Figure S1: Risk of bias (ROB) in all included randomized controlled trials (RCTs)

The ROB was assessed in five domains: (1) bias arising from the randomization process, (2) bias due to deviations from intended interventions, (3) bias due to missing outcome data, (4) bias in measurement of the outcome, and (5) bias in the selection of the reported result.

The overall bias was then estimated. The five domains and overall bias were levelled as low, some concerns, or high for all RCTs. Green indicates low concern, yellow indicates some concern, and red indicates high concern.

	Number of Studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
BA:CBT (ftf)	5	Some concerns	Low risk	No concerns	Some concerns	Some concerns	Major concerns	Low
BA:TAU	4	Some concerns	Low risk	No concerns	No concerns	Major concerns	Major concerns	Low
CBT (ftf):DYN	3	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf):IPT	17	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Low
CBT (ftf):TAU	39	Some concerns	Low risk	No concerns	No concerns	Major concerns	Some concerns	Moderate
CBT (ftf):WLC	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf):iCBT	2	Some concerns	Low risk	No concerns	No concerns	Major concerns	Major concerns	Low
DYN:TAU	4	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
IPT:TAU	14	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
TAU:WLC	1	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
gCBT:TAU	11	Major concerns	Low risk	No concerns	No concerns	Some concerns	Major concerns	Low
iCBT:TAU	11	Major concerns	Some concerns	No concerns	No concerns	Some concerns	No concerns	Low
gCBT:WLC	1	Major concerns	Low risk	No concerns	No concerns	No concerns	Major concerns	Moderate
iCBT:WLC	1	Major concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
gCBT:iCBT	1	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate

Figure S2: Grading of recommendations assessment, development, and evaluation (GRADE) in Grp1
Figure and legend are continued on the next page.

BA:DYN	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	Some concerns	Moderate
BA:IPT	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	Some concerns	Moderate
BA:WLC	0	Some concerns	Low risk	No concerns	Some concerns	Some concerns	Some concerns	Moderate
BA:gCBT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	Some concerns	Moderate
BA:iCBT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	Some concerns	Moderate
CBT (ftf):gCBT	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	Some concerns	Moderate
DYN:IPT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	Some concerns	Moderate
DYN:WLC	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	Some concerns	Moderate
DYN:gCBT	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	Some concerns	Moderate
DYN:iCBT	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	Some concerns	Moderate
IPT:WLC	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	Some concerns	Moderate
gCBT:IPT	0	Some concerns	Low risk	No concerns	No concerns	Some concerns	Some concerns	Moderate
iCBT:IPT	0	Some concerns	Low risk	No concerns	No concerns	Some concerns	Some concerns	Moderate

Figure S2: Grading of recommendations assessment, development, and evaluation (GRADE) in Grp1
The six domains are coded as follows: green for no concern, yellow for some concerns, and red for major concerns. The confidence ratings are coded as follows: green for high, blue for moderate, orange for low, and red for very low. Group 1(Grp1): Psychotherapy arms were not distinguished between psychotherapy alone and psychotherapy combined with medication.
BA = behavioral activation, CBT (ftf) = individual face-to-face cognitive behavioral therapy, DYN = psychoanalytic/psychodynamic psychotherapy, gCBT = group-cognitive behavioral therapy, iCBT = computerized- or internet- cognitive behavioral therapy, IPT = interpersonal psychotherapy, TAU = treatment-as-usual, WLC = wait list control

	Number of Studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
BA:CBT (ftf)	3	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
BA:TAU	2	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
BA+p:CBT (ftf)+p	2	Major concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Low
BA+p:TAU	2	Major concerns	Low risk	No concerns	No concerns	Some concerns	Major concerns	Low
CBT (ftf):CBT (ftf)+p	5	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT (ftf):DYN	3	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf):IPT	15	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Low
CBT (ftf):TAU	29	Some concerns	Low risk	No concerns	Major concerns	No concerns	Major concerns	Low
CBT (ftf):WLC	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf):iCBT	1	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT (ftf)+p:IPT+p	2	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf)+p:TAU	15	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT (ftf)+p:iCBT+p	1	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Moderate
DYN:TAU	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN+p:TAU	3	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
IPT:IPT+p	3	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
IPT:TAU	11	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Moderate
IPT+p:TAU	6	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Low
TAU:WLC	1	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
gCBT:TAU	3	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
gCBT+p:TAU	8	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
iCBT:TAU	5	Major concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
iCBT+p:TAU	6	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Moderate
gCBT:WLC	1	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
iCBT:WLC	1	Major concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
gCBT:gCBT+p	1	Major concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
gCBT:iCBT	1	Major concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
BA:BA+p	0	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Moderate
BA:CBT (ftf)+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
BA:DYN	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate

Figure S3: Grading of recommendations assessment, development, and evaluation (GRADE) in Grp2 (Figure and legend are continued on the page after the next..)

Comparison								
BA+p:DYN+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
BA+p:IPT	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
BA+p:IPT+p	0	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Moderate
BA+p:WLC	0	Major concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
BA+p:gCBT	0	Major concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
BA+p:gCBT+p	0	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
BA+p:iCBT	0	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
BA+p:iCBT+p	0	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf):DYN+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf):IPT+p	0	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT (ftf):gCBT	0	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf):gCBT+p	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
CBT (ftf):iCBT+p	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
CBT (ftf)+p:DYN	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT (ftf)+p:DYN+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT (ftf)+p:IPT	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT (ftf)+p:WLC	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
CBT (ftf)+p:gCBT	0	Major concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT (ftf)+p:gCBT+p	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT (ftf)+p:iCBT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN:DYN+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN:IPT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN:IPT+p	0	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Moderate
DYN:WLC	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN:gCBT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN:gCBT+p	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
DYN:iCBT	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
DYN:iCBT+p	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
DYN+p:IPT	0	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Moderate
DYN+p:IPT+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN+p:WLC	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate

Figure S3: Grading of recommendations assessment, development, and evaluation (GRADE) in Grp2 (Figure and legend are continued on the next page.)

DYN+p:gCBT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN+p:gCBT+p	0	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate
DYN+p:iCBT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
DYN+p:iCBT+p	0	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Moderate
IPT:WLC	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
gCBT:IPT	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
gCBT+p:IPT	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
iCBT:IPT	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
iCBT+p:IPT	0	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
IPT+p:WLC	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
gCBT:IPT+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
gCBT+p:IPT+p	0	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate
iCBT:IPT+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
iCBT+p:IPT+p	0	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
gCBT+p:WLC	0	Major concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
iCBT+p:WLC	0	Major concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
gCBT:iCBT+p	0	Major concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Moderate
gCBT+p:iCBT	0	Major concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Moderate
gCBT+p:iCBT+p	0	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate
iCBT:iCBT+p	0	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Moderate

Figure S3: Grading of recommendations assessment, development, and evaluation (GRADE) in Grp2

The six domains are coded as follows: green for no concern, yellow for some concerns, and red for major concerns. The confidence ratings are coded as follows: green for high, blue for moderate, orange for low, and red for very low. Group 2(Grp2): psychotherapy arms were sorted into psychotherapy alone and psychotherapy combined with medication.

BA = behavioral activation, CBT (ftf) = individual face-to-face cognitive behavioral therapy, DYN = psychoanalytic/psychodynamic psychotherapy, gCBT = group- cognitive behavioral therapy, iCBT = computerized- or internet- cognitive behavioral therapy, IPT = interpersonal psychotherapy, TAU = treatment-as-usual, WLC = wait list control, + p = + pharmacotherapy