

Search strings for PubMed (the search regards the update of the database as described in the manuscript):

Search (("Affective Symptoms"[MESH] OR "depression"[MESH] OR "mood disorders"[MESH] AND "randomized controlled trial") AND Clinical Trial[ptyp] AND ("2013/01/01"[PDat] : "2014/12/31"[PDat]) AND Humans[Mesh] AND adult[MeSH])

Filters: Publication date from 2013/01/01 to 2014/12/31; Humans; Adult: 19+ years

First author, year	Format ^a	Target group	Sessions	Intervention; control ^b (n)	HR-QoL measures ^c	Depression measures ^d	Trial quality ^e	Country ^f
Andersson, 2005 ⁴¹	GSH	Adults	5	CBT+DG (36); DG (49)	QOLI	MADRS; BDI	+++ -	SW
Barlow, 1986 ⁴²	GRP	Older adults	6	REM (22); WL (23)	LSI	CES-D	- - + -	USA
Beeber, 2010 ⁴³	GSH	Women	16	IPT (34); CAU (37)	SF-12	CES-D	- + + +	USA
Berger, 2011 ⁴⁴	GSH	Adults with MDD	10	CBT (25); WL(26)	WHOQOL	BDI-II	+ + + +	SL+GE
Burns, 2013 ⁴⁵	IND	Women	12	CBT (16); CAU (13)	EQ-5D	EPDS; PHQ-9	+ + - +	UK
Carlbring, 2013 ⁴⁶	GSH	Adults with MDD	7	BAT (40); WL (40)	QOLI	BDI-II; MADRS	+ + + +	SW
Chiesa, 2012 ⁴⁷	GRP	Adults with MDD	8	MBCT (9); PE (7)	PGWBI	HRSD	+ + + -	IT
Cramer, 2011 ⁴⁸	GRP	Women	12	CBT (48); CAU (19)	SF-12	PHQ-9	+ + + +	UK
Dekker, 2012 ⁴⁹	GSH	Adults with MDD and heart failure	2	CBT (20); CAU (21)	MLHFQ	BDI-II	+ + + +	US
Dindo, 2012 ⁵⁰	GRP	Adults with MDD and migraine	1	ACT (31); WL (14)	SF-36	HRSD; IDAS-D	+ - - -	US
Dobkin, 2011 ⁵¹	IND	Adults with Parkinson's disease	10	CBT (41); CAU (39)	SF-36	HRSD; BDI	+ + + +	US
Dowrick, 2000 ⁵²	GRP; GSH	Adults	12; 6	CWD (80); PST (128); CAU (139)	SF-36	BDI	+ + + +	UK

Duarte, 2009 ⁵³	GRP	Adults with MDD and haemodialysis	12	CT (41); CAU (40)	KDQOL-SF	BDI	++++	BR
Fledderus, 2012 ⁵⁴	GSH	Adults	9	ACT (125); WL (126)	SF-36	CES-D	++++	NL
Folke, 2012 ⁵⁵	GSH/GRP	Adults with MDD and unemployed	6	ACT (18); CAU (16)	WHOQOL	BDI	+ - + -	
Freedland, 2009 ⁵⁶	IND	Adults with coronary artery bypass surgery	12	CBT (41); SUP (42); CAU (40)	SF-36	HRSD; BDI	++++	
Harley, 2008 ⁵⁷	GRP	Adults with MDD	16	DBT (10); WL (9)	SOS	HRSD; BDI	- + + -	
Haringsma, 2006 ⁵⁸	GRP	Older adults	10	CWD (52); WL (58)	SF-20	CES-D; HRSD	- - + +	
Høifødt, 2013 ⁵⁹	IND/GSH	Adults	6	CBT (52); WL (54)	EQ-5D	BDI-II; HRSD	+ + - -	
Hunter, 2012 ⁶⁰	GRP	Adults with substance use disorders	18	CBT (47); CAU (26)	SF-12	BDI-II	- - + +	
Johansson, 2012 ⁶¹	GSH	Adults with MDD and comorbid symptoms	8	CBTst (37); CBTtai (36); DG (42)	QOLI	BDI-II; MADRS-S	++++	
Johansson, 2012 ⁶²	GSH	Adults with MDD	9	DYN (46); DG (46)	QOLI	BDI-II; PHQ-9; MADRS	++++	
Kessler, 2009 ⁶³	GSH	Adults	10	CBT (103); WL (91)	EQ-5D; SF-12	BDI	++++	
King, 2000 ⁶⁴	IND	Adults with comorbid anxiety	6	CBT (63); SUP (67); CAU (67)	EQ-5D	BDI	++++	
Korte, 2012 ⁶⁵	GRP	Older adults	8	LR (100); CAU (102)	EQ-5D	CES-D	++++	
Laidlaw, 2008 ⁶⁶	IND	Older adults with MDD	8	CBT (20); CAU (20)	WHOQOL	BDI; GDS; HRSD	+ + + -	
Lamers, 2010 ⁶⁷	IND	Chronically ill older adults	6	MPI (183); CAU (178)	SF-36	BDI	++++	
Pot, 2010 ⁶⁸	GRP	Older adults	12	LR (83); EV (88)	EQ-5D; MANSA	CES-D	+ + + -	NL
Pots, 2014 ⁶⁹	GRP	Mild and	11	MBCT (76);	SF-36	CES-D	+ + - +	NL

		moderate depression		WL (75)				
Preschl, 2012 ⁷⁰	IND	Older adults	8	LR (20); WL (16)	LSI; WHO-5	BDI-II	++++	SL
Röhricht, 2013 ⁷¹	GRP	Recurrent MDD	20	BPT (11); WL (12)	MANSA	HRSD	++++	UK
Savard, 2006 ⁷²	IND	Women with breast cancer	8	CT (21); WL (16)	QLQ	HRSD; BDI	+ + - +	CA
Scheidt, 2013 ³⁰	IND	Women with fibromyalgia syndrome	25	DYN (23); CAU (23)	SF-36	HRSD	++++	GE
Serfaty, 2009 ⁷³	IND	Older adults	12	CBT (64); CAU (55)	EQ-5D	BDI-II	++++	UK
Serrano, 2004 ⁷⁴	IND	Older adults	4	LR (20); CAU (9)	LSI	CES-D	- - + -	SP
Serrano, 2012 ⁷⁵	IND	Older adults with MDD	6	LR (23); PL (8)	LSI; QLSD	GDS	+ - + -	SP
Strong, 2008 ⁷⁶	IND	Adults with MDD and cancer	10	PST (91); CAU (92)	EQ-5D	SCL-20	++++	UK
Talbot, 2011 ⁷⁷	IND	Women with MDD and history of sexual abuse	16	IPT (37); CAU (33)	SF-36	BDI-II; HRSD	+ - - -	US
Vernmark, 2010 ⁷⁸	GSH	Adults with MDD	7	CBTem (27); CBTsh (29); WL (29)	QOLI	MADRS; BDI	++++	NL
Warmerdam, 2008 ⁷⁹	GSH	Adults	8; 5	CBT (46); PST (42); WL (63)	EQ-5D	CES-D	++++	NL
Wiles, 2013 ⁸⁰	IND	Treatment resistant depression	18	CBT+CAU (201); CAU (209)	SF-12	BDI; PHQ-9	++++	UK
Wong, 2008 ⁸¹	GRP	Adults with MDD	10	CBT (163); WL (159)	Q-LES	C-BDI	- + + +	HK
Wuthrich, 2013 ⁸²	GRP	Older adults with anxiety	12	CBT (27); WL (35)	SF-12	GDS	++++	AU
Zilcha-Mano, 2014 ⁸³	IND	Adults with MDD	20	SET (51); PL (50)	SF-36	BDI	++++	US

a. GSH, Guided self-help via internet (except Fledderus *et al*);⁵⁴ GRP, group treatment; IND, individual treatment.

b. ACT, acceptance and commitment therapy; BAT, behavioural activation treatment; BPT, body psychotherapy; CAU, care as usual; CBT, cognitive-behavioural therapy; CT, cognitive therapy; CWD, Coping With Depression; DBT, dialectical behaviour therapy; DG, discussion groups; DYN, psychodynamic psychotherapy; EV, educational video; IPT, interpersonal psychotherapy; LR, life review; MBCT, mindfulness-based cognitive therapy; MPI, minimal psychological intervention; PE, psychoeducation; PL, placebo; PST, problem solving treatment; REM, reminiscence therapy; SET, supportive expressive therapy; SUP, supportive therapy; WL, waiting list.

c. EQ-5D, EuroQol; KDQOL-SF, Kidney Disease and Quality of Life-Short Form; LSI, Life Satisfaction Index; MANSA, Manchester Short Assessment of Quality of Life; MLHFQ, Minnesota Living with Heart Failure Questionnaire; PGWB, Psychological General Well-being Index; QLQ, Quality of Life Questionnaire; Q-LES, Quality of Life Enjoyment and Satisfaction; QOLI, Quality of Life Inventory; SF, Short-Form Health Survey; WHO-5, Well-Being Index; WHOQOL, World Health Organization Quality of Life.

d. BDI, Beck Depression Inventory; BDI-II, Beck Depression Inventory-II; C-BDI, Beck Depression Inventory Chinese edition; CES-D, Center for Epidemiologic Studies Depression Scale; EPDS, Edinburgh Postnatal Depression Scale; GDS, Geriatric Depression Scale; HRSD, Hamilton Rating Scale for Depression; IDAS-D, Inventory of Anxiety and Depression Symptoms- General Depression Scale; MADRS, Montgomery-Åsberg Depression Rating Scale; PHQ-9, Patient Health Questionnaire; SCL-20, Symptom Checklist – Depression Scale.

e. Trial quality: intention to treat analysis, allocation concealment, blinding of outcome assessment, random sequence generation; + low risk of bias, – high risk of bias.

f. AU, Australia; BR, Brazil; CA, Canada; GE, Germany; IT, Italy; HK, Hong Kong; NL, Netherlands; SL, Switzerland; SP, Spain; SW, Sweden; UK, United Kingdom; US, United States.