a

Study	SMD	SE(SMD)	BA Total	TAU Total	SMD	95%-CI	Weight
23	-0.0936	0.3499	13	22	-0.09	[-0.78; 0.59]	24.3%
24	-0.1475	0.3158	16	27	-0.15	[-0.77; 0.47]	25.6%
28	-1.1765	0.3552	16	22	-1.18	[-1.87; -0.48]	24.1%
34	-1.3653	0.3040	24	26	-1.37	[-1.96; -0.77]	26.0%
Random effects model			69	97	-0.70	[-1.36; -0.03]	100.0%

Heterogeneity: $I^2 = 76\%$, $\tau^2 = 0.3503$, $p < 0.01$

b

Study	SMD	SE(SMD)	gCBT Total	TAU Total	SMD	95%-CI	Weight
11	-0.0516	0.3179	18	22	-0.05	[-0.67; 0.57]	9.3%
12	0.2435	0.3866	13	14	0.24	[-0.51; 1.00]	8.9%
19	-0.6194	0.3566	17	16	-0.62	[-1.32; 0.08]	9.1%
20	-4.8817	0.5067	30	32	-4.88	[-5.87; -3.89]	8.1%
30	-2.5247	0.4349	19	19	-2.52	[-3.38; -1.67]	8.6%
33	-0.7744	0.3611	17	16	-0.77	[-1.48; -0.07]	9.1%
56	-0.7700	0.2765	25	32	-0.77	[-1.31; -0.23]	9.5%
68	0.0000	0.2923	25	22	0.00	[-0.57; 0.57]	9.5%
94	-0.6307	0.2185	43	45	-0.63	[-1.06; -0.20]	9.8%
98	0.1555	0.5005	8	8	0.16	[-0.83; 1.14]	8.2%
99	-0.7592	0.2113	48	48	-0.76	[-1.17; -0.34]	9.9%
Random effects model			263	274	-0.92	[-1.54; -0.31]	100.0%

Heterogeneity: $I^2 = 90\%$, $\tau^2 = 0.9518$, $p < 0.01$

c

Study	SMD	SE(SMD)	iCBT Total	TAU Total	SMD	95%-CI	Weight
35	-0.3431	0.2296	38	39	-0.34	[-0.79; 0.11]	9.3%
39	-0.6976	0.2053	70	39	-0.70	[-1.10; -0.30]	9.6%
40	-1.6092	0.3131	27	27	-1.61	[-2.22; -1.00]	8.3%
48	-0.4119	0.1578	81	83	-0.41	[-0.72; -0.10]	10.1%
57	-3.0322	0.3582	34	33	-3.03	[-3.73; -2.33]	7.8%
60	-1.0643	0.3379	20	20	-1.06	[-1.73; -0.40]	8.0%
61	-0.1351	0.1237	133	129	-0.14	[-0.38; 0.11]	10.4%
63	-0.6251	0.3167	27	17	-0.63	[-1.25; -0.00]	8.3%
69	-0.3182	0.1758	65	66	-0.32	[-0.66; 0.03]	9.9%
89	-0.8632	0.2361	33	48	-0.86	[-1.33; -0.40]	9.3%
95	-0.5653	0.2678	29	29	-0.57	[-1.09; -0.04]	8.9%
Random effects model			557	530	-0.82	[-1.19; -0.46]	100.0%

Heterogeneity: $I^2 = 87\%$, $\tau^2 = 0.3206$, $p < 0.01$

Figure S4: Forest plot of individual trials in Grp1

The comparison between BA and TAU is shown in (a), between gCBT and TAU is shown in (b), and between iCBT and TAU is shown in (c).

Study = trial number, SMD = a standardized mean difference of a pairwise comparison. 95% CI = 95% confidence interval, SE = standard error, Total = number of participants,

A horizontal line represents 95 % CI and a point on the line represents SMD. The diamond at the bottom of the forest plot shows average of all the individual studies. The center of a diamond represents SMD, and the horizontal points of the diamond are the limits of the 95% CI. The bottom scale represents SMD. SMD < 0 indicates that the treatment group on the left may be more effective than the one on the right. If the 95% CI does not cover 0, the estimate is statistically significant.

Grp1: a group 1, in which we did not distinguish between psychotherapy alone and psychotherapy combined with medication, and treatment arms were sorted into psychotherapy groups. BA = behavioral activation, gCBT = group-cognitive behavioral therapy, iCBT = computerized- or internet- cognitive behavioral therapy, TAU = treatment-as-usual
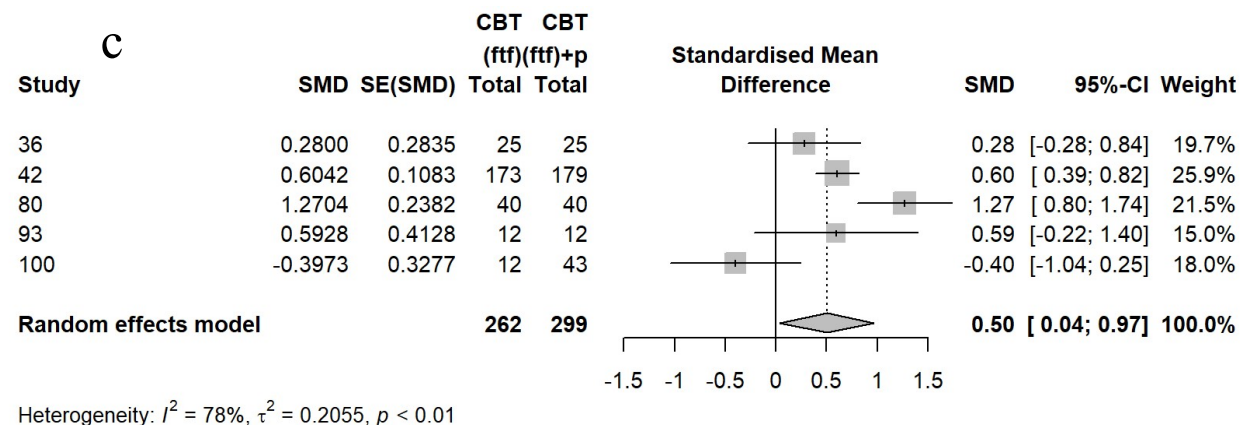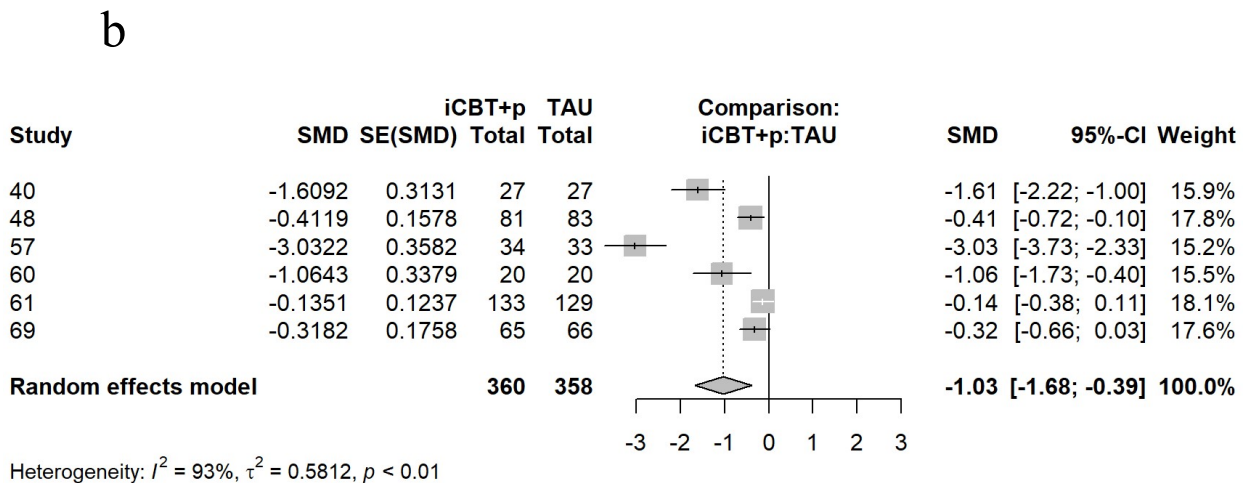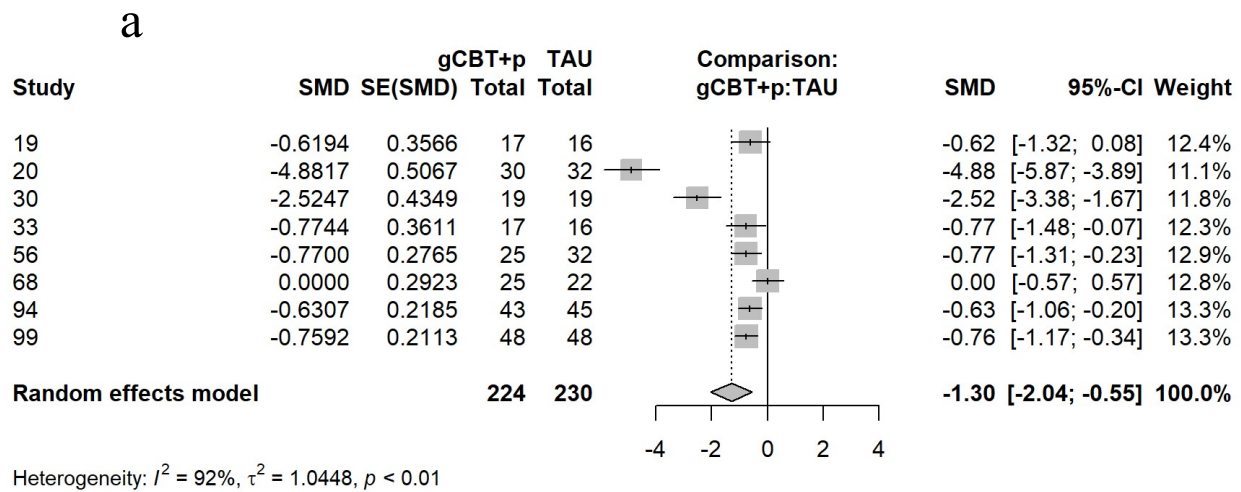
a

Study	SMD	SE(SMD)	gCBT+p Total	TAU Total	Comparison: gCBT+p:TAU	SMD	95%-CI	Weight
19	-0.6194	0.3566	17	16		-0.62	[-1.32; 0.08]	12.4%
20	-4.8817	0.5067	30	32		-4.88	[-5.87; -3.89]	11.1%
30	-2.5247	0.4349	19	19		-2.52	[-3.38; -1.67]	11.8%
33	-0.7744	0.3611	17	16		-0.77	[-1.48; -0.07]	12.3%
56	-0.7700	0.2765	25	32		-0.77	[-1.31; -0.23]	12.9%
68	0.0000	0.2923	25	22		0.00	[-0.57; 0.57]	12.8%
94	-0.6307	0.2185	43	45		-0.63	[-1.06; -0.20]	13.3%
99	-0.7592	0.2113	48	48		-0.76	[-1.17; -0.34]	13.3%
Random effects model			224	230		-1.30	[-2.04; -0.55]	100.0%

Heterogeneity: $I^2 = 92\%$, $\tau^2 = 1.0448$, $p < 0.01$

b

Study	SMD	SE(SMD)	iCBT+p Total	TAU Total	Comparison: iCBT+p:TAU	SMD	95%-CI	Weight
40	-1.6092	0.3131	27	27		-1.61	[-2.22; -1.00]	15.9%
48	-0.4119	0.1578	81	83		-0.41	[-0.72; -0.10]	17.8%
57	-3.0322	0.3582	34	33		-3.03	[-3.73; -2.33]	15.2%
60	-1.0643	0.3379	20	20		-1.06	[-1.73; -0.40]	15.5%
61	-0.1351	0.1237	133	129		-0.14	[-0.38; 0.11]	18.1%
69	-0.3182	0.1758	65	66		-0.32	[-0.66; 0.03]	17.6%
Random effects model			360	358		-1.03	[-1.68; -0.39]	100.0%

Heterogeneity: $I^2 = 93\%$, $\tau^2 = 0.5812$, $p < 0.01$

c

Study	SMD	SE(SMD)	CBT (ftf) Total	CBT (ftf)+p Total	Standardised Mean Difference	SMD	95%-CI	Weight
36	0.2800	0.2835	25	25		0.28	[-0.28; 0.84]	19.7%
42	0.6042	0.1083	173	179		0.60	[0.39; 0.82]	25.9%
80	1.2704	0.2382	40	40		1.27	[0.80; 1.74]	21.5%
93	0.5928	0.4128	12	12		0.59	[-0.22; 1.40]	15.0%
100	-0.3973	0.3277	12	43		-0.40	[-1.04; 0.25]	18.0%
Random effects model			262	299		0.50	[0.04; 0.97]	100.0%

Heterogeneity: $I^2 = 78\%$, $\tau^2 = 0.2055$, $p < 0.01$

Figure S5: Forest plot of individual trials in Grp2
The comparison between gCBT + p and TAU is shown in (a), between iCBT + p and TAU is shown in (b), and between CBT (ftf) and CBT (ftf) + p is shown in (c). Study = trial number, SMD = a standardized mean difference of a pairwise comparison. 95% CI = 95% confidence interval, SE = standard error, Total = number of participants, A horizontal line represents 95 % CI and a point on the line represents SMD. The diamond at the bottom of the forest plot shows average of all the individual studies. The center of a diamond represents SMD, and the horizontal points of the diamond are the limits of the 95% CI. The bottom scale represents SMD. SMD < 0 indicates that the treatment group on the left may be more effective than the one on the right. If the 95% CI does not cover 0, the estimate is statistically significant.
Grp2: a group 2, in which psychotherapy arms were sorted into psychotherapy alone and psychotherapy combined with medication separately.
CBT (ftf) = individual face-to-face cognitive behavioral therapy, gCBT = group-cognitive behavioral therapy, iCBT = computerized- or internet- cognitive behavioral therapy, TAU = treatment-as-usual, + p = + pharmacotherapy
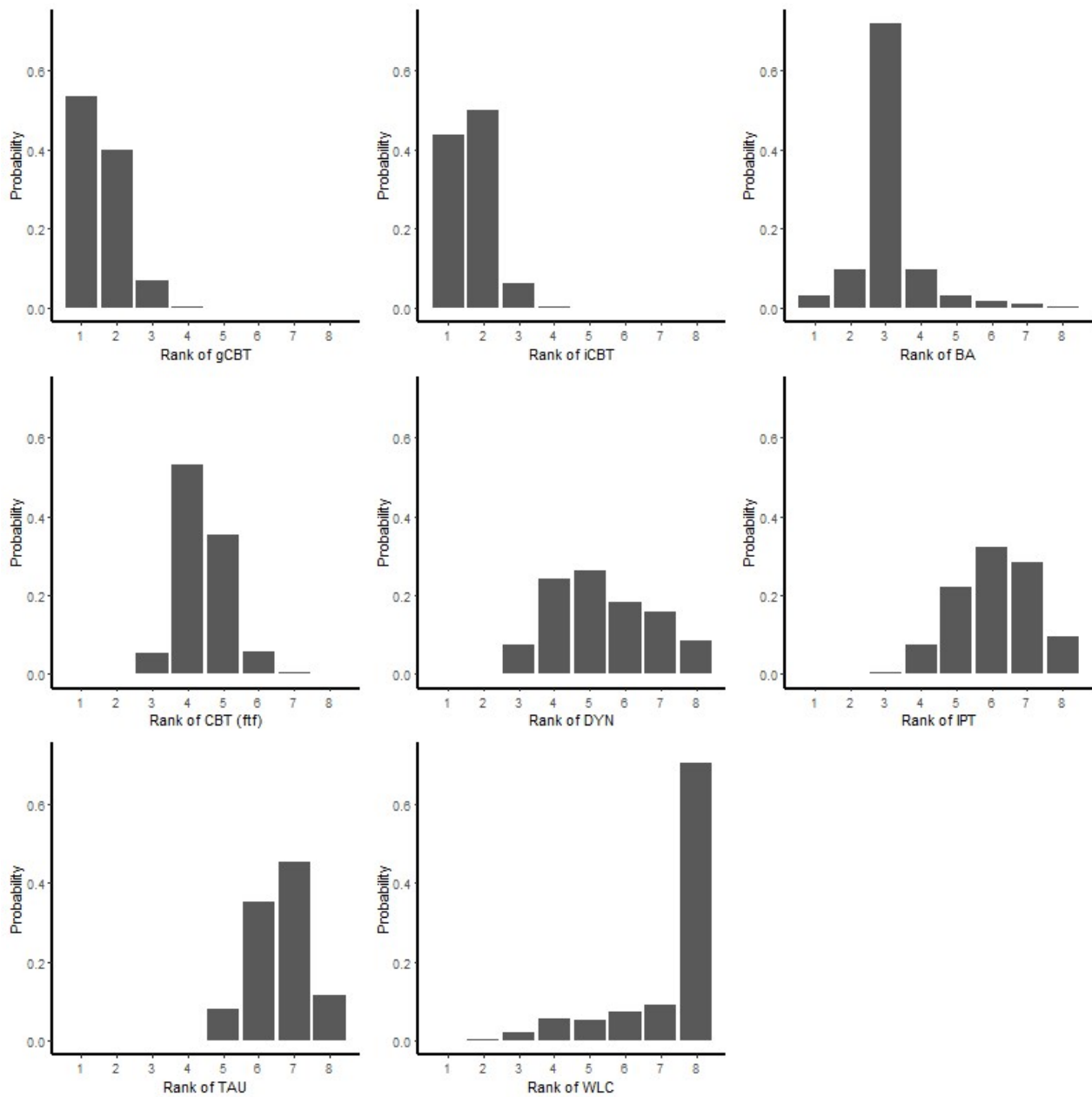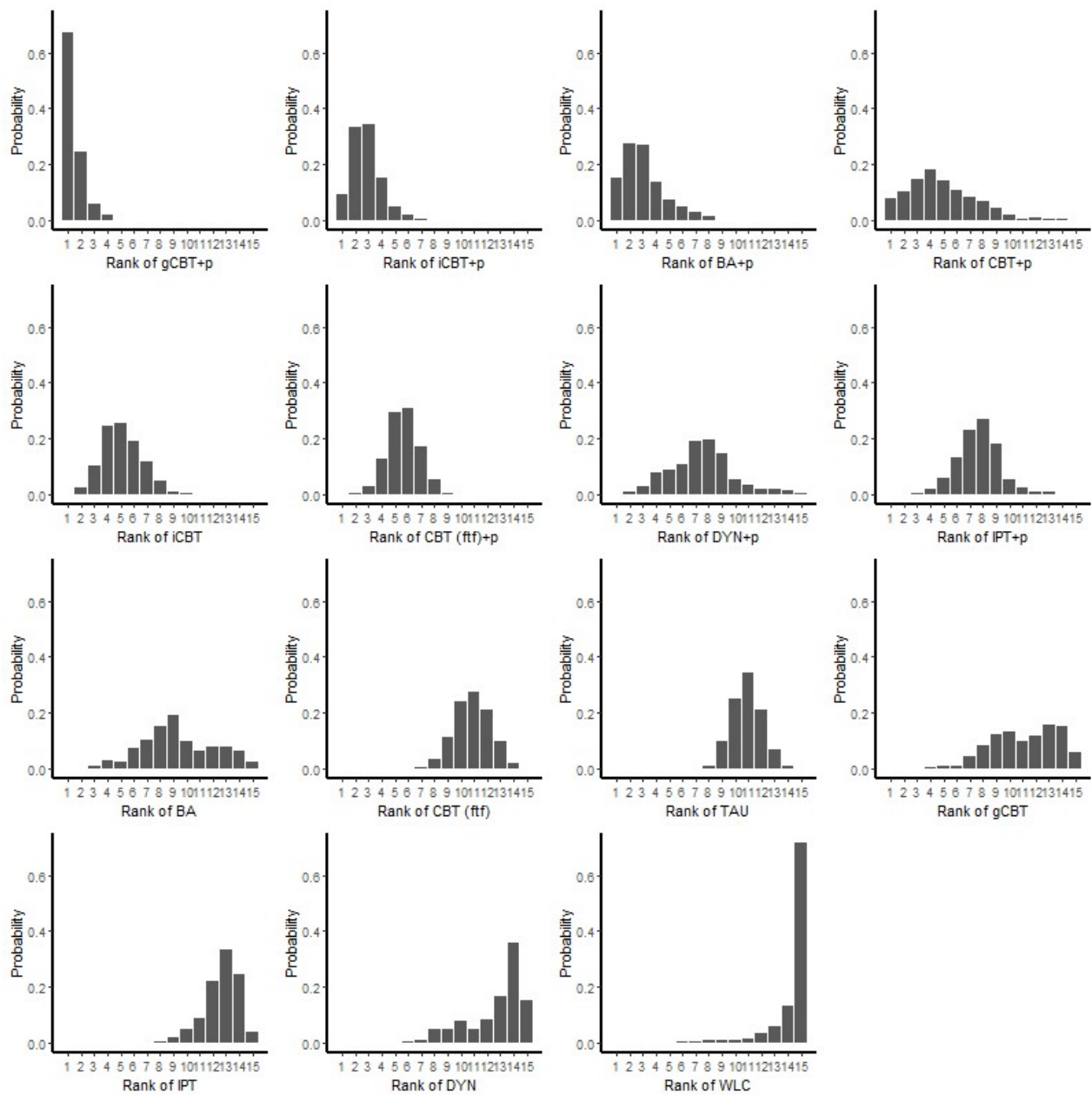
Figure S6: Surface under the cumulative ranking (SUCRA) in Grp1
The bars on the graph represent the probability of each treatment's efficacy ranking as a Proportion from 0 to 1. The rankings range from 1st to 8th place. The graphs for each comparison are arranged in order of effect ranking, with gCBT being first and WLC being eighth.
BA = behavioral activation, CBT (ftf) = individual face-to-face cognitive behavioral therapy, DYN = psychoanalytic/psychodynamic therapy, gCBT = group cognitive behavioral therapy, iCBT = computerized- or internet cognitive behavioral therapy,
IPT = interpersonal psychotherapy, TAU = treatment-as-usual, WLC = wait list control,
Grp1: a group 1, in which we did not distinguish between psychotherapy alone and psychotherapy combined with medication, and treatment arms were sorted into psychotherapy groups, TAU, and WLC.

Figure S7: Surface under the cumulative ranking (SUCRA) in Grp2
The bars on the graph represent the probability of each treatment's efficacy ranking as a Proportion from 0 to 1. The rankings range from 1st to 14th place. The graphs for each comparison are arranged in order of effect ranking, with gCBT + p being first and WLC being fourteenth.
BA = behavioral activation, CBT (ftf) = individual face-to-face cognitive behavioral therapy, DYN = psychoanalytic/psychodynamic therapy, 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, Grp2: a group 2, in which psychotherapy arms were sorted into psychotherapy alone and psychotherapy combined with medication.