

Cuijpers et al. Psychotherapy for subclinical depression: meta-analysis. *Br J Psychiatry* 2014; **205**: 268–74 (doi: 10.1192/bjp.bp.113.138784)

Online supplement: Table DS1; Appendix DS1 and supplementary reference list

Table DS1 Selected characteristics of studies examining the effects of psychological treatments of minor depression

	Recruitment	Target group	Definition of subclinical depression	Conditions	<i>n</i>	Intervention	Format	Number	Follow-up (months)	TR	PR	Quality ^a	Country
Allart-van Dam et al (2003) ²¹	Community	Adults (18–65 years)	BDI ≥ 10 , no MDD	1. CBT 2. CAU	61 41	Coping with Depression course	Grp	12	6, 12	+	+	$\pm \pm s + \pm$	Netherlands
Barrett et al (2001) ²²	Through primary care	Adults (18–59 years)	Minor depression (≥ 3 of 9 MDD symptoms, 4 weeks); no MDD	1. PST 2. Placebo	29 32	Problem-solving therapy	Ind	6		+	–	+++++	USA
Bot et al (2010) ²³	Through out-patient clinic	Diabetic out-patients	CES-D ≥ 16 ; no MDD	1. Stepped care 2. CAU	35 43	Stepped care (1. Watchful waiting/bibliotherapy; 2. CBT)	Ind	NR	24	–	+	$\pm \pm s - \pm$	Netherlands
Furukawa et al (2012) ²⁴	Through participating companies	Employees (20–57 years)	K6 ≥ 9 + BDI-II ≥ 10 ; no MDD	1. tCBT 2. CAU (WL)	58 60	CBT	Tel	8	4	+	–	+++	Japan
Haringsma et al (2005) ²⁵ [AQ 2006?]	Community	Elderly (55+ years)	Self-reported depressive symptoms; no MDD	1. CBT 2. WL	31 36	Coping with Depression course	Grp	10	–	+	–	$\pm \pm s + \pm$	Netherlands
Konnert et al (2009) ²⁶	Screening	Nursing home residents	GDS > 9 ; no MDD	1. CBT 2. CAU	20 23	Coping With Stress course (CWD)	Grp	13	3, 6	+	+	$\pm \pm s - \pm$	CA
Lara et al (2010) ²⁷	Invitation through antenatal care	Pregnant women	CES-D ≥ 16 ; no MDD	1. PE + CBT 2. CAU + self-help book	56 60	Psychoeducation + CBT	Grp	8	6	–	+	$\pm \pm s + \pm$	Mexico
Le et al (2011) ²⁸	Invitation through antenatal care	Low-income Latina pregnant women	CES-D ≥ 16 ; no MDD	1. CBT 2. CAU	94 92	CBT (CWD)	Grp	16	–	+	–	$\pm \pm s + \pm$	USA
Lynch et al (1997) ²⁹	Patients waiting to see their GP	Adults (18+ years)	MOS Depression Screening Inventory $>$ cut-off	1. PST 2. CAU	11 13	Problem-solving therapy	Tel	6	–	+	–	$\pm \pm + - \pm$	USA
Mossey et al (1996) ³⁰	Through medical centres	Medically ill elderly (60+ years)	GDS ≥ 11 on two occasions	1. IPC 2. CAU	31 38	Interpersonal counselling	Ind	10	–	+	–	$\pm \pm s - \pm$	USA
Munoz et al (2007) ³¹	Invitation through antenatal care	Low-income, pregnant women	CES-D ≥ 16 ; no MDD	1. CBT 2. CAU	21 20	Mood management (CWD)	Grp	16	3, 6, 12	+	+	$\pm \pm s - \pm$	USA
Neugebauer et al (2006) ³²	Through medical centres	Women seeking care for miscarriage	HRSD-17 ≥ 9 ; no MDD	1. IPC 2. CAU	10 9	Interpersonal counselling	Ind	6	–	+	–	$\pm \pm \pm + \pm$	USA
Pot et al (2010) ³³	Community	Older adults (≥ 50 years)	CES-D ≥ 5 ; no MDD	1. Life review 2. Control (video on growing old successfully)	83 88	Life review therapy	Grp	12	–	+	–	++++	Netherlands

Spek et al (2007) ³⁴	Community	Older adults (50–75 years)	GDS \geq 12, no MDD	1. CBT 2. WL	99 100	Coping With Depression course	Grp	10	-	+	-	++s±	Netherlands
Vazquez et al (2012) ³⁵	Through university	University students	CES-D \geq 16; no MDD	1. CBT 2. Relaxation	65 61	Depression prevention course (CWD)	Grp	8	-	+	-	±±s±	Spain
Van't Veer et al (2009) ³⁶	Screening in primary care	Older primary care patients	CES-D \geq 16; no MDD	1. Stepped-care 2. CAU	86 84	Stepped care protocol	Ind	6, 12, 24	-	+	+	+++	Netherlands
Willemse et al (2004) ³⁷	Screening in primary care	Adults (18–65 years)	1 MDD core symptom + 1–3 other symptoms	1. CBT 2. CAU	107 109	Coping With Depression course	Gsh	6	12	-	+	±±s±	Netherlands
Williams et al (2000) ³⁸ [AQ 2001?]	Through primary care	Older adults	Minor depression (\geq 3 of 9 MDD symptoms, 4 weeks); no MDD	1. PST 2. Placebo	50 57	Problem-solving therapy	Ind	6	-	+	-	+++++	USA

BDI, Beck Depression Inventory; CAU, care as usual; CBT, cognitive-behavioural therapy; CES-D, Center for Epidemiological Studies Depression scale; CWD, Coping With Depression course; GDS, Geriatric Depression Scale; Grp, group format; HRSD, Hamilton Rating Scale for Depression; Ind, individual format; IPC, interpersonal counselling; K6, Kessler-6; MDD, major depressive disorder; MOS: Medical Outcomes Study depression scale; Nse, number of therapy sessions; PE, psychoeducation; PR, preventive effects of intervention are examined (+ yes, - no); PST, problem-solving therapy; Tel, telephone-based therapy; tCBT, telephone-supported cognitive-behavioural therapy; TR, treatment of subclinical depression is examined (+ yes, - no); WL, waiting list.

a. Positive (+), negative (-) or unclear (\pm) signs indicate rating of five quality criteria: allocation sequence; concealment of allocation to conditions; masking of assessors; intention-to-treat analyses; and selective outcome reporting. An 's' entry indicates that only self-report instruments were used as the outcome measure.

Appendix DS1

Selected characteristics of studies examining the effects of psychotherapy for major depressive disorders

		<i>Recr</i>	<i>Targ group</i>	<i>Ctr</i>	<i>Qual^{a)}</i>	<i>Therapy</i>	<i>Format</i>	<i>N sess</i>	<i>g</i>	<i>Se</i>
Arean	1993	Comm	Spec	WL	± ± + - ±	PST	Grp	12	1.35	0,36
						Rem	Grp	12	0.45	0,29
Barber	2011	Comm	Adults	Other	+ ± + + +	Other	Ind	20	0.08	0,26
Barnhofer	2009	Comm	Adults	CAU	+ + + + ±	CBT	Grp	8	0.91	0,39
Castonguay	2004	Comm	Adults	Other	± ± + - ±	CBT	Ind	16	1.75	0,5
Chiesa	2012	Comm	Adults	Other	+ + + - ±	CBT	Grp	8	0.81	0,5
Choi	2012	Comm	Spec	WL	+ + ± + +	CBT	GSH	6	0.55	0,25
Clark	2008	Clin	Spec	WL	± ± + - ±	Other	Grp	12	1.09	0,39
Cooper	2003	Other	Spec	CAU	+ + + + ±	Couns	Ind	10	0.26	0,2
						Dyn	Ind	10	0.53	0,21
						CBT	Ind	10	0.43	0,21
Dindo	2012	NR	Spec	WL	± ± ± + ±	Other	Grp	1	1.15	0,34
Duarte	2009	Other	Spec	CAU	+ + + + ±	CBT	Grp	12	0.79	0,22
Ekkers	2011	Clin	Spec	CAU	+ + + + ±	CBT	Grp	7	0.59	0,22
Elkin	1989	Clin	Adults	Other	+ + + + +	CBT	Ind	16	0.23	0,18
						IPT	Ind	16	0.36	0,18
Faramarzi	2008	Other	Spec	CAU	± ± + - ±	CBT	Grp	10	1.72	0,3
Folke	2012	Other	Spec	CAU	± ± + + ±	Other	Ind	6	0.66	0,34
Harley	2008	Clin	Adults	WL	± ± + - ±	Other	Grp	16	0.84	0,46
Jamison	1995	Comm	Adults	WL	± ± ± - ±	CBT	GSH	4	1.59	0,27
Jarrett	1999	Clin	Adults	Other	+ + + + ±	CBT	Ind	20	0.58	0,24
Johansson, A	2012	Comm	Adults	Other	+ + + + ±	Other	GSH	9	0.97	0,22
Johansson, B	2012	Comm	Adults	Other	+ + + + ±	CBT	GSH	8	0.56	0,23
						CBT-tayl	GSH	8	0.81	0,24
Johnson	2012	Other	Spec	Other	+ + + + +	Other	Grp	33	0.67	0,33
Laidlaw	2008	Clin	Spec	CAU	+ + + - ±	CBT	Ind	8	0.42	0,31
Linde	2011	Other	Spec	Other	+ + + + +	CBT	Grp	26	-0.06	0,14
Lustman	1998	Comm	Spec	CAU	+ + + + ±	CBT	Ind	10	1.16	0,35
McLean	1979	Comm	Adults	Other	± ± + - ±	Dyn	Ind	10	-0.11	0,26
						CBT	Ind	10	0.55	0,25
Miranda	2003	Other	Spec	CAU	+ + + + ±	CBT	Ind/Grp	8	0,16	0,15
Mohr	2011	Clin	Adults	CAU	± ± + + +	CBT	Ind	16	0.28	0,23
Mulcahy	2010	Clin	Spec	CAU	+ + + - ±	Other	Ind	11	0.6	0,29
Murphy	1995	Comm	Adults	Other	± ± ± - ±	CBT	Ind	20	0.13	0,4
Mynors-Wallis	1995	Clin	Adults	Other	± + + + ±	PST	Ind	6	0.68	0,27
Nezu	1989	Comm	Adults	WL	± ± + - ±	PST	Grp	10	2.85	0,56
						aPST	Grp	10	1.56	0,45
O'Hara	2000	Other	Spec	WL	± ± ± + ±	Other	Ind	12	1.14	0,22
Pecheur	1984	Comm	Spec	WL	± ± ± + ±	CBT-sec	Ind	8	1.76	0,6
						CBT-rel	Ind	8	2.09	0,64
Perini	2009	Comm	Adults	WL	+ + + + +	CBT	GSH	6	0.56	0,31

Rahman	2008	Other	Spec	Other	+++++	CBT	Grp	8	0.62	0,07
Rohan	2007	Comm	Adults	WL	±±±±±	CBT	Grp	12	0.96	0,38
Schulberg	1996	Clin	Adults	CAU	±±±±±	Other	Ind	16	0.44	0,15
Scott	1992	Clin	Adults	CAU	++++±	CBT	Ind	16	0.25	0,26
						Couns	Ind	16	0.53	0,26
Scott	1997	Clin	Adults	CAU	±±±-±	CBT	Ind	6	0.47	0,34
Serrano	2012	Clin	Spec	Other	±±±±±	Other	Ind	6	0.39	0,47
Sloane	1985	Other	Spec	Other	±±±-±	Other	Ind	6	0.09	0,34
Smit	2006	Clin	Adults	CAU	++++±	CBT	Ind	14	0.04	0,25
Songprakun	2012	Clin	Adults	CAU	+++++	CBT	GSH	8	0.6	0,27
Spinelli	2003	Clin	Spec	Other	±±±±±	Other	Ind	16	0.82	0,33
Strong	2008	Other	Spec	CAU	++++±	PST	Ind	10	0.37	0,14
Swartz	2008	Comm	Spec	CAU	±±±±±	Other	Ind	8	0.85	0,32
Talbot	2011	Clin	Spec	CAU	±±±±±	Other	Ind	16	0.31	0,26
Teasdale	1984	Clin	Adults	CAU	±±±±±	CBT	Ind	15	1.46	0,46
Titov	2010	Comm	Adults	WL	+++++	CBT techn	GSH	6	0.97	0,23
						CBT clin	GSH	6	0.99	0,23
Van Schaik	2006	Clin	Spec	CAU	++++±	Other	Ind	10	0.07	0,17
Vernmark	2010	Comm	Adults	WL	++++±	CBT-email	GSH	7	0.87	0,28
						CBT-gsh	GSH	7	0.46	0,28
Weissman	1979	Clin	Adults	Other	±±±-±	Other	Ind	16	1.03	0,4
Wickberg	1996	Other	Spec	CAU	±±±-±	Other	Ind	6	1.33	0,47
Wollersheim	1991	Comm	Adults	WL	±±±-±	CBT	Grp/Oth	10	-0.1	0,47
						Couns	Grp/Oth	10	0.08	0,47
						CBT	GSH	10	0.34	0,48
Wong A	2008	Comm	Adults	WL	++++±	CBT	Grp/Oth	10	0.76	0,22
Wong B	2008	Comm	Adults	WL	++++±	CBT	Grp/Oth	10	0.74	0,11
Wright	2005	Clin	Adults	WL	±±±±±	cCBT	GSH	9	0.69	0,39
						CBT	Ind	9	0.53	0,38

a) In this column a positive or negative sign is given for four quality criteria, respectively: allocation sequence; concealment of allocation to conditions; blinding of assessors; and intention-to-treat analyses.

Abbreviations: aPST: abbreviated PST; CAU: care-as-usual; CBT-rel: religious CBT; CBT-sec: secular CBT; CBT: cognitive behaviour therapy; cCBT: computerized CBT; Clin: recruitment from clinical samples; clin: supported by clinician; Comm: recruitment from the community (in part); Couns: counseling; Ctr: control group; Dyn: psychodynamic therapy; g: effect size; Grp: group format; GSH: guided self-help format; ind: individual treatment format; IPT: interpersonal psychotherapy; N sess: number of sessions; NR: not reported; PST: problem-solving therapy; Qual: quality; Recr: recruitment; Rem: reminiscence; se: standard error; Spec: specific target group; Targ group: target group; Tayl: taylorized; techn: technician supported; WL: waiting list.

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