1996 (Ge) Thompson2001 (US) Subtotal (95% CI)	nent 20 22 32 36 110 = 0.21, df = 3	9.30 (7.50) 8.23 (7.00) 8.00 (5.50) 12.00 (6.90) (P = 0.98), I ² = 0%	24 33 31	7.75(6.50) 8.50(5.80)	-2 0 2	20.93 29.61 30.37	0.07 [-0.51, 0.65] -0.09 [-0.57, 0.40] -0.07 [-0.55, 0.41]

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 1-month follow-up Murphy1984 (US) Subtotal (95% CI) Test for heterogeneity: not appli Test for overall effect: Z = 0.89 (7.83(7.94)	19 19	10.53(9.91)	•	100.00	-0.29 [-0.94, 0.36] -0.29 [-0.94, 0.36]
02 HRSD at 1-month follow-up Murphy1984 (US) Subtotal (95% CI) Test for heterogeneity: not appli Test for overall effect: Z = 0.23 (6.11(6.01)	19 19	6.63(7.08)	•	100.00	-0.08 [-0.72, 0.57] -0.08 [-0.72, 0.57]
D3 BDI after 6 months' maintena Blackburn1981 (UK) Subtotal (95% CI) Test for heterogeneity: not appli Test for overall effect: Z = 0.82 (9 9 icable	7.60(5.10)	14 14	5.70(5.20)	•	100.00	0.35 [-0.49, 1.20] 0.35 [-0.49, 1.20]
04 HRSD after 6 months' mainte Blackburn1981 (UK) Subtotal (95% CI) Test for heterogeneity: not appli Test for overall effect: Z = 0.11 (10 10 icable	4.40(3.40)	13 13	4.60(4.90)	‡	100.00	-0.04 [-0.87, 0.78] -0.04 [-0.87, 0.78]
05 BDI at 1-year follow-up							
Hautzinger (in-pats) Hautzinger1996 (Ge) Subtotal (95% CI) Test for heterogeneity: Chi² = 0. Test for overall effect: Z = 0.70 (18 30 48	14.10(13.10) 9.50(9.00)	‡	38.64 61.36 100.00	0.06 [-0.58, 0.71] 0.19 [-0.32, 0.70] 0.14 [-0.26, 0.54]
	(1 – 0.40)						
06 HRSD at 1-year follow-up Hautzinger (in-pats) Hautzinger1996 (Ge) Subtotal (95% CI) Test for heterogeneity: Chi² = 0. Test for overall effect: Z = 0.67 (18 32 50	9.90(7.60) 7.40(5.70)	•	37.80 62.20 100.00	0.13 [-0.51, 0.78] 0.14 [-0.36, 0.64] 0.14 [-0.26, 0.53]
					-10 -5 0 5	10	
					Favours treatment Favours co	ntrol	

CBT49 Review:

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

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Moderate and moderate/s	evere				
Blackburn1981 (UK)	8/30	8/30		11.36	1.00 [0.43, 2.31]
Keller2000 (US)	48/227	55/228		77.95	0.88 [0.62, 1.23]
Thompson2001 (US)	12/36	7/31		10.68	1.48 [0.66, 3.28]
Subtotal (95% CI)	293	289	•	100.00	0.95 [0.71, 1.28]
Test for heterogeneity: Chi ² =	= 1.40, df = 2 (P = 0.50), l ²	2 = 0%			
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.3	= 1.40, df = 2 (P = 0.50), l ²	² = 0%			
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.3 O3 Severe/very severe	= 1.40, df = 2 (P = 0.50), l ² 31 (P = 0.76)			33.00	1 09 (0 36 3 29)
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.3 03 Severe/very severe Hautzinger (in-pats)	= 1.40, df = 2 (P = 0.50), l ² 31 (P = 0.76) 5/24	5/26		33.00 67.00	1.08 [0.36, 3.28] 1.26 [0.62, 2.57]
Total events: 68 (treatment), Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.3 03 Severe/very severe Hautzinger (in-pats) Hautzinger1996 (Ge) Subtotal (95% CI)	= 1.40, df = 2 (P = 0.50), l ² 31 (P = 0.76) 5/24 12/38	5/26 10/40		67.00	1.26 [0.62, 2.57]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.3 03 Severe/very severe Hautzinger (in-pats)	= 1.40, df = 2 (P = 0.50), l ² 81 (P = 0.76) 5/24 12/38 62	5/26			

Favours treatment Favours control

Review:

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/s	severe						
Murphy1984 (US)	22	10.09(10.61)	24	10.88(8.93)		40.79	-0.08 [-0.66, 0.50]
Thompson2001 (US)	36	15.70(8.60)	31	16.40(9.70)	-	59.21	-0.08 [-0.56, 0.40]
Subtotal (95% CI)	58		55		•	100.00	-0.08 [-0.45, 0.29]
Test for overall effect: Z = 0.4	41 (P = 0.68)						
Hautzinger (in-pats)	20	11.30(10.40)	21	12.60(10.70)		39.04	-0.12 [-0.73, 0.49]
Hautzinger1996 (Ge)	32	7.70(8.20)	33	10.70(8.10)	-	60.96	-0.36 [-0.85, 0.13]
Subtotal (95% CI)	52		54		•	100.00	-0.27 [-0.65, 0.11]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.3							
					-4 -2 0 2	4	
					Favours treatment Favours	control	

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Moderate and moderate/s	severe								
Murphy1984 (US)	22	8.23(7.00)	24	7.75(6.50)			-	40.80	0.07 [-0.51, 0.65]
Thompson2001 (US)	36	12.00(6.90)	31	12.50(7.00)			-	59.20	-0.07 [-0.55, 0.41]
Subtotal (95% CI)	58		55				•	100.00	-0.01 [-0.38, 0.36]
Test for overall effect: Z = 0.0 03 Severe/very severe	,								
Hautzinger (in-pats)	20	9.30(7.50)	22	10.00(8.10)			_	39.20	-0.09 [-0.69, 0.52]
Hautzinger1996 (Ge)	32	8.00(5.50)	33	8.50(5.80)			-	60.80	-0.09 [-0.57, 0.40]
Subtotal (95% CI)	52		55				•	100.00	-0.09 [-0.47, 0.29]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.4									
					-4	-2	0	2 4	
					Favou	ırs treatm	ent Favo	urs control	

Review:

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

Outcome: 04 Relapse (moderate)

1/15			· · · · · · · · · · · · · · · · · · ·
1/15			
	 	100.00	0.31 [0.01, 7.15]
15		100.00	0.31 [0.01, 7.15]
3/15	- <u> </u>	100.00	1.25 [0.33, 4.68]
15		100.00	1.25 [0.33, 4.68]
3/15		100.00	0.63 [0.12, 3.24]
15		100.00	0.63 [0.12, 3.24]
3/15		100.00	1.25 [0.33, 4.68]
15		100.00	1.25 [0.33, 4.68]
	3/15 15 3/15 15	3/15 15 3/15 15 0.1 0.2 0.5 1 2	3/15 15 100.00 100.00 3/15 15 100.00 100.00

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

or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 1-month follow-up (mod Murphy1984 (US) Subtotal (95% CI) Fest for heterogeneity: not applica Fest for overall effect: Z = 0.89 (P	18 18 ble	7.83(7.94)	19 19	10.53(9.91)	•	100.00	-0.29 [-0.94, 0.36] -0.29 [-0.94, 0.36]
22 HRSD at 1-month follow-up (m Murphy1984 (US) Subtotal (95% CI) Fest for heterogeneity: not applica Fest for overall effect: Z = 0.23 (P	18 18 ble	6.11(6.01)	19 19	6.63(7.08)	•	100.00	-0.08 [-0.72, 0.57] -0.08 [-0.72, 0.57]
03 BDI after 6 months' maintenan Blackburn1981 (UK) Subtotal (95% CI) Fest for heterogeneity: not applica Fest for overall effect: Z = 0.82 (P)9 9 ble	rate/severe) 7.60(5.10)	14 14	5.70(5.20)	+	100.00	0.35 [-0.49, 1.20] 0.35 [-0.49, 1.20]
04 HRSD after 6 months' mainten Blackburn1981 (UK) Subtotal (95% CI) Fest for heterogeneity: not applica Fest for overall effect: Z = 0.11 (P	10 10 ble	derate/severe) 4.40(3.40)	13 13	4.60(4.90)	+	100.00	-0.04 [-0.87, 0.78] -0.04 [-0.87, 0.78]
DS BDI at 1-year follow-up (very simulatinger (in-pats) Hautzinger1996 (Ge) Hautzinger1996 (Ge) Hautzinger1996 (Gi) Fest for heterogeneity: Chi² = 0.05 Fest for overall effect: Z = 0.70 (P	19 29 48), df = 1 (F	15.00 (14.40) 11.40 (10.40) P = 0.76), I ² = 0%	18 30 48	14.10(13.10) 9.50(9.00)	•	38.64 61.36 100.00	0.06 [-0.58, 0.71] 0.19 [-0.32, 0.70] 0.14 [-0.26, 0.54]
06 HRSD at 1-year follow-up (very Hautzinger (in-pats) Hautzinger1996 (Ge) Subtotal (95% CI) Fest for heterogeneity: Chi² = 0.00 Fest for overall effect: Z = 0.67 (P	19 29 48), df = 1 (F	11.10(10.00) 8.30(7.10) P = 0.99), I ² = 0%	18 32 50	9.90(7.60) 7.40(5.70)	•	37.80 62.20 100.00	0.13 [-0.51, 0.78] 0.14 [-0.36, 0.64] 0.14 [-0.26, 0.53]

Review: CBT54

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

Outcome: 01 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Hamilton scores post-treatmer	nt						
MANBER2008	15	7.90(6.60)	15	11.00(8.70)	=	100.00	-0.39 [-1.11, 0.33]
Subtotal (95% CI)	15		15		•	100.00	-0.39 [-1.11, 0.33]
Test for heterogeneity: not applica	able				1		
Test for overall effect: $Z = 1.06$ (P							
Total (95% CI) Test for heterogeneity: not applica			15		•	100.00	-0.39 [-1.11, 0.33]
Test for overall effect: Z = 1.06 (P	r = 0.29)						
					-10 -5 0 5	10	
					Favours treatment Favours c	ontrol	

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

Outcome: 02 Leaving study early

Study or sub-category	Treatment n/N	Control n/N				(fixed) 5% CI)		Weight %	RR (fixed) 95% CI
MANBER2008	5/15	3/15				-			100.00	1.67 [0.48, 5.76]
Total (95% CI) Total events: 5 (treatment Test for heterogeneity: no Test for overall effect: Z =	t applicable	15						_	100.00	1.67 [0.48, 5.76]
			0.1	0.2	0.5	1	2	5	10	
			Fav	ours tre	eatment	Fa	vours	contro	ol	

Review: CBT56

Comparison: 12 Cognitive behavioural therapies for the elderly

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

Study or sub-category	Treatment n/N	Control n/N		RR (f 95%	,	Weight %	RR (fixed) 95% CI
Thompson2001 (US) LAIDLAW2008	7/31 1/21	12/33 3/23	←	-		80.24 - 19.76	0.62 [0.28, 1.37] 0.37 [0.04, 3.24]
Total (95% CI) Total events: 8 (treatment), 1 Test for heterogeneity: Chi² = Test for overall effect: Z = 1.4	= 0.20 , df = 1 (P = 0.65), I^2	56 e = 0%		•		100.00	0.57 [0.27, 1.21]
				0.2 0.5 f	Favour	5 10	

Review: CBT57

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment									
Thompson2001 (US)	31	16.40(9.70)	33	18.60(7.20)				59.59	-0.26 [-0.75, 0.24]
LAIDLAW2008	21	9.40(8.56)	23	13.25(10.30)		_		40.41	-0.40 [-1.00, 0.20]
Subtotal (95% CI)	52		56				lack	100.00	-0.31 [-0.69, 0.07]
Test for overall effect: Z = 1.6 02 HRSD scores post-treatme	,								
Thompson2001 (US)	31	12.50(7.00)	33	15.00(6.20)				59.52	-0.37 [-0.87, 0.12]
LAIDLAW2008	21	5.25(4.48)	23	7.75(6.05)		_		40.48	-0.46 [-1.06, 0.14]
Subtotal (95% CI)	52		56				◆	100.00	-0.41 [-0.79, -0.03]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 2.1									
					-4	-2	0 2	4	
					Favour	s treatme	nt Favours co	ontrol	

CBT58 Review:

Comparison:

12 Cognitive behavioural therapies for the elderly
03 CBT versus TAU/antidepressants: depression scores: continuous measures at 3-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
LAIDLAW2008	21	9.00(8.16)	23	12.90(9.34)	=	49.61	-0.44 [-1.03, 0.16]
Subtotal (95% CI)	21		23		•	49.61	-0.44 [-1.03, 0.16]
Test for heterogeneity: not Test for overall effect: Z =							
02 HAM-D scores							
LAIDLAW2008	21	5.15(4.75)	23	6.70(6.23)		50.39	-0.27 [-0.87, 0.32]
Subtotal (95% CI)	21		23		*	50.39	-0.27 [-0.87, 0.32]
Test for heterogeneity: not Test for overall effect: Z =							
Total (95% CI) Test for heterogeneity: Chi Test for overall effect: Z =		P = 0.71), I ² = 0%	46		•	100.00	-0.35 [-0.78, 0.07]
	·				-10 -5 0	5 10	
					Favours treatment Favor	urs control	

Review:

Comparison: 12 Cognitive behavioural therapies for the elderly

04 CBT versus TAU/antidepressants: depression scores: continuous measures at 6-month follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
LAIDLAW2008	21	10.55(9.05)	23	15.10(11.83)	-	49.47	-0.42 [-1.02, 0.18]
Subtotal (95% CI)	21		23		•	49.47	-0.42 [-1.02, 0.18]
Test for heterogeneity: no Test for overall effect: Z =							
02 HAM-D scores							
LAIDLAW2008	21	6.70(5.03)	23	7.55(6.13)	-	50.53	-0.15 [-0.74, 0.44]
Subtotal (95% CI)	21		23		•	50.53	-0.15 [-0.74, 0.44]
Test for heterogeneity: no Test for overall effect: Z =							
Total (95% CI) Test for heterogeneity: Ch Test for overall effect: Z =		(P = 0.52), I ² = 0%	46		•	100.00	-0.28 [-0.70, 0.14]
					-10 -5 0 5	10	
					Favours treatment Favours	control	

Review: CBT60

Comparison: 12 Cognitive behavioural therapies for the elderly

Outcome: 06 CBT + antidepressants versus antidepressants: leaving the study early for any reason

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

Comparison: 12 Cognitive behavioural therapies for the elderly
Outcome: 07 CBT + antidepressants versus antidepressants: depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment								
Thompson2001 (US)	36	15.70(8.60)	33	18.60(7.20)		-	100.00	-0.36 [-0.84, 0.12]
Subtotal (95% CI)	36		33			•	100.00	-0.36 [-0.84, 0.12]
Test for heterogeneity: not applic Test for overall effect: Z = 1.48 (F								
02 HRSD scores post-treatment								
Thompson2001 (US)	36	12.00(6.90)	33	15.00(6.20)		-	100.00	-0.45 [-0.93, 0.03]
Subtotal (95% CI)	36		33			•	100.00	-0.45 [-0.93, 0.03]
Test for heterogeneity: not applic								
Test for overall effect: Z = 1.85 (F	7 = 0.06)							
					-4	2 0 2	4	
					Favours to	eatment Favours co	introl	

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

Study r sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
1 Leaving the study early for	any reason				
WILKINSON2009	4/22	5/23	-	18.35	0.84 [0.26, 2.72]
Subtotal (95% CI)	22	23		18.35	0.84 [0.26, 2.72]
otal events: 4 (treatment), 5 (
est for heterogeneity: not appress for overall effect: Z = 0.30					
3 Depression scores: recurre	nce (MADRS >=10) at 6	months			
WILKINSON2009	1/18	4/19	-	14.61	0.26 [0.03, 2.14]
ubtotal (95% CI)	18	19		14.61	0.26 [0.03, 2.14]
otal events: 1 (treatment), 4 ((control)				
est for heterogeneity: not app					
est for overall effect: Z = 1.25	5 (P = 0.21)				
4 Depression scores: recurre	nce (MADRS >=10) at 12	2 months			
WILKINSON2009	5/18	8/18		30.02	0.63 [0.25, 1.55]
ubtotal (95% CI)	18	18		30.02	0.63 [0.25, 1.55]
otal events: 5 (treatment), 8 ((control)				
est for heterogeneity: not app	olicable				
est for overall effect: Z = 1.02	2 (P = 0.31)				
5 Depression scores: BDI >=	12 at 6 months				
WILKINSON2009	8/18	5/19		18.26	1.69 [0.68, 4.21]
ubtotal (95% CI)	18	19		18.26	1.69 [0.68, 4.21]
otal events: 8 (treatment), 5 (
est for heterogeneity: not app					
est for overall effect: Z = 1.13	3 (P = 0.26)				
6 Depression scores: BDI >=					
VILKINSON2009	7/18	5/18		18.76	1.40 [0.54, 3.60]
Subtotal (95% CI)	18	18		18.76	1.40 [0.54, 3.60]
otal events: 7 (treatment), 5 (
est for heterogeneity: not app					
est for overall effect: Z = 0.70	P = 0.48				
otal (95% CI)	94	97	*	100.00	0.95 [0.60, 1.51]
otal events: 25 (treatment), 2					
est for heterogeneity: Chi ² = 6 est for overall effect: Z = 0.22		= 10.6%			
	·	0.1	0.2 0.5 1 2	5 10	
		_	vours treatment Favours co		

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

Outcome: 01 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
03 Relapse					
FAVA1998	8/20	18/20		49.72	0.44 [0.25, 0.78]
PAYKEL2005	16/70	23/65		50.28	0.65 [0.38, 1.11]
Subtotal (95% CI)	90	85	•	100.00	0.54 [0.37, 0.79]
Total events: 24 (treatment)), 41 (control)				
Test for heterogeneity: Chi ² Test for overall effect: Z = 3 04 Remission (68 weeks)		= 0%			
PAYKEL2005	42/70	30/65	 	100.00	1.30 [0.94, 1.80]
Subtotal (95% CI)	70	65	-	100.00	1.30 [0.94, 1.80]
Total events: 42 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 1	applicable				,,
		0.	1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ntrol	

Review: CBT64

13 Relapse prevention studies: cognitive behavioural therapies versus placebo and clinical management 02 Relapse: number of patients with >=3 episodes Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
MA2004	10/28	21/27	-	100.00	0.46 [0.27, 0.79]
Total (95% CI) Total events: 10 (treatmer Test for heterogeneity: not Test for overall effect: Z =	t applicable	27	•	100.00	0.46 [0.27, 0.79]
		0	1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours	control	

Review:

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

01 Leaving study early Outcome:

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

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

Outcome: 02 Relapse

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
KUYKEN2008	29/61	37/62	-	100.00	0.80 [0.57, 1.11]
Total (95% CI) Total events: 29 (treatmer Test for heterogeneity: not Test for overall effect: Z =	t applicable	62	•	100.00	0.80 [0.57, 1.11]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	control	

Review: CBT67

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

Outcome: 03 Relapse at 1 year

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

Review: CBT68

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

Outcome: 01 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving study early					
PERLIS2002	23/66	24/66	- 	82.76	0.96 [0.61, 1.52]
Subtotal (95% CI)	66	66	*	82.76	0.96 [0.61, 1.52]
Total events: 23 (treatment), 2 Test for heterogeneity: not app Test for overall effect: Z = 0.18	olicable				
02 Relapse					
PERLIS2002	4/66	5/66		17.24	0.80 [0.22, 2.85]
Subtotal (95% CI)	66	66		17.24	0.80 [0.22, 2.85]
Total events: 4 (treatment), 5 (Test for heterogeneity: not app Test for overall effect: Z = 0.34	olicable				
Total (95% CI)	132	132		100.00	0.93 [0.60, 1.44]
Total events: 27 (treatment), 2	9 (control)		\neg		,
Test for heterogeneity: Chi ² =		= 0%			
Test for overall effect: Z = 0.32					
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ontrol	

Review:

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			(fixed) i% CI	Weight %	SMD (fixed) 95% CI
01 HAM-D-17									
PERLIS2002	66	0.24(4.00)	66	0.97(4.10)		4	-	100.00	-0.18 [-0.52, 0.16]
Subtotal (95% CI)	66		66			•	•	100.00	-0.18 [-0.52, 0.16]
Test for heterogeneity: not appli Test for overall effect: Z = 1.03 (
Total (95% CI) Test for heterogeneity: not appli Test for overall effect: Z = 1.03 (66			•	•	100.00	-0.18 [-0.52, 0.16]
					-4	-2	0 2	4	
					Favou	rs treatment	Favours co	ntrol	

Review: CBT70

16 Relapse prevention studies: group CBT versus TAU 01 Leaving the study early Comparison:

Outcome:

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

Review: CBT71

16 Relapse prevention studies: group CBT versus TAU Comparison:

02 Relapse Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
BOCKTING2005	37/97	34/90	+	100.00	1.01 [0.70, 1.46]
Total (95% CI) Total events: 37 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 0.0	pplicable	90	+	100.00	1.01 [0.70, 1.46]
			0.1 0.2 0.5 1 2 Favours treatment Favours co	5 10	

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	S	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD (patients with 5	or more previous	episodes)						
BOCKTING2005	37	3.77(2.82)	34	4.00(3.08)		- 	41.32	-0.08 [-0.54, 0.39]
Subtotal (95% CI)	37		34			•	41.32	-0.08 [-0.54, 0.39]
Test for heterogeneity: no Test for overall effect: Z =								
02 HRSD (patients with fe	ewer than 5 previo	ous episodes)						
BOCKTING2005	51	4.00(2.95)	50	3.48(2.78)		-	58.68	0.18 [-0.21, 0.57]
Subtotal (95% CI)	51		50			•	58.68	0.18 [-0.21, 0.57]
Test for heterogeneity: no Test for overall effect: Z =								
Total (95% CI) Test for heterogeneity: Ch Test for overall effect: Z =		P = 0.41), I ² = 0%	84			•	100.00	0.07 [-0.23, 0.37]
					-4 -2	0 2	4	
					Favours treatme	ent Favours co	ontrol	

Review: CBT73

Comparison: 17 CBT versus behavioural activation

Outcome: 01 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Gallagher1982 (US) DIMIDJIAN2006	1/10 6/45	5/10 7/43		41.12 58.88	0.20 [0.03, 1.42] 0.82 [0.30, 2.24]
Total (95% CI) Total events: 7 (treatment), Test for heterogeneity: Chi² Test for overall effect: Z = 1.	= 1.60, df = 1 (P = 0.21), l ²	53 = 37.6%		100.00	0.56 [0.24, 1.33]
			0.1 0.2 0.5 1 2	5 10	

Favours treatment Favours control

Review: CBT74

Comparison: 17 CBT versus behavioural activation

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

Study or sub-category	N	CBT Mean (SD)	N	Behavioural activation Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI scor	res						
DIMIDJIAN2006	21	21.00(14.64)	22	16.82(8.56)	+=-	49.60	0.34 [-0.26, 0.95]
Subtotal (95% CI)	21		22		◆	49.60	0.34 [-0.26, 0.95]
Test for heterogeneity: not ap	plicable						
Test for overall effect: Z = 1.12	2 (P = 0.26)						
02 Mean at endpoint HRSD so	cores						
DIMIDJIAN2006	21	12.67(6.96)	22	12.86(6.93)		50.40	-0.03 [-0.62, 0.57]
Subtotal (95% CI)	21		22		•	50.40	-0.03 [-0.62, 0.57]
Test for heterogeneity: not app	plicable						
Test for overall effect: $Z = 0.09$	9 (P = 0.93)						
Total (95% CI)	42		44		•	100.00	0.16 [-0.27, 0.58]
Test for heterogeneity: Chi2 =	0.73, df = 1 ($P = 0.39$), $I^2 = 0\%$					
Test for overall effect: Z = 0.73	3 (P = 0.47)						
				-4	-2 0 2	4	
				Favour	rs treatment Favours co	ontrol	

Comparison: 17 CBT versus behavioural activation
Outcome: 03 Depression scores: continuous measures at endpoint (high severity) 16 weeks

Study or sub-category	N	CBT Mean (SD)	N	Behavioural activation Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI sco	ores						
DIMIDJIAN2006	18	17.44(15.57)	16	8.75(7.96)		48.93	0.67 [-0.02, 1.37]
Subtotal (95% CI)	18		16		~	48.93	0.67 [-0.02, 1.37]
Test for heterogeneity: not a Test for overall effect: Z = 1.							
02 Mean at endpoint HRSD :	scores						
DIMIDJIAN2006	16	7.56(6.94)	18	10.33(7.62)		51.07	-0.37 [-1.05, 0.31]
Subtotal (95% CI)	16		18			51.07	-0.37 [-1.05, 0.31]
Test for heterogeneity: not a Test for overall effect: Z = 1.0							
Total (95% CI) Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.9		(P = 0.04), I ² = 77.4%	34		+	100.00	0.14 [-0.35, 0.63]
-				-4	-2 0 2	4	

Favours treatment Favours control

Review:

Comparison: 17 CBT versus behavioural activation

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

Study or sub-category	N	CBT Mean (SD)	N	Behavioural activation Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI so	ores						
DIMIDJIAN2006	17	12.94(10.29)	15	15.33(10.03)		50.27	-0.23 [-0.93, 0.47]
Subtotal (95% CI)	17		15		*	50.27	-0.23 [-0.93, 0.47]
Test for heterogeneity: not a Test for overall effect: Z = 0							
02 Mean at endpoint HRSD	scores						
DIMIDJIAN2006	17	10.41(4.05)	15	12.40(6.58)		49.73	-0.36 [-1.06, 0.34]
Subtotal (95% CI)	17		15		*	49.73	-0.36 [-1.06, 0.34]
Test for heterogeneity: not a Test for overall effect: Z = 1							
Total (95% CI) Test for heterogeneity: Chi²	34 = 0.07, df = 1	(P = 0.79), I ² = 0%	30		•	100.00	-0.29 [-0.79, 0.20]
Test for overall effect: Z = 1	.17 (P = 0.24)						
				-4	-2 0 2	4	
				Favour	s treatment Favours co	ontrol	

Comparison: 17 CBT versus behavioural activation

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

Study or sub-category	N	BT Mean (SD)	N	CBT Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI so	cores						
JACOBSON1996	50	10.10(9.60)	56	9.10(7.90)		39.95	0.11 [-0.27, 0.50]
DIMIDJIAN2006	17	9.76(8.15)	13	11.00(10.80)		11.14	-0.13 [-0.85, 0.59]
Subtotal (95% CI)	67		69			51.09	0.06 [-0.28, 0.40]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0							
02 Mean at endpoint HRSD) scores						
JACOBSON1996	48	7.20(6.70)	53	6.40(4.60)		38.07	0.14 [-0.25, 0.53]
DIMIDJIAN2006	16	7.19(4.09)	13	7.92(7.68)		10.84	-0.12 [-0.85, 0.61]
Subtotal (95% CI)	64		66			48.91	0.08 [-0.26, 0.43]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0							
Total (95% CI) Test for heterogeneity: Chi ² Test for overall effect: Z = 0			135		-	100.00	0.07 [-0.17, 0.31]
					-1 -0.5 0 0.5	1	
					Favours treatment Favours cor	atrol	
					i avouis licalificiti — i avouis coi	ItiOi	

Review: CBT78

Comparison: 17 CBT versus behavioural activation

Outcome: 07 Relapse at 1 year

Study or sub-category	Treatment n/N	Control n/N				(fixed) 5% CI		Weight %	RR (fixed) 95% CI		
DIMIDJIAN2006	9/30	9/27			-		_	100.00	0.90 [0.42, 1.93]		
Total (95% CI) Total events: 9 (treatment) Test for heterogeneity: not Test for overall effect: Z =	applicable	27					-	100.00	0.90 [0.42, 1.93]		
			0.1	0.2	0.5	1	2	5 10			
	Favours treatment Favours control										

Review: CBT79

Comparison: 17 CBT versus behavioural activation

Outcome: 08 Recurrence at 2 years

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

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 <=10 BDI					
DIMIDJIAN2006	33/45	24/43		46.15	1.31 [0.96, 1.81]
Subtotal (95% CI)	45	43	•	46.15	1.31 [0.96, 1.81]
Total events: 33 (treatment Test for heterogeneity: not Test for overall effect: Z =	applicable				
02 <=7 HRSD					
DIMIDJIAN2006	35/45	28/43	 -	53.85	1.19 [0.91, 1.56]
Subtotal (95% CI)	45	43	•	53.85	1.19 [0.91, 1.56]
Total events: 35 (treatment Test for heterogeneity: not Test for overall effect: Z =	applicable				
Total (95% CI) Total events: 68 (treatment Test for heterogeneity: Chi	90 t), 52 (control) ² = 0.20, df = 1 (P = 0.65), l ²	86	•	100.00	1.25 [1.02, 1.54]
Test for overall effect: Z = 2	2.11 (P = 0.03)			1	
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ontrol	

Review: CBT81

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

Study or sub-category	Treatment n/N	Control n/N			(fixed) % CI		Weight %		RR (fixed) 95% CI
Elkin1989 (US)	22/65	16/63		_	-		41.23	1.33	[0.77, 2.29]
Freeman2002 (UK)	20/46	14/54			_	-	32.68	1.68	[0.96, 2.93]
LUTY2007	8/91	10/86		-			26.09	0.76	[0.31, 1.83]
otal (95% CI)	202	203					100.00	1.29	[0.91, 1.85]
Γotal events: 50 (treatment) Γest for heterogeneity: Chi² Γest for overall effect: Z = 1	$= 2.27$, df $= 2$ (P $= 0.32$), I^2	= 11.7%							
			0.1 0.2	0.5	1 2	5	10		
			Favours to	reatment	Favour	s control			

Comparison: 18 CBT versus IPT
Outcome: 02 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment							
Elkin1989 (US)	59	13.40(10.60)	61	12.00(10.60)	- •	31.80	0.13 [-0.23, 0.49]
Freeman2002 (UK)	34	19.68(13.50)	52	14.17(13.90)	 	21.42	0.40 [-0.04, 0.83]
LUTY2007	91	17.10(12.90)	86	14.80(12.40)		46.78	0.18 [-0.11, 0.48]
Subtotal (95% CI)	184		199			100.00	0.21 [0.01, 0.41]
Test for heterogeneity: Chi2 = 0.9	93, df = 2	$(P = 0.63), I^2 = 0\%$					
Test for overall effect: Z = 2.05 (P = 0.04)						
02 HRSD post-treatment							
Elkin1989 (US)	59	10.70(7.90)	61	9.80(7.90)	- -	28.65	0.11 [-0.24, 0.47]
Freeman2002 (UK)	20	12.10(6.60)	41	8.29(6.70)		12.40	0.56 [0.02, 1.11]
LUTY2007	91	9.10(7.00)	86	7.60(6.80)	+	42.05	0.22 [-0.08, 0.51]
MARSHALL2008	37	6.30(4.81)	35	8.40(6.46)		16.91	-0.37 [-0.83, 0.10]
Subtotal (95% CI)	207		223		•	100.00	0.13 [-0.06, 0.32]
Test for heterogeneity: $Chi^2 = 7$. Test for overall effect: $Z = 1.34$ (
03 BDI at 5- or 6-month follow-u					_		
Freeman2002 (UK)	26	17.15(12.70)	44	15.36(14.60)	- •	100.00	0.13 [-0.36, 0.61]
Subtotal (95% CI)	26		44			100.00	0.13 [-0.36, 0.61]
Test for heterogeneity: not applic Test for overall effect: Z = 0.51 (
04 HRSD at 5- or 6-month follow	/-up						
Freeman2002 (UK)	23	11.22(7.80)	35	8.90(7.20)	- - 	100.00	0.31 [-0.22, 0.84]
Subtotal (95% CI)	23		35			100.00	0.31 [-0.22, 0.84]
Test for heterogeneity: not applic							
Test for overall effect: Z = 1.14 (P = 0.25)						
					-1 -0.5 0 0.5	1	
					Favours treatment Favours con		

Review: CBT83

Comparison: 18 CBT versus IPT

Outcome: 03 Depression scores: dichotomous outcomes

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI >9 post-treatment					
Elkin1989 (US)	30/59	27/61		100.00	1.15 [0.79, 1.68]
Subtotal (95% CI)	59	61	•	100.00	1.15 [0.79, 1.68]
Total events: 30 (treatment).	27 (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 0$.					
02 HRSD >6 post-treatment					
Elkin1989 (US)	38/59	35/61		100.00	1.12 [0.84, 1.50]
Subtotal (95% CI)	59	61	•	100.00	1.12 [0.84, 1.50]
Total events: 38 (treatment)	. 35 (control)				
Test for heterogeneity: not a					
Test for overall effect: $Z = 0$.					
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours c	ontroi	

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DAVID2008	6/56	5/57		100.00	1.22 [0.40, 3.77]
Total (95% CI) Total events: 6 (treatment Test for heterogeneity: no Test for overall effect: Z =	t applicable	57		100.00	1.22 [0.40, 3.77]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Review: CBT85

Comparison: 19 CBT versus REBT

Outcome: 02 Relapse

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Relapse at 6 month follow-up (no	o continuation treati	ment)			
DAVID2008	3/49	1/48		100.00	2.94 [0.32, 27.27]
Subtotal (95% CI)	49	48		100.00	2.94 [0.32, 27.27]
Total events: 3 (treatment), 1 (contr Test for heterogeneity: not applicab Test for overall effect: Z = 0.95 (P =	le				
Total (95% CI) Total events: 3 (treatment), 1 (contr Test for heterogeneity: not applicab Test for overall effect: Z = 0.95 (P =	le [′]	48		100.00	2.94 [0.32, 27.27]
		(0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Comparison: 19 CBT versus REBT
Outcome: 03 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment							
DAVID2008	56	10.40(7.10)	57	10.40(6.90)	†	25.00	0.00 [-0.37, 0.37]
Subtotal (95% CI)	56		57		•	25.00	0.00 [-0.37, 0.37]
est for heterogeneity: not applicates for overall effect: Z = 0.00 (P							
2 HRSD post-treatment							
DAVID2008	56	8.60(7.30)	57	8.80(7.40)	†	25.00	-0.03 [-0.40, 0.34]
ubtotal (95% CI)	56		57		•	25.00	-0.03 [-0.40, 0.34]
est for heterogeneity: not applicated for overall effect: Z = 0.14 (P							
3 BDI at 5- or 6-month follow-up							
DAVID2008	56	9.60(6.60)	57	9.20(6.20)	†	24.99	0.06 [-0.31, 0.43]
Subtotal (95% CI)	56		57		•	24.99	0.06 [-0.31, 0.43]
est for heterogeneity: not applicated for overall effect: Z = 0.33 (P							
04 HRSD at 5- or 6-month follow-	up						
DAVID2008	56	7.00(6.60)	57	6.80(6.40)	+	25.00	0.03 [-0.34, 0.40]
ubtotal (95% CI)	56		57		*	25.00	0.03 [-0.34, 0.40]
est for heterogeneity: not applicated for overall effect: Z = 0.16 (P							
otal (95% CI)	224		228			100.00	0.02 [-0.17, 0.20]
est for heterogeneity: Chi ² = 0.13 est for overall effect: Z = 0.17 (P		$(P = 0.99), I^2 = 0\%$					
					-10 -5 0 5	10	
					Favours treatment Favours co	ntrol	

Review: CBT87
Comparison: 20 CBT versus integrative CT
Outcome: 01 Leaving study early

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

Comparison:

20 CBT versus integrative CT 02 Depression scores: continuous measures Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			ID (fixed) 95% CI		Weight %	SMD (fixed) 95% CI
01 BDI post treatment										
CONSTANTINO2008	11	11.64(8.13)	11	14.27(8.92)			=		100.00	-0.30 [-1.14, 0.54]
Subtotal (95% CI)	11		11				•		100.00	-0.30 [-1.14, 0.54]
Test for heterogeneity: not appl	icable						1			
Test for overall effect: Z = 0.69										
Total (95% CI) Test for heterogeneity: not appl Test for overall effect: Z = 0.69			11				•		100.00	-0.30 [-1.14, 0.54]
	(10	-		<u>+</u>	10	
					-10	-5	U	э	10	
					Favour	s treatmen	t Favou	rs control		

Review: CBT89
Comparison: 21 Group CBT psychoeducation/guided self-help (CWD) versus waitlist/TAU control 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (random) 95% CI	Weight %	RR (random) 95% CI
01 Coping With Depression co	ourse				
ALLARTVANDAM2003	17/68	1/42		10.48	10.50 [1.45, 76.03]
BROWN1984	1/32	2/15	<u> </u>	8.16	0.23 [0.02, 2.39]
DALGARD2006	12/81	12/74		30.40	0.91 [0.44, 1.91]
HARINGSMA2006A	6/29	4/28		21.05	1.45 [0.46, 4.59]
Subtotal (95% CI)	210	159		70.09	1.34 [0.44, 4.11]
Total events: 36 (treatment), 1	19 (control)				
Test for heterogeneity: Chi ² =		= 62.2%			
Test for overall effect: Z = 0.5	1 (P = 0.61)				
02 Group guided self-help					
STICE2007	12/50	10/67	 	29.91	1.61 [0.76, 3.42]
Subtotal (95% CI)	50	67		29.91	1.61 [0.76, 3.42]
Fotal events: 12 (treatment), 1	10 (control)				
Test for heterogeneity: not ap	plicable				
Test for overall effect: Z = 1.23	3 (P = 0.22)				
Total (95% CI)	260	226		100.00	1.38 [0.66, 2.87]
Total events: 48 (treatment), 2	29 (control)				
Test for heterogeneity: $Chi^2 = Test$ for overall effect: $Z = 0.88$	8.08 , df = 4 (P = 0.09), I^2	= 50.5%			
		0.	0.2 0.5 1 2 5	10	
		Fa	vours treatment Favours cor	ntrol	

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

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 Coping With Depression of	course							
ALLARTVANDAM2003	61	9.64(7.09)	41	14.12(8.77)		=	36.95	-0.57 [-0.97, -0.17]
BROWN1984	2.5	15.48(12.28)	11	18.18(11.29)		-	11.91	-0.22 [-0.93, 0.49]
HARINGSMA2006A	21	9.05(4.65)	22	11.59(3.83)			16.09	-0.59 [-1.20, 0.03]
WONG2008	48	13.10(11.10)	48	22.40(13.30)		=	35.05	-0.75 [-1.17, -0.34]
Subtotal (95% CI)	155		122			•	100.00	-0.60 [-0.84, -0.35]
Test for heterogeneity: Chi ² = Test for overall effect: $Z = 4.7$								
Total (95% CI) Test for heterogeneity: Chi ² = Test for overall effect: Z = 4.7			122			•	100.00	-0.60 [-0.84, -0.35]
					-10 -5	5 0 5	10	
					Favours tre	atment Favours of	ontrol	

Review: CBT91

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

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Coping With Depression co	ourse						
ALLARTVANDAM2003	57	10.80(7.20)	35	13.80(7.60)	=	100.00	-0.40 [-0.83, 0.02]
Subtotal (95% CI)	57		35		•	100.00	-0.40 [-0.83, 0.02]
Test for heterogeneity: not app	olicable						
Test for overall effect: Z = 1.87							
otal (95% CI)	57		35		•	100.00	-0.40 [-0.83, 0.02]
est for heterogeneity: not appress for overall effect: Z = 1.87							
				-1	0 -5 0 5	10	

Favours treatment Favours control

Review:

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

Outcome: 04 Self-report depression measures (BDI) change scores at 6-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Coping With Depression of	course (chang	e score)						
DALGARD2006	64	-8.25(8.16)	59	-4.42(8.30)			100.00	-0.46 [-0.82, -0.10]
Subtotal (95% CI)	64		59			•	100.00	-0.46 [-0.82, -0.10]
est for heterogeneity: not ag	oplicable					il i		
est for overall effect: Z = 2.5								
otal (95% CI)	64		59			•	100.00	-0.46 [-0.82, -0.10]
est for heterogeneity: not an	onlicable					•		, , , , , , , , , , , , , , , , , , , ,
est for overall effect: Z = 2.5								
					-10 -	5 0	5 10	
					Favours tre	eatment Favo	urs control	

CBT93 Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Coping With Depression course								
ALLARTVANDAM2003	59	10.50(6.60)	37	11.80(6.00)			100.00	-0.20 [-0.61, 0.21]
Subtotal (95% CI)	59		37			₩	100.00	-0.20 [-0.61, 0.21]
Test for heterogeneity: not applicab	le					1		
Test for overall effect: Z = 0.96 (P =	0.34)							
Total (95% CI) Test for heterogeneity: not applicab Test for overall effect: Z = 0.96 (P =			37			•	100.00	-0.20 [-0.61, 0.21]
					-10 -5	0 5	10	
					Favours treatme	nt Favours co	ontrol	

Review:

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

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Coping With Depression course					
DALGARD2006	58/81	62/74	=	100.00	0.85 [0.72, 1.01]
Subtotal (95% CI)	81	74	•	100.00	0.85 [0.72, 1.01]
Total events: 58 (treatment), 62 (co Test for heterogeneity: not applicable Test for overall effect: Z = 1.81 (P =	ole				
Total (95% CI) Total events: 58 (treatment), 62 (co Test for heterogeneity: not applicab Test for overall effect: Z = 1.81 (P =	ole [′]	74	•	100.00	0.85 [0.72, 1.01]
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours c	ontrol	

Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Coping With Depressio	n course				
DALGARD2006	35/81	51/74	-	100.00	0.63 [0.47, 0.84]
Subtotal (95% CI)	81	74	•	100.00	0.63 [0.47, 0.84]
Total events: 35 (treatmen	t), 51 (control)		_		
Test for heterogeneity: not					
Test for overall effect: Z =					
Total (95% CI)	81	74	•	100.00	0.63 [0.47, 0.84]
Total events: 35 (treatmen	t), 51 (control)		•		
Test for heterogeneity: not					
Test for overall effect: Z =					
	, ,			<u> </u>	
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

CBT96 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Klein1984 (US)	8/24	12/23		53.95	0.64 [0.32, 1.27]
Covi1987 (US)	5/32	4/24		20.12	0.94 [0.28, 3.12]
Bright1999 (US)	9/27	6/28		25.93	1.56 [0.64, 3.78]
Гotal (95% CI)	83	75		100.00	0.94 [0.57, 1.53]
Total events: 22 (treatment),	22 (control)				
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.2		= 18.1%			

Favours treatment Favours control

Review: CBT97

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatme	ent							
Beutler1991 (US)	21	14.70(10.59)	22	15.42(9.83)		-	52.32	-0.07 [-0.67, 0.53]
Bright1999 (US)	18	9.89(10.21)	22	12.82(9.61)			47.68	-0.29 [-0.92, 0.34]
Subtotal (95% CI)	39		44			•	100.00	-0.17 [-0.61, 0.26]
02 HSRD scores post-trea Beutler1991 (US)	ment 21	9.95(7.67)	22	11.30(6.42)			51.93	-0.19 [-0.79, 0.41]
		9 95/7 67)	22	11 30 (6 42)			51 93	-0 19 [-0 79 0 41]
Bright1999 (US)	18	8.17(6.41)	22	8.50(6.39)		-	48.07	-0.05 [-0.67, 0.57]
Subtotal (95% CI)	39		44			•	100.00	-0.12 [-0.55, 0.31]
Test for heterogeneity: Chi Test for overall effect: Z =								
					-4 -2	1 2	1	
						0 2	4	

CBT98 Review:

Comparison: 22 Group CBT versus other group therapies

Outcome: 03 Depression scores: dichotomous outcomes post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 BDI>9					
Covi1987 (US)	18/32	23/24	-	57.24	0.59 [0.43, 0.81]
Bright1999 (US)	12/27	20/28		42.76	0.62 [0.38, 1.01]
Subtotal (95% CI)	59	52	•	100.00	0.60 [0.46, 0.79]
Total events: 30 (treatmen	t), 43 (control)		-		
	$i^2 = 0.04$, df = 1 (P = 0.84), I^2	= 0%			
Test for overall effect: Z =					
04 HSRD >11					
Bright1999 (US)	11/27	9/28	- - 	100.00	1.27 [0.63, 2.56]
Subtotal (95% CI)	27	28		100.00	1.27 [0.63, 2.56]
Total events: 11 (treatmen	t), 9 (control)				
Test for heterogeneity: not	applicable				
Test for overall effect: Z =	0.66 (P = 0.51)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Review: CBT99

Comparison: 22 Group CBT versus other group therapies

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores at up to 3-mon	ths' follow-up)						
Beutler1991 (US)	21	12.93(9.84)	22	11.64(8.62)			100.00	0.14 [-0.46, 0.74]
Subtotal (95% CI)	21		22			•	100.00	0.14 [-0.46, 0.74]
Test for heterogeneity: not ap	plicable							
Test for overall effect: Z = 0.4	5 (P = 0.65)							
02 HSRD scores at up to 3 m	onths' follow	-up						
Beutler1991 (US)	21	8.09(5.04)	22	7.67(4.47)			100.00	0.09 [-0.51, 0.68]
Subtotal (95% CI)	21		22			•	100.00	0.09 [-0.51, 0.68]
Test for heterogeneity: not ap Test for overall effect: $Z = 0.2$								
					-10 -5	0 5	10	
					Favours treatn	nent Favours c	ontrol	

CBT100

Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Teasdale2000 (UK) MA2004	13/76 6/37	0/69 0/38		51.49 48.51	24.55 [1.49, 405.28] 13.34 [0.78, 228.71]
Total (95% CI) Total events: 19 (treatment), Test for heterogeneity: Chi ² Test for overall effect: Z = 2.	$= 0.09$, df $= 1 (P = 0.76)$, I^2	107	_	100.00	19.11 [2.58, 141.35]
			0.1 0.2 0.5 1 2 5	5 10	

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Teasdale2000 (UK) MA2004	36/76 15/37	41/69 24/38	-	64.48 35.52	0.80 [0.59, 1.08] 0.64 [0.41, 1.02]
Total (95% CI)	113	107		100.00	0.74 [0.57, 0.96]
Total events: 51 (treatment). Test for heterogeneity: Chi ² Test for overall effect: Z = 2.	, 65 (control) = 0.59, df = 1 (P = 0.44), I ²			100.00	011.1 (010.7) 0130,
		0	1 0.2 0.5 1 2	5 10	

Favours treatment Favours control

Favours treatment Favours control

CBT102 Review:

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI							
CRANE2008	19	8.40(12.59)	23	12.90(11.76)	e e e e e e e e e e e e e e e e e e e	100.00	-0.36 [-0.98, 0.25]
Subtotal (95% CI)	19		23		•	100.00	-0.36 [-0.98, 0.25]
Test for heterogeneity: not app	olicable				1		
Test for overall effect: Z = 1.16	6 (P = 0.24)						
Total (95% CI)	19		23		•	100.00	-0.36 [-0.98, 0.25]
Test for heterogeneity: not app	olicable						
Test for overall effect: Z = 1.16	6 (P = 0.24)						
				-10	-5 0 5	10	

Review:

24 Group CBT: relapse prevention – mindfulness versus antidepressants 01 Leaving the study early Comparison:

Outcome:

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

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD: 1 month post-treatme							
KUYKEN2008	61	5.83(5.48)	62	7.75(6.85)	-	25.01	-0.31 [-0.66, 0.05]
Subtotal (95% CI)	61		62		•	25.01	-0.31 [-0.66, 0.05]
Test for heterogeneity: not appli Test for overall effect: Z = 1.69 (
02 BDI-II: 1 month post-treatme							
KUYKEN2008	61	13.12(11.12)	62	17.47(12.42)	 	24.89	-0.37 [-0.72, -0.01]
Subtotal (95% CI)	61		62		•	24.89	-0.37 [-0.72, -0.01]
Test for heterogeneity: not appli Test for overall effect: Z = 2.02 (
03 HRSD: 15 months follow-up							
KUYKEN2008	61	7.05(6.27)	62	8.69(7.60)	-	25.14	-0.23 [-0.59, 0.12]
Subtotal (95% CI)	61		62		•	25.14	-0.23 [-0.59, 0.12]
Test for heterogeneity: not appli Test for overall effect: Z = 1.29 (
04 BDI-II: 15 months follow-up							
KUYKEN2008	61	12.61(10.34)	62	17.02(15.18)		24.95	-0.34 [-0.69, 0.02]
Subtotal (95% CI)	61		62		•	24.95	-0.34 [-0.69, 0.02]
Test for heterogeneity: not appli Test for overall effect: Z = 1.85 (
Total (95% CI)	244		248		•	100.00	-0.31 [-0.49, -0.13]
Test for heterogeneity: Chi ² = 0.	30, df = 3	$(P = 0.96), I^2 = 0\%$			·		
Test for overall effect: Z = 3.43 ((P = 0.000)	6)					
	-	•		-4	-2 0 2	4	
				Fa	vours treatment Favours co	ontrol	

Behavioural activation

Review: **BA01**

Comparison: 01 Behavioural activation versus supportive psychotherapy Outcome:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
HOPKO2003	10	19.10(13.10)	15	30.20(17.00)		100.00	-0.69 [-1.52, 0.14]
Subtotal (95% CI)	10		15		•	100.00	-0.69 [-1.52, 0.14]
Test for heterogeneity: not a Test for overall effect: Z = 1.							
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 1.			15		•	100.00	-0.69 [-1.52, 0.14]

Favours treatment Favours control

Review:

Comparison: 01 Behavioural activation versus supportive psychotherapy

Outcome: 02 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
McLean1979	2/40	11/37	←	100.00	0.17 [0.04, 0.71]
Total (95% CI) Total events: 2 (treatment Test for heterogeneity: no Test for overall effect: Z =	t applicable	37		100.00	0.17 [0.04, 0.71]
		0	.1 0.2 0.5 1 2	5 10	

Favours treatment Favours control

BA03 Review:

Comparison: 02 Behavioural activation versus antidepressants

Outcome: 01 Leaving study early

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

Review: BA04

Comparison:

02 Behavioural activation versus antidepressants
02 Depression scores: continuous measures at endpoint (moderate severity) 8 weeks Outcome:

Study or sub-category	N	BT Mean (SD)	N	CBT Mean (SD)		MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI	scores							
DIMIDJIAN2006	15	15.33(10.03)	28	13.89(8.61)			49.99	0.15 [-0.47, 0.78]
Subtotal (95% CI)	15		28				49.99	0.15 [-0.47, 0.78]
Test for heterogeneity: no Test for overall effect: Z =								
02 Mean at endpoint HRS	SD scores							
DIMIDJIAN2006	15	12.40(6.58)	28	11.57 (5.32)		-	50.01	0.14 [-0.49, 0.77]
Subtotal (95% CI)	15		28				50.01	0.14 [-0.49, 0.77]
Test for heterogeneity: no Test for overall effect: Z =								
Total (95% CI) Test for heterogeneity: CI Test for overall effect: Z =		(P = 0.98), I ² = 0%	56			•	100.00	0.15 [-0.30, 0.59]
	0.00 (. 0.01)				-4 -2	0 2	4	
					_			
					Favours treatment	nt Favours co	ontrol	

Review:

02 Behavioural activation versus antidepressants Comparison:

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

Study or sub-category	N	BT Mean (SD)	N	CBT Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI s	cores						
DIMIDJIAN2006	22	16.82(8.56)	38	14.39(11.00)	-	49.83	0.24 [-0.29, 0.76]
Subtotal (95% CI)	22		38		*	49.83	0.24 [-0.29, 0.76]
Test for heterogeneity: not	applicable						
Test for overall effect: Z = 0).88 (P = 0.38)						
02 Mean at endpoint HRSE) scores						
DIMIDJIAN2006	22	12.86(6.93)	38	13.13(7.74)	-	50.17	-0.04 [-0.56, 0.49]
Subtotal (95% CI)	22		38		•	50.17	-0.04 [-0.56, 0.49]
Test for heterogeneity: not	applicable						
Test for overall effect: Z = 0	0.13 (P = 0.89)						
Total (95% CI)	44		76		•	100.00	0.10 [-0.27, 0.47]
Test for heterogeneity: Chi	e = 0.51, df = 1 (P = 0.47), I ² = 0%			ſ		
Test for overall effect: Z = 0		•					
				-4	-2 0 2	4	
				Fa	vours treatment Favours c	ontrol	

Review: BA06

Comparison: 02 Behavioural activation versus antidepressants

Outcome: 04 Relapse at 1 year

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

Review: BA07

Comparison: 02 Behavioural activation versus antidepressants

Outcome: 05 Recurrence at 2 years

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

Review: BA08

Comparison: 02 Behavioural activation versus antidepressants

Outcome: 06 Number not achieving remission

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 <=10 BDI					
DIMIDJIAN2006	24/43	72/100	-	48.32	0.78 [0.58, 1.04]
Subtotal (95% CI)	43	100	•	48.32	0.78 [0.58, 1.04]
Total events: 24 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 1.7	plicable				
02 <=7 HRSD					
DIMIDJIAN2006	28/43	77/100	-	51.68	0.85 [0.66, 1.08]
Subtotal (95% CI)	43	100	•	51.68	0.85 [0.66, 1.08]
Total events: 28 (treatment), Test for heterogeneity: not ap Test for overall effect: Z = 1.3	plicable				
Total (95% CI) Total events: 52 (treatment), Test for heterogeneity: Chi ² = Test for overall effect: Z = 2.1	= 0.20, df = 1 (P = 0.65), I ²	200	•	100.00	0.81 [0.67, 0.98]
		0.1	0.2 0.5 1 2	5 10	
		Fav	ours treatment Favours co	ontrol	

BA09 Review:

Comparison: 03 Behavioural activation versus placebo

Outcome: 01 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
DIMIDJIAN2006	4/43	4/53		100.00	1.23 [0.33, 4.64]
Total (95% CI) Total events: 4 (treatment) Test for heterogeneity: not Test for overall effect: Z = 6	applicable	53		100.00	1.23 [0.33, 4.64]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

Review: BA10

Comparison: 03 Behavioural activation versus placebo

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

Study or sub-category	N	Behavioural activation Mean (SD)	N	Placebo Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI scores							
DIMIDJIAN2006	15	15.33(10.03)	19	14.68(7.81)		49.99	0.07 [-0.61, 0.75]
Subtotal (95% CI)	15		19		•	49.99	0.07 [-0.61, 0.75]
est for heterogeneity: not application	able						
Test for overall effect: Z = 0.21 (F	9 = 0.84)						
2 Mean at endpoint HRSD score	es						
DIMIDJIAN2006	15	12.40(6.58)	19	12.05(5.54)		50.01	0.06 [-0.62, 0.73]
ubtotal (95% CI)	15		19		•	50.01	0.06 [-0.62, 0.73]
est for heterogeneity: not applica	able						
est for overall effect: Z = 0.16 (F	9 = 0.87)						
otal (95% CI)	30		38		•	100.00	0.06 [-0.41, 0.54]
Test for heterogeneity: Chi ² = 0.0	0, df = 1	$(P = 0.98), I^2 = 0\%$					
Test for overall effect: Z = 0.26 (F	0.79						
				-4	-2 0 2	4	

Favours treatment Favours control

Review: BA11

Comparison:

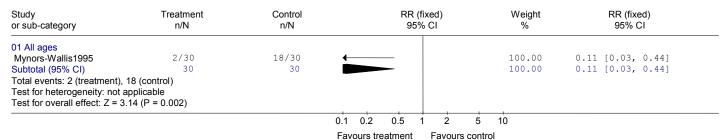
03 Behavioural activation versus placebo
03 Depression scores: continuous measures at endpoint (high severity) 8 weeks Outcome:

Study or sub-category	N	Behavioural activation Mean (SD)	N	Placebo Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI scores								
DIMIDJIAN2006	22	16.82(8.56)	22	22.50(12.97)			49.78	-0.51 [-1.11, 0.09]
Subtotal (95% CI)	22		22				49.78	-0.51 [-1.11, 0.09]
Test for heterogeneity: not applic Test for overall effect: Z = 1.65 (I								
02 Mean at endpoint HRSD scor	es							
DIMIDJIAN2006	22	12.86(6.93)	22	16.09(7.60)			50.22	-0.44 [-1.03, 0.16]
Subtotal (95% CI)	22		22				50.22	-0.44 [-1.03, 0.16]
Test for heterogeneity: not applic Test for overall effect: Z = 1.43 (I								
Total (95% CI)	44		44			•	100.00	-0.47 [-0.90, -0.05]
Test for heterogeneity: Chi ² = 0.0 Test for overall effect: Z = 2.18 (I		$(P = 0.87), I^2 = 0\%$						
				-4	4 -2	0 2	4	
				F	avours treat	ment Favours o	ontrol	

Problem solving

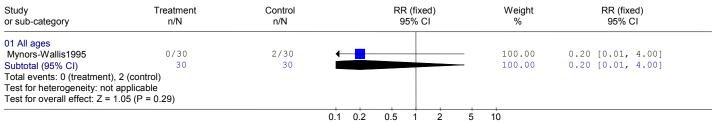
Review: PS01

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



Review: PS02

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



Favours treatment Favours control

Review: PS03

Comparison: 01 Problem solving versus placebo

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD - 18-65 years							
Mynors-Wallis1995	29	7.10(6.70)	26	11.80(7.30)	en e	100.00	-0.66 [-1.21, -0.12]
Subtotal (95% CI)	29		26		•	100.00	-0.66 [-1.21, -0.12]
Test for heterogeneity: not appli Test for overall effect: Z = 2.39							
Total (95% CI) Test for heterogeneity: not appli Test for overall effect: Z = 2.39			26		*	100.00	-0.66 [-1.21, -0.12]
					-10 -5 0 5	10	
					Favours treatment Favours con	trol	

PS04 Review:

Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
03 BDI 18-65 years								
Mynors-Wallis1995	29	9.00(9.90)	26	16.80(12.40)			100.00	-0.69 [-1.24, -0.14]
Subtotal (95% CI)	29		26			•	100.00	-0.69 [-1.24, -0.14]
Test for heterogeneity: not a	applicable							
Test for overall effect: Z = 2	.48 (P = 0.01)							
					-10	-5 0 5	10	
					Favours t	reatment Favours	control	

Review: PS05

Comparison: 01 Problem solving versus placebo

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 HRSD >7 - 18-65 years					
Mynors-Wallis1995	12/30	22/30		100.00	0.55 [0.33, 0.89]
Subtotal (95% CI)	30	30		100.00	0.55 [0.33, 0.89]
Total events: 12 (treatment), 2 Test for heterogeneity: not app Test for overall effect: Z = 2.43	plicable				

Favours treatment Favours control

Review: PS06

01 Problem solving versus placebo Comparison:

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

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

Review: PS08

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

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

Review: PS09

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

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

Favours treatment Favours control

Review: PS10

Comparison: 02 Problem solving versus antidepressants

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

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

Review: PS11

Comparison: 02 Problem solving versus antidepressants

Outcome: 04 Depression scores: continuous measures post-treatment (BDI)

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

Review: PS12

Comparison: 02 Problem solving versus antidepressants

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 – 18–65 years					
Mynors-Wallis2000	38/80	12/36		100.00	1.43 [0.85, 2.39]
Subtotal (95% CI)	80	36		100.00	1.43 [0.85, 2.39]
Total events: 38 (treatment), 12 (con Test for heterogeneity: not applicable Test for overall effect: Z = 1.34 (P =	·				
Total (95% CI) Total events: 38 (treatment), 12 (con Test for heterogeneity: not applicable Test for overall effect: Z = 1.34 (P =	,	36		100.00	1.43 [0.85, 2.39]
		0.	1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ontrol	

Review: PS13

Comparison: 02 Problem solving versus antidepressants

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

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

Review: PS14

Comparison: 02 Problem solving versus antidepressants

Outcome: 07 Depression scores: dichotomous outcomes at follow-up

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
02 HRSD >7 at 1 year					
Mynors-Wallis2000	33/80	16/36	_ 	100.00	0.93 [0.59, 1.45]
Subtotal (95% CI)	80	36	•	100.00	0.93 [0.59, 1.45]
Total events: 33 (treatment),	16 (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 0$.	33 (P = 0.74)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

Review:

PS15 02 Problem solving versus antidepressants Comparison:

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

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

Favours treatment Favours control

Review:

Comparison: 03 Problem-solving + antidepressants versus antidepressants

Outcome: 01 Leaving the study early for any reason

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Mynors-Wallis2000	6/35	6/36		100.00	1.03 [0.37, 2.89]
Total (95% CI) Total events: 6 (treatment), 6 (Test for heterogeneity: not app Test for overall effect: Z = 0.05	applicable	36		100.00	1.03 [0.37, 2.89]
			0.1 0.2 0.5 1 2	5 10	
		control			

Review: PS17

Comparison: 03 Problem-solving + antidepressants versus antidepressants

Outcome: 02 Leaving the study early due to side effects

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

Review: PS18

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

Study or sub-category	,		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI	
01 HRSD >7 at post-treatme	nt					
Mynors-Wallis2000	14/35	12/36		100.00	1.20 [0.65, 2.22]	
Subtotal (95% CI)	35	36		100.00	1.20 [0.65, 2.22]	
Total events: 14 (treatment), Test for beterogeneity: not ar						
Test for heterogeneity: not ap	oplicable					
Test for heterogeneity: not ap	oplicable					
Test for heterogeneity: not ap Test for overall effect: Z = 0.5	oplicable	36	•	100.00	1.20 [0.65, 2.22]	
Test for heterogeneity: not ap Test for overall effect: Z = 0.5 Total (95% CI)	oplicable 58 (P = 0.56)	36	•	100.00	1.20 [0.65, 2.22]	
	oplicable 58 (P = 0.56) 35 12 (control)	36	-	100.00	1.20 [0.65, 2.22]	

Favours treatment Favours control

Review: PS19

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed) 95% CI		Weight %	SMD (fixed) 95% CI
01 HRSD post-treatment										
Mynors-Wallis2000	31	7.50(6.82)	34	6.20(7.14)					100.00	0.18 [-0.30, 0.67]
Subtotal (95% CI)	31		34				•		100.00	0.18 [-0.30, 0.67]
Test for heterogeneity: not a Test for overall effect: Z = 0.										
02 BDI post-treatment										
Mynors-Wallis2000	31	9.30(7.67)	34	11.80(11.90)					100.00	-0.24 [-0.73, 0.24]
Subtotal (95% CI)	31		34				♦		100.00	-0.24 [-0.73, 0.24]
Test for heterogeneity: not a Test for overall effect: Z = 0.										
					-10	-5	0	5	10	
					Favou	ırs treatme	ent Fav	ours contr	ol	

PS20 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 at 1 year					
Mynors-Wallis2000	12/35	16/36		100.00	0.77 [0.43, 1.39]
Subtotal (95% CI)	35	36		100.00	0.77 [0.43, 1.39]
Total events: 12 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 0.0	pplicable				
Total (95% CI) Total events: 12 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 0.	pplicable	36		100.00	0.77 [0.43, 1.39]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Review:

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

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

Favours treatment Favours control

Review:

Comparison: 04 Problem-solving (GP) versus problem-solving (nurse)
Outcome: 01 Leaving the study early for any reason

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

Review: PS23

Comparison: 04 Problem-solving (GP) versus problem-solving (nurse)
Outcome: 02 Leaving the study early due to side effects

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) Weight RR (fixed) 95% CI % 95% CI)
Mynors-Wallis2000	0/39	0/41	Not estima	ble
Total (95% CI) Total events: 0 (treatment), 0 Test for heterogeneity: not a Test for overall effect: not ap	pplicable	41	Not estima	ble
			0.1 0.2 0.5 1 2 5 10	
			Favours treatment Favours control	

Review: PS24

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

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

Favours treatment Favours control

Review: PS25

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 at 1 year					
Mynors-Wallis2000	15/39	18/41		100.00	0.88 [0.52, 1.48]
Subtotal (95% CI)	39	41		100.00	0.88 [0.52, 1.48]
Total events: 15 (treatment),	18 (control)				
Test for heterogeneity: not a Test for overall effect: Z = 0.					
Total (95% CI) Total events: 15 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 0.	pplicable	41		100.00	0.88 [0.52, 1.48]
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours	control	

Review: PS26

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		S	MD (fixed) 95% CI		Weight %	SMD (fixed) 95% CI
01 HRSD post-treatment										
Mynors-Wallis2000	34	8.50(8.03)	36	8.70(7.96)					100.00	-0.02 [-0.49, 0.44]
Subtotal (95% CI)	34		36				♦		100.00	-0.02 [-0.49, 0.44]
Test for heterogeneity: not a Test for overall effect: Z = 0.										
02 BDI post-treatment										
Mynors-Wallis2000	34	12.20(11.90)	36	13.00(11.33)					100.00	-0.07 [-0.54, 0.40]
Subtotal (95% CI)	34		36				•		100.00	-0.07 [-0.54, 0.40]
Test for heterogeneity: not a	pplicable									
Test for overall effect: Z = 0.:	28 (P = 0.78)									
					-10	-5	Ó	5	10	
					Favou	rs treatme	ent Fav	ours con	trol	

Review: PS27

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD at 1 year							
Mynors-Wallis2000	25	5.80(7.65)	28	5.90(6.48)	· ·	100.00	-0.01 [-0.55, 0.53]
Subtotal (95% CI)	25		28		▼	100.00	-0.01 [-0.55, 0.53]
Test for heterogeneity: not	applicable						
est for overall effect: Z = 0	0.05 (P = 0.96)						
02 BDI at 1 year							
Mynors-Wallis2000	25	9.60(13.01)	28	11.50(12.69)	in the second	100.00	-0.15 [-0.69, 0.39]
Subtotal (95% CI)	25		28		•	100.00	-0.15 [-0.69, 0.39]
Test for heterogeneity: not a Test for overall effect: Z = 0							
					-10 -5 0 5	10	
					Favours treatment Favours of	ontrol	

Couples therapy

Review: CT01

01 Couples therapy versus waitlist control Comparison:

Outcome: 01 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at post-treatment							
O'Leary1990 (US)	12	6.78(8.02)	12	17.97(8.02)	-	44.22	-1.35 [-2.25, -0.44]
Beach1992 (US)	15	8.40(6.22)	15	20.47(10.68)	-	55.78	-1.34 [-2.15, -0.54]
Subtotal (95% CI)	27		27		•	100.00	-1.35 [-1.95, -0.75]
Test for heterogeneity: Chi ² =	- 0 00 df – 1 /	D = 1 00\ 12 = 00/					
Test for overall effect: Z = 4.3							

Favours treatment Favours control

Review: CT02

Comparison: 02 Couples therapy versus CBT Outcome: 01 Leaving study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
O'Leary1990 (US)	3/15	3/15		- 32.53	1.00 [0.24, 4.18]
Emanuels-Zuurveen1996	7/20	2/16		24.10	2.80 [0.67, 11.67]
BODENMANN2008	2/20	4/20		43.37	0.50 [0.10, 2.43]
Total (95% CI)	55	51		100.00	1.22 [0.55, 2.71]
Fotal events: 12 (treatment), 9 Fest for heterogeneity: $Chi^2 = 2$ Fest for overall effect: $Z = 0.48$	2.60 , df = 2 (P = 0.27), I^2	= 23.0%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours of	control	

Review: CT03

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
Emanuels-Zuurveen1996	13	14.80(10.60)	14	18.30(12.20)	-	24.98	-0.30 [-1.06, 0.46]
BODENMANN2008	20	14.91(11.02)	20	14.50(10.04)	-	37.52	0.04 [-0.58, 0.66]
Subtotal (95% CI)	33		34		•	62.50	-0.10 [-0.58, 0.38]
Test for heterogeneity: Chi ² =]		
Test for overall effect: Z = 0.39	9 (P = 0.70)						
02 HRSD scores							
BODENMANN2008	20	9.25(8.49)	20	9.81(8.21)	+	37.50	-0.07 [-0.69, 0.55]
Subtotal (95% CI)	20		20		•	37.50	-0.07 [-0.69, 0.55]
est for heterogeneity: not app	olicable						
Test for overall effect: Z = 0.2	1 (P = 0.84)						
Total (95% CI)	53		54		•	100.00	-0.08 [-0.46, 0.30]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.44							
	, , ,				10 -5 0 5	10	
				ļ.	Favours treatment Favours of	ontroi	

Review: CT04

Comparison: 02 Couples therapy versus CBT

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores							
BODENMANN2008	20	13.75(10.01)	20	14.35(12.37)	<u>=</u>	100.00	-0.05 [-0.67, 0.57]
Subtotal (95% CI)	20		20		•	100.00	-0.05 [-0.67, 0.57]
Test for heterogeneity: not applied Test for overall effect: Z = 0.17 (
Total (95% CI) Test for heterogeneity: not applic Test for overall effect: Z = 0.17 (20		•	100.00	-0.05 [-0.67, 0.57]
				-10) -5 0 5	10	

Favours treatment Favours control

Review: CT05

Comparison: 02 Couples therapy versus CBT

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores								
O'Leary1990 (US)	12	6.27(9.36)	12	11.44(9.36)		-	36.88	-0.53 [-1.35, 0.28]
BODENMANN2008	20	12.68(9.30)	20	16.66(13.68)		=	63.12	-0.33 [-0.96, 0.29]
Subtotal (95% CI)	32		32			•	100.00	-0.41 [-0.90, 0.09]
Test for heterogeneity: Chi ² Test for overall effect: Z = 1								
Total (95% CI)	32		32			•	100.00	-0.41 [-0.90, 0.09]
Test for heterogeneity: Chi ² Test for overall effect: Z = 1								
					-10	-5 0 5	10	
					Favours t	reatment Favours	control	

Comparison:

02 Couples therapy versus CBT 05 Depression scores: at 1.5 years follow-up Outcome:

Study or sub-category	٧	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed 95% CI) Weight %	SMD (fixed) 95% CI
01 BDI scores							
BODENMANN2008	0	15.33(11.09)	20	16.40(14.23)	<u>=</u>	100.00	-0.08 [-0.70, 0.54]
Subtotal (95% CI) 2	0		20		→	100.00	-0.08 [-0.70, 0.54]
Test for heterogeneity: not applicable Test for overall effect: Z = 0.26 (P = 0							
Fotal (95% CI) Fest for heterogeneity: not applicable Fest for overall effect: Z = 0.26 (P = 0			20		•	100.00	-0.08 [-0.70, 0.54]
					-10 -5 0	5 10	
					Favours treatment Fav	vours control	

Review: CT07

Comparison:

02 Couples therapy versus CBT 06 Behavioural couple therapy: depression scores: dichotomous data Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Relapse at 6 months					
JACOBSON1993	11/20	14/20		51.85	0.79 [0.48, 1.28]
Subtotal (95% CI)	20	20		51.85	0.79 [0.48, 1.28]
Total events: 11 (treatment), 14 (or Test for heterogeneity: not applica Test for overall effect: Z = 0.97 (P	ble				
02 Relapse at 12 months JACOBSON1993	10/20	13/20		48.15	0.77 [0.45, 1.32]
Subtotal (95% CI) Fotal events: 10 (treatment), 13 (or Fest for heterogeneity: not applical Fest for overall effect: Z = 0.95 (P	20 ontrol) ble	20	•	48.15	0.77 [0.45, 1.32]
Fotal (95% CI) Fotal events: 21 (treatment), 27 (cr Fest for heterogeneity: Chi² = 0.00 Fest for overall effect: Z = 1.35 (P	$_{1}$, df = 1 (P = 0.95), I^{2}	40	•	100.00	0.78 [0.54, 1.12]
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours co	ntrol	

Review: CT08

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

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

CT09 Review:

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

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

Review: CT10

Comparison: 04 Couples therapy + CBT versus couples therapy Outcome: 01 Relapse at 6 months

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

Review: CT11

Comparison: 04 Couples therapy + CBT versus couples therapy

02 Relapse at 12 months Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI			
JACOBSON1993	1/10	1/10	+	100.00	1.00 [0.07, 13.87]			
Total (95% CI) Total events: 1 (treatment) Test for heterogeneity: not Test for overall effect: Z = 6	applicable	10		100.00	1.00 [0.07, 13.87]			
			0.1 0.2 0.5 1 2	5 10				
	Favours treatment Favours control							

CT12 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Foley1989 (US) BODENMANN2008	2/9 2/20	4/9 2/20		66.67 — 33.33	0.50 [0.12, 2.08] 1.00 [0.16, 6.42]
Total (95% CI) Total events: 4 (treatment), Test for heterogeneity: Chi ² Test for overall effect: Z = 0.	$= 0.34$, df $= 1$ (P = 0.56), I^2	29		100.00	0.67 [0.22, 2.04]
		0.1	0.2 0.5 1 2	5 10	

Favours treatment Favours control

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores									
BODENMANN2008	20	14.91(11.02)	20	15.55(11.58)			+	40.81	-0.06 [-0.68, 0.56]
Subtotal (95% CI)	20		20				•	40.81	-0.06 [-0.68, 0.56]
Test for heterogeneity: not	applicable								
Test for overall effect: Z = 0	0.18 (P = 0.86)								
02 HRSD scores									
Foley1989 (US)	9	13.00(12.60)	9	12.40(12.60)			+	18.37	0.05 [-0.88, 0.97]
BODENMANN2008	20	9.25(8.49)	20	9.34(5.82)			#	40.83	-0.01 [-0.63, 0.61]
Subtotal (95% CI)	29		29				•	59.19	0.01 [-0.51, 0.52]
Test for heterogeneity: Chi ²	2 = 0.01, df = 1	$(P = 0.92), I^2 = 0\%$							
Test for overall effect: Z = 0	0.02 (P = 0.98)								
Total (95% CI)	49		49				•	100.00	-0.02 [-0.42, 0.38]
Test for heterogeneity: Chi		$(P = 0.98), I^2 = 0\%$							
Test for overall effect: Z = 0	0.10 (P = 0.92)					-			
					-10	-5	0	5 10	
					Favours	treatme	nt Favo	urs control	

Review:

Comparison:

CT14 05 Couples therapy versus IPT 03 Depression scores: at 6 months follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			1D (fixed) 95% CI		Weight %	SMD (fixed) 95% CI
01 BDI scores										
BODENMANN2008	20	13.75(10.01)	20	17.10(10.78)					100.00	-0.32 [-0.94, 0.31]
Subtotal (95% CI)	20		20				→		100.00	-0.32 [-0.94, 0.31]
Test for heterogeneity: not a Test for overall effect: Z = 0.										
Fotal (95% CI) Fest for heterogeneity: not a Fest for overall effect: Z = 0			20				•		100.00	-0.32 [-0.94, 0.31]
					-10	-5	0	5	10	
					Favou	rs treatmer	nt Fav	ours conti	rol	

Comparison: 05 Couples therapy versus IPT 04 Depression scores: at 1 year follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores								
BODENMANN2008	20	12.68(9.30)	20	15.00(10.06)			100.00	-0.23 [-0.86, 0.39]
Subtotal (95% CI)	20		20				100.00	-0.23 [-0.86, 0.39]
Test for heterogeneity: not applica	able							
Test for overall effect: Z = 0.74 (P	= 0.46)							
Total (95% CI) Test for heterogeneity: not applica Test for overall effect: Z = 0.74 (P			20			•	100.00	-0.23 [-0.86, 0.39]
					-10	-5 0	5 10	
					Favours	treatment Favou	rs control	

CT16 Review:

Comparison: 05 Couples therapy versus IPT
Outcome: 05 Depression scores: at 1.5 years follow-up.

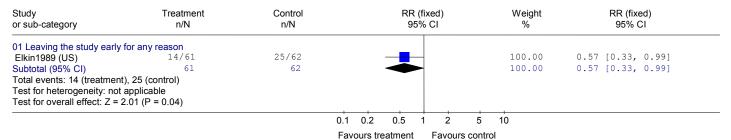
Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			ID (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores									
BODENMANN2008	20	15.33(11.09)	20	13.77 (10.29)			<u> </u>	100.00	0.14 [-0.48, 0.76]
Subtotal (95% CI)	20		20				•	100.00	0.14 [-0.48, 0.76]
Test for heterogeneity: not ap	plicable						ſ		
Test for overall effect: Z = 0.4									
Total (95% CI)	20		20					100.00	0.14 [-0.48, 0.76]
Test for heterogeneity: not ap	nlicable						T		2 11 1, 11 12
Test for overall effect: Z = 0.4									
					-10	-5	0 5	10	
					Favours	treatmen	t Favours co	ontrol	

Interpersonal therapy

Review: IPT01

Comparison: 01 IPT versus placebo

Outcome: 01 Tolerability



Review: IPT02

Comparison: 01 IPT versus placebo

Outcome: 02 Depression scores: continuous measures post-treatment

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI) Weight %	SMD (fixed) 95% CI
01 HRSD at end of treatment							
Elkin1989 (US)	61	9.80(7.90)	62	13.20(7.80)		100.00	-0.43 [-0.79, -0.07]
Subtotal (95% CI)	61		62		•	100.00	-0.43 [-0.79, -0.07]
Test for heterogeneity: not ap	plicable				i		
Test for overall effect: $Z = 2.3$							
02 BDI at end of treatment							
Elkin1989 (US)	61	12.00(10.60)	62	15.00(10.50)		100.00	-0.28 [-0.64, 0.07]
Subtotal (95% CI)	61		62		•	100.00	-0.28 [-0.64, 0.07]
Test for heterogeneity: not ap	plicable						
Test for overall effect: Z = 1.5							
					-10 -5 0	5 10	
					Favours treatment Fav	ours control	

Review: IPT03

Comparison: 01 IPT versus placebo

Outcome: 03 Depression score: dichotomous outcome post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 at end of trea	ıtment				
Elkin1989 (US)	35/61	49/62	-	100.00	0.73 [0.56, 0.93]
Subtotal (95% CI)	61	62	-	100.00	0.73 [0.56, 0.93]
Total events: 35 (treatment Test for heterogeneity: not Test for overall effect: Z = 1	applicable				
02 BDI >9 at end of treatm	ent				
Elkin1989 (US)	27/61	37/62		100.00	0.74 [0.52, 1.05]
Subtotal (95% CI)	61	62	<u> </u>	100.00	0.74 [0.52, 1.05]
Total events: 27 (treatmen Test for heterogeneity: not Test for overall effect: Z =	applicable				
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours	control	

Review: IPT04

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

Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Schulberg1996 (US) SWARTZ2008	46/93 2/26	11/92 3/21	+		76.92 23.08	4.14 [2.29, 7.47] 0.54 [0.10, 2.93]
Total (95% CI) Total events: 48 (treatment), Test for heterogeneity: Chi² = Test for overall effect: Z = 4.	= 4.96, df = 1 (P = 0.03), l ²	113		•	100.00	3.31 [1.94, 5.63]
			0.1 0.2	0.5 1 2	5 10	

Favours treatment

Favours control

Favours treatment Favours control

Review: IPT05

Comparison: 02 IPT versus usual GP care (including antidepressants)
Outcome: 02 Depression scores: continuous measures post-treatment

SMD (fixed) SMD (fixed) Treatment Control Weight Study Mean (SD) or sub-category Ν Mean (SD) Ν 95% CI 95% CI 01 HRSD post-treatment Schulberg1996 (US) 92 15.26(8.68) 75.28 -0.35 [-0.65, -0.06] 93 12.17(8.68) MARSHALL2008 35 8.40(4.06) 30 4.70(5.32) 24.72 0.78 [0.27, 1.29] 128 122 100.00 -0.07 [-0.33, 0.18] Subtotal (95% CI) Test for heterogeneity: $Chi^2 = 14.50$, df = 1 (P = 0.0001), $I^2 = 93.1\%$ Test for overall effect: Z = 0.57 (P = 0.57) 02 BDI post-treatment Freeman2002 (UK) 52 14.17(13.90) 20 23.40(11.28) 100.00 -0.69 [-1.22, -0.16] Subtotal (95% CI) 20 100.00 -0.69 [-1.22, -0.16] Test for heterogeneity: not applicable Test for overall effect: Z = 2.56 (P = 0.01) -10 Ó 5 10

Review: IPT06

Comparison: 02 IPT versus usual GP care (including antidepressants)
Outcome: 03 Depression scores: continuous measures at 3-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI							
SWARTZ2008	26	8.30(6.50)	21	14.20(6.70)	=	49.65	-0.88 [-1.48, -0.28]
Subtotal (95% CI)	26		21		◆	49.65	-0.88 [-1.48, -0.28]
Test for heterogeneity: not a Test for overall effect: Z = 2.							
02 HAM-D 17							
SWARTZ2008	26	6.40(4.00)	21	10.80(6.60)	-	50.35	-0.81 [-1.41, -0.21]
Subtotal (95% CI)	26		21		◆	50.35	-0.81 [-1.41, -0.21]
Test for heterogeneity: not a Test for overall effect: Z = 2.							
Total (95% CI) Test for heterogeneity: Chi² Test for overall effect: Z = 3.			42		*	100.00	-0.85 [-1.27, -0.42]
					-10 -5 0 5	10	
					Favours treatment Favours c	ontrol	

Review: IPT07

Comparison: 02 IPT versus usual GP care (including antidepressants)
Outcome: 04 Depression scores; continuous measures at 5-month follow-up

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
02 BDI at 5-month follow-up									
Freeman2002 (UK)	44	15.36(14.60)	18	18.10(10.80)				100.00	-0.20 [-0.75, 0.35]
Subtotal (95% CI)	44		18				▼	100.00	-0.20 [-0.75, 0.35]
Test for heterogeneity: not app	licable						1		
Test for overall effect: Z = 0.71	(P = 0.48)								
					-10	-5	0	5 10	

Favours treatment Favours control

Review: IPT08

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

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI							
SWARTZ2008	26	8.90(7.80)	21	15.30(9.60)	=	51.34	-0.73 [-1.32, -0.13]
Subtotal (95% CI)	26		21		•	51.34	-0.73 [-1.32, -0.13]
Test for heterogeneity: not Test for overall effect: Z = 2							
02 HAM-D 17							
SWARTZ2008	26	5.60(3.90)	21	11.10(7.00)	=	48.66	-0.98 [-1.60, -0.37]
Subtotal (95% CI)	26		21		•	48.66	-0.98 [-1.60, -0.37]
Test for heterogeneity: not Test for overall effect: Z = 3							
Total (95% CI)	52		42		•	100.00	-0.85 [-1.28, -0.43]
Test for heterogeneity: Chi Test for overall effect: Z = 3							
				-	10 -5 0 5	10	
					Favours treatment Favours c	ontrol	

Review: IPT09

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

Outcome: 01 Tolerability

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early fo	or any reason				
Weissman1992 (US)	7/12	7/13	 _	86.71	1.08 [0.54, 2.17]
Reynolds1999 (US)	4/17	1/16		13.29	3.76 [0.47, 30.20]
Subtotal (95% CI)	29	29		100.00	1.44 [0.72, 2.86]
Total events: 11 (treatment),	8 (control)				
Test for heterogeneity: Chi² = Test for overall effect: Z = 1.0	, , , , , , , , , , , , , , , , , , , ,	= 31.7%			
02 Leaving the study early de	ue to side effects				
Weissman1992 (US)	0/12	3/13	 	76.59	0.15 [0.01, 2.70]
Reynolds1999 (US)	1/17	1/16	-	23.41	0.94 [0.06, 13.82]
Subtotal (95% CI)	29	29		100.00	0.34 [0.06, 2.08]
Total events: 1 (treatment), 4 Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.	$= 0.85$, df $= 1$ (P $= 0.36$), I^2	= 0%			
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ontrol	

Review: IPT10

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

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

Favours treatment Favours control

Review: IPT11

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

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI		
01 Leaving the study early fo	or any reason							
Reynolds1999 (US)	0/16	7/25	←		14.01	0.10 [0.01, 1.67]		
deMello2001(Braz)	6/16	11/19			23.75	0.65 [0.31, 1.36]		
BLOM2007	16/49	17/47			40.99	0.90 [0.52, 1.57]		
SCHRAMM2007	10/65	9/65			21.26	1.11 [0.48, 2.55]		
Subtotal (95% CI)	146	156			100.00	0.77 [0.53, 1.14]		
Total events: 32 (treatment). Test for heterogeneity: Chi ² Test for overall effect: Z = 1.	$= 3.26$, df = 3 (P = 0.35), I^2	= 8.0%						
			0.1 0.2	0.5 1 2	5 10			
	Favours treatment Favours control							

IPT12 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI		
02 Leaving the study early of	due to side effects						
Reynolds1999 (US)	0/16	2/25	←	27.18	0.31 [0.02, 5.99]		
deMello2001(Braz)	0/16	2/19	• •	- 31.58	0.24 [0.01, 4.57]		
SCHRAMM2007	3/65	3/65		41.24	1.00 [0.21, 4.77]		
Subtotal (95% CI)	97	109		100.00	0.57 [0.17, 1.89]		
Total events: 3 (treatment),	7 (control)						
Test for heterogeneity: Chi ²	= 1.01, $df = 2 (P = 0.60), I^2$	= 0%					
Test for overall effect: Z = 0	.92 (P = 0.36)						
			0.1 0.2 0.5 1 2	5 10			
	Favours treatment Favours control						

Review: IPT13

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

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

Review: IPT14

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

2 Mean at endpoint BDI (at 5 wee				Mean (SD)	95% CI	%	95% CI
SCHRAMM2007	65	14.40(10.20)	65	15.10(11.90)	†	23.91	-0.06 [-0.41, 0.28]
Subtotal (95% CI)	65		65		•	23.91	-0.06 [-0.41, 0.28]
est for heterogeneity: not applical est for overall effect: Z = 0.36 (P							
3 Mean at endpoint HRSD (at 5/6	weeks)						
BLOM2007	37	17.30(6.00)	33	15.60(6.20)	 -	12.71	0.28 [-0.20, 0.75]
SCHRAMM2007	65	8.90(6.40)	65	11.80(7.90)	=	23.43	-0.40 [-0.75, -0.05]
	102		98		•	36.14	-0.16 [-0.44, 0.12]
est for heterogeneity: Chi² = 5.13 est for overall effect: Z = 1.14 (P		P = 0.02), I ² = 80.5%					
4 Mean at endpoint HRSD at 12 v							
deMello2001(Braz)	11	9.00(5.50)	13	9.10(7.90)	+	4.38	-0.01 [-0.82, 0.79]
BLOM2007	33	13.80(7.70)	30	15.10(7.50)	†	11.52	-0.17 [-0.66, 0.33]
Subtotal (95% CI)	44		43		•	15.91	-0.13 [-0.55, 0.30]
est for heterogeneity: Chi ² = 0.10 est for overall effect: Z = 0.59 (P		P = 0.75), I ² = 0%					
5 Mean at endpoint MADRS at 6							
BLOM2007	37	22.80(8.90)	33	22.80(8.80)	†	12.84	0.00 [-0.47, 0.47]
Subtotal (95% CI)	37		33		•	12.84	0.00 [-0.47, 0.47]
est for heterogeneity: not applical est for overall effect: Z = 0.00 (P							
6 Mean at endpoint MADRS at 12							
BLOM2007	32	18.20(10.90)	30	21.90(9.80)	_	11.21	-0.35 [-0.85, 0.15]
Subtotal (95% CI)	32		30		•	11.21	-0.35 [-0.85, 0.15]
est for heterogeneity: not applical est for overall effect: Z = 1.37 (P							
otal (95% CI)	280		269			100.00	-0.13 [-0.30, 0.03]
est for heterogeneity: Chi ² = 6.48 est for overall effect: Z = 1.56 (P		P = 0.37), I ² = 7.4%					

IPT15 Review:

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

Outcome: 01 Tolerability

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early fo	or any reason				
Elkin1989 (US)	14/61	19/57		29.43	0.69 [0.38, 1.24]
Schulberg 1996 (US)	46/93	41/91	—	62.08	1.10 [0.81, 1.49]
Reynolds1999 (US)	3/17	7/25		8.49	0.63 [0.19, 2.10]
Subtotal (95% CI)	171	173	•	100.00	0.94 [0.72, 1.22]
Test for heterogeneity: Chi^2 = Test for overall effect: $Z = 0$. O2 Leaving the study early do	47 (P = 0.64) ue to side effects		_		
Reynolds1999 (US)	0/17	2/25 25		— 100.00	0.29 [0.01, 5.67]
Subtotal (95% CI) Total events: 0 (treatment), 2 Test for heterogeneity: not al Test for overall effect: Z = 0.6	pplicable	23		100.00	0.29 [0.01, 5.67]
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ontrol	

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (random) 95% CI	Weight %	SMD (random) 95% CI
01 HRSD at end of treatmen	t						
Elkin1989 (US)	61	9.80(7.90)	57	9.80(7.80)	.	39.10	0.00 [-0.36, 0.36]
Schulberg1996 (US)	93	12.17(8.68)	91	10.96(9.92)	i i i i i i i i i i i i i i i i i i i	60.90	0.13 [-0.16, 0.42]
Subtotal (95% CI)	154		148		•	100.00	0.08 [-0.15, 0.30]
02 BDI at end of treatment							
Elkin1989 (US)	61	12.00(10.60)	57	11.60(10.50)	<u> </u>	100.00	0.04 [-0.32, 0.40]
Subtotal (95% CI)	61		57		▼	100.00	0.04 [-0.32, 0.40]
Test for heterogeneity: not a Test for overall effect: Z = 0.3							
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review: IPT17

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

Outcome: 05 Depression score: dichotomous outcome post-treatment

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 HRSD >7 at end of treatm	nent				
Elkin1989 (US)	35/61	33/57	_ 	79.30	0.99 [0.73, 1.35]
Reynolds1999 (US)	12/17	11/25		- 20.70	1.60 [0.94, 2.75]
Subtotal (95% CI)	78	82	•	100.00	1.12 [0.86, 1.46]
Total events: 47 (treatment),	44 (control)				
Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.8 02 BDI >9 at end of treatmen	32 (P = 0.41)	- 55.1 76			
Elkin1989 (US)	27/61	27/57		100.00	0.93 [0.63, 1.38]
Subtotal (95% CI)	61	57	~	100.00	0.93 [0.63, 1.38]
Total events: 27 (treatment), Test for heterogeneity: not an Test for overall effect: Z = 0.3	oplicable				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favour	urs control	

Review: IPT18

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 IPT V AD: HRSD >7 after	4 months' continuation tre	eatment			
Schulberg1996 (US)	50/93	47/91	-	100.00	1.04 [0.79, 1.37]
Subtotal (95% CI)	93	91	•	100.00	1.04 [0.79, 1.37]
Total events: 50 (treatment),	47 (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 0$.	29 (P = 0.77)				
02 IPT versus TAU: HRSD >	7 after 4 months' continus	ition treatment			
Schulberg1996 (US)	50/93	75/92		100.00	0.66 [0.53, 0.82]
0 ()	93	92	•	100.00	0.66 [0.53, 0.82]
Subtotal (95% Cl)	93	-, -	•		
Subtotal (95% Cl) Total events: 50 (treatment),	93 , 75 (control)	-, -	•		
Subtotal (95% CI) Total events: 50 (treatment), Test for heterogeneity: not a Test for overall effect: Z = 3.	, 75 (control) pplicable	-, -	•		
Subtotal (95% Cl) Total events: 50 (treatment), Test for heterogeneity: not a	, 75 (control) pplicable	92	.1 0.2 0.5 1 2		

Review: IPT19

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 IPT versus ADs: HRSD after	r 4 months'	continuation treatment					
Schulberg1996 (US)	93	9.30(8.68)	91	9.00(9.54)		100.00	0.03 [-0.26, 0.32]
Subtotal (95% CI)	93		91		→	100.00	0.03 [-0.26, 0.32]
Test for heterogeneity: not appl	licable						
Test for overall effect: Z = 0.22	(P = 0.82)						
02 IPT versus TAU: HRSD afte	r 4 months'	continuation treatment					
Schulberg1996 (US)	93	9.30(8.68)	92	13.10(8.63)		100.00	-0.44 [-0.73, -0.15]
Subtotal (95% CI)	93		92		•	100.00	-0.44 [-0.73, -0.15]
Test for heterogeneity: not appl	licable						
Test for overall effect: Z = 2.94	(P = 0.003))					
03 IPT + ADs versus ADs: HRS	SD after 6 m	nonths' maintenance + 16	6 weeks drug-	free and 8 weeks IPT free			
deMello2001 (Braz)	11	3.20(6.30)	12	8.10(9.80)		100.00	-0.57 [-1.41, 0.27]
Subtotal (95% CI)	11		12		•	100.00	-0.57 [-1.41, 0.27]
Test for heterogeneity: not appl	licable						
Test for overall effect: Z = 1.33	(P = 0.18)						
				-10	-5 0 5	10	
				Fa	avours treatment Favours co	ntrol	

Review: IPT20

Comparison: 06 IPT as continuation treatment (up to 6 months)

Outcome: 03 Relapse (16-week continuation phase)

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 IPT + ADs versus ADs + m	nedication clinic				
Reynolds1999 (US)	0/11	1/14	 	100.00	0.42 [0.02, 9.34]
Subtotal (95% CI)	11	14		100.00	0.42 [0.02, 9.34]
Total events: 0 (treatment), 1 Test for heterogeneity: not ap					
Test for overall effect: Z = 0.5					
02 IPT + AD versus IPT + pla	cebo				
Reynolds1999 (US)	0/11	1/5	←	100.00	0.17 [0.01, 3.51]
Subtotal (95% CI)	11	5		100.00	0.17 [0.01, 3.51]
Total events: 0 (treatment), 1					
Test for heterogeneity: not ap					
Test for overall effect: Z = 1.1	5 (P = 0.25)				
03 IPT + placebo versus med	ication clinic + placebo				
Reynolds1999 (US)	1/5	0/10		100.00	5.50 [0.26, 115.22]
Subtotal (95% CI)	5	10		100.00	5.50 [0.26, 115.22]
Total events: 1 (treatment), 0	(control)				
Test for heterogeneity: not ap					
Test for overall effect: $Z = 1.1$	0 (P = 0.27)				
			0.1 0.2 0.5 1 2	10	
			Favours treatment Favours co	ntrol	

IPT21 07 IPT as maintenance treatment (3 years) 01 Leaving the study early

Review: Comparison: Outcome:

Subtotal (95% CI) Total events: 2 (treatment), 4 (control) Test for heterogeneity: not applicable Test for overall effect: Z = 0.89 (P = 0.37) 02 IPT + antidepressants versus IPT + pl Frank1990 (US) 4/ Reynolds1999B (US) 3/ Subtotal (95% CI) Total events: 7 (treatment), 8 (control) Test for heterogeneity: Chi² = 0.12, df = 1 Test for overall effect: Z = 0.24 (P = 0.81) 03 IPT versus antidepressants Frank1990 (US) 2/ Subtotal (95% CI) Total events: 2 (treatment), 9 (control) Test for heterogeneity: not applicable Test for overall effect: Z = 1.95 (P = 0.05) 04 IPT versus placebo Frank1990 (US) 2/ Subtotal (95% CI) Total events: 2 (treatment), 3 (control) Test for heterogeneity: not applicable Test for overall effect: Z = 0.61 (P = 0.54) 05 IPT + antidepressants versus antidep Frank1990 (US) 4/ Reynolds1999B (US) 3/ Subtotal (95% CI) Total events: 7 (treatment), 13 (control) Test for heterogeneity: 0.13 (control)	acebo /25 /25 50 (P = 0.73), I ² = 0% /26 26	4/25 25 4/26 4/25 51 9/28 28		- 10 - 4 5 10	19.50 1.6 19.50 0.50 100.00 0.8	48 [0.10, 48 [0.10, 04 [0.29, 75 [0.19, 89 [0.35, 24 [0.06, 59 [0.11,	, 2.40] , 3.71] , 3.01] , 2.28]
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otal events: 2 (treatment), 4 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.89 (P = 0.37) 2 IPT + antidepressants versus IPT + pl trank1990 (US) 2 leynolds1999B (US) 3 leynolds1999B (US) 4 leynolds1999B (US) 4 leynolds1999B (US) 4 lest for heterogeneity: Chi² = 0.12, df = 1 2 lest for overall effect: Z = 0.24 (P = 0.81) 3 IPT versus antidepressants trank1990 (US) 4 lett levents: 2 (treatment), 9 (control) est for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo trank1990 (US) 4 IPT versus placebo trank1990 (US) 5 IPT versus placebo trank1990 (US) 6 IPT versus placebo trank1990 (US) 6 IPT versus placebo trank1990 (US) 6 IPT + antidepressants versus antidep trank1990 (US) 6 IPT + antidepressants versus antidep trank1990 (US) 6 IPT + antidepressants versus antidep trank1990 (US) 6 IPT + trantidepressants versus antidep trank1990 (US) 6 IPT + antidepressants versus antidep trank1990 (US) 6 IPT	acebo /25 /25 50 (P = 0.73), I ² = 0% /26 26	4/25 51 9/28 28		10 10	19.50 1.0 00.50 0.3 00.00 0.8	04 [0.29, 75 [0.19, 89 [0.35, 24 [0.06, 24 [0.06,	, 3.71] , 3.01] , 2.28]
est for heterogeneity: not applicable est for overall effect: Z = 0.89 (P = 0.37) 2 IPT + antidepressants versus IPT + pl rank1990 (US) 4 (PT + antidepressants versus IPT + pl rank1990 (US) 4 (PT + antidepressants versus IPT + pl rank1990 (US) 4 (PT + antidepressants versus IPT + pl rank1990 (IS) 4 (PT versus antidepressants rank1990 (US) 6 (PT versus antidepressants rank1990 (US) 6 (PT versus placebo rank1990 (US) 7 (PT versus placebo rank1990 (US) 8 (PT versus placebo rank1990 (US) 9 (PT versus placebo	acebo /25 /25 50 (P = 0.73), I ² = 0% /26 26	4/25 51 9/28 28			00.00 0.2 00.00 0.2	75 [0.19, 89 [0.35, 24 [0.06, 24 [0.06,	, 3.01] , 2.28] , 1.01]
est for overall effect: Z = 0.89 (P = 0.37) 2 IPT + antidepressants versus IPT + pl frank1990 (US) 4 leynolds1999B (US) 5 st for heterogeneity: Chi² = 0.12, df = 1 8 IPT versus antidepressants 6 IPT versus antidepressants 7 rank1990 (US) 8 IPT versus antidepressants 8 IPT versus antidepressants 8 IPT versus antidepressants 8 IPT versus antidepressants 9 (US) 10 total events: 2 (treatment), 9 (control) 10 est for heterogeneity: not applicable 11 est for overall effect: Z = 1.95 (P = 0.05) 12 levents: 2 (treatment), 3 (control) 13 lest for heterogeneity: not applicable 14 lest for overall effect: Z = 0.61 (P = 0.54) 15 lest for overall effect: Z = 0.61 (P = 0.54) 16 lest for overall effect: Z = 0.61 (P = 0.54) 17 lest for overall effect: Z = 0.61 (P = 0.54) 18 let versus antidepressants versus antidepressants 19 let versus antidepressants versus antidepressants 19 let versus antidepressants versus antidepressants 10 let versus antidepressants 11 let versus antidepressants 12 let versus antidepressants 13 let versus placebo 14 let versus placebo 15 let versus placebo 16 let versus placebo 17 let versus placebo 18 let versus placebo 19 let versus placebo 19 let versus placebo 10 let vents: Z (treatment), 3 (control) 10 let vents: Z (treatment), 3 (control) 10 let vents: Z (treatment), 3 (control) 11 let versus placebo 12 let versus placebo 13 let versus placebo 14 let versus placebo 15 let versus placebo 16 let versus placebo 17 let versus placebo 18 let versus placebo 19 let versus placebo 19 let versus placebo 10 let vents: Z (treatment), 3 (control) 11 let versus placebo 12 let versus placebo 13 let versus placebo 14 let versus placebo 15 let versus placebo 16 let versu	acebo /25 /25 50 (P = 0.73), I ² = 0% /26 26	4/25 51 9/28 28	←		00.00 0.2 00.00 0.2	75 [0.19, 89 [0.35, 24 [0.06, 24 [0.06,	, 3.01] , 2.28] , 1.01]
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rank1990 (US) deynolds1999B (US) about (95% CI) best for heterogeneity: Chi² = 0.12, df = 1 est for overall effect: Z = 0.24 (P = 0.81) B IPT versus antidepressants rank1990 (US) about (95% CI) best for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo rank1990 (US) about (95% CI) best for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo rank1990 (US) about (95% CI) best for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep rank1990 (US) 4 (PT versus placebo set for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) best for verall effect: Z = 0.61 (P = 0.54) best for verall effect: Z = 0.61 (P = 0.54) best for heterogeneity: Not applicable about (95% CI) best for heterogeneity: Not applicable best for overall effect: Z = 0.61 (P = 0.54) best for heterogeneity: Not applicable control of the properties of the propertie	/25 /25 50 (P = 0.73), I ² = 0%) /26 26	4/25 51 9/28 28			00.00 0.2 00.00 0.2	75 [0.19, 89 [0.35, 24 [0.06, 24 [0.06,	, 3.01] , 2.28] , 1.01]
Reynolds1999B (US) ubtotal (95% CI) otal events: 7 (treatment), 8 (control) est for heterogeneity: Chi² = 0.12, df = 1 est for overall effect: Z = 0.24 (P = 0.81) 3 IPT versus antidepressants frank1990 (US) ubtotal (95% CI) otal events: 2 (treatment), 9 (control) est for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo frank1990 (US) ubtotal (95% CI) otal events: 2 (treatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep frank1990 (US) 4 (PT versus placebo frank1990 (US) otal events: 2 (treatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep frank1990 (US) 4 (PT versus placebo frank1990 (US) 5 IPT + antidepressants versus antidep frank1990 (US) 6 (PT versus placebo frank1990 (US) 6 (PT versus plac	/25 50 (P = 0.73), I ² = 0%) /26 26	4/25 51 9/28 28			00.00 0.2 00.00 0.2	75 [0.19, 89 [0.35, 24 [0.06, 24 [0.06,	, 3.01] , 2.28] , 1.01]
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otal events: 7 (treatment), 8 (control) est for heterogeneity: Chi² = 0.12, df = 1 est for overall effect: Z = 0.24 (P = 0.81) 3 IPT versus antidepressants frank1990 (US) ubtotal (95% CI) otal events: 2 (treatment), 9 (control) est for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo frank1990 (US) ubtotal (95% CI) otal events: 2 (treatment), 3 (control) est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep frank1990 (US) (Seynolds1999B (US) (Seynolds1999B (US) (Seynolds1999B (US) (Seynolds1975 (Treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1	(P = 0.73), I ² = 0% /26 26	9/28 28 3/23		10	00.00 0.2 00.00 0.2	24 [0.06, 24 [0.06,	, 1.01]
est for heterogeneity: Chi² = 0.12, df = 1 est for overall effect: Z = 0.24 (P = 0.81) B IPT versus antidepressants rank1990 (US) bubtotal (95% CI) cotal events: 2 (treatment), 9 (control) est for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) HIPT versus placebo rank1990 (US) cotal events: 2 (treatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) Est for overall effect: Z = 0.61 (P = 0.54) Est for overall effect: Z = 0.61 (P = 0.54) Est for overall effect: Z = 0.61 (P = 0.54) Est for overall effect: Z = 0.61 (P = 0.54) Est for overall effect: Z = 0.61 (P = 0.54) Est for overall (95% CI) cotal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1	/26 26 //26 //26	28		10	00.00 0.2	24 [0.06, 59 [0.11,	, 1.01]
Frank1990 (US) ubtotal (95% CI) otal events: 2 (treatment), 9 (control) est for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo Frank1990 (US) ubtotal (95% CI) otal events: 2 (treatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (PF = 0.54)	26) //26 26	28		10	00.00 0.2	24 [0.06, 59 [0.11,	, 1.01]
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ubtotal (95% CI) otal events: 2 (treatment), 9 (control) est for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo Frank1990 (US) ubtotal (95% CI) otal events: 2 (treatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1	26) //26 26	28		10	00.00 0.2	24 [0.06, 59 [0.11,	, 1.01]
otal events: 2 (treatment), 9 (control) est for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo trank1990 (US) ubtotal (95% CI) otal events: 2 (treatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep trank1990 (US) 4 (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1) /26 26	3/23		10		59 [0.11,	
est for heterogeneity: not applicable est for overall effect: Z = 1.95 (P = 0.05) 4 IPT versus placebo Frank1990 (US) 2/ ubtotal (95% CI) otal events: 2 (treatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4/ Reynolds1999B (US) 3/ ubtotal (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1	/26 26				00.00		, 3.22]
Frank 1990 (US) Subtotal (95% CI) Total events: 2 (treatment), 3 (control) Fest for heterogeneity: not applicable Fest for overall effect: Z = 0.61 (P = 0.54) Figure 15 IPT + antidepressants versus antidep Frank 1990 (US) Frank 1990 (US) Fest for heterogeneity: Chi² = 0.35, df = 1	26				00.00 0.5		, 3.22]
subtotal (95% CI) otal events: 2 (treatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) Reynolds1999B (US) subtotal (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1	26				0.00 0.5		, 3.22]
otal events: 2 (freatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) Reynolds1999B (US) ubtotal (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1		23		10			
otal events: 2 (freatment), 3 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) Reynolds1999B (US) ubtotal (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1)				0.00	59 [0.11,	3.221
est for heterogeneity: not applicable est for overall effect: Z = 0.61 (P = 0.54) 5 IPT + antidepressants versus antidep Frank1990 (US) 4 Reynolds1999B (US) 3 Jubtotal (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1)						•
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Frank1990 (US) 4/Reynolds1999B (US) 3/Reynolds1999B (US) 3/Reynolds1999B (US) 3/Reynolds1998 (US) 3/Reynol							
Reynolds1999B (US) Subtotal (95% CI) Total events: 7 (treatment), 13 (control) Test for heterogeneity: Chi² = 0.35, df = 1	ressants						
Reynolds1999B (US) ubtotal (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi² = 0.35, df = 1	/25	9/28		 6	59.23 0.5	50 [0.17,	1.421
ubtotal (95% CI) otal events: 7 (treatment), 13 (control) est for heterogeneity: Chi ² = 0.35, df = 1	/25	4/28		 3		84 [0.21,	
otal events: 7 (treatment), 13 (control) est for heterogeneity: $Chi^2 = 0.35$, $df = 1$	50	56				60 [0.26,	
est for heterogeneity: Chi ² = 0.35, df = 1	50	36		10	0.00	00 [0.26,	, 1.38]
est for overall effect: Z = 1.19 (P = 0.23)							
6 IPT + antidepressants versus medicat	ion clinic + placebo						
Frank1990 (US) 4 /	/25	3/23		 8	37.06 1.2	23 [0.31,	, 4.90]
	/25	0/29					, 149.20]
ubtotal (95% CI)	50	52				11 [0.65,	
		52		- 10	2	[0.00]	, 0.0/1
Fotal events: 7 (treatment), 3 (control) Fest for heterogeneity: Chi ² = 1.40, df = 1 Fest for overall effect: Z = 1.24 (P = 0.21)		%					
7 IPT + placebo versus medication clinic	c + placebo						
rank1990 (US) 4	/26	3/23		 8	37.27 1.3	18 [0.29,	, 4.73]
	/25	0/29					, 183.92]
ubtotal (95% CI)	51	52				35 [0.74]	
	Ü-	52		10	2.0	00 [0.74]	, , , , , , ,
otal events: 8 (treatment), 3 (control)	/D 0.40; in	.,					
est for heterogeneity: $Chi^2 = 1.98$, $df = 1$ est for overall effect: $Z = 1.45$ (P = 0.15)		%					
8 IPT versus IPT + placebo							
	/26	4/26			0.00	50 [0.10,	, 2.501
ubtotal (95% CI)	26	26				50 [0.10]	-
	20	20		10	70.00	00 [0.10]	, 2.50]
otal events: 2 (treatment), 4 (control) est for heterogeneity: not applicable est for overall effect: Z = 0.84 (P = 0.40))						

Review: Comparison: Outcome:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 IPT versus IPT + antidepress	sants				
Frank1990 (US)	18/26	10/25		100.00	1.73 [1.00, 2.98]
Subtotal (95% CI)	26	25		100.00	1.73 [1.00, 2.98]
otal events: 18 (treatment), 10	(control)				
est for heterogeneity: not appli					
est for overall effect: Z = 1.98					
2 IPT + antidepressants versus	s IPT + placebo				
Frank1990 (US)	10/25	21/26		56.27	0.50 [0.30, 0.83]
Reynolds1999B (US)	5/25	16/25		43.73	0.31 [0.14, 0.72]
ubtotal (95% CI)	50	51		100.00	0.42 [0.27, 0.65]
otal events: 15 (treatment), 37		31		100.00	0.12 [0.27, 0.00]
est for heterogeneity: Chi ² = 0. est for overall effect: Z = 3.84	.89, $df = 1 (P = 0.35), I^2$	= 0%			
3 IPT versus antidepressants			_		
rank1990 (US)	18/26	15/28	+	100.00	1.29 [0.84, 1.99]
ubtotal (95% CI)	26	28	*	100.00	1.29 [0.84, 1.99]
otal events: 18 (treatment), 15					
est for heterogeneity: not appli est for overall effect: Z = 1.17					
4 IPT versus placebo					
rank1990 (US)	18/26	21/23	-	100.00	0.76 [0.57, 1.01]
ubtotal (95% ĆI)	26	23	•	100.00	0.76 [0.57, 1.01]
otal events: 18 (treatment), 21 est for heterogeneity: not appliest for overall effect: Z = 1.90	icable				
5 IPT + antidepressants versu			_		
rank1990 (US)	10/25	15/28	 _	55.56	0.75 [0.41, 1.35]
Reynolds1999B (US)	5/25	12/28		44.44	0.47 [0.19, 1.14]
ubtotal (95% CI)	50	56		100.00	0.62 [0.38, 1.02]
otal events: 15 (treatment), 27 est for heterogeneity: $Chi^2 = 0$. est for overall effect: $Z = 1.87$.76, df = 1 (P = 0.38), I^2	= 0%			
6 IPT + AD versus Medication			_		
Reynolds1999B (US)	5/25	26/29 -		100.00	0.22 [0.10, 0.49]
ubtotal (95% CI)	25	29		100.00	0.22 [0.10, 0.49]
otal events: 5 (treatment), 26 (est for heterogeneity: not appli est for overall effect: Z = 3.70	icable				
7 IPT + placebo versus medica	ation clinic + placebo				
rank1990 (US)	21/26	21/23	-	48.07	0.88 [0.71, 1.11]
Reynolds1999B (US)	16/25	26/29	-	51.93	0.71 [0.52, 0.98]
ubtotal (95% CI)	51	52	•	100.00	0.80 [0.66, 0.97]
otal events: 37 (treatment), 47			•		
est for heterogeneity: $Chi^2 = 1$. est for overall effect: $Z = 2.30$	$.29$, df = 1 (P = 0.26), I^2	= 22.3%			
8 IPT versus IPT + placebo					
rank1990 (US)	18/26	21/26	-	100.00	0.86 [0.62, 1.18]
ubtotal (95% CI)	26	26	•	100.00	0.86 [0.62, 1.18]
otal events: 18 (treatment), 21 est for heterogeneity: not appliest for overall effect: Z = 0.95	icable				

Favours treatment

Favours control

IPT23 Review:

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early fo	or any reason				
Weissman1992 (US)	7/12	7/13		33.65	1.08 [0.54, 2.17]
Reynolds1999 (US)	4/17	1/16		5.16	3.76 [0.47, 30.20]
REYNOLDS2006	7/35	11/28		61.20	0.51 [0.23, 1.14]
Subtotal (95% CI)	64	57		100.00	0.87 [0.52, 1.45]
Total events: 18 (treatment), Test for heterogeneity: Chi ² = Test for overall effect: Z = 0.	= 3.98, df = 2 (P = 0.14), l ²	= 49.7%			
02 Leaving the study early d	ue to side effects				
Weissman1992 (US)	0/12	3/13		76.59	0.15 [0.01, 2.70]
Reynolds1999 (US)	1/17	1/16	-	23.41	0.94 [0.06, 13.82]
Subtotal (95% CI)	29	29		100.00	0.34 [0.06, 2.08]
Γotal events: 1 (treatment), 4 Γest for heterogeneity: Chi² = Γest for overall effect: Z = 1.	$= 0.85$, df = 1 (P = 0.36), I^2	= 0%			
03 HRSD >7					
Reynolds1999 (US)	12/17	5/16		100.00	2.26 [1.03, 4.97]
Subtotal (95% CI)	17	16		100.00	2.26 [1.03, 4.97]
Total events: 12 (treatment),	5 (control)				
Test for heterogeneity: not a Test for overall effect: Z = 2.					
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	ntrol	

IPT24 Review:

Comparison: 08 IPT for the elderly

Outcome: 02 IPT + antidepressants versus antidepressants

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early for	or any reason				
Reynolds1999 (US)	0/16	7/25	←	100.00	0.10 [0.01, 1.67]
Subtotal (95% CI)	16	25		100.00	0.10 [0.01, 1.67]
Total events: 0 (treatment),	7 (control)				
Test for heterogeneity: not a					
Test for overall effect: Z = 1.					
02 Leaving the study early d	due to side effects				
Reynolds1999 (US)	0/16	2/25	←	100.00	0.31 [0.02, 5.99]
Subtotal (95% CI)	16	25		100.00	0.31 [0.02, 5.99]
Total events: 0 (treatment),	2 (control)				
Test for heterogeneity: not a	applicable				
Test for overall effect: $Z = 0$.	.78 (P = 0.44)				
03 HRSD >7					
Reynolds1999 (US)	5/16	11/25		100.00	0.71 [0.30, 1.66]
Subtotal (95% CI)	16	25		100.00	0.71 [0.30, 1.66]
Total events: 5 (treatment),	11 (control)				
Test for heterogeneity: not a					
Test for overall effect: $Z = 0$.	.79 (P = 0.43)				
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours co	entrol	
			i avouis ilealinelli Tavouis Co	111101	

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

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early fo	or any reason				
Reynolds1999 (US)	3/17	7/25		100.00	0.63 [0.19, 2.10]
Subtotal (95% CI)	17	25		100.00	0.63 [0.19, 2.10]
Total events: 3 (treatment), 7	' (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 0.7$	75 (P = 0.45)				
02 Leaving the study early do	ue to side effects				
Reynolds1999 (US)	0/17	2/25	←	100.00	0.29 [0.01, 5.67]
Subtotal (95% CI)	17	25		100.00	0.29 [0.01, 5.67]
Fotal events: 0 (treatment), 2	2 (control)				
Test for heterogeneity: not ap	pplicable				
Test for overall effect: $Z = 0.8$	82 (P = 0.41)				
03 HRSD >7 at end of treatm	nent				
Reynolds1999 (US)	12/17	11/25		100.00	1.60 [0.94, 2.75]
Subtotal (95% CI)	17	25		100.00	1.60 [0.94, 2.75]
Total events: 12 (treatment),	11 (control)				
Test for heterogeneity: not a	pplicable				
Test for overall effect: $Z = 1.7$	72 (P = 0.09)				
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ontrol	

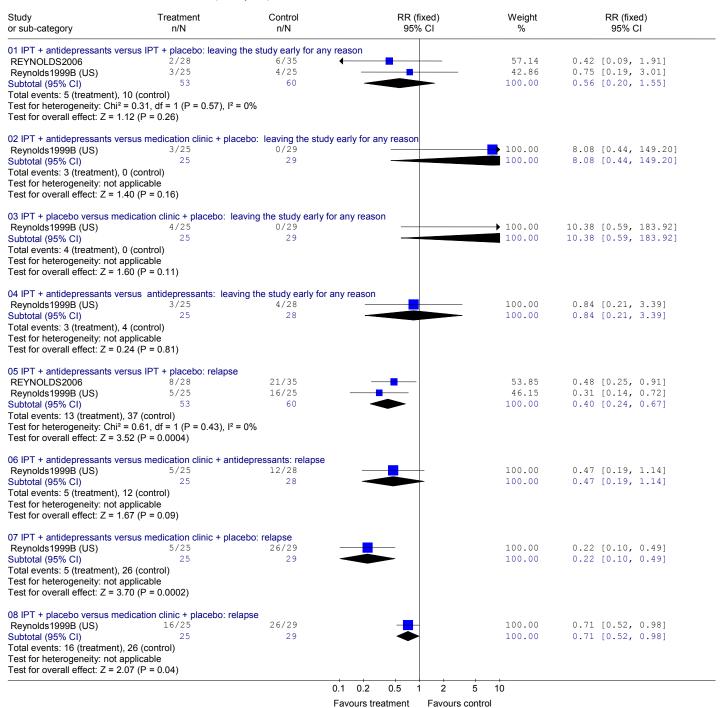
Review: IPT26 Comparison: 08 IPT for the elderly Outcome: 05 IPT versus standard care (Netherlands)

2 months 17.10 (7.50)	7.4				
ole = 0.09)	74 74	19.40(8.70)		49.79 49.79	-0.28 [-0.61, 0.05] -0.28 [-0.61, 0.05]
13.90 (7.90) ble	74 74	14.90(9.60)		50.21 50.21	-0.11 [-0.44, 0.22] -0.11 [-0.44, 0.22]
	148		•	100.00	-0.20 [-0.43, 0.04]
	ble = 0.50)	6 months 13.90 (7.90) 74 74 ble = 0.50) 148 df = 1 (P = 0.48), I ² = 0%	6 months 13.90(7.90) 74 14.90(9.60) 74 ble = 0.50) 148 = 0.10)	6 months 13.90 (7.90) 74 14.90 (9.60) 74 ole = 0.50) 148 = 0.10) 148 -1 -0.5 0 0.5	6 months 13.90 (7.90) 74 14.90 (9.60) 50.21 ble = 0.50) 148 100.00 df = 1 (P = 0.48), I ² = 0%

Review: IPT27

Comparison: 08 IPT for the elderly

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



Counselling

Review:

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			D (fixed) 5% CI	Weight %	SMD (fixed) 95% CI
GOLDMAN2006	19	9.89(9.10)	19	4.95(5.69)			-	100.00	0.64 [-0.02, 1.29]
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 1.5			19				•	100.00	0.64 [-0.02, 1.29]
					-10	-5	0 5	10	

Favours treatment Favours control

Favours treatment Favours control

Review: C02

Comparison:

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

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

Review: C03

Comparison: 02 Counselling versus antidepressants
Outcome: 02 Depression scores: dichotomous outcomes post-treatment

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

Review: C04

Comparison:

02 Counselling versus antidepressants
03 Depression scores: continuous measures at follow-up Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	S	MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 12 months follow-up								
Bedi2000 (UK)	31	16.70(11.50)	34	14.60(13.10)		-	100.00	0.17 [-0.32, 0.66]
Subtotal (95% CI)	31		34			•	100.00	0.17 [-0.32, 0.66]
Test for heterogeneity: not applicat	ole					ľ		
Test for overall effect: Z = 0.67 (P =								
Total (95% CI)	31		34			•	100.00	0.17 [-0.32, 0.66]
Test for heterogeneity: not applicable Test for overall effect: Z = 0.67 (P =								
				-4	-2	0 2	4	

Review:

Comparison:

C05
02 Counselling versus antidepressants
04 Depression scores: dichotomous outcomes at follow-up Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 RDC >3 at 12 months fol	low-up				
Bedi2000 (UK)	43/52	30/51		100.00	1.41 [1.08, 1.83]
Subtotal (95% CI)	52	51	-	100.00	1.41 [1.08, 1.83]
Total events: 43 (treatment)	. 30 (control)				
Test for heterogeneity: not a Test for overall effect: Z = 2.	applicable				
Total (95% CI)	52 , 30 (control)	51	•	100.00	1.41 [1.08, 1.83]

Favours treatment

Favours control

Favours treatment Favours control

Review:

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	S	MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
WATSON2003	40	13.05(11.91)	45	12.56(10.70)		=	100.00	0.04 [-0.38, 0.47]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0			45			•	100.00	0.04 [-0.38, 0.47]
					-10 -5	0 5	10	
					Favours treatme	ent Favours	control	

119

Review:

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			(fixed) % CI	Weight %	SMD (fixed) 95% CI
GREENBERG1998	17	9.12(5.38)	15	8.39(5.69)			-	100.00	0.13 [-0.57, 0.82]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 0.			15		,		•	100.00	0.13 [-0.57, 0.82]
					-10	-5	0 5	10	
					Favours	treatment	Favours cor	itrol	

Review: C08

Comparison: 05 Counselling + GP care versus GP care

Outcome: 01 Tolerability

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Leaving the study early for any	reason				
Simpson2003 (UK)	8/73	7/72		100.00	1.13 [0.43, 2.95]
Subtotal (95% CI)	73	72		100.00	1.13 [0.43, 2.95]
Total events: 8 (treatment), 7 (cont Test for heterogeneity: not applica Test for overall effect: Z = 0.24 (P	ble				
Total (95% CI) Total events: 8 (treatment), 7 (cont Test for heterogeneity: not applica Test for overall effect: Z = 0.24 (P	ble	72		100.00	1.13 [0.43, 2.95]
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ntrol	

Review: C09

Comparison: 05 Counselling + GP care versus GP care 02 Dichotomous depression scores Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 BDI >=14 6 months after	study start				
Simpson2003 (UK)	44/73	46/72	-	100.00	0.94 [0.73, 1.22]
Subtotal (95% CI)	73	72	•	100.00	0.94 [0.73, 1.22]
Total events: 44 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 0.	applicable				
02 BDI >=14 12 months after	er study start				
Simpson2003 (UK)	42/73	52/72		100.00	0.80 [0.62, 1.02]
Subtotal (95% CI)	73	72	•	100.00	0.80 [0.62, 1.02]
Total events: 42 (treatment)	, 52 (control)				
Test for heterogeneity: not a Test for overall effect: Z = 1.					
			0.1 0.2 0.5 1 2	5 10	
			Favours treatment Favours c	ontrol	

Review: C10

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			D (fixed) 5% CI	Weight %	SMD (fixed) 95% CI
01 BDI 6 months after study	start								
Simpson2003 (UK)	65	16.10(9.70)	65	15.60(7.40)			#	100.00	0.06 [-0.29, 0.40]
Subtotal (95% CI)	65		65				•	100.00	0.06 [-0.29, 0.40]
Test for heterogeneity: not a Test for overall effect: Z = 0.3									
02 BDI 12 months after study	v start								
Simpson2003 (UK)	60	15.30(10.30)	55	15.00(8.10)			=	100.00	0.03 [-0.33, 0.40]
Subtotal (95% CI)	60		55				•	100.00	0.03 [-0.33, 0.40]
Test for heterogeneity: not a Test for overall effect: Z = 0.									
	·				-4	-2	0 2	4	
					Favours	treatmen	t Favours co	ontrol	

Review: C11

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

Outcome: 01 Leaving the study early

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

Review: C12

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

Outcome: 02 Depression scores: continuous outcomes

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment	t						
Ward2000 (UK)	67	12.90(9.30)	67	18.30(12.40)	<mark>=</mark>	100.00	-0.49 [-0.83, -0.15]
Subtotal (95% CI)	67		67		•	100.00	-0.49 [-0.83, -0.15]
Test for heterogeneity: not ap	pplicable				i		
Test for overall effect: $Z = 2.7$)					
Total (95% CI) Test for heterogeneity: not ap	67 oplicable		67		•	100.00	-0.49 [-0.83, -0.15]
Test for overall effect: $Z = 2.7$	79 (P = 0.005))					
					-10 -5 0 5	10	
					Favours treatment Favours co	ontrol	

Review: C13

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI at 12 months follow-up							
Ward2000 (UK)	67	11.80(9.60)	67	12.10(10.30)	<u> =</u>	100.00	-0.03 [-0.37, 0.31]
Subtotal (95% CI)	67		67		▼	100.00	-0.03 [-0.37, 0.31]
Test for heterogeneity: not applica	able				Ì		
Test for overall effect: Z = 0.17 (P							
Total (95% CI) Test for heterogeneity: not applica	67 ablo		67		•	100.00	-0.03 [-0.37, 0.31]
Test for overall effect: Z = 0.17 (P							
					-10 -5 0 5	10	
					Favours treatment Favours	control	

Review:

07 Sub-analysis: counselling versus CBT (with Ward2000) 01 Leaving the study early Comparison:

Outcome:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Dropouts by 4 months	- /	- 4	_		
Ward2000 (UK)	5/67	7/63		100.00	0.67 [0.22, 2.01]
Subtotal (95% CI)	67	63		100.00	0.67 [0.22, 2.01]
Total events: 5 (treatment), 7 (d	control)				
Test for heterogeneity: not app	licable				
Test for overall effect: Z = 0.71	(P = 0.48)				
02 Dropouts by 12 months					
Ward2000 (UK)	9/67	13/63		100.00	0.65 [0.30, 1.42]
Subtotal (95% CI)	67	63		100.00	0.65 [0.30, 1.42]
Total events: 9 (treatment), 13	(control)				
Test for heterogeneity: not app					
Test for overall effect: Z = 1.08					
		0.	1 0.2 0.5 1 2	5 10	
		Fa	avours treatment Favours c	ontrol	

Review:

07 Sub-analysis: counselling versus CBT (with Ward2000) 02 Depression scores: continuous outcomes Comparison:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores post-treatment							
Ward2000 (UK)	67	12.90(9.30)	63	14.30(10.80)	<u>=</u>	100.00	-0.14 [-0.48, 0.21]
Subtotal (95% CI)	67		63		▼	100.00	-0.14 [-0.48, 0.21]
Test for heterogeneity: not applic Test for overall effect: Z = 0.79 (F							
Total (95% CI) Test for heterogeneity: not applic Test for overall effect: Z = 0.79 (F			63		•	100.00	-0.14 [-0.48, 0.21]
					-10 -5 0 5	10	
					Favours treatment Favours cor	trol	

Review: C16

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		(fixed) % CI	Weight %	SMD (fixed) 95% CI
01 BDI at 12 months follow-up								
Ward2000 (UK)	67	11.80(9.60)	63	11.40(10.80)			100.00	0.04 [-0.31, 0.38]
Subtotal (95% CI)	67		63			•	100.00	0.04 [-0.31, 0.38]
Test for heterogeneity: not applicable	le							
Test for overall effect: Z = 0.22 (P =								
Total (95% CI) Test for heterogeneity: not applicab			63			†	100.00	0.04 [-0.31, 0.38]
Test for overall effect: Z = 0.22 (P =	0.82)							
					-10 -5	0 5	10	
					Favours treatment	Favours co	ontrol	

Review:

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

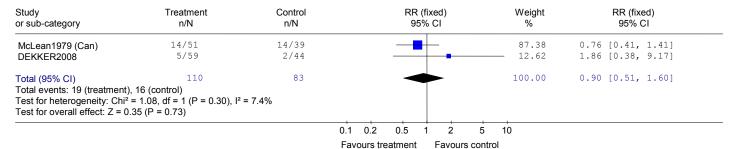
Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI)	Weight %	SMD (fixed) 95% CI
Ward2000 (UK)	67	12.90(9.30)	63	14.30(10.80)					60.47	-0.14 [-0.48, 0.21]
WATSON2003	40	13.05(11.91)	45	12.56(10.70)			†		39.53	0.04 [-0.38, 0.47]
Total (95% CI) Test for heterogeneity: C Test for overall effect: Z			108						100.00	-0.07 [-0.33, 0.20]
					-10	-5	Ó	5	10	
					Favour	s treatme	nt Fav	ours con	trol	

Short-term psychodynamic psychotherapy

Review: PP01

Comparison: 01 Short-term psychodynamic psychotherapy versus antidepressants

Outcome: 01 Leaving the study early



Review: PP02

Comparison: 01 Short-term psychodynamic psychotherapy versus antidepressants

Outcome: 02 Depression scores: continuous measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at enpoint HAM-D scores							
DEKKER2008	59	18.39(6.51)	44	15.59(6.45)		100.00	0.43 [0.03, 0.82]
Subtotal (95% CI)	59		44			100.00	0.43 [0.03, 0.82]
Test for heterogeneity: not applicable	е						
Test for overall effect: Z = 2.13 (P =	0.03)						
Total (95% CI)	59		44			100.00	0.43 [0.03, 0.82]
Test for heterogeneity: not applicable	е						
Test for overall effect: Z = 2.13 (P =							
				-1	-0.5 0 0.5	1	

Favours treatment Favours control

Review: PP03

Comparison: 01 Short-term psychodynamic psychotherapy versus antidepressants

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	:	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HDRS scores								
SALMINEN2008	26	-11.00(4.70)	25	-11.20(7.87)			100.00	0.03 [-0.52, 0.58]
Subtotal (95% CI)	26		25			•	100.00	0.03 [-0.52, 0.58]
Test for heterogeneity: not app Test for overall effect: Z = 0.11)						
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 0.11)	25			•	100.00	0.03 [-0.52, 0.58]
					-10 -5	0 5	10	
					Favours treatm	nent Favours co	ontrol	

PP04 Review:

Comparison: 02 Short-term psychodynamic psychotherapy versus BT Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N				R (fix 95%	,		Weight %	RR (fixed) 95% CI
McLean1979 (Can)	14/51	4/44				-			_ 100.00	3.02 [1.07, 8.50]
Total (95% CI) Total events: 14 (treatment) Test for heterogeneity: not a Test for overall effect: Z = 2	applicable	44				-		_	_ 100.00	3.02 [1.07, 8.50]
			0.1	0.2	0.5	1	2	5	10	
			Fav	ours tre	eatmen	t	Favour	s contro	ol	

Review:

Comparison: 03 Short-term psychodynamic psychotherapy versus CBT Outcome: 01 Leaving the study early

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
Gallagher-Th1994 (US)	9/30	5/36	-	- 100.00	2.16 [0.81, 5.76]
Total (95% CI) Total events: 9 (treatment), 5 (Test for heterogeneity: not app Test for overall effect: Z = 1.54	olicable	36		100.00	2.16 [0.81, 5.76]
		0.1	0.2 0.5 1 2 5	10	

Favours treatment Favours control

Review: PP06

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (random) 95% CI) \	Weight %	SMD (random) 95% CI
01 BDI scores post-treatmen	nt								
Shapiro1994 (Mild)	10	5.93(6.59)	10	8.30(7.35)		-		34.78	-0.33 [-1.21, 0.56]
Shapiro1994 (Mod)	9	9.56(4.90)	9	3.11(3.95)				30.85	1.38 [0.32, 2.44]
Shapiro1994 (UK)	9	12.44(9.43)	10	11.58(6.76)		-		34.37	0.10 [-0.80, 1.00]
Subtotal (95% CI)	28		29			•	1	00.00	0.35 [-0.61, 1.30]
Test for heterogeneity: Chi ²	= 6.13, df = 2	(P = 0.05), I ² = 67.4%				Ī			
Test for overall effect: Z = 0	.71 (P = 0.48)								
					-10 -5	0	5 10		
					Favours trea	tment Favo	ours control		

Review: PP07

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

Outcome:

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 BDI scores up to 6-mont	hs' follow-up								
Shapiro1994 (Mild)	10	8.57(8.73)	10	11.00(6.73)			-	36.63	-0.30 [-1.18, 0.58]
Shapiro1994 (Mod)	8	11.00(7.35)	10	5.80(6.13)			 -	30.38	0.74 [-0.23, 1.71]
Shapiro1994 (UK)	8	12.00(8.78)	10	11.40(10.81)			-	32.99	0.06 [-0.87, 0.99]
Subtotal (95% CI)	26		30				•	100.00	0.13 [-0.40, 0.67]
Test for heterogeneity: Chi ² Test for overall effect: Z = 0									
					-10	-5	0 5	10	

Favours treatment Favours control

Review: PP08

03 Short-term psychodynamic psychotherapy versus CBT Comparison:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SM	ID (randor 95% CI	n)	Weight %	SMD (random) 95% CI
01 BDI scores up to 1-year	follow-up									
Shapiro1994 (Mild)	. 9	2.44(4.87)	9	9.67(8.05)			-		33.52	-1.04 [-2.04, -0.04]
Shapiro1994 (Mod)	7	7.43(6.73)	8	3.25(3.01)			+-		32.10	0.77 [-0.29, 1.84]
Shapiro1994 (UK)	9	7.23(6.49)	8	10.88(13.13)			-		34.38	-0.34 [-1.30, 0.62]
Subtotal (95% CI)	25		25				•		100.00	-0.22 [-1.22, 0.79]
Test for heterogeneity: Chi ²	= 5.96, df = 2	P = 0.05), I ² = 66.5%					1			
Test for overall effect: Z = 0	.42 (P = 0.67)	,								
					-10	-5	0	5	10	
					Favou	rs treatme	ent Fav	ours con	trol	

Review: PP09

03 Short-term psychodynamic psychotherapy versus CBT 05 Depression scores: dichotomous outcomes Comparison:

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Still met RDC criteria for de	epression post-treatment				
Gallagher-Th1994 (US)	17/30	12/36		100.00	1.70 [0.97, 2.97]
Subtotal (95% CI)	30	36		100.00	1.70 [0.97, 2.97]
Total events: 17 (treatment), 1 Test for heterogeneity: not app Test for overall effect: Z = 1.86	olicable				
Total (95% CI) Total events: 17 (treatment), 1 Test for heterogeneity: not app Test for overall effect: Z = 1.86	olicable	36		100.00	1.70 [0.97, 2.97]
		0	.1 0.2 0.5 1 2	5 10	
		F	avours treatment Favours co	ontrol	

Review: PP10

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

Study or sub-category	Treatment n/N	Control n/N		RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Still met RDC criteria for de	epression at 3 months fol	low-up				
Gallagher-Th1994 (US)	19/30	17/36		+	100.00	1.34 [0.86, 2.08]
Subtotal (95% CI)	30	36			100.00	1.34 [0.86, 2.08]
Total events: 19 (treatment), 1	17 (control)					
Test for heterogeneity: not app	plicable					
Test for overall effect: Z = 1.3	1 (P = 0.19)					
			0.1 0.2	0.5 1 2	5 10	
			Favours treat	ment Favour	rs control	

Review:

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

01 Leaving the study early for any reason Outcome:

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

Review: PP12

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

Outcome: 02 Non-remitters

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

Review:

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

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)			MD (fixed) 95% CI		Weight %	WMD (fixed) 95% CI
Burnand2002	35	8.90(7.00)	39	9.70(7.30)			-	:	100.00	-0.80 [-4.06, 2.46]
Total (95% CI) Test for heterogeneity: no Test for overall effect: Z =			39			~		:	100.00	-0.80 [-4.06, 2.46]
					-10	-5	Ö	5 10		
					Favou	ırs treatmei	nt Favoi	urs control		

PP14 Review:

Outcome:

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

01 Depression scores: continuous measures at endpoint

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 HRSD score								
DEJONGHE2004	107	18.14(3.37)	101	17.99(3.57)		=	100.00	0.04 [-0.23, 0.32]
Subtotal (95% CI)	107		101			•	100.00	0.04 [-0.23, 0.32]
Test for heterogeneity: not	applicable							
Test for overall effect: Z = 0								
Total (95% CI)	107		101			•	100.00	0.04 [-0.23, 0.32]
Test for heterogeneity: not	applicable							
Test for overall effect: Z = 0	0.31 (P = 0.76)							
				-	-4 -:	2 0 2	4	

Favours treatment Favours control

Review:

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

02 Leaving the study early Outcome:

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

Review: PP16

06 Short-term psychodynamic psychotherapy versus wait list 01 Depression scores: continuous measures at endpoint Comparison: Outcome:

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

PP17 Review:

Outcome:

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

Study or sub-category N		Treatment Mean (SD)	N	Control Mean (SD)	5	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint HAM-D scores								
MAINA2005	0	12.10(3.20)	10	14.80(2.00)		-	100.00	-0.97 [-1.91, -0.03]
Subtotal (95% CI)	0		10				100.00	-0.97 [-1.91, -0.03]
Test for heterogeneity: not applicable Test for overall effect: Z = 2.02 (P = 0								
Total (95% CI) 1. Test for heterogeneity: not applicable Test for overall effect: Z = 2.02 (P = 0			10			•	100.00	-0.97 [-1.91, -0.03]
					-10 -5	0 5	10	
					Favours treatm	ent Favours co	ontrol	

Review:

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

Outcome:

KOOL2003 with PD 36 1.89 (8.06) 49 11.10 (7.83) 50.47 -1.15 [-1.6 Subtotal (95% CI) 56 72 100.00 0.16 [-2.4 Test for heterogeneity: Chi² = 39.30, df = 1 (P <0.00001), I² = 97.5% Test for overall effect: Z = 0.12 (P = 0.90)		SMD (rand 95% C	Weight %	SMD (random) 95% CI	Control Mean (SD)	N	Treatment Mean (SD)	N	Study or sub-category
KOOL2003 with PD 36 1.89 (8.06) 49 11.10 (7.83) 50.47 -1.15 [-1.6 Subtotal (95% CI) 56 72 100.00 0.16 [-2.4 Test for heterogeneity: Chi² = 39.30, df = 1 (P < 0.00001), I² = 97.5% Test for overall effect: Z = 0.12 (P = 0.90) 56 72 100.00 0.16 [-2.4 test for heterogeneity chi² = 30.00 0.16 [-2.4 test for het									01 HAM-D-17 score
Subtotal (95% CI) 56 72 100.00 0.16 [-2.4 Test for heterogeneity: Chi² = 39.30, df = 1 (P <0.00001), l² = 97.5% Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 100.00 0.16 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90) 72 [-2.4 Test for overall effect: Z = 0.12 (P = 0.90)	1, 2.18]	1.50 [0.81,	49.53		11.09(6.52)	23	23.25(9.37)	20	KOOL2003 no PD
Test for heterogeneity: Chi² = 39.30, df = 1 (P <0.00001), l² = 97.5% Test for overall effect: Z = 0.12 (P = 0.90) Total (95% CI) 56 72 100.00 0.16 [-2.4]	52, -0.69]	-1.15 [-1.62,	50.47	=	11.10(7.83)	49	1.89(8.06)	36	KOOL2003 with PD
Test for heterogeneity: Chi² = 39.30, df = 1 (P <0.00001), l² = 97.5% Test for overall effect: Z = 0.12 (P = 0.90) Total (95% CI) 56 72 100.00 0.16 [-2.4]	14, 2.76]	0.16 [-2.44,	100.00			72		56	Subtotal (95% CI)
Y C.									
Fest for overall effect: Z = 0.12 (P = 0.90)	14, 2.76]	0.16 [-2.44,	100.00	+				39.30, df = 1	Γest for heterogeneity: Chi ² =

Favours treatment Favours control

Review:

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

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

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Review: PP20

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

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

Review: PP21

Comparison: 09 Sub-analysis Guthrie1999

Outcome: 01 Short-term psychodynamic psychotherapy versus TAU

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)		SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 SCL-90-R at end point								
GUTHRIE1999	55	2.30(0.89)	55	2.44(0.89)			50.11	-0.16 [-0.53, 0.22]
Subtotal (95% CI)	55		55			•	50.11	-0.16 [-0.53, 0.22]
Test for heterogeneity: not ap Test for overall effect: Z = 0.8								
02 SCL-90-R at 6 months								
GUTHRIE1999	55	2.16(1.04)	55	2.44(1.26)		-	49.89	-0.24 [-0.62, 0.13]
Subtotal (95% CI)	55		55			•	49.89	-0.24 [-0.62, 0.13]
Test for heterogeneity: not ap Test for overall effect: Z = 1.2								
Total (95% CI)	110		110			•	100.00	-0.20 [-0.46, 0.07]
Test for heterogeneity: Chi ² = Test for overall effect: Z = 1.4		P = 0.75), I ² = 0%						
					-4 -2	0 2	4	
					Favours trea	atment Favours of	control	

Rational emotive behaviour therapy

Review: REBT01

Comparison: 01 REBT versus antidepressants

Outcome: 01 Depression scores: continuous measures

Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% CI	Weight %	SMD (fixed) 95% CI
01 Mean at endpoint BDI	scores						
DAVID2008	57	10.40(6.90)	57	10.90(6.80)		49.98	-0.07 [-0.44, 0.29]
Subtotal (95% CI)	57		57			49.98	-0.07 [-0.44, 0.29]
est for heterogeneity: no	t applicable						
Test for overall effect: Z =							
2 Mean at endpoint HRS	SD scores						
DAVID2008	57	8.80(7.40)	57	8.80(6.70)		50.02	0.00 [-0.37, 0.37]
Subtotal (95% CI)	57		57			50.02	0.00 [-0.37, 0.37]
est for heterogeneity: no	t applicable				T		
est for overall effect: Z =	0.00 (P = 1.00)						
otal (95% CI)	114		114			100.00	-0.04 [-0.30, 0.22]
est for heterogeneity: Ch	$ni^2 = 0.07$, $df = 1$	$P = 0.78$), $I^2 = 0\%$					
est for overall effect: Z =	0.27 (P = 0.78)	,					
	. , ,				+ +	- :	
					-1 -0.5 0 0.5	1	

Favours treatment Favours control

Review: REBT02

Comparison: 01 REBT versus antidepressants

Outcome: 02 Relapse

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% CI	Weight %	RR (fixed) 95% CI
01 Relapse at 6-month follow-up (no	continuation treat	ment)			
DAVID2008	1/48	5/47		100.00	0.20 [0.02, 1.61]
Subtotal (95% CI)	48	47		100.00	0.20 [0.02, 1.61]
Total events: 1 (treatment), 5 (contro Test for heterogeneity: not applicabl Test for overall effect: Z = 1.52 (P =	e [']				
Total (95% CI) Total events: 1 (treatment), 5 (controller for heterogeneity: not applicable) Test for overall effect: Z = 1.52 (P =	e [′]	47		100.00	0.20 [0.02, 1.61]
		0.1	0.2 0.5 1 2	5 10	
		Fa	vours treatment Favours of	ontrol	

REBT03 Review:

Comparison: 01 REBT versus antidepressants
Outcome: 03 Leaving study early

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