Appendix A. Search string for PubMed.

(Psychotherapy [MH] OR psychotherap\*[All Fields] OR cbt[All Fields] OR "behavior therapies"[All Fields] OR "behavior therapy"[All Fields] OR "behavior therapeutic"[All Fields] OR "behavior therapeutical"[All Fields] OR "behavior therapeutics"[All Fields] OR "behavior therapeutist"[all Fields] OR "behavior therapeutists"[All Fields] OR "behavior treatment"[All Fields] OR "behavior treatments"[All Fields] OR "behaviors therapies"[All Fields] OR "behaviors therapy"[All Fields] OR "behaviors therapeutics"[All Fields] OR "behaviors therapeutic"[All Fields] OR "behaviors therapeutical"[All Fields] OR "behaviors therapeutist"[All Fields] OR "behaviors therapeutists"[All Fields] OR "behaviors treatment"[All Fields] OR "behaviors treatments"[All Fields] OR "behavioral therapies"[All Fields] OR "behavioral therapy"[All Fields] OR "behavioral therapeutics"[All Fields] OR "behavioral therapeutic"[All Fields] OR "behavioral therapeutical"[All Fields] OR "behavioral therapeutist"[All Fields] OR "behavioral therapeutists"[All Fields] OR "behavioral treatment"[All Fields] OR "behavioral treatments"[All Fields] OR "behaviour therapies"[All Fields] OR "behaviour therapy"[All Fields] OR "behaviour therapeutic"[All Fields] OR "behaviour therapeutical"[All Fields] OR "behaviour therapeutics"[All Fields] OR "behaviour therapeutist"[all Fields] OR "behaviour therapeutists"[All Fields] OR "behaviour treatment"[All Fields] OR "behaviour treatments"[All Fields] OR "behaviours therapies"[All Fields] OR "behaviours therapy"[All Fields] OR "behaviours therapeutics"[All Fields] OR "behaviours therapeutic"[All Fields] OR "behaviours therapeutical"[All Fields] OR "behaviours therapeutist"[All Fields] OR "behaviours therapeutists"[All Fields] OR "behaviours treatment"[All Fields] OR "behaviours treatments"[All Fields] OR "behavioural therapies"[All Fields] OR "behavioural therapy"[All Fields] OR "behavioural therapeutics"[All Fields] OR "behavioural therapeutic"[All Fields] OR "behavioural therapeutical"[All Fields] OR "behavioural therapeutist"[All Fields] OR "behavioural therapeutists"[All Fields] OR "behavioural treatment"[All Fields] OR "behavioural treatments"[All Fields] OR "cognition therapies"[All Fields] OR "cognition therapie"[All Fields] OR "cognition therapy"[All Fields] OR "cognition therapeutical"[All Fields] OR "cognition therapeutic"[All Fields] OR "cognition therapeutics"[All Fields] OR "cognition therapeutist"[All Fields] OR "cognition therapeutists"[All Fields] OR "cognition treatment"[All Fields] OR "cognition treatments"[All Fields] OR psychodynamic[All Fields] OR Psychoanalysis[MH] OR psychoanalysis[All Fields] OR psychoanalytic\*[All Fields] OR counselling[All Fields] OR counseling[All Fields] OR Counseling[MH] OR "problem-solving"[All Fields] OR mindfulness[All Fields] OR (acceptance[All Fields] therapeutists"[All Fields] OR "meta-cognitive treatment"[All Fields] OR "meta-cognitive treatments"[All Fields] OR "solution-focused therapies"[All Fields] OR "solution-focused therapy"[All Fields] OR "solution-focused therapeutic"[All Fields] OR "solution-focused therapeutics"[All Fields] OR "solution-focused therapeutical"[All Fields] OR "solution focused therapies"[All Fields] OR "solution focused therapy"[All Fields] OR "solution focused therapeutic"[All Fields] OR "solution focused therapeutics"[All Fields] OR "solution focused therapeutical"[All Fields]OR "solution-focussed therapies"[All Fields] OR "solution-focussed therapy"[All Fields] OR "solution-focussed therapeutic"[All Fields] OR "solution-focussed therapeutics"[All Fields] OR "solution-focussed therapeutical"[All Fields]OR "solution focussed therapies"[All Fields] OR "solution focussed therapy"[All Fields] OR "solution focussed therapeutic"[All Fields] OR "solution focussed therapeutics"[All Fields] OR "solution focussed therapeutical"[All Fields] OR "self-control therapies"[All Fields] OR "self-control therapy"[All Fields] OR "self-control therapeutics"[All Fields] OR "self-control therapeutical"[All Fields] OR "self-control therapeutic"[All Fields] OR "self-control training"[All Fields] OR "self-control trainings"[All Fields] OR "self control therapies"[All Fields] OR "self control therapy"[All Fields] OR "self control therapeutics"[All Fields] OR "self control therapeutical"[All Fields] OR "self control therapeutic"[All Fields] OR "self control training"[All Fields] OR "self control trainings"[All Fields] AND (Depressive Disorder[MH] OR Depression[MH]OR dysthymi\*[All Fields] OR "affective disorder"[All Fields]OR "affective disorders"[All Fields] OR "mood disorder"[All Fields] OR "mood disorders"[All Fields] OR depression\*[All Fields] OR depressive\*[All Fields] OR "dysthymic disorder"[MeSH Terms]) AND ((randomized controlled trial [pt] OR controlled clinical trial [pt] OR randomized [tiab] OR randomly [tiab] NOT (animals[mh] NOT (animals[mh] AND humans [mh]))

Appendix B. Flowchart of the inclusion of trials



Appendix C. Selected characteristics of included studies

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Study* | *Target Group* | *Diag* | *Type* | *Format* | *Nsess* | *Control* | *Region* | *RoBa)* |
| Alexopoulos, 201 | Elderly | Diag | PST | Ind | 12 | Other | USA | + – + + |
| Allart, 200 | Adults | cutoff | CBT | Grp | 12 | CAU | EU | – – SR – |
| Ammerman, 201 | Women with PPD | Diag | CBT | Ind | 15 | CAU | USA | – + + + |
| Andersson, 200 | Adults | cutoff | CBT | Gsh | 5 | Other | EU | + + SR + |
| Arean, 1993 ps | Elderly | Diag | PST | Grp | 12 | WL | USA | – – + – |
| Arean, 1993 rem | Elderly | Diag | Other | Grp | 12 | WL | USA | – – + – |
| Armento, 201 | Adults | cutoff | BAT | Ind | 1 | Other | USA | – – SR + |
| Ayen, 2004 cb | Adults | Diag | CBT | Grp | 12 | WL | EU | – – SR + |
| Ayen, 2004 sup | Adults | Diag | SUP | Grp | 12 | WL | EU | – – SR + |
| Barber, 201 | Adults | Diag | DYN | Ind | 20 | Other | USA | + – + + |
| Barlow, 1986 | Elderly | cutoff | Other | Grp | 6 | WL | USA | – – SR – |
| Barnhofer, 2009 | Adults | Diag | MBCT | Grp | 8 | CAU | EU | + + SR + |
| Barrera, 1979 | Adults | cutoff | BAT | Grp | 8 | WL | USA | – – SR – |
| Barret, 2001 | Adults | Diag | PST | Ind | 6 | Other | USA | + + SR + |
| Beach, 1992 ind | Other | Diag | CBT | Ind | 18 | WL | USA | – – SR – |
| Beach, 1992 mar | Other | Diag | CBT | Other | 18 | WL | USA | – – SR – |
| Bedard, 2014 | General Med. Dis. | cutoff | MBCT | Grp | 10 | WL | USA | + + SR – |
| Beeber, 2010 | Other | cutoff | IPT | Ind | 16 | CAU | USA | – – SR – |
| Berger, 2011 | Adults | Diag | CBT | Gsh | 10 | WL | EU | + + SR + |
| Beutel, 2014 | General Med. Dis. | Diag | DYN | Ind | 20 | CAU | EU | + + + + |
| Bohlmeijer, 2011 | Adults | cutoff | Other | Grp | 8 | WL | EU | + + SR + |
| Bolton, 2003 | Adults | Diag | IPT | Grp | 16 | CAU | Africa | + – SR + |
| Bowman, 1995 cogn | Adults | cutoff | CBT | Gsh | 4 | WL | USA | – – – – |
| Bowman, 1995 se | Adults | cutoff | PST | Gsh | 4 | WL | USA | – – – – |
| Brown, 1984 grp | Adults | Diag | CBT | Grp | 12 | WL | USA | – – SR – |
| Brown, 1984 gsh | Adults | Diag | CBT | Gsh | 12 | WL | USA | – – SR – |
| Brown, 1984 ind | Adults | Diag | CBT | Ind (tel) | 12 | WL | USA | – – SR – |
| Buhrman, 2015 | General Med. Dis. | cutoff | CBT | Gsh | 8 | Other | EU | + + SR + |
| Buntrock, 2015 | Adults | cutoff | CBT | Gsh | 6 | CAU | EU | + + + + |
| Burns, 2007 | Elderly | cutoff | Other | Ind | 6 | CAU | EU | + + + + |
| Burns, 2013 | Women with PPD | cutoff | CBT | Ind | 12 | CAU | EU | + + SR + |
| Carlbring, 2013 | Adults | Diag | Other | Gsh | 7 | WL | EU | + + SR + |
| Carr, 2016 | Adults | Diag | Other | Grp | 20 | CAU | EU | – – + + |
| Carrington, 1979 cbt | Other | Diag | CBT | Ind | 12 | WL | USA | – – SR – |
| Carrington, 1979 dyn | Other | Diag | DYN | Ind | 12 | WL | USA | – – SR – |
| Carta, 2012 | Adults | Diag | CBT | Ind | 23 | CAU | EU | – – SR – |
| Casanas, 2012 | Adults | Diag | CBT | Grp | 12 | CAU | EU | + + SR + |
| Castonguay, 2004 | Adults | Diag | CBT | Ind | 16 | WL | USA | – – + – |
| Chan, 2012 - CBT | Adults | Diag | CBT | Ind | 10 | WL | Asia | – + + – |
| Chan, 2012 – MBCT | Adults | Diag | Other | Ind | 10 | WL | Asia | – + + – |
| Chan, 2013 | Older Adults | Cutoff | Other | Ind | 5 | CAU | Asia | + – SR + |
| Chen, 2000 | Women with PPD | Cutoff | SUP | Grp | 4 | CAU | Asia | – – SR – |
| Chesney, 2003 | General Med. Dis. | cutoff | Other | Grp | 10 | WL | USA | – – SR – |
| Chiang, 2015 | Adults | Diag | CBT | Grp | 12 | CAU | Asia | + + + – |
| Cho, 2008 | Women with PPD | Diag | CBT | Ind | 9 | CAU | Asia | – – SR – |
| Choi, 2012 | Other | Diag | CBT | Gsh | 6 | WL | AUS | + + SR – |
| Choi, 2013 ftf | Elderly | cutoff | PST | Ind | 6 | WL | USA | – – – + |
| Choi, 2013 tel | Elderly | cutoff | PST | Ind (tel) | 6 | WL | USA | – – – + |
| Chowdhary, 2016 | Adults | cutoff | BAT | Ind | 7 | CAU | Asia | + – SR + |
| Choy, 2016 | Elderly | cutoff | Other | Grp | 8 | WL | Asia | – – SR – |
| Chronis, 2013 | Other | cutoff | CBT | Grp | 14 | Other | USA | – – SR + |
| Clark, 2003 ipt | Women with PPD | Diag | IPT | Ind | 12 | WL | USA | – – SR – |
| Clark, 2003 m-itg | Women with PPD | Diag | Other | Grp | 12 | WL | USA | – – SR – |
| Clark, 2008 | Women with PPD | Diag | Other | Grp | 12 | WL | USA | – – SR – |
| Cohen, 2010 | Adults | Diag | Other | Ind | 5 | WL | USA | – – + – |
| Cooper, 2003 cbt | Women with PPD | Diag | CBT | Ind | 10 | CAU | EU | + + SR – |
| Cooper, 2003 dyn | Women with PPD | Diag | DYN | Ind | 10 | CAU | EU | + + SR – |
| Cooper, 2003 sup | Women with PPD | Diag | SUP | Ind | 10 | CAU | EU | + + SR – |
| Cramer, 2011 | Other | cutoff | CBT | Grp | 12 | CAU | EU | + – SR + |
| Cullen, 2002 | Adults | Diag | BAT | Ind | 10 | WL | USA | – – SR – |
| Dekker, 2012 | General Med. Dis. | cutoff | CBT | Ind | 2 | CAU | USA | + + SR + |
| DeRubeis, 2005 | Adults | Diag | CBT | Ind | 20 | Other | USA | – – + + |
| Dimidjian, 2006 ba | Adults | Diag | CBT | Ind | 24 | Other | USA | + – + + |
| Dimidjian, 2006 ct | Adults | Diag | BAT | Ind | 24 | Other | USA | + – + + |
| Dindo, 2012 | General Med. Dis. | Diag | Other | Grp | 1 | WL | USA | – – – + |
| Dobkin, 2011 | General Med. Dis. | Diag | CBT | Ind | 10 | CAU | USA | + – + + |
| Doering, 2013 | General Med. Dis. | Diag | CBT | Ind | 8 | CAU | USA | + – SR + |
| Dowrick, 2000 cwd | Adults | Diag | CBT | Grp | 12 | CAU | EU | + + SR + |
| Dowrick, 2000 pst | Adults | Diag | PST | Ind | 6 | CAU | EU | + + SR + |
| Duarte, 2009 | General Med. Dis. | Diag | CBT | Grp | 12 | CAU | L-Am | – + SR – |
| Duchac, 2002 | Other | Diag | CBT | Grp | 6 | CAU | USA | + – – + |
| Dwight-Johnson, 2011 | Other | cutoff | CBT | Ind | 8 | CAU | USA | + – + + |
| Ebert, 2014 | Adults | cutoff | PST | Gsh | 5 | WL | EU | + + SR + |
| Ekers, 2011 | Adults | Diag | BAT | Ind | 12 | CAU | EU | + + SR + |
| Ekkers, 2011 | Elderly | Diag | Other | Grp | 7 | CAU | EU | – + SR + |
| Elkin, 1989 cbt | Adults | Diag | CBT | Ind | 16 | Other | USA | + – + – |
| Elkin, 1989 ipt | Adults | Diag | IPT | Ind | 16 | Other | USA | + – + – |
| Epstein, 1986 | Adults | Diag | CBT | Grp | 8 | WL | USA | – – SR – |
| Evans, 1995 cbt | General Med. Dis. | cutoff | CBT | Grp | 8 | Other | USA | – – SR – |
| Evans, 1995 sup | General Med. Dis. | cutoff | SUP | Grp | 8 | Other | USA | – – SR – |
| Fann, 2015 ind | General Med. Dis. | Diag | CBT | Ind | 12 | CAU | USA | + – + – |
| Fann, 2015 tel | General Med. Dis. | Diag | CBT | Ind (tel) | 12 | CAU | USA | + – + – |
| Faramarzi, 2008 | Other | Diag | CBT | Grp | 10 | CAU | Africa | – – SR – |
| Fledderus, 2012 act-e | Adults | cutoff | Other | Gsh | 9 | WL | EU | + – SR + |
| Fledderus, 2012 act-m | Adults | cutoff | Other | Gsh | 9 | WL | EU | + – SR + |
| Floyd, 2004 gsh | Elderly | Diag | CBT | Gsh | 4 | WL | USA | – – – – |
| Floyd, 2004 ind | Elderly | Diag | CBT | Ind | 16 | WL | USA | – – – – |
| Folke, 2012 | Other | Diag | Other | Other | 6 | CAU | EU | – – SR + |
| Fonagy, 2015 | Adults | Diag | DYN | Ind | 60 | CAU | EU | + + + + |
| Forsyth, 2000 | Students | Diag | IPT | Grp | 4 | WL | USA | – – SR – |
| Freedland, 2009 cbt | General Med. Dis. | Diag | CBT | Ind | 12 | CAU | USA | + + + + |
| Freedland, 2009 ssm | General Med. Dis. | Diag | SUP | Ind | 12 | CAU | USA | + + + + |
| Freedland, 2015 | General Med. Dis. | Diag | CBT | Ind | 24 | CAU | USA | + + + + |
| Frothingham, 2005 | General Med. Dis. | Diag | CBT | Grp | 8 | Other | USA | – – SR – |
| Fry, 1983 str rem | Elderly | cutoff | Other | Ind | 5 | Other | USA | – – SR – |
| Fry, 1983 unstr rem | Elderly | cutoff | Other | Ind | 5 | Other | USA | – – SR – |
| Furukawa, 2012 | Adults | Cutoff | CBT | Ind | 8 | WL | Asia | + + SR + |
| Garcia-Pena, 2015 | Older Adults | Cutoff | CBT | Grp | 12 | CAU | L-Am | + – SR – |
| Gawrysiak, 2009 | Students | cutoff | BAT | Ind | 1 | CAU | USA | – – SR + |
| Gehr, 1988 | Adults | cutoff | Other | Ind | 7 | Other | USA | – – SR – |
| Gellis, 2010 | Elderly | cutoff | PST | Ind | 6 | CAU | USA | + – + – |
| Geraedts, 2014 | Adults | cutoff | CBT | Gsh | 6 | CAU | EU | + + SR + |
| Gitlin, 2013 | Elderly | cutoff | Other | Ind | 10 | WL | USA | + + SR + |
| Goodman, 2015 | Women with PPD | cutoff | Other | Ind | 8 | CAU | USA | – + SR + |
| Grote, 2009 | Women with PPD | cutoff | IPT | Ind | 8 | CAU | USA | – – SR – |
| Hallford, 2016 | Adults | cutoff | Other | Ind | 6 | CAU | AUS | – + SR + |
| Hallgren, 2015 | Adults | cutoff | CBT | Gsh |  | CAU | EU | + + + – |
| Hamamci, 2006 - CT | Students | Cutoff | CBT | Grp | 11 | CAU | EU | – – SR – |
| Hamamci, 2006 – CT+DR | Students | Cutoff | CBT | Grp | 11 | CAU | EU | – – SR – |
| Hamdan-Mansour, 2009 | Students | Cutoff | CBT | Grp | 10 | CAU | Africa | – + SR – |
| Haringsma, 2005 | Elderly | cutoff | CBT | Grp | 10 | WL | EU | – – SR + |
| Harley, 2008 | Adults | Diag | Other | Grp | 16 | WL | USA | – – + – |
| Hassiotis, 2013 | Other | Diag | CBT | Ind | 16 | CAU | EU | – + SR + |
| Hautzinger, 2004 | Elderly | Diag | CBT | Grp | 12 | WL | EU | + – SR + |
| Hayman, 1980 | Adults | cutoff | Other | Grp | 8 | WL | USA | + – SR – |
| Heckman, 2011 cop | General Med. Dis. | cutoff | Other | Grp | 12 | Other | USA | + – SR + |
| Heckman, 2011 sup | General Med. Dis. | cutoff | Other | Grp | 12 | Other | USA | + – SR + |
| Hegerl, 2010 | Adults | cutoff | CBT | Grp | 10 | Other | EU | + + + + |
| Hermanns, 2015 | General Med. Dis. | cutoff | CBT | Grp | 5 | Other | EU | – + SR + |
| Herrmann-Lingen, 2016 | General Med. Dis. | cutoff | DYN | Other | 16 | CAU | EU | + – + + |
| Hobfoll, 2016 | Adults | cutoff | CBT | Gsh | 7 | WL | USA | + – SR + |
| Hogg, 1988 cogn | Students | cutoff | CBT | Grp | 8 | WL | USA | – – SR – |
| Hogg, 1988 interp | Students | cutoff | Other | Grp | 8 | WL | USA | – – SR – |
| Holden, 1989 | Women with PPD | Diag | SUP | Ind | 8 | CAU | EU | + – + – |
| Honey, 2002 | Women with PPD | cutoff | CBT | Grp | 8 | CAU | EU | – – SR + |
| Horrell, 2014 | Adults | cutoff | CBT | Grp | 4 | WL | EU | + + SR + |
| Hou, 2014 | Women with PPD | Diag | CBT | Other | 19 | CAU | Asia | – – SR – |
| Hsiao, 2014 | Adults | Diag | Other | Grp | 8 | Other | Asia | + – SR + |
| Huang, 2015 | General Med. Dis. | Cutoff | CBT | Grp | 12 | CAU | Asia | – – SR – |
| Hunter, 2012 | Other | cutoff | CBT | Grp | 18 | CAU | USA | – – SR + |
| Jamison, 1995 | Adults | Diag | CBT | Gsh | 4 | WL | USA | – – – – |
| Jarett, 1999 | Adults | Diag | CBT | Ind | 20 | Other | USA | – + + + |
| Jelinek, 2016 | Adults | Diag | Other | Grp | 8 | Other | EU | – – + + |
| Jesse, 2015 | Women with PPD | cutoff | CBT | Grp | 6 | CAU | USA | + + SR – |
| Jiang, 2014 | Women with PPD | Cutoff | Other | Ind |  | CAU | Asia | + – SR – |
| Johansson, 2012a | Adults | Diag | DYN | Gsh | 9 | Other | EU | + + SR + |
| Johansson, 2012b stand | Adults | Diag | CBT | Gsh | 8 | Other | EU | + + SR – |
| Johansson, 2012b tayl | Adults | Diag | CBT | Gsh | 10 | Other | EU | + + SR – |
| Johnson, 2012 | Other | Diag | IPT | Other | 33 | Other | USA | – + + + |
| Joling, 2011 | Elderly | cutoff | CBT | Gsh | 36 | CAU | EU | + + SR + |
| Kanter, 2015 | Other | Diag | BAT | Ind | 12 | CAU | USA | + – + + |
| Keeley, 2016 | Adults | Diag | Other | Ind | 2 | CAU | USA | + + + + |
| Kelly, 1993 cbt | General Med. Dis. | cutoff | CBT | Grp | 8 | CAU | USA | – – SR – |
| Kelly, 1993 sup | General Med. Dis. | cutoff | SUP | Grp | 8 | CAU | USA | – – SR – |
| Kessler, 2009 | Adults | Diag | CBT | Gsh | 10 | WL | EU | + + SR + |
| King, 2000 cbt | Adults | cutoff | CBT | Ind | 6 | CAU | EU | – + SR + |
| King, 2000 sup | Adults | cutoff | SUP | Ind | 6 | CAU | EU | – + SR + |
| Kivi, 2014 | Adults | Diag | CBT | Gsh | 7 | CAU | EU | – + SR – |
| Kleiboer, 2015 | Adults | cutoff | PST | Gsh | 5 | WL | EU | + + SR + |
| Korrelboom, 2012 | Adults | Diag | Other | Grp | 8 | CAU | EU | – + SR + |
| Korte, 2012 | Elderly | cutoff | Other | Grp | 8 | CAU | EU | + + SR + |
| Krampen, 1997 aut | Adults | Diag | Other | Ind | 20 | WL | EU | – – SR – |
| Krampen, 1997 ind | Adults | Diag | CBT | Ind | 20 | WL | EU | – – SR – |
| Laidlaw, 2008 | Elderly | Diag | CBT | Ind | 8 | CAU | EU | + + + – |
| Lamers, 2010 | Elderly | Diag | CBT | Ind | 6 | CAU | EU | + + SR + |
| Lamers, 2015 | Adults | cutoff | Other | Ind | 7 | CAU | EU | + + SR + |
| Landreville, 1997 | Elderly | cutoff | CBT | Gsh | 4 | WL | USA | – – SR – |
| Lappalainen, 2015 | Adults | Diag | Other | Gsh | 6 | WL | EU | – + SR + |
| Larcombe, 1984 | General Med. Dis. | Diag | CBT | Grp | 6 | WL | AUS | – – + – |
| Lemma, 2013 | Adults | cutoff | DYN | Grp | 8 | Other | EU | – – SR – |
| Lerner, 2015 | Adults | Diag | CBT | Ind (tel) | 8 | CAU | USA | + – SR + |
| Leung, 2013 | Women with PPD | Cutoff | CBT | Grp | 6 | CAU | Asia | – – SR + |
| Leung, 2016 | Women with PPD | cutoff | CBT | Grp | 6 | Other | Asia | – – SR – |
| Lexis, 2011 | Adults | cutoff | PST | Ind | 10 | CAU | EU | + – SR + |
| Linde, 2011 | Other | Diag | CBT | Grp | 26 | Other | USA | + + SR + |
| Liu, 2009 | Adults | Cutoff | CBT | Gsh | 10 | WL | Asia | – – SR – |
| Losada, 2015 act | Other | cutoff | Other | Ind | 8 | Other | EU | + – SR – |
| Losada, 2015 cbt | Other | cutoff | CBT | Ind | 8 | Other | EU | + – SR – |
| Lovell, 2008 | Adults | cutoff | CBT | Gsh | 7 | CAU | EU | – + SR + |
| Lundgren, 2016 | General Med. Dis. | cutoff | CBT | Gsh | 7 | Other | EU | + + SR + |
| Lustman, 1998 | General Med. Dis. | Diag | CBT | Ind | 10 | CAU | USA | + + SR – |
| Lynch, 1997 | Adults | cutoff | PST | Ind (tel) | 6 | CAU | USA | – – SR – |
| Lynch, 2004 | Adults | cutoff | PST | Ind (tel) | 6 | CAU | USA | – – + – |
| MacPherson, 2013 | Adults | cutoff | SUP | Ind | 12 | CAU | EU | + + SR + |
| Maina, 2005 bdt | Adults | Diag | DYN | Ind | 20 | WL | EU | – – + + |
| Maina, 2005 bsp | Adults | Diag | SUP | Ind | 20 | WL | EU | – – + + |
| Malouff, 1988 pst | Other | cutoff | PST | Grp | 4 | WL | USA | – – SR – |
| Malouff, 1988 ret | Other | cutoff | CBT | Grp | 4 | WL | USA | – – SR – |
| Martin, 2015 | General Med. Dis. | Diag | CBT | Ind | 12 | CAU | AUS | + + SR – |
| McClay, 2015 | Adults | cutoff | CBT | Grp gsh | 8 | CAU | EU | – + SR – |
| McIndoo, 2016 bat | Students | Diag | BAT | Ind | 4 | WL | USA | + – – + |
| McIndoo, 2016 mbct | Students | Diag | MBCT | Ind | 4 | WL | USA | + – – + |
| McKee, 2006 | Women with PPD | cutoff | CBT | Ind | 5 | CAU | USA | – – SR – |
| McKendree, 1998 beh | Adults | Diag | CBT | Gsh | 8 | WL | USA | – – + – |
| McKendree, 1998 cogn | Adults | Diag | CBT | Gsh | 8 | WL | USA | – – + – |
| Michalak, 2015 cbasp | Adults | Diag | Other | Grp | 10 | CAU | EU | + + + + |
| Michalak, 2015 mbct | Adults | Diag | MBCT | Grp | 8 | CAU | EU | + + + + |
| Milgrom, 2005 cbt | Women with PPD | Diag | CBT | Grp | 9 | CAU | AUS | + + SR + |
| Milgrom, 2005 grp sup | Women with PPD | Diag | SUP | Grp | 9 | CAU | AUS | + + SR + |
| Milgrom, 2005 ind sup | Women with PPD | Diag | SUP | Ind | 9 | CAU | AUS | + + SR + |
| Milgrom, 2011 nurse | Women with PPD | cutoff | CBT | Ind | 6 | CAU | AUS | + + SR + |
| Milgrom, 2011 psy | Women with PPD | cutoff | CBT | Ind | 6 | CAU | AUS | + + SR + |
| Milgrom, 2015 | Women with PPD | Diag | CBT | Ind | 8 | CAU | AUS | + + SR + |
| Milgrom, 2016 | Women with PPD | Diag | CBT | Gsh | 6 | CAU | AUS | + + SR + |
| Miller, 2002 | Adults | cutoff | IPT | Ind (tel) | 12 | CAU | USA | – – + – |
| Miranda, 2003 | Other | Diag | CBT | Other | 8 | CAU | USA | + + + + |
| Mohr, 2000 | General Med. Dis. | cutoff | CBT | Ind (tel) | 8 | CAU | USA | – – SR + |
| Mohr, 2011 | Adults | Diag | CBT | Ind (tel) | 16 | CAU | USA | – – + + |
| Mohr, 2013 | Adults | Diag | CBT | Gsh | 18 | WL | USA | + + SR + |
| Moldovan, 2013 | Students | cutoff | CBT | Gsh | 4 | WL | EU | + + SR + |
| Morris, 1975 | Other | cutoff | CBT | Grp | 6 | WL | USA | – – SR – |
| Mossey, 1996 | Elderly | cutoff | IPT | Ind | 10 | CAU | USA | – – SR – |
| Mukhtar, 2011 | Adults | Diag | CBT | Grp | 8 | WL | Asia | – – SR – |
| Mulcahey, 2010 | Women with PPD | Diag | IPT | Grp | 11 | CAU | AUS | + – – – |
| Mynors-Wallis, 1995 | Adults | Diag | PST | Ind | 6 | Other | EU | – + + – |
| Naeem, 2014 | Adults | Cutoff | CBT | Gsh | 7 | CAU | Asia | + – SR – |
| Nakimuli, 2015 | General Med. Dis. | Diag | Other | Grp | 8 | Other | Africa | + + SR + |
| Neugebauer, 2006 | Other | cutoff | IPT | Ind | 6 | CAU | USA | – – + + |
| Nezu, 1986 pf | Adults | Diag | PST | Grp | 8 | WL | USA | – – SR – |
| Nezu, 1986 pst | Adults | Diag | PST | Grp | 8 | WL | USA | – – SR – |
| Nezu, 1989 apst | Adults | Diag | PST | Grp | 10 | WL | USA | – – + – |
| Nezu, 1989 pst | Adults | Diag | PST | Grp | 10 | WL | USA | – – + – |
| Ng, 2013 | Older Adults | Cutoff | Other | Ind | 5 | CAU | Asia | – – SR – |
| Ngai, 2015 | Women with PPD | Cutoff | CBT | Other | 5 | CAU | Asia | + + SR + |
| Nobis, 2015 | General Med. Dis. | cutoff | Other | Gsh | 6 | Other | EU | + – SR + |
| Nollett, 2016 | General Med. Dis. | cutoff | PST | Ind | 6 | WL | EU | + + SR – |
| O'Hara, 2000 | Women with PPD | Diag | IPT | Ind | 12 | WL | USA | + – – + |
| O'Mahen, 2013a | Women with PPD | Diag | CBT | Ind | 12 | CAU | USA | + + SR + |
| O'Mahen, 2013b | Women with PPD | cutoff | BAT | Gsh | 11 | CAU | EU | + + SR – |
| Omidi, 2013 - CBT | Adults | Diag | CBT | Grp | 8 | CAU | Africa | – – SR – |
| Omidi, 2013 – MBCT | Adults | Diag | CBT | Grp | 8 | CAU | Africa | – – SR – |
| O'Neil, 2014 | General Med. Dis. | cutoff | CBT | Ind (tel) | 10 | CAU | AUS | + + + + |
| Pace, 1993 | Students | cutoff | CBT | Ind | 7 | WL | USA | – – SR – |
| Pagoto, 2013 | Other | Diag | BAT | Other | 26 | Other | USA | + + SR + |
| Pecheur, 1984 rcbm | Students | Diag | CBT | Ind | 8 | WL | USA | – – + – |
| Pecheur, 1984 scbm | Students | Diag | CBT | Ind | 8 | WL | USA | – – + – |
| Peden, 2000 | Students | cutoff | CBT | Grp | 6 | CAU | USA | – – SR – |
| Penckofer, 2012 | General Med. Dis. | cutoff | CBT | Grp | 8 | CAU | USA | + – SR + |
| Perini, 2009 | Adults | Diag | CBT | Gsh | 6 | WL | AUS | + – SR – |
| Petersen, 2014 | General Med. Dis. | Diag | IPT | Grp | 8 | CAU | Africa | + – SR – |
| Pibernik, 2009 | General Med. Dis. | cutoff | CBT | Grp | 4 | CAU | EU | – + SR – |
| Poleshuck, 2014 | General Med. Dis. | Diag | IPT | Ind | 8 | CAU | USA | + – – + |
| Pot, 2010 | Elderly | cutoff | Other | Grp | 12 | Other | EU | – + SR + |
| Pots, 2014 | Adults | cutoff | MBCT | Grp | 11 | WL | EU | + + SR + |
| Pots, 2016 | Adults | cutoff | ACT | Gsh | 9 | WL | EU | + + SR + |
| Power, 2012 cbt | Adults | Diag | CBT | Ind | 16 | CAU | EU | – – SR + |
| Power, 2012 ipt | Adults | Diag | IPT | Ind | 16 | CAU | EU | – – SR + |
| Prendergast, 2001 | Women with PPD | Diag | CBT | Ind | 6 | Other | AUS | + – – – |
| Preschl, 2012 | Elderly | cutoff | Other | Ind | 8 | WL | EU | + – SR + |
| Propst, 1992 nrct-nt | Adults | cutoff | CBT | Ind | 18 | Other | USA | – – + – |
| Propst, 1992 nrct-rt | Adults | cutoff | CBT | Ind | 18 | Other | USA | – – + – |
| Propst, 1992 rct-nt | Adults | cutoff | CBT | Ind | 18 | Other | USA | – – + – |
| Propst, 1992 rct-rt | Adults | cutoff | CBT | Ind | 18 | Other | USA | – – + – |
| Puckering, 2010 | Women with PPD | cutoff | Other | Grp | 14 | WL | EU | + – SR – |
| Pugh, 2014 | Women with PPD | cutoff | CBT | Gsh | 12 | WL | USA | + + SR – |
| Qiu, 2013 | General Med. Dis. | Diag | CBT | Grp | 10 | WL | Asia | + + + + |
| Rahman, 2008 | Women with PPD | Diag | CBT | Ind | 16 | Other | Asia | + + + – |
| Ransom, 2008 | General Med. Dis. | Diag | IPT | Ind | 6 | CAU | USA | – – SR + |
| Rehm, 1981 sc | Adults | cutoff | Other | Grp | 7 | WL | USA | – – SR – |
| Rehm, 1981 sm | Adults | cutoff | Other | Grp | 7 | WL | USA | – – SR – |
| Rehm, 1981 sm+se | Adults | cutoff | Other | Grp | 7 | WL | USA | – – SR – |
| Rehm, 1981 sm+sr | Adults | cutoff | Other | Grp | 7 | WL | USA | – – SR – |
| Richards, 2015 | Adults | cutoff | CBT | Gsh | 7 | WL | EU | – + SR + |
| Rizvi, 2015 | Adults | Diag | CBT | Ind | 14 | WL | USA | – – – – |
| Rohan, 2007 | Adults | Diag | CBT | Grp | 12 | WL | USA | + – + + |
| Rohde, 2016 | Students | cutoff | CBT | Grp | 6 | Other | USA | + – + + |
| Rohen, 2002 | Adults | cutoff | CBT | Gsh | 4 | WL | USA | – – + + |
| Rohricht, 2013 | Adults | Diag | Other | Grp | 20 | Other | EU | + + + + |
| Ross, 1985 | Adults | Diag | CBT | Other | 12 | WL | EU | – – SR – |
| Rosso, 2016 | Adults | Diag | CBT | Gsh | 6 | Other | USA | – – + + |
| Rude, 1986 | Other | cutoff | Other | Grp | 12 | WL | USA | – – SR – |
| Ruwaard, 2009 | Adults | cutoff | CBT | Gsh | 8 | WL | EU | + – SR + |
| Safren, 2009 | General Med. Dis. | Diag | CBT | Ind | 11 | CAU | USA | – – + + |
| Safren, 2014 | General Med. Dis. | Diag | CBT | Ind | 11 | CAU | USA | + + + – |
| Safren, 2016 cbt | General Med. Dis. | Diag | CBT | Ind | 11 | CAU | USA | + – + + |
| Safren, 2016 sup | General Med. Dis. | Diag | SUP | Ind | 11 | CAU | USA | + – + + |
| Saloheimo, 2016 cwd | Adults | Diag | CBT | Grp | 10 | CAU | EU | + + + – |
| Saloheimo, 2016 ipt | Adults | Diag | IPT | Ind | 10 | CAU | EU | + + + – |
| Savard, 2006 | General Med. Dis. | cutoff | CBT | Ind | 8 | WL | USA | + + + – |
| Schmidt, 1983 gsh | Adults | cutoff | CBT | Other | 8 | WL | USA | – – SR – |
| Schmidt, 1983 ind | Adults | cutoff | CBT | Ind | 8 | WL | USA | – – SR – |
| Schmidt, 1983 lgrp | Adults | cutoff | CBT | Grp | 8 | WL | USA | – – SR – |
| Schmidt, 1983 sgrp | Adults | cutoff | CBT | Grp | 8 | WL | USA | – – SR – |
| Schmitt, 1988 pst | Adults | Diag | PST | Grp | 12 | WL | USA | – – – – |
| Schmitt, 1988 sst | Adults | Diag | Other | Grp | 12 | WL | USA | – – – – |
| Schulberg, 1996 | Adults | Diag | IPT | Ind | 16 | CAU | USA | – – + + |
| Scogin, 1987 | Elderly | cutoff | CBT | Gsh | 4 | Other | USA | – – – – |
| Scogin, 1989 beh | Elderly | cutoff | CBT | Gsh | 4 | WL | USA | – – – – |
| Scogin, 1989 cogn | Elderly | cutoff | CBT | Gsh | 4 | WL | USA | – – – – |
| Scogin, 2014 | Elderly | cutoff | CBT | Ind | 16 | Other | USA | + + SR + |
| Scott, 1990 cgt | Adults | Diag | CBT | Grp | 12 | WL | EU | – – SR + |
| Scott, 1990 ict | Adults | Diag | CBT | Ind | 12 | WL | EU | – – SR + |
| Scott, 1992 cbt | Adults | Diag | CBT | Ind | 16 | CAU | EU | – + + – |
| Scott, 1992 sup | Adults | Diag | SUP | Ind | 16 | CAU | EU | – + + – |
| Scott, 1997 | Adults | Diag | CBT | Ind | 6 | CAU | EU | – – + – |
| Segre, 2015 | Other | cutoff | Other | Ind | 6 | WL | USA | + – + + |
| Selmi, 1990 ccbt | Adults | Diag | CBT | Other | 6 | WL | USA | – – + + |
| Selmi, 1990 icbt | Adults | Diag | CBT | Ind | 6 | WL | USA | – – + + |
| Serfaty, 2009 | Elderly | Diag | CBT | Ind | 12 | CAU | EU | + + SR + |
| Serrano, 2004 | Elderly | cutoff | Other | Ind | 4 | CAU | EU | – – SR – |
| Serrano, 2012 | Elderly | Diag | Other | Ind | 4 | CAU | EU | – – + + |
| Shaw, 1977 ba | Students | cutoff | BAT | Grp | 4 | WL | USA | – – SR – |
| Shaw, 1977 cbt | Students | cutoff | CBT | Grp | 4 | WL | USA | – – SR – |
| Shaw, 1977 sup | Students | cutoff | SUP | Grp | 4 | WL | USA | – – SR – |
| Sheeber, 2012 | Women with PPD | cutoff | CBT | Gsh | 8 | WL | USA | + + SR + |
| Simoni, 2013 | General Med. Dis. | cutoff | CBT | Ind | 11 | CAU | EU | + + + + |
| Simpson, 2003 | Adults | cutoff | DYN | Ind | 5 | CAU | EU | + + SR + |
| Simson, 2008 | General Med. Dis. | cutoff | SUP | Ind | 5 | CAU | EU | – – SR + |
| Skinner, 1983 bat | Adults | cutoff | BAT | Ind | 5 | Other | USA | – – SR – |
| Skinner, 1983 cbt | Adults | cutoff | CBT | Ind | 5 | Other | USA | – – SR – |
| Sloane, 1985 | Elderly | Diag | IPT | Ind | 16 | Other | USA | – – – – |
| Smit, 2006 | Adults | Diag | CBT | Ind | 15 | CAU | EU | + + SR – |
| Songprakun, 2012 | Adults | Diag | CBT | Gsh | 8 | CAU | Asia | + + + – |
| Spek, 2007 | Elderly | cutoff | CBT | Grp | 10 | WL | EU | + + SR + |
| Spinelli, 2003 | Other | Diag | IPT | Ind | 16 | Other | USA | – – – + |
| Spinelli, 2013 | Women with PPD | Diag | IPT | Ind | 12 | Other | USA | + – – – |
| Sreevani, 2013 | Adults | Diag | Other | Grp | 4 | CAU | Asia | + – SR – |
| Strauss, 2012 | Adults | Diag | MBCT | Grp | 12 | CAU | EU | – – SR + |
| Strong, 2008 | General Med. Dis. | Diag | PST | Ind | 10 | CAU | EU | + + SR + |
| Sudweeks, 1996 cbt | Adults | cutoff | CBT | Grp | 6 | WL | USA | – – SR – |
| Sudweeks, 1996 hyp | Adults | cutoff | Other | Grp | 6 | WL | USA | – – SR – |
| Sudweeks, 1996 h+cbt | Adults | cutoff | CBT | Grp | 6 | WL | USA | – – SR – |
| Swartz, 2008 | Other | Diag | IPT | Ind | 8 | CAU | USA | – – – – |
| Takagaki, 2016 | Students | cutoff | BAT | Ind | 5 | CAU | Asia | + + SR + |
| Talbot, 2011 | Other | Diag | IPT | Ind | 16 | CAU | USA | – – – + |
| Taylor, 1977 ba | Students | cutoff | BAT | Ind | 6 | WL | USA | – – SR – |
| Taylor, 1977 cbt | Students | cutoff | CBT | Ind | 6 | WL | USA | – – SR – |
| Taylor, 1977 ct | Students | cutoff | CBT | Ind | 6 | WL | USA | – – SR – |
| Taylor, 2009 | General Med. Dis. | cutoff | CBT | Ind | 15 | WL | USA | – – + + |
| Teasdale, 1984 | Adults | Diag | CBT | Ind | 15 | CAU | EU | – – SR – |
| Teichman, 1995 - CMT | Adults | Diag | CBT | Ind | 13 | WL | Africa | – – SR – |
| Teichman, 1995 – CT | Adults | Diag | CBT | Ind | 13 | WL | Africa | – – SR – |
| Teri, 1997 ba | General Med. Dis. | Diag | BAT | Ind | 9 | CAU | USA | – – + – |
| Teri, 1997 pst | General Med. Dis. | Diag | PST | Ind | 9 | CAU | USA | – – + – |
| Titov, 2010 icbt-techn | Adults | Diag | CBT | Gsh | 6 | WL | AUS | + – SR – |
| Titov, 2010 icbt-ther | Adults | Diag | CBT | Gsh | 6 | WL | AUS | + – SR – |
| Titov, 2015 | Elderly | Cutoff | CBT | Gsh | 5 | WL | AUS | + + SR + |
| Tovote, 2014 cbt | General Med. Dis. | cutoff | CBT | Ind | 8 | WL | EU | + – – + |
| Tovote, 2014 mbct | General Med. Dis. | cutoff | CBT | Ind | 8 | WL | EU | + – – + |
| Turner, 1979 ba | Adults | cutoff | BAT | Ind | 5 | Other | USA | – – SR – |
| Turner, 2013 | General Med. Dis. | cutoff | CBT | Grp | 6 | Other | AUS | + + SR – |
| Tyson, 1987 ae | Adults | cutoff | Other | Grp | 4 | Other | USA | – – SR – |
| Tyson, 1987 in | Adults | cutoff | Other | Grp | 4 | Other | USA | – – SR – |
| Tyson, 1987 tu | Adults | cutoff | Other | Grp | 4 | Other | USA | – – SR – |
| Unlu, 2013 | Other | cutoff | PST | Gsh | 5 | WL | EU | + – SR + |
| Van Bastelaar, 2011 | General Med. Dis. | cutoff | CBT | Gsh | 8 | WL | EU | + + SR + |
| Van Schaik, 2006 | Elderly | Diag | IPT | Ind | 10 | CAU | EU | + – – + |
| Vazquez, 2013 | General Med. Dis. | cutoff | PST | Grp | 5 | CAU | EU | – + SR + |
| Verduyn, 2003 cbt | Other | cutoff | CBT | Grp | 16 | CAU | EU | – + + – |
| Verduyn, 2003 sup | Other | cutoff | SUP | Grp | 16 | CAU | EU | – + + – |
| Vernmark, 2010 email | Adults | Diag | CBT | Gsh | 8 | WL | EU | + + SR + |
| Vernmark, 2010 gsh | Adults | Diag | CBT | Sh | 7 | WL | EU | + + SR + |
| Vitriol, 2009 | Other | Diag | DYN | Ind | 12 | CAU | L-Am | – – + + |
| Warmerdam, 2008 cbt | Adults | cutoff | CBT | Gsh | 8 | WL | EU | + + SR + |
| Warmerdam, 2008 pst | Adults | cutoff | PST | Gsh | 5 | WL | EU | + + SR + |
| Watkins, 2009 cnt | Adults | cutoff | Other | Ind | 8 | WL | EU | – – + – |
| Watkins, 2012 | Adults | cutoff | Other | Other | 4 | CAU | EU | + + + + |
| Watt, 2000 instr | Elderly | cutoff | Other | Grp | 6 | Other | USA | – – + – |
| Watt, 2000 integr | Elderly | cutoff | Other | Grp | 6 | Other | USA | – – + – |
| Weissman, 1979 | Adults | Diag | IPT | Ind | 16 | Other | USA | – – + – |
| Wickberg, 1996 | Women with PPD | Diag | SUP | Ind | 6 | CAU | EU | – – + – |
| Wiersma, 2015 | Adults | Diag | Other | Ind | 24 | CAU | EU | + + SR + |
| Wiklund, 2010 | Women with PPD | cutoff | CBT | Ind | 21 | CAU | EU | – – SR – |
| Williams, 2000 | Elderly | Diag | PST | Ind | 6 | Other | USA | + + + + |
| Williams, 2013 | Adults | cutoff | CBT | Gsh | 3 | CAU | EU | – + SR + |
| Wilson, 1983 beh | Adults | cutoff | BAT | Ind | 8 | WL | AUS | – – – – |
| Wilson, 1983 cogn | Adults | cutoff | CBT | Ind | 8 | WL | AUS | – – – – |
| Wollersheim, 1991 cop | Adults | Diag | CBT | Grp | 10 | WL | USA | – – SR – |
| Wollersheim, 1991 gsh | Adults | Diag | CBT | Gsh | 10 | WL | USA | – – SR – |
| Wollersheim, 1991 sup | Adults | Diag | CBT | Grp | 10 | WL | USA | – – SR – |
| Wong, 2008a | Adults | Diag | CBT | Grp | 10 | WL | Asia | – + SR + |
| Wong, 2008b | Adults | Diag | CBT | Grp | 10 | WL | Asia | – + SR – |
| Wright, 2005 cbt | Adults | Diag | CBT | Ind | 9 | WL | USA | – – + + |
| Wright, 2005 ccbt | Adults | Diag | CBT | Other | 9 | WL | USA | – – + + |
| Wuthrich, 2013 | Elderly | Diag | CBT | Grp | 12 | WL | AUS | + – + + |
| Wuthrich, 2016 | Elderly | Diag | CBT | Grp | 11 | Other | AUS | + + SR + |
| Zemestani, 2016 bat | Students | Diag | BAT | Grp | 8 | WL | Asia | + – SR + |
| Zemestani, 2016 mbct | Students | Diag | MBCT | Grp | 8 | WL | Asia | + – SR + |
| Zu, 2014 | Adults | Diag | CBT | Ind | 20 | CAU | Asia | + – + – |

*Note*. AUS: Australia; BAT: Behavioral Activation Therapy; CAU: Care as Usual; CBT: Cognitive Behavioral Therapy; Diag: Diagnosis; DYN: Psychodynamic Therapy; EU: Europe; Grp = group format; Gsh = guided self-help format; Ind = individual format; IPT: Interpersonal Psychotherapy; MBCT: Mindfulness Based Cognitive Therapy; Med. Dis.: Medical Disorder; Nsess: Number of sessions; PPD; Post-Partum Depression; PST: Problem-Solving Therapy; RoB: Risk of Bias; SUP: Nondirective Supportive Therapy; tel: Delivered by telephone; USA: North America and Canada; WL: Waitlist.

a) In this column a positive (+) or negative (−) sign is given for four quality criteria of the study, respectively: allocation sequence; concealment of allocation to conditions; blinding of assessors; and intention-to-treat analyses. Sr in the third criterion indicates that only self-report measures (and no assessor) were used.

Appendix D. References of included studies

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Appendix E. Overview of the characteristics of the included studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | N studies | % |  | N com-parisons | % |
| Total |  | 289 | 100.0 |  | 369 | 100.0 |
|  |  |  |  |  |  |  |
| Recruitment | Community | 121 | 41.9 |  | 172 | 46.6 |
|  | Clinical | 70 | 24.2 |  | 83 | 22.5 |
|  | Other | 98 | 33.9 |  | 114 | 30.9 |
|  |  |  |  |  |  |  |
| Target group | Adults | 123 | 42.6 |  | 170 | 46.1 |
|  | Older adults | 38 | 13.1 |  | 44 | 11.9 |
|  | Student population | 15 | 5.2 |  | 24 | 6.5 |
|  | Women with PPD | 32 | 11.1 |  | 38 | 10.3 |
|  | General medical | 47 | 16.3 |  | 55 | 14.9 |
|  | Other | 34 | 11.8 |  | 38 | 10.3 |
|  |  |  |  |  |  |  |
| Depression | Diagnosis | 152 | 52.6 |  | 195 | 52.8 |
|  | Above cut-off | 137 | 47.4 |  | 174 | 47.2 |
|  |  |  |  |  |  |  |
| Type | 3rd wave | 13 | 4.5 |  | 18 | 4.9 |
|  | BAT | 16 | 5.5 |  | 20 | 5.4 |
|  | CBT | 150 | 51.9 |  | 192 | 52.0 |
|  | DYN | 9 | 3.1 |  | 11 | 3.0 |
|  | IPT | 23 | 8.0 |  | 25 | 6.8 |
|  | Other | 44 | 15.2 |  | 57 | 15.4 |
|  | PST | 22 | 7.6 |  | 27 | 7.3 |
|  | SUP | 12 | 4.2 |  | 19 | 5.1 |
|  |  |  |  |  |  |  |
| Format | Individual | 124 | 42.9 |  | 162 | 43.9 |
|  | Group | 95 | 32.9 |  | 125 | 33.9 |
|  | Guided self-help | 53 | 18.3 |  | 64 | 17.3 |
|  | Other/mixed | 17 | 5.9 |  | 18 | 4.9 |
|  |  |  |  |  |  |  |
| Number of sessions | <6 | 87 | 30.1 |  | 107 | 29.0 |
|  | 7-10 | 104 | 36.0 |  | 138 | 37.4 |
|  | 11-15 | 56 | 19.4 |  | 71 | 19.2 |
|  | >16 | 39 | 13.5 |  | 50 | 13.6 |
|  |  |  |  |  |  |  |
| Control group | Waiting list | 109 | 37.7 |  | 159 | 43.1 |
|  | Care as usual | 127 | 43.9 |  | 144 | 39.0 |
|  | Other | 53 | 18.3 |  | 66 | 17.9 |
|  |  |  |  |  |  |  |
| Country | Western | 250 | 86.5 |  | 325 | 88.1 |
|  | Non-Western | 39 | 13.5 |  | 44 | 11.9 |
|  |  |  |  |  |  |  |
| Risk of bias score | 0 (high risk) | 9 | 3.1 |  | 14 | 3.8 |
|  | 1 | 78 | 27.0 |  | 122 | 33.1 |
|  | 2 | 56 | 19.4 |  | 63 | 17.1 |
|  | 3 | 55 | 19.0 |  | 62 | 16.8 |
|  | 4 (low risk) | 91 | 31.5 |  | 108 | 29.3 |

*Abbreviations*. BAT: Behavioral Activation Therapy; CBT: Cognitive Behavioral Therapy; DYN: Psychodynamic Therapy; IPT: Interpersonal Psychotherapy; PPD: Postpartum Depression; PST: Problem Solving Therapy; Ref: Reference group; SUP: Supportive Therapy.

Appendix F. Additional subgroup analyses

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | *Ncomp* | *g* | *95% CI* | *I2* | *95% CI* | *p* a) | *NNT* |
| Recruitment | Community | 172 | 0.72 | 0.66~0.79 | 55 | 46~62 | 0.08 | 4.04 |
|  | Clinical | 83 | 0.59 | 0.49~0.69 | 70 | 62~75 |  | 5.08 |
|  | Other | 114 | 0.70 | 0.59~0.81 | 87 | 85~88 |  | 4.18 |
|  |  |  |  |  |  |  |  |  |
| Target group | Adults | 170 | 0.71 | 0.63~0.78 | 74 | 69~77 | 0.001 | 4.11 |
|  | Older adults | 44 | 0.74 | 0.56~0.92 | 85 | 81~88 |  | 3.92 |
|  | Student population | 24 | 1.30 | 0.99~1.61 | 76 | 63~83 |  | 2.11 |
|  | Women with PPD | 38 | 0.59 | 0.47~0.69 | 61 | 42~72 |  | 5.08 |
|  | General medical | 55 | 0.58 | 0.46~0.71 | 75 | 68~80 |  | 5.18 |
|  | Other | 38 | 0.68 | 0.52~0.84 | 78 | 70~83 |  | 4.32 |
|  |  |  |  |  |  |  |  |  |
| Depression | Diagnosis | 195 | 0.73 | 0.65~0.80 | 79 | 76~81 | 0.27 | 3.98 |
|  | Above cut-off | 174 | 0.67 | 0.60~0.74 | 73 | 69~77 |  | 4.39 |
|  |  |  |  |  |  |  |  |  |
| Format | Individual | 162 | 0.67 | 0.59~0.74 | 72 | 68~76 | 0.02 | 4.39 |
|  | Group | 125 | 0.80 | 0.69~0.91 | 83 | 81~85 |  | 3.58 |
|  | Guided self-help | 64 | 0.65 | 0.57~0.74 | 59 | 44~68 |  | 4.55 |
|  | Other/mixed | 18 | 0.50 | 0.33~0.66 | 64 | 35~77 |  | 6.14 |

*Abbreviations:* CI: Confidence interval; Ncomp: number of comparisons; NNT: Numbers-needed-to-treat; PPD: Post Partum Depression.

b) the p-values in this column indicate whether the difference between the effect sizes in the subgroups is significant.