List of figures in Supplementary Materials

- Figure S1: Risk of bias (ROB) in all included randomized controlled trials (RCTs)
- Figure S2: Grading of recommendations assessment, development, and evaluation (GRADE) in Grp1
- Figure S3: Grading of recommendations assessment, development, and evaluation (GRADE) in Grp2
- Figure S4: Forest plot of individual trials in Grp1
- Figure S5: Forest plot of individual trials in Grp2
- Figure S6: Surface under the cumulative ranking (SUCRA) in Grp1
- Figure S7: Surface under the cumulative ranking (SUCRA) in Grp2
- Figure S8: Forest plot of comparisons against TAU in Grp1

The comparisons within the mild depression subgroup are shown in (a), within the moderate depression subgroup are shown in (b), within the severe depression subgroup are shown in (c)

Figure S9: Forest plot of comparisons against TAU in Grp1

Comparisons within the subgroup using HRSD are presented in (a), those within the subgroup using BDI are shown in (b), and those within the trials with low ROB are shown in (c)

Figure S10: Forest plot of comparisons against TAU in Grp2

The comparisons within the mild depression subgroup are shown in (a), within the moderate depression subgroup are shown in (b), and within the severe depression subgroup are shown in (c).

Figure S11: Forest plot of comparisons against gCBT + p in Grp2

The comparisons within the moderate depression subgroup are shown in (a), and within the severe depression subgroup are shown in (b)

Figure S12: Forest plot of comparisons against CBT (ftf) in Grp2

The comparisons within the moderated depression subgroup are shown in (a), and within the severe depression subgroup are shown in (b).

Figure S13: Forest plot of comparisons against gCBT + p in Grp2

Comparisons within the subgroup using HRSD are presented in (a), while those within the subgroup using BDI are shown in (b)

Figure S14: Forest plot of comparisons against TAU

Comparisons within the subgroup using HRSD are presented in (a), while those within the subgroup using BDI are shown in (b)

Figure S15: Forest plot of comparisons against CBT in Grp2

Comparisons within the subgroup using HRSD are presented in (a), while those within the subgroup using BDI are shown in (b)

Figure S16: Forest plot of comparisons against gCBT + p within the trials with low ROB in Grp2

Figure S17: Funnel plot with Egger's test in Grp1

Figure S18: Funnel plot with Egger's test in Grp2