

Supplement 3. Study quality rating. Koch et al. A Meta-Analysis of Heart Rate Variability in Major Depression	PS_1: Has the disease of the cases (MD) been reliably assessed and validated? According to international criteria by a mental health professional (2) According to international criteria, assessor not clearly established (1) Self report or not clearly stated (0)	PS_2: Have all controls been recruited from the same population as the cases? Same control population as cases (2) Selected population, such as hospital staff or students (1) Not clearly stated (0)	PS_3: Is the population defined with in- and exclusion-criteria? Medication use, somatic morbidity, psychiatric morbidity, stated (2) Medication use, somatic morbidity, psychiatric morbidity 1-2 stated (1) None stated or not clearly stated (0)	PS_4: Are disease characteristics presented (length and severity of MDD)? Duration of disease and severity of disorder is stated (2) Only duration or only severity is stated (1) None stated (0)	QHRV_1: Is assessor of HRV blind for disease status? Yes (2) Not clearly stated (0)	QHRV_5: Are methods for assessment of HRV clearly stated? Artefact correction, pre-rest period, duration of measurement at least 2 min, posture during measurement, specification frequency bands, measurement of 5-6 stated (2) Artefact correction, pre-rest period, duration of measurement at least 2 min, posture during measurement, specification frequency bands, measurement of breathing rate, 3-4 stated (1) Artefact correction, pre-rest period, duration of measurement at least 2 min, posture During measurement specification frequency bands, measurement of breathing rate, 1-2 or none stated (0)	QHRV_7: Is outcome HRV clearly described and presented? Appropriate units (absolute units or normalized units and measures of dispersion stated (2) Only appropriate units but no measures of dispersion stated (1) Outcome not clearly stated (0)	CONF_8: Are potential confounders assessed? (In case of exclusion at item 3, consider confounder as assessed) Age, gender, body mass index, smoking, anxiety, medication use, 5-7 stated (2) Age, gender, body mass index, smoking, anxiety, medication use, 3-4 stated (1) Age, gender, body mass index, smoking, anxiety, medication use, 1-2 or none stated (0)	CONF_9: Are the analyses adjusted for potential confounders? (In case of exclusion at item 3 or no significant differences between cases and controls at item 7 consider confounder as adjusted for) Age, gender, body mass index, smoking, anxiety, medication use, 5-7 stated (2) Age, gender, body mass index, smoking, depression, anxiety, medication use, 3-4 stated (1) Age, gender, body mass index, smoking, score	score
Included studies										
Bär et al., 2004	2	1	2	1	0	1	2	1	1	11
Berger et al., 2011	2	1	1	1	0	0	2	2	2	11
Bentzer et al., 2012	2	1	1	1	0	1	2	2	2	12
Chang et al., 2015	2	2	2	2	2	0	0	2	2	13
Chang et al., 2012	2	2	2	2	0	1	2	2	2	14
Chen et al., 2017	1	1	0	0	0	1	2	1	2	9
Dawood et al., 2007	2	2	2	1	2	1	2	2	2	16
Khandoker et al., 2017	2	0	2	1	0	1	2	2	2	11
Kiluchi et al., 2009	1	0	2	2	0	2	2	2	2	13
Schultz et al., 2010	2	0	2	1	0	1	2	1	1	10
Schumann, 2017	2	1	1	2	0	1	2	2	2	13
Kemp et al., 2012	2	2	2	2	0	0	0	2	2	11
Shinba et al., 2014	1	0	2	0	0	2	2	2	2	11
Shinba et al., 2017	2	0	2	1	0	2	2	1	1	11
Terhardt et al., 2013	1	2	1	1	0	1	2	2	2	12
Uddipati et al., 2007	2	1	2	0	0	1	2	1	1	10
Voss et al., 2011	2	1	2	2	0	1	2	2	2	14
Yaragani et al., 1991	2	0	2	1	0	1	2	2	2	11
Yaragani et al., 2008b	1	0	1	1	0	2	2	2	2	9
Yaragani et al., 2002	1	0	1	1	2	1	2	2	2	11
Yeh, et al., 2016	1	2	2	2	0	1	2	2	2	13