

**Table DS1** Scores for studies of participants with depressive disorder using the Amsterdam–Maastricht consensus list (coded as negative (–), positive (+) or no information given (0))

	Larcombe (1984) <sup>48</sup>	Kelly (1993) <sup>51</sup>	Evans (1995) <sup>52</sup>	Markowitz (1998) <sup>55</sup>	Mohr (2000) <sup>57</sup>	Mohr (2001) <sup>58</sup>	Lincoln (2003) <sup>44</sup>	Nezu (2003) <sup>63</sup>	Mohr (2005) <sup>66</sup>	Savard (2006) <sup>68</sup>	Gellis (2007) <sup>69</sup>	Kunik (2008) <sup>72</sup>	Safren (2008) <sup>73</sup>
Validity criteria													
1 Adequate randomisation procedure	+	+	+	+	0	–	+	+	+	+	+	+	+
2 Concealed random allocation of treatments	0	0	0	+	0	–	+	–	0	+	0	+	+
3 Baseline similarity tested	+	+	+	+	+	+	+	+	+	+	+	+	–
4 Control for co-interventions in design	0	–	0	0	–	–	+	–	+	+	+	–	0
5 Check for adherence to interventions	0	+	0	+	+	+	0	+	+	+	–	+	+
6 Valid outcome measures	+	+	+	+	0	+	+	+	+	+	+	+	+
7 Relevant outcome measures	+	+	+	+	–	+	+	+	+	+	+	+	+
8 Outcome assessor masked	+	0	0	+	–	–	+	+	+	+	+	+	+
9 Therapist masked	–	–	–	–	+	–	–	–	–	–	–	–	–
10 Participants masked	–	–	–	0	+	–	–	–	–	–	–	–	–
11 Withdrawals and dropped out (proportion; inequality between groups; reasons for withdrawal/drop out reported)	–	–	+	0	+	+	0	+	+	+	+	+	+
12 Identical timing of outcome assessment for all intervention groups	+	+	+	+	+	+	+	+	+	+	+	+	+
13 Intent-to-treat analyses	0	–	–	+	+	+	–	+	+	+	–	+	+
Descriptive criteria													
14 Specification of eligibility criteria	+	–	+	+	+	+	+	+	+	+	+	+	+
15 Description of interventions	+	+	+	+	+	+	+	+	+	+	+	+	+
16 Follow up	–	+	+	–	–	+	+	+	+	+	+	+	–
17 Adverse events	0	+	+	+	–	+	–	0	0	–	0	–	–
Statistical criteria													
18 Sample size: to be presented at randomisation and outcome	–	+	+	+	+	+	+	+	+	+	+	+	+
19 Presentations of point estimates and distribution measures	+	+	+	+	+	+	+	+	+	+	+	+	+
Total score (range 0–19)	9	11	12	14	10	13	13	14	15	16	13	15	13

**Table DS2** Scores for studies of participants with depressive symptoms using the Amsterdam–Maastricht consensus list (coded as negative (-), positive (+) or no information given (0))

	Foley (1987) <sup>49</sup>	Greer (1992) <sup>50</sup>	Kraaimaat (1995) <sup>53</sup>	Henry (1997) <sup>54</sup>	Edelman (1999a) <sup>42</sup>	Edelman (1999b) <sup>56</sup>	Sharpe (2001) <sup>59</sup>	Cruess (2002) <sup>60</sup>	Evers (2002) <sup>61</sup>	Kissane (2003) <sup>62</sup>	Given (2004) <sup>45</sup>	Blumenthal (2005) <sup>64</sup>	Chan (2005) <sup>65</sup>	Antoni (2006) <sup>67</sup>	Lii (2007) <sup>70</sup>	Koertge (2008) <sup>71</sup>
Validity criteria																
1 Adequate randomisation procedure	+	+	+	0	+	+	+	+	+	+	+	+	+	+	+	+
2 Concealed random allocation of treatments	0	+	0	0	0	0	+	0	0	+	0	+	+	0	+	+
3 Baseline similarity tested	-	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
4 Control for co-interventions in design	0	-	0	0	0	0	-	-	0	0	+	+	0	+	0	0
5 Check for adherence to interventions	+	-	-	0	-	-	0	0	+	+	+	0	0	+	+	0
6 Valid outcome measures	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
7 Relevant outcome measures	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
8 Outcome assessor masked	0	+	0	0	0	0	+	0	0	+	+	+	0	0	0	+
9 Therapist masked	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10 Participants masked	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0
11 Withdrawals and dropped out (proportion; inequality between groups; reasons for withdrawal/drop out reported)	-	+	+	+	+	+	+	-	+	+	+	-	+	+	-	+
12 Identical timing of outcome assessment for all intervention groups	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
13 Intent-to-treat analyses	-	+	-	-	-	-	+	-	+	+	+	+	-	+	-	+
Descriptive criteria																
14 Specification of eligibility criteria	+	+	+	-	+	+	+	+	+	+	+	+	-	+	+	+
15 Description of interventions	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
16 Follow up	+	+	+	-	+	+	+	-	+	+	-	-	-	+	-	+
17 Adverse events	0	-	+	0	0	0	+	0	-	0	+	0	-	0	0	0
Statistical criteria																
18 Sample size: to be presented at randomisation and outcome	-	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
19 Presentations of point estimates and distribution measures	+	+	+	+	+	+	+	+	+	+	0	+	+	+	+	+
Total score (range 0–19)	9	14	12	8	11	11	15	9	13	15	15	13	10	14	11	14