

Data supplement

Reference	Setting	Participants	Intervention group	Comparison group	Therapists	Depression measure
(a) Studies with the comparison of group CBT plus usual care v. usual care alone ($n=12$) Araya <i>et al</i> (2003), ⁶ (2006) ⁷	Primary care Chile	$n=240$ major depression 42.6 years (s.d. = 3.6) 100% female 88% completed	3-month stepped-care programme $n=120$ 7 weekly sessions, homework advised and 2 booster sessions	Usual care $n=120$	Social workers and nurses Trained and supervised	HRSD
Epstein (1986) ⁸	No details USA	$n=26$ BDI > 11 39.42 years No further details	Group CBT $n=9$ 8 consecutive weekly sessions of 1.5 h	No treatment $n=10$	No details	BDI
Hamamci (2006) ⁹	University Turkey	$n=31$ moderate depression (BDI ≤ 19) 19.52 years (s.d. = 2.09) 48% female % completed unknown	Group CBT $n=10$ 3h sessions over 11 weeks, no homework	No treatment $n=11$	Therapist with didactic and experiential training in CBT	BDI
Hamdan-Mansour <i>et al</i> (2009) ¹⁰	University Israel	$n=84$ moderate to severe depressive symptoms Students (no ages given) 45% female No further information	Group CBT based on the 'Teaching Kids to Cope' programme $n=44$ 10 weekly sessions of 45 min No mention of homework	No additional healthcare $n=40$	Group leaders were master-level psychiatric/mental health nurses who received training by expert nurse who designed programme	BDI
Hautzinger & Welz (2004) ¹¹	University Germany	$n=100$ GP or self-referral 80% had major depression 60 years + No gender details 90% completed	Group CBT $n=65$ 12 groups of 5–7 participants, 2h weekly over 3 months	Waiting list $n=35$	No details	GDS
Hegerl <i>et al</i> (2010) ¹²	University Germany	$n=368$ primary care patients with depression HRSD mean score 16 (range 13–20) 46.4 years (s.d. = 14.6) 59% completed	There were 5 arms of study Group CBT $n=61$ 9 weekly group sessions of 50 min Manual guided No mention of homework	Sertraline group $n=83$	Group leader (no details)	HRSD
Nezu (1986) ¹³	University USA	$n=26$ non-psychotic unipolar depression (RDC) No further details 77% completed	Group PST $n=11$ 8 weekly sessions 1.5–2 h plus homework	Waiting list $n=6$	Advanced clinical psychology graduate students with 4.5 years experience Manuals used Supervised	BDI
Ravindran <i>et al</i> (1999) ¹⁴	University Canada	$n=97$ primary dysthymia 21–54 years 58% female 97% completed	Group CBT and placebo drug $n=24$ Groups of 7–10 participants, 12 weekly, 90 min sessions plus homework	Placebo drug $n=24$	Therapists with 15 years of CBT therapy in the hospital setting	HRSD
Wollersheim & Wilson (1991) ¹⁵	University USA	$n=32 \geq 70$ MMPI 39.4 years 59% female 78% completed	Group CBT $n=8$ 10 sessions Participants encouraged to practice No further details	Delayed treatment $n=8$	No details	BDI
Wong (2008) ¹⁶	University Hong Kong	$n=337$ BDI > 9 42.72 years (s.d. = 8.7) 78% female 96% completed	Group CBT $n=167$ 10 weekly sessions, 3h each 7–8 participants per group No further details	Waiting list $n=170$	Group CBT trainees 3 days training Manual used Observed	BDI

(continued)

Table DS1 Characteristics of included studies (Continued)

Reference	Setting	Participants	Intervention group	Comparison group	Therapists	Depression measure
Wong (2008) ¹⁷	University Hong Kong	$n = 96$ BDI > 9 37.4 years (s.d. = 9.4) 78% female 96% completed	Group CBT $n = 48$ 10 weekly sessions 2.5h 8-9 participants per group No further details	Waiting list $n = 48$	Experienced mental health workers Manual used Supervised	BDI
Yang <i>et al.</i> (2009) ¹⁸	University Hong Kong	$n = 65$ out-patients with major depression Mean age 42 years 64% female 55% completed	Group CBT $n = 38$ Received for 2 months, 120 min weekly for 8 weeks then encouraged to practise for the next 2 months	'Monotherapy' (antidepressants) $n = 27$	Author 'who was trained' ran the group therapy	BDI
(b) Studies with the comparison of group CBT v. individually delivered CBT ($n = 5$) Banken (1993) ¹⁹	University USA	$n = 28$ BDI ≥ 13 , HRSD ≥ 14 44.7 years (s.d. = 11.89) 75% female 61% completed	CWD $n = 19$ 12 sessions of 1.5h No further details	Individual CWD $n = 9$ Details as per group sessions	Advanced doctoral students in clinical psychology Supervised	HRSD
Shaffer <i>et al.</i> (1981), ²⁰ Shapiro <i>et al.</i> (1982) ²¹	University USA	$n = 44$ sought treatment for depression and anxiety and were screened 21-40 years 66% female 80% completed	Group CBT $n = 10$, 10 weekly sessions, 1.5 h No further details	Individual CBT $n = 12$ Details as group except sessions were 1 h	Clinical psychologists with extensive experience in both group and individual CBT	HRSD
Teri & Lewinsohn (1986), ²² Lewinsohn <i>et al.</i> (1985) ²³	University USA	$n = 66$ major or minor depression (SADS-RDC) 34.7 years (s.d. = 10.36) 60% female No details on completion	CWD $n = 47$ 12 sessions over 8 weeks with 6 per group Homework was given	Individual CBT $n = 19$ 12 sessions over 12 weeks	Advanced graduate students in clinical psychology 2 years' experience 3-month training Used manual Supervised	BDI
Wierzbicki & Bartlett (1987) ²⁴	University USA	$n = 18$ depression (DSM-III) BDI 8-35 at recruitment No further details	Group CBT $n = 9$ Groups of 4 and 5, 60 min weekly for 6 weeks	Individual CBT $n = 9$ Details as group CBT	Graduate students on an MA programme in psychology	BDI
Zettle <i>et al.</i> (1992) ²⁵	University USA	$n = 30$ HRSD ≥ 14 43 years 'Mostly female' 90% completed	Group CBT $n = 14$ 12 weekly sessions in 2 groups No further details	Individual CBT $n = 13$ 12 weekly sessions Homework	Therapist with previous training in cognitive therapy	HRSD
(c) Studies with both comparisons in a three-arm study design ($n = 2$) Brown & Lewinsohn (1984) ²⁶	University USA	$n = 63$ unipolar depression 36.5 years 70% female (75 were randomised but only 63 actually had depression)	CWD $n = 25$ 12 sessions of 2h, twice weekly for 4 weeks, followed by weekly for next 4 weeks Homework and meetings with instructors at 1 and 6 months	Waiting list $n = 11$ Individual CWD $n = 13$ details as group except sessions were ≤ 50 min	Advanced doctoral students in clinical psychology Trained Manual used Supervised	BDI
Schmidt & Miller (1983) ²⁷	University USA	$n = 56$ BDI of ≥ 10 42 years 84% female 96% completed	Group CBT $n = 11$ 8 weekly sessions of 90 min plus homework	Waiting list $n = 10$ Individual CBT $n = 12$ Details as group	Paraprofessional therapists with experience in clinical interviewing 16h of training over 8 weeks was given Manual used	BDI

(continued)

Table DS1 Characteristics of included studies (*continued*)

Reference	Setting	Participants	Intervention group	Comparison group	Therapists	Depression measure
(d) Studies describing other group psychological therapies Lynch <i>et al</i> (2003) ²⁸	University USA	<i>n</i> = 34 DDES and HRSD > 18 66 years (s.d. = 5.0) 85% female 85% completed	Group DBT and telephone coaching <i>n</i> = 17 2 h weekly for 28 weeks plus standard medication plus homework	Standard medication <i>n</i> = 17 for 28 weeks	Clinical psychology doctoral students, MA therapist, clinical psychology interns and licensed PhD clinical psychologist	BDI
Feldman <i>et al</i> (2009) ²⁹	Hospital USA	<i>n</i> = 24 treatment-resistant major depressive disorder 41.8 years 75% female 79% completed	Group DBT <i>n</i> = 12 16 weekly sessions of 1.5 h plus homework	Waiting-list control <i>n</i> = 12	Co-led by two clinical psychologists who had had specific intensive DBT training	HRSD
Bolton <i>et al</i> (2003), ³⁰ Verdeili <i>et al</i> (2003), ³¹ Bass <i>et al</i> (2006), ³² Siskin <i>et al</i> (2008) ³³	Rural Uganda	<i>n</i> = 248 screened with HSC and met DSM-IV criteria for depression Mean age 47 years 50% female 97% completed	IPT <i>n</i> = 116 Each group (8–10) met for 90 min weekly for 16 weeks No description of homework	Waiting list <i>n</i> = 132	Groups were led by a local person of the same gender as the group 2 weeks of intensive training from 2 of the authors	HSC
Rehm <i>et al</i> (1981) ³⁴	University USA	<i>n</i> = 56 Participants met 5/8 RDC for depression 39.2 years No further details 93% completed	Group self-monitoring therapy <i>n</i> = 12 7 weeks No further details	Waiting list <i>n</i> = 16	Advanced graduate students in clinical psychology with previous experience Trained Manual used	HRSD

HRSD, Hamilton Rating Scale for Depression; CBT, cognitive-behavioural therapy; BDI, Beck Depression Index; GDS, Geriatric Depression Scale; RDC, Research Diagnostic Criteria; PST, problem-solving therapy; MMP, Minnesota Multiphasic Personality Inventory; DSM, Diagnostic and Statistical Manual of Mental Disorders; CWD, Coping with depression; SADS-RDC, Schedule for Affective Disorders and Schizophrenia – Research Diagnostic Criteria; DDES, Detection of Depression in the Elderly Scale; DBT, dialectical behaviour therapy; IPT, interpersonal therapy; HSC, Hopkins Symptom Checklist.