

## Data supplement

Table DS1 Selected characteristics of trials examining psychotherapy for adult depression											
Study (first author, date)	Recruitment	Diagnosis	Target group	Type of therapy	Format	No. of sessions	Control group	Participants, <i>n</i>			Measures
								EXP	CTR	ITT	
Allart, 2007 <sup>38</sup>	Comm	Other	Adults	CBT (other)	Grp	12	CAU	61	41	+	BDI
Andersson, 2005 <sup>39</sup>	Comm	Other	Adults	CBT (other)	GSH	5	Other	36	49	-	BDI; MADRS-9
Areal, 1993 <sup>40</sup>	Comm	MDD	Older	PST	Grp	12	WL	28	10	-	HRSD; BDI; GDS
				Other	Grp	12	WL	27	10	-	
Ayen, 2004 <sup>41</sup>	Comm	Mood	Other	CBT (other)	Grp	12	WL	11	10	-	BDI; IDS
				SUP	Grp	12	WL	20	10	-	
Barrera, 1979 <sup>42</sup>	Comm	Other	Adults	BAT	Grp	8	WL	10	10	-	BDI; MMPI-D
Barrett, 2001 <sup>43</sup>	Clin	Mood	Adults	PST	Ind	6	PLA	80	81	+	HSCL-D-20
Beach, 1992 <sup>44</sup>	Comm	Mood	Adults	CBT (Beck)	Ind	18	WL	15	15	-	BDI
				Other	Ind	18	WL	15	15	-	
Bolton, 2003 <sup>45</sup>	Other	Mood	Adults	IPT	Grp	16	CAU	107	117	+	HSC
Bowman, 1995 <sup>46</sup>	Comm	Other	Adults	CBT (other)	GSH	4	WL	10	10	-	HRSD; BDI
				PST	GSH	4	WL	10	10	-	
Brown, 1984 <sup>47</sup>	Comm	Mood	Adults	CBT (other)	Grp	12	WL	25	11	-	BDI; CES-D
				CBT (other)	Ind	12	WL	13	11	-	
				CBT (other)	GSH	12	WL	14	11	-	
Burns, 2007 <sup>48</sup>	Other	Other	Older	Other	Ind	6	CAU	50	54	+	GDS; HADS
Carpenter, 2008 <sup>49</sup>	Clin	Mood	Other	BAT	Ind	24	Other	18	20	+	HRSD; BDI-II
Castonguay, 2004 <sup>50</sup>	Comm	MDD	Adults	Other	Ind	16	Other	11	10	-	HRSD; BDI
Chen, 2000 <sup>51</sup>	Other	Other	PPD	SUP	Grp	4	CAU	30	30	-	BDI
Chesney, 2003 <sup>52</sup>	Comm	Other	Gen med	Other	Grp	10	WL	46	38	-	CES-D
Cho, 2008 <sup>53</sup>	Other	Mood	PPD	CBT (other)	Ind	9	CAU	10	12	-	BDI
Christensen, 2004 <sup>54</sup>	Other	Other	Adults	CBT (other)	GSH	6	Other	182	178	+	CES-D
				Other	GSH	6	Other	165	178	+	
Clark, 2008 <sup>55</sup>	Clin	MDD	PPD	Other	Grp	12	WL	18	14	-	BDI; PSI-d
Comas-Diaz, 1981 <sup>56</sup>	Clin	Other	Other	CBT (Beck)	Grp	5	WL	8	10	-	HRSD; BDI
				BAT	Grp	5	WL	8	10	-	
Conoley, 1985 <sup>57</sup>	Other	Other	Student	Other	Ind	2	WL	19	19	-	BDI
				Other	Ind	2	WL	19	19	-	
Conradi, 2007 <sup>58</sup>	Clin	MDD	Adults	CBT (other)	Ind	14	CAU	44	72	+	BDI
Cooper, 2003 <sup>59</sup>	Other	MDD	PPD	CBT (other)	Ind	10	CAU	43	52	+	EPDS
				SUP	Ind	10	CAU	48	52	+	
				Other	Ind	10	CAU	50	52	+	
DeRubeis, 2005 <sup>60</sup>	Comm	MDD	Adults	CBT (Beck)	Ind	14	PLA	60	60	+	HRSD
Dimidjian, 2006 <sup>61</sup>	Comm	MDD	Adults	BAT	Ind	16	PLA	37	41	+	HRSD; BDI
				CBT (Beck)	Ind	16	PLA	38	41	+	
Dowrick, 2000 <sup>62</sup>	Other	Mood	Adults	PST	Ind	6	CAU	128	189	+	BDI
				CBT (other)	Grp	8	CAU	108	189	+	
Dunn, 2007 <sup>63</sup>	Clin	Mood	Other	Other	Grp	14	CAU	51	50	+	HRSD; BDI-II
Elkin, 1989 <sup>64</sup>	Clin	MDD	Adults	CBT (Beck)	Ind	16	PLA	59	59	+	HRSD; BDI
				IPT	Ind	16	PLA	59	59	+	
Evans, 1995 <sup>65</sup>	Other	Other	Gen med	CBT (other)	Grp	8	Other	27	24	-	CES-D; SCL-90-D
				SUP	Grp	8	Other	21	24	-	
Faramarzi, 2008 <sup>66</sup>	Other	MDD	Other	CBT (other)	Grp	10	CAU	29	30	-	BDI
Floyd, 2004 <sup>67</sup>	Comm	Mood	Older	CBT (other)	GSH	4	WL	13	7	-	HRSD; GDS
				CBT (Beck)	Ind	16	WL	8	7	-	
Fry, 1983 <sup>68</sup>	Other	Other	Older	Other	Ind	5	Other	54	27	-	MMPI-D
				Other	Ind	5	Other	54	27	-	
Fry, 1984 <sup>69</sup>	Other	Other	Older	CBT (other)	Ind	12	WL	15	10	-	MMPI-D
Fuchs, 1977 <sup>70</sup>	Comm	Other	Adults	Other	Grp	6	WL	8	10	-	BDI; MMPI-D
				SUP	Grp	6	WL	8	10	-	
Hamamci, 2006 <sup>71</sup>	Comm	Other	Student	CBT (other)	Grp	11	CAU	8	11	-	BDI
				CBT (Beck)	Grp	11	CAU	8	11	-	
Haringsma, 2006 <sup>72</sup>	Comm	Other	Older	CBT (other)	Grp	10	WL	52	58	+	CES-D; HADS-D
Harley, 2008 <sup>73</sup>	Clin	MDD	Adults	Other	Grp	16	WL	10	9	-	HRSD; BDI-II
Hautzinger, 2004 <sup>74</sup>	Comm	Mood	Older	CBT (other)	Grp	12	WL	55	30	+	GDS; IDS; SCL-90-D
Hayman, 1980 <sup>75</sup>	Clin	Other	Adults	Other	Grp	8	WL	16	12	-	BDI
Holden, 1989 <sup>76</sup>	Other	Mood	PPD	SUP	Ind	8	CAU	26	24	-	EPDS
Honey, 2002 <sup>77</sup>	Other	Other	PPD	CBT (other)	Grp	8	CAU	23	22	+	EPDS
Jamison, 1995 <sup>78</sup>	Comm	MDD	Adults	CBT (other)	GSH	4	WL	33	39	-	HRSD; BDI
Jarrett, 1999 <sup>79</sup>	Clin	MDD	Adults	CBT (Beck)	Ind	20	PLA	36	36	+	HRSD; BDI

Table DS1 (continued)											
Study (first author, date)	Recruitment	Diagnosis	Target group	Type of therapy	Format	No. of sessions	Control group	Participants, <i>n</i>			Measures
								EXP	CTR	ITT	
King, 2000 <sup>80</sup>	Clin	Other	Adults	CBT (other) SUP	Ind Ind	6 6	CAU CAU	63 67	67 67	+ +	BDI
Klein, 1985 <sup>81</sup>	Comm	Mood	Adults	CBT (other)	Grp	12	Other	14	8	-	SCL-90-D; CMI-D
Krampen, 1997 <sup>82</sup>	Clin	Mood	Adults	CBT (other)	Ind	20	WL	15	14	-	BDI
				Other	Ind	20	WL	19	14	-	
Laidlaw, 2008 <sup>83</sup>	Clin	MDD	Older	CBT (Beck)	Ind	8	CAU	20	20	-	HRSD; SDS; BDI-II
Landreville, 1997 <sup>84</sup>	Comm	Other	Older	CBT (other)	GSH	4	WL	10	13	-	BDI; GDS; IDD
Lincoln, 2003 <sup>85</sup>	Other	Other	Gen Med	CBT (other)	Ind	10	CAU	39	41	-	BDI; WDI
Lopez, 2004 <sup>86</sup>	Clin	Mood	Adults	Other	Ind	12	PLA	10	10	-	HRSD
Lustman, 1998 <sup>87</sup>	Comm	MDD	Gen Med	CBT (other)	Ind	10	CAU	20	22	+	BDI
Lynch, 2004 <sup>88</sup>	Clin	Other	Adults	PST Other	GSH GSH	6 6	CAU CAU	9 9	13 13	- -	BDI; DHP-D
Lynch, 1997 <sup>89</sup>	Clin	Other	Adults	PST	GSH	6	CAU	11	13	-	HRSD; BDI
Maina, 2005 <sup>90</sup>	Clin	Mood	Adults	Other SUP	Ind Ind	20 19	WL WL	10 10	10 10	+ +	HRSD
Malouff, 1988 <sup>91</sup>	Comm	Other	Other	CBT (other) PST	Grp Grp	4 4	WL WL	14 14	13 13	- -	BDI; POMS-D; BDRS
Manson, 1995 <sup>92</sup>	Other	Other	Gen Med	CBT (other)	Grp	16	WL	22	26	-	BDI
McLean, 1979 <sup>93</sup>	Comm	MDD	Adults	Other Other	Ind Ind	10 10	Other Other	38 38	40 37	- -	BDI; Mood scr
Meager, 1996 <sup>94</sup>	Comm	Other	PPD	CBT (other)	Grp	10	WL	6	6	-	BDI; EPDS; POMS
Milgrom, 2005 <sup>95</sup>	Other	Mood	PPD	CBT (other) SUP SUP	Grp Grp Ind	9 9 9	CAU CAU CAU	46 47 66	33 33 33	+ + +	BDI
Miller, 2002 <sup>96</sup>	Other	Other	Adults	IPT	Ind	12	CAU	15	15	+	HRSD
Miranda, 2003 <sup>97</sup>	Other	MDD	Other	CBT (other)	.	8	CAU	90	89	+	HRSD
Mohr, 2000 <sup>98</sup>	Other	Other	Gen Med	CBT (other)	Ind	8	CAU	16	16	+	POMS
Mossey, 1996 <sup>99</sup>	Other	Other	Older	IPT	Ind	10	CAU	31	38	-	GDS
Murphy, 1995 <sup>100</sup>	Comm	MDD	Adults	CBT (Beck)	Ind	20	Other	11	13	-	HRSD; BDI
Mynors-Wallis, 1995 <sup>101</sup>	Clin	MDD	Adults	PST	Ind	6	PLA	30	30	-	HRSD; BDI
Neugebauer, 2006 <sup>102</sup>	Other	Other	Other	IPT	Ind	6	CAU	10	9	+	HRSD
Nezu, 1986 <sup>103</sup>	Comm	Mood	Adults	PST Other	Grp Grp	8 8	WL WL	11 9	6 6	- -	BDI; MMPI-D
Nezu, 1989 <sup>104</sup>	Comm	MDD	Adults	PST PST	Grp Grp	10 10	WL WL	14 14	6 6	- -	HRSD; BDI
O'Hara, 2000 <sup>105</sup>	Other	MDD	PPD	IPT	Ind	12	WL	48	51	+	HRSD; BDI
Pace, 1993 <sup>106</sup>	Other	Other	Student	CBT (Beck)	Ind	7	WL	31	43	-	BDI
Pecheur, 1984 <sup>107</sup>	Comm	MDD	Student	CBT (Beck) CBT (Beck)	Ind Ind	8 8	WL WL	7 7	7 7	+ +	HRSD; BDI
Peden, 2000 <sup>108</sup>	Comm	Other	Student	CBT (other)	Grp	6	CAU	46	46	-	BDI; CES-D
Prendergast, 2001 <sup>109</sup>	Other	Mood	PPD	CBT (other)	Ind	6	Other	17	20	-	MADRS; EPDS
Propst, 1992 <sup>110</sup>	Comm	Other	Adults	CBT (other) CBT (other) CBT (other) CBT (other)	Ind Ind Ind Ind	19 19 19 19	WL WL WL WL	10 9 9 10	11 11 11 11	- - - -	HRSD; BDI
Rahman, 2008 <sup>111</sup>	Other	MDD	PPD	CBT (other)	Grp	8	Other	418	400	+	HRSD
Ransom, 2008 <sup>112</sup>	Comm	Mood	Gen med	IPT	Ind	6	CAU	41	38	+	BDI-II
Rehm, 1981 <sup>113</sup>	Comm	Other	Adults	Other	Grp	7	WL	9	15	-	HRSD; BDI; MMPI-D; Raskin DS
Robinson, 2007 <sup>114</sup>	Comm	Other	Other	Other	Grp	8	CAU	42	54	-	BDI-II
Rohan, 2007 <sup>115</sup>	Comm	MDD	Adults	CBT (other)	Grp	12	WL	15	15	+	HRSD; BDI-II; SIGH
Ross, 1985 <sup>116</sup>	Clin	MDD	Adults	CBT (Beck) CBT (Beck)	Grp Ind	12 12	WL WL	9 21	21 21	- -	BDI; MADRS
Rude, 1986 <sup>117</sup>	Comm	Other	Adults	CBT (other) Other	Grp Grp	12 12	WL WL	14 14	16 16	- -	BDI
Savard, 2006 <sup>118</sup>	Comm	Other	Gen Med	CBT (Beck)	Ind	8	WL	21	16	-	HRSD; BDI; HADS-D
Schmidt, 1983 <sup>119</sup>	Comm	Other	Adults	CBT (other) CBT (other) CBT (other) CBT (other)	Ind Grp Grp GSH	8 8 8 2	WL WL WL WL	12 11 11 12	10 10 10 10	- - - -	BDI; SDS; MMPI-D; POMS-D
Schulberg, 1996 <sup>120</sup>	Clin	MDD	Adults	IPT	Ind	16	CAU	93	92	+	HRSD
Scogin, 1987 <sup>121</sup>	Comm	Other	Older	CBT (other)	GSH	4	WL	9	8	-	HRSD; BDI; GDS

Table DS1 (continued)											
Study (first author, date)	Recruitment	Diagnosis	Target group	Type of therapy	Format	No. of sessions	Control group	Participants, <i>n</i>			Measures
								EXP	CTR	ITT	
Scogin, 1989 <sup>122</sup>	Comm	Other	Older	CBT (other)	GSH	4	WL	19	11	-	HRSD; GDS
				CBT (other)	GSH	4	WL	21	11	-	
Scott, 1992 <sup>123</sup>	Clin	MDD	Adults	CBT (Beck)	Ind	16	CAU	29	29	+	HRSD
				SUP	Ind	16	CAU	29	29	+	
Scott, 1997 <sup>124</sup>	Clin	MDD	Adults	CBT (other)	Ind	6	CAU	18	16	-	HRSD; BDI
Scott, 1990 <sup>125</sup>	Clin	Mood	Adults	CBT (other)	Grp	12	WL	17	23	+	BDI
				CBT (other)	Ind	12	WL	27	23	+	
Selmi, 1990 <sup>126</sup>	Comm	Mood	Adults	CBT (other)	GSH	6	WL	12	12	+	HRSD; BDI; SCL-90-D
				CBT (other)	Ind	6	WL	12	12	+	
Serrano, 2004 <sup>127</sup>	Other	Other	Older	Other	Ind	4	CAU	20	23	-	CES-D
Shaw, 1977 <sup>128</sup>	Comm	Other	Student	CBT (Beck)	Grp	8	WL	8	8	-	HRSD; BDI
				BAT	Grp	8	WL	8	8	-	
				SUP	Grp	8	WL	8	8	-	
Simpson, 2003 <sup>129</sup>	Clin	Other	Adults	Other	Ind	5	CAU	73	72	+	BDI
Simson, 2008 <sup>130</sup>	Comm	Other	Gen Med	SUP	Ind	5	CAU	15	15	+	HADS-D
Sloane, 1985 <sup>131</sup>	Other	MDD	Older	IPT	Ind	6	PLA	19	14	-	HRSD; BDI
Spek, 2007 <sup>132</sup>	Comm	Other	Older	CBT (other)	Grp	10	WL	99	100	+	HRSD
Spinelli, 2003 <sup>133</sup>	Clin	MDD	Other	IPT	Ind	16	Other	21	17	+	HRSD; BDI; EPDS
Swartz, 2008 <sup>134</sup>	Comm	MDD	Other	IPT	Ind	8	CAU	23	17	+	HRSD; BDI
Taylor, 1977 <sup>135</sup>	Comm	Other	Student	CBT (Beck)	Ind	6	WL	7	7	-	BDI; D-30
				BAT	Ind	6	WL	7	7	-	
				CBT (other)	Ind	6	WL	7	7	-	
Teasdale, 1984 <sup>136</sup>	Clin	MDD	Adults	CBT (Beck)	Ind	15	CAU	17	17	+	HRSD; BDI; MADRS
Teichmann, 1995 <sup>137</sup>	Clin	Mood	Adults	CBT (other)	Ind	13	WL	15	15	-	BDI
				CBT (Beck)	Ind	13	WL	15	15	-	
Teri, 1997 <sup>138</sup>	Other	Mood	Gen Med	BAT	Ind	9	WL	23	20	-	HRSD; BDI; CSDD
				PST	Ind	9	WL	19	20	-	
Turner, 1979 <sup>139</sup>	Comm	Other	Adults	BAT	Ind	5	Other	14	14	-	DACL
Tyson, 1987 <sup>140</sup>	Other	Other	Adults	Other	Grp	4	Other	11	11	-	MMPI-D
				Other	Grp	4	Other	11	11	-	
				Other	Grp	4	Other	11	11	-	
Usaf, 1990 <sup>141</sup>	Comm	MDD	Adults	CBT (other)	Grp	10	WL	25	15	-	BDI; SDS
Van Schaik, 2006 <sup>142</sup>	Clin	MDD	Older	IPT	Ind	10	CAU	69	74	+	MADRS; GDS
Verduyn, 2003 <sup>143</sup>	Other	Other	Other	CBT (other)	Grp	16	CAU	30	13	+	HRSD; BDI
Warmerdam, 2008 <sup>144</sup>	Comm	Other	Adults	CBT (Beck)	GSH	8	WL	88	87	+	CES-D
				PST	GSH	5	WL	88	87	+	
Watt, 2000 <sup>145</sup>	Comm	Other	Older	Other	Grp	6	Other	9	4	-	GDS
				Other	Grp	6	Other	9	4	-	
Weissman, 1979 <sup>146</sup>	Clin	MDD	Adults	IPT	Ind	16	Other	17	21	-	HRSD; Raskin DS
Wickberg, 1996 <sup>147</sup>	Other	MDD	PPD	SUP	Ind	6	CAU	20	21	-	MADRS
Williams, 2000 <sup>148</sup>	Comm	Mood	Older	PST	Ind	6	PLA	80	81	+	HSCL-D-20
Wilson, 1983 <sup>149</sup>	Comm	Other	Adults	CBT (Beck)	Ind	8	WL	8	9	-	HRSD; BDI
				BAT	Ind	8	WL	8	9	-	
Wollersheim, 1991 <sup>150</sup>	Comm	MDD	Adults	CBT (other)	Grp	10	WL	8	8	-	BDI; MMPI-D; SR; CR; SO
				SUP	Grp	10	WL	8	8	-	
				CBT (other)	GSH	5	WL	8	8	-	
Wong, 2008 <sup>151</sup>	Comm	MDD	Adults	CBT (other)	Grp	10	WL	48	40	-	BDI
Wong, 2008 <sup>152</sup>	Comm	MDD	Adults	CBT (other)	Grp	10	WL	163	159	+	BDI
Wright, 2005 <sup>153</sup>	Clin	MDD	Adults	CBT (Beck)	Ind	9	WL	15	15	+	HRSD; BDI
				CBT (Beck)	GSH	9	WL	15	15	+	
Zeiss, 1979 <sup>154</sup>	Comm	Other	Adults	CBT (other)	Ind	12	WL	7	7	-	MMPI-D
				BAT	Ind	12	WL	7	7	-	
				Other	Ind	12	WL	7	7	-	

BAT, behavioural activation treatment; BDI, Beck Depression Inventory; BDRS, Behavioral Depression Rating Scale; CAU, care as usual; CBT, cognitive-behavioural therapy; CES-D, Center for Epidemiological Studies – Depression scale; Clin, clinical; CMI-D, Cornell Medical Index – Depression scale; Comm, community; CR, clinical rating of depression; CSDD, Cornell Scale for Depression in Dementia; CTR, control; D-30, Depression 30 scale; DAACL, Depression Adjective Checklist; DHP-D, Duke Health Profile – Depression scale; EPDS, Edinburgh Postnatal Depression Scale; EXP, experimental group; GDS, Geriatric Depression Scale; Gen med, general medical; Grp, group; GSH, guided self-help; HADS, Hospital Anxiety and Depression Scale; HADS-D, HADS Depression scale; HRSD, Hamilton Rating Scale for Depression; HSC, Hopkins Symptom Checklist; HSCL-D-20: HSCL Depression scale; IDS, Inventory of Depressive Symptoms; Ind, individual; IPT, interpersonal psychotherapy; ITT, intention to treat; MADRS, Montgomery-Åsberg Depression Rating Scale; MDD, major depressive disorder; MMPI-D, Minnesota Multiphasic Personality Inventory – Depression scale; Mood scr, mood screener; PLA, placebo; POMS, Profile of Mood States; POMS-D, POMS Depression scale; PPD, postpartum depression; PSI-d, Parenting Stress Index – depression scale; PST, problem-solving therapy; Raskin DS, Raskin Depression Scale; SCL-90-D, Symptom Checklist – 90 – Depression scale; SDS, Self-rating Depression Scale; SIGH, Structured Interview Guide for the HRSD plus eight-item Atypical Symptom subscale; SO, significant other rating of depression; SR, self-rating of depression scale; SUP, non-directive supportive therapy; WDI, Wakefield Self-Assessment of Depression Inventory; WL, waiting list.

## References of trials listed in Table DS1

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**Table DS2** Mean effect sizes for psychological treatments of adult depression from published studies: tests for publication bias in subgroups

	$N_c$	Unadjusted values			Adjusted values <sup>a</sup>				Egger's test		
		$d$	95% CI	$I^2$	$d$	95% CI	$N_{imp}^a$	Tau <sup>b</sup>	$I^c$	95% CI	$P$
<b>Recruitment</b>											
Community	90	0.81	0.68–0.93	63.65***	0.50	0.37–0.63	30	0.42***	2.00	1.37–2.64	***
Clinical	41	0.51	0.38–0.64	52.88***	0.32	0.18–0.46	14	0.49***	2.51	1.59–3.44	***
Other	44	0.59	0.44–0.75	81.99***	0.59	0.44–0.75	0	0.12 (NS)	0.76	–0.74 to 2.26	NS
<b>Diagnosis</b>											
Mood disorder	92	0.67	0.55–0.78	75.74***	0.41	0.28–0.53	26	0.40***	1.60	0.77–2.42	***
Self-report/other	83	0.69	0.57–0.80	60.92***	0.43	0.31–0.56	26	0.37***	1.62	0.97–2.28	***
<b>Target group</b>											
Adults	95	0.63	0.52–0.74	69.48***	0.38	0.26–0.50	29	0.33***	1.42	0.72–2.12	***
Older adults	23	0.75	0.47–1.02	80.82***	0.30	0.00–0.60	10	0.33*	2.58	0.44–4.72	*
Student population	14	1.04	0.72–1.36	47.84*	0.76	0.41–1.11	5	0.74***	2.43	0.95–3.90	**
Women with PPD	16	0.53	0.40–0.67	31.47 (NS)	0.49	0.34–0.65	1	0.21 (NS)	–0.10	–1.39 to 1.18	NS
General medical	12	0.56	0.33–0.80	49.32*	0.30	0.04–0.56	5	0.35 <sup>o</sup>	5.49	2.30–8.69	**
Other	15	0.96	0.57–1.36	82.52***	0.38	–0.05 to 0.82	6	0.57**	3.95	1.58–6.31	**
<b>Type of therapy</b>											
CBT	89	0.69	0.59–0.79	60.50***	0.49	0.38–0.60	26	0.42***	1.48	0.90–2.05	***
Interpersonal	13	0.57	0.22–0.92	86.38***	0.57	0.22–0.92	0	0.06 (NS)	–1.65	–0.74 to 3.44	NS
Problem-solving	14	0.80	0.46–1.14	82.04***	0.28	–0.08 to 0.64	6	0.51**	3.45	1.82–5.07	***
Supportive	15	0.55	0.36–0.74	33.79 <sup>o</sup>	0.55	0.36–0.74	0	0.32*	1.80	–0.06 to 3.67	*
Behavioural activation	10	0.70	0.25–1.14	66.49**	0.35	–0.14 to 0.84	3	0.53*	3.07	–0.16 to 6.30	*
Other	34	0.65	0.44–0.86	76.58***	0.31	0.07–0.55	11	0.24*	1.83	0.30–3.35	*
<b>Format</b>											
Individual	89	0.63	0.52–0.74	68.84***	0.32	0.20–0.44	33	0.48***	2.83	2.08–3.59	***
Group	64	0.75	0.61–0.89	73.10***	0.52	0.36–0.68	14	0.31***	0.93	0.07–1.80	*
Guided self-help	21	0.68	0.49–0.87	56.33**	0.47	0.26–0.68	6	0.20 <sup>o</sup>	1.31	0.18–2.45	*
<b>Control group</b>											
Waiting list	93	0.90	0.79–1.01	49.05***	0.68	0.56–0.80	27	0.38***	1.71	1.13–2.30	***
Care as usual	48	0.48	0.35–0.61	71.71***	0.29	0.14–0.44	13	0.31**	1.39	–0.10 to 2.89	*
Pill placebo	11	0.29	0.09–0.49	58.09**	0.19	–0.04 to 0.42	2	0.47*	3.92	1.29–6.55	**
Other control	23	0.55	0.31–0.79	82.73***	0.55	0.31–0.79	0	–0.03 (NS)	0.18	–1.61 to 1.98	NS
<b>Analyses</b>											
Intention to treat	62	0.47	0.38–0.57	72.37***	0.37	0.26–0.49	10	0.36***	0.91	–0.21 to 2.02	<sup>o</sup>
Completers only	113	0.84	0.72–0.96	63.91***	0.55	0.42–0.69	30	0.30***	2.12	1.16–3.08	***

CBT, cognitive-behavioural therapy;  $N_{comp}$ , number of comparisons;  $N_{imp}$ , number of imputed studies; NS, not significant; PPD, postpartum depression.

a. Based on Duval & Tweedie trim and fill procedure.

b. Kendall's tau based on Begg & Mazumbar rank correlation.

c. Intercept based on Egger's test.

<sup>o</sup> $P < 0.1$ , \* $P < 0.05$ , \*\* $P < 0.01$ , \*\*\* $P < 0.001$ .

**Table DS3** Mean effect sizes of cognitive-behavioural therapy for adult depression from published studies: tests for publication bias in subgroups

	Unadjusted values			Adjusted values <sup>a</sup>			Egger's test				
	$N_c$	$d$	95% CI	$I^2$	$d$	95% CI	$M_{imp}$	$Tau^b$	$I^c$	95% CI	$P$
All comparisons	89	0.69	0.59–0.79	60.50***	0.49	0.38–0.60	26	0.42***	1.48	0.90–2.05	***
Outliers excluded <sup>c</sup>	78	0.57	0.49–0.65	41.76***	0.46	0.38–0.55	19	0.31***	0.93	0.37–1.48	**
Multiple comparisons excluding lowest	70	0.61	0.51–0.72	61.09***	0.47	0.35–0.58	16	0.34***	1.16	0.45–1.87	**
Multiple comparisons excluding highest	70	0.68	0.57–0.78	65.59***	0.48	0.36–0.60	20	0.41***	1.53	0.82–2.24	***
BDI only	66	0.82	0.68–0.95	63.17***	0.52	0.38–0.66	24	0.43***	2.26	1.51–3.02	***
HRSD only	35	0.75	0.59–0.91	57.52***	0.53	0.36–0.70	12	0.62***	1.42	0.64–2.20	***
<i>Subgroup analyses</i>											
<i>Recruitment</i>											
Community	54	0.85	0.71–0.99	57.51***	0.62	0.47–0.78	16	0.43***	1.63	0.84–2.41	***
Clinical	18	0.57	0.39–0.74	36.49 <sup>o</sup>	0.38	0.19–0.57	7	0.63***	3.13	1.84–4.41	***
Other	17	0.46	0.28–0.63	67.43***	0.46	0.28–0.63	0	0.24 <sup>o</sup>	0.22	–1.56 to 2.00	NS
<i>Diagnosis</i>											
Mood disorder	48	0.65	0.51–0.80	68.56***	0.48	0.33–0.64	10	0.28**	1.08	0.13–2.03	*
Self-report/other	41	0.73	0.59–0.86	45.12**	0.51	0.36–0.65	16	0.56***	2.07	1.47–2.66	***
<i>Target group</i>											
Adults	50	0.63	0.51–0.75	54.69***	0.44	0.31–0.57	15	0.27**	1.39	0.57–2.21	***
Specific group	39	0.79	0.63–0.95	66.18***	0.55	0.37–0.73	12	0.54***	1.62	0.77–2.47	***
<i>Type of therapy</i>											
Beck's CBT	25	0.77	0.58–0.96	51.27**	0.57	0.36–0.78	8	0.66***	2.77	1.90–3.64	***
Other CBT	64	0.67	0.55–0.78	63.46***	0.48	0.35–0.60	17	0.30***	1.20	0.48–1.93	***
<i>Format</i>											
Individual	41	0.66	0.52–0.81	50.26***	0.41	0.25–0.58	15	0.58***	3.00	2.24–3.77	***
Group	32	0.69	0.53–0.86	68.69***	0.53	0.35–0.71	7	0.30*	1.08	–0.01 to 2.17	o
Guided self-help	15	0.84	0.59–1.09	58.70**	0.53	0.27–0.80	6	0.23 (NS)	1.66	0.28–3.04	*
<i>Control group</i>											
Waiting list	57	0.88	0.75–1.02	46.62***	0.66	0.52–0.81	18	0.43***	1.62	0.93–2.32	***
Care as usual	21	0.50	0.31–0.68	64.62***	0.25	0.04–0.45	8	0.49**	3.05	1.50–4.60	***
Other control	11	0.42	0.25–0.59	50.94*	0.42	0.25–0.59	0	–0.15 (NS)	–1.30	–2.96 to 0.37	NS
<i>Analyses</i>											
Intention to treat	33	0.51	0.40–0.62	56.71***	0.44	0.32–0.55	7	0.43***	1.06	–0.01 to 2.13	o
Completers only	56	0.85	0.69–1.00	54.92***	0.64	0.47–0.81	13	0.34***	1.89	0.64–3.15	**

BDI, Beck Depression Inventory; CBT, cognitive-behavioural therapy; HRSD, Hamilton Rating Scale for Depression;  $N_c$ , number of comparisons;  $M_{imp}$ , number of imputed studies; NS, not significant.

a. Based on Duval &amp; Tweedie's trim &amp; fill procedure.

b. Kendall's tau based on Begg &amp; Mazumbar rank correlation.

c. Intercept based on Egger's test.

\* $p < 0.1$ , \*\* $p < 0.05$ , \*\*\* $p < 0.001$ .