**Supplementary Data – Whiston et al.**

Towards Personalising Treatment: a Systematic Review and Meta-analysis of Face-to-Face Efficacy Moderators of Cognitive Behavioural Therapy and Interpersonal Psychotherapy for Major Depressive Disorder

**Supplementary Table 1** CBT samples diagnostic tool and demographic moderators meta-analysed including: age; gender; employment.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name (First Author)** | **Year** | **N** | **Diagnostic Tool** | **Mean Age in Years (SD)** | **Percentage Male (Female)** | **Employed %** |
| Ammerman | 2013 | 47 | DSM-IV | 22.40(5.20) | 0 (100) | N/A |
| Anderson | 2013 | 36 | DSM-III | 41.80(12.20) | 19.44(80.56) | 58.30 |
| Arean | 2005 | 18 | DSM-III | 65.30(5.87) | 35.80(64.20) | N/A |
| Ashouri | 2013 | 10 | DSM-III | 32.48(7.71) | 39.30(60.60) | N/A |
| Bagby | 2008 | 146 | DSM-III | 41.90(11.90) | 55.86(44.14) | N/A |
| Baker | 2003 | 48 | DSM-III | 45.80(12.75) | 28.57(71.43) | N/A |
| Bell | 2008 | 24 | DSM-IV | 37.00(8.00) | 45.83(54.17) | N/A |
| Berking | 2013 | 237 | DSM-IV | 47.07 (9.00) | 15.61(84.39) | N/A |
| Bernecker | 2016 | 36 | DSM-IV | 42.89 (12.51) | 22.22(88.88) | 69.40 |
| Beutler | 1991 | 21 | DSM-III | 46.76(13.15) | 37.00(63.00) | N/A |
| Bjorgvinsson | 2014 | 951 | DSM-IV | 36.27(14.44) | 40.00(60.00) | 57.00 |
| Bombardier | 2017 | 18 | DSM-IV | 45.40(14.10) | 63.00(37.00) | N/A |
| Brent | 2008 | 166 | DSM-IV | 16.00(1.50) | 30.12(69.88) | N/A |
| Brent | 1997 | 37 | DSM-III | 15.70(1.30) | 24.32(75.68) | N/A |
| Brown | 1997 | 19 | DSM-III | 38.00(7.20) | 71.00(29.00) | N/A |
| Burns | 1991 | 122 | DSM-III | 35.73(10.05) | 39.34(60.66) | N/A |
| Burns | 2000 | 399 | DSM-III | 37.61(0.74) | 47.37(52.63) | N/A |
| Carney | 2005 | 157 | DSM-IV | 59.90(8.70) | 60.51(39.49) | N/A |
| Carter | 2012 | 79 | DSM-IV | 36.10(9.90) | 32.91(67.09) | N/A |
| Chaput 1 | 2008 | 11 | DSM-IV | 41.60(13.00) | 27.27(72.73) | N/A |
| Chaput 2 | 2008 | 11 | DSM-IV | 44.90(10.00) | 27.27(72.73) | N/A |
| Chaves | 2017 | 49 | DSM-IV | 50.73(11.34) | 0 (100) | 14.30 |
| Chiang | 2015 | 30 | DSM-IV | 45.43(10.88) | 33.33(66.67) | 36.70 |
| Clarke | 2002 | 41 | DSM-III | 15.2(1.30) | 37.50(62.50) | N/A |
| Costafreda | 2009 | 12 | DSM-IV | 43.20(8.80) | 25.00(75.00) | N/A |
| Cowan | 2008 | 641 | DSM-IV | 59.10(12.20) | 55.70(44.30) | N/A |
| Dobkin | 2012 | 41 | DSM-IV | 63.73(9.89) | 60.98(39.02) | N/A |
| Dunlop | 2017 | 115 | DSM-IV | 40.00(11.30) | 44.30(55.70) | 53.50 |
| Eddington | 2015 | 27 | DSM-IV | 37.89(13.22) | 14.81(85.19) | 70.40 |
| Estupina Puig | 2012 | 69 | DSM | 35.41(12.84) | 26.47(73.53) | 57.40 |
| Falkenstrom | 2016 | 48 | DSM-IV | 36.60(9.60) | 31.20(68.80) | N/A |
| Feixas | 2016 | 63 | DSM-IV | 50.06(11.03) | 23.81(76.19) | N/A |
| Forman | 2012 | 23 | DSM | 26.70(6.40) | 20.50(79.50) | N/A |
| Freedland | 2009 | 41 | DSM-IV | 62.00(11.00) | 43.90(56.10) | 58.53 |
| Fujino | 2015 | 10 | DSM-IV | 33.50(9.10) | 30.00(70.00) | N/A |
| Gelhart 1 | 2001 | 13 | DSM-IV | N/A | 51.61(48.39) | N/A |
| Gelhart 2 | 2001 | 18 | DSM-IV | N/A | 51.61(48.39) | N/A |
| Goodkind | 2016 | 55 | DSM | 69.40(7.10) | 36.36(63.64) | 32.00 |
| Goodyer | 2017 | 154 | DSM-IV | 15.60(1.40) | 25.97(74.03) | N/A |
| Halford 1 | 2002 | 72 | DSM-IV | 39.00(N/A) | 33.58(66.42) | N/A |
| Halford 2 | 2002 | 43 | DSM-IV | 41.00(N/A) | 33.58(66.42) | N/A |
| Harkness 1 | 2012 | 40 | DSM-IV | 39.90(14.46) | 36.45(63.55) | N/A |
| Harkness 2 | 2012 | 30 | DSM-IV | 42.98(13.57) | 36.45(63.55) | N/A |
| Hawley 1 | 2017 | 167 | DSM-IV | 41.73(9.71) | 32.87(67.13) | N/A |
| Hawley 2 | 2017 | 145 | DSM-IV | 41.73(9.71) | 32.87(67.13) | N/A |
| Hayden | 2012 | 20 | DSM-IV | 30.70(5.00) | 0 (100) | N/A |
| Holland | 2013 | 54 | DSM | 70.20(7.50) | 38.89(61.11) | N/A |
| Huber | 2012 | 34 | DSM-IV | 34.00(6.00) | 14.71(85.29) | N/A |
| Jacobsen 1 | 1991 | 7 | DSM-III | 38.50(8.50) | 0 (100) | N/A |
| Jacobsen 2 | 1991 | 13 | DSM-III | 38.50(8.50) | 0 (100) | N/A |
| Jacobsen | 2000 | 50 | DSM-III | 39.20(N/A) | 24.00(76.00) | N/A |
| Jordan | 2014 | 25 | DSM-IV | 35.00(13.00) | 52.00(48.00) | N/A |
| Kavanagh | 1989 | 42 | DSM-III | 40.10 (9.50) | 45.24(54.76) | N/A |
| Kennedy | 2007 | 12 | DSM-IV | 30.00(9.80) | 41.67(58.33) | N/A |
| Keri 1 | 2014 | 44 | DSM-IV | 25.60(4.90) | 34.09(65.91) | N/A |
| Keri 2 | 2014 | 50 | DSM-IV | 22.60(6.00) | 38.00(62.00) | N/A |
| Konarski | 2009 | 12 | DSM-IV | 32.70(11.40) | 41.67(58.33) | N/A |
| Kroger | 2015 | 13 | DSM-IV | 41.85(10.60) | 46.15(53.85) | 100 |
| Kundermann | 2015 | 10 | DSM-IV | 37.40(2.60) | 70.00(30.00) | N/A |
| Laidlaw | 2008 | 20 | DSM-IV | 74.00(8.39) | 45.00(55.00) | N/A |
| Lopes | 2015 | 29 | DSM-IV | 35.44(11.51) | 20.69(79.31) | N/A |
| Lorenzo Luaces | 2017 | 164 | DSM-IV | 38.27(10.13) | 31.09(68.91) | 37.19 |
| Maneeton | 2010 | 10 | DSM-IV | 34.40(8.60) | 20.00(80.00) | N/A |
| Manicavasagar | 2012 | 26 | ICD | 45.00(12.94) | 34.62(65.38) | 57.69 |
| March 1 | 2007 | 111 | DSM-IV | 14.60(1.50) | 45.00(55.00) | N/A |
| March 2 | 2007 | 107 | DSM-IV | 14.60(1.50) | 45.00(55.00) | N/A |
| Marquett | 2013 | 60 | DSM | 69.70(7.38) | 38.33(61.67) | 70 |
| Marshall | 2008 | 37 | DSM-IV | N/A | 31.00(69.00) | N/A |
| Matsunga | 2010 | 43 | DSM-IV | 41.30(9.20) | 55.81(44.19) | 74.72 |
| McEvoy | 2013 | 144 | DSM-IV | 38.56(13.69) | 31.25(68.75) | 51.00 |
| Melvin | 2006 | 22 | DSM-IV | 15.30(1.50) | 31.82(68.18) | 90.91 |
| Mergl | 2011 | 38 | DSM-IV | 43.30(13.10) | 34.1(65.9) | N/A |
| Milgrom | 2015 | 27 | DSM-IV | 32.79(5.97) | 0 (100) | N/A |
| Miller | 1989 | 28 | DSM-IV | 35.30(12.30) | 32.14(67.86) | N/A |
| Miranda | 2003 | 90 | DSM-IV | 29.80(7.90) | 0 (100) | N/A |
| Mohr | 2001 | 20 | DSM-IV | 48.90(10.00) | 27.00(73.00) | N/A |
| Mondin | 2015 | 46 | DSM-IV | 23.80(3.38) | 23.70(76.30) | N/A |
| Murphy | 1995 | 11 | DSM-III-R | 39.80(12.00) | 27.27(72.73) | N/A |
| Niciu | 2015 | 50 | DSM-IV-TR | 42.6(10.80) | 40.00(60.00) | N/A |
| Organista | 1994 | 175 | DSM-III | 49.70(11.50) | 25.14(74.86) | 17.60 |
| Pearce | 2015 | 67 | DSM-IV | 52.50(13.70) | 34.33(65.67) | N/A |
| Power | 2012 | 39 | DSM | N/A | 38.20(61.80) | N/A |
| Prasko | 2016 | 72 | ICD-10 | 41.53(13.26) | 29.17(70.83) | 47.20 |
| Propst | 1992 | 19 | DSM-III | 40.00(N/A) | 16.95(83.05) | N/A |
| Quilty | 2008 | 45 | DSM-IV | 42.07(12.43) | 26.67(73.33) | N/A |
| Quilty 2 | 2008 | 203 | DSM-IV | 39.55(10.38) | 33.10(66.90) | N/A |
| Reisch | 2001 | 31 | ICD, DSM | 28.70(7.50) | N/A | N/A |
| Renaud | 2013 | 53 | DSM-IV | 38.15(11.23) | 37.74(62.26) | N/A |
| Rhode | 1994 | 115 | DSM-III | 16.30(1.15) | 30.43(69.57) | N/A |
| Ritchey | 2011 | 22 | DSM-IV | 36.10(10.10) | 40.91(59.09) | N/A |
| Rossello | 2008 | 52 | DSM-III | 14.52(1.85) | 44.60(55.40) | N/A |
| Rossello | 1999 | 25 | DSM-III | 14.70(N/A) | 46.00(54.00) | N/A |
| Sachsenweger | 2015 | 28 | DSM-IV | 35.00(11.25) | 35.71(64.29) | 57.14 |
| Sanacora | 2006 | 15 | DSM | N/A | N/A | N/A |
| Sankar | 2015 | 16 | DSM-IV | 39.94(9.48) | 18.75(81.25) | N/A |
| Salusman | 2006 | 119 | DSM-IV | 36.63(11.02) | 31.09(68.91) | N/A |
| Schlagert | 2017 | 639 | DSM-IV | 38.40(12.90) | 33.80(66.20) | N/A |
| Scott | 1992 | 30 | DSM-III | 28.80(8.10) | 16.66(83.34) | 76.67 |
| Segal | 2006 | 149 | DSM-IV | 37.89(11.25) | 44.29(55.71) | N/A |
| Sefarty | 2009 | 70 | DSM-IV | 74.40(7.60) | 15.71(84.29) | 8.57 |
| Shapiro 1 | 1994 | 10 | DSM-III | 40.50(9.50) | 47.87(52.13) | 100 |
| Shapiro 2 | 1994 | 10 | DSM-III | 40.50(9.50) | 47.87(52.13) | 100 |
| Shapiro 3 | 1994 | 10 | DSM-III | 40.50(9.50) | 47.87(52.13) | 100 |
| Shou | 2017 | 27 | DSM-IV-TR | 31.88(6.61) | N/A | N/A |
| Stiles-Sheilds1 | 2014 | 126 | DSM-IV | 47.10(13.90) | 20.63(79.37) | N/A |
| Stiles-Shields 2 | 2014 | 36 | DSM-IV | 49.20(12.10) | 25.00(75.00) | N/A |
| Straub | 2014 | 15 | ICD-10 | 16.42(1.43) | 26.67(73.33) | N/A |
| Szigethy | 2014 | 110 | DSM-IV | 14.30(2.50) | 49.09(50.91) | N/A |
| Thase 1 | 1993 | 59 | DSM-III | 37.70(8.50) | 25.42(74.58) | 74.58 |
| Thase 2 | 1993 | 32 | DSM-III | 34.50(9.70) | 43.75(56.25) | 46.88 |
| Thase 3 | 1993 | 51 | DSM-III | 37.90(10.10) | 100(0) | 66.67 |
| Thimm | 2014 | 143 | DSM-IV | 41.60(12.25) | 28.67(71.33) | 34.27 |
| Tiger | 2014 | 10 | DSM-IV | 47.80(15.71) | 40.00(60.00) | N/A |
| Vostanis | 1998 | 27 | DSM-III | 12.70(2.25) | 44.44(55.56) | N/A |
| Watson | 2003 | 45 | DSM-IV | 41.52 (10.82) | 33.00(67.00) | N/A |
| Wiles | 2013 | 234 | ICD-10 | 49.20(11.90) | 31.19(68.81) | 46.58 |
| Wilkinson | 2013 | 174 | DSM | 14.30(1.20) | 27.01(72.99) | N/A |
| Wucherpfenning | 2017 | 211 | DSM-IV | 38.02 (12.36) | 29.86(70.14) | N/A |
| Yoshimura | 2017 | 29 | DSM-IV | 37.40(7.10) | 65.52(34.48) | N/A |
| Yoshimura | 2014 | 23 | DSM-IV | 37.30(7.20) | 69.57(30.43) | N/A |

**Supplementary Table 2** IPT samples diagnostic tool and demographic moderators meta-analysed including: age; gender; employment.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name (First Author)** | **Year** | **N** | **Diagnostic Tool** | **Mean Age in Years (SD)** | **Percentage Male (Female)** | **Employed %** |
| Bass | 2006 | 103 | DSM-IV | 47.60(15.50) | 49.51(50.49) | N/A |
| Berknecker | 2016 | 33 | DSM-IV | 34.06 (10.40) | 27.27(72.73) | 72.70 |
| Bloom 1 | 2007 | 49 | DSM-IV | 41.00(10.50) | 42.86(57.14) | N/A |
| Bloom 2 | 2007 | 47 | DSM-IV | 37.70(10.50) | 44.68(55.32) | N/A |
| Bloom 3 | 2007 | 50 | DSM-IV | 41.00(12.20) | 46.00(54.00) | N/A |
| Brody | 2001 | 14 | DSM-IV | 40.70(11.00) | 42.86(57.14) | N/A |
| Brown 1 | 1996 | 50 | DSM-III | 35.00(11.60) | 18.00(82.00) | 44.00 |
| Brown 2 | 1996 | 107 | DSM-III | 40.00(11.20) | 20.56(79.44) | 43.93 |
| Carter | 2012 | 86 | DSM-IV | 35.00(10.50) | 25.00(75.00) | N/A |
| Clarke | 2003 | 15 | DSM-IV | 32.40(4.00) | 0(100) | N/A |
| Constantino | 2013 | 95 | DSM-IV | 39.64(11.56) | 25.26(74.74) | N/A |
| Constantino | 2017 | 119 | DSM-IV | 38.64(11.44) | 29.41(70.59) | N/A |
| Cyranowski | 2005 | 18 | DSM-IV | 37.40(12.30) | 16.66(83.34) | N/A |
| Dietz | 2015 | 29 | DSM-IV | 10.60(1.20) | 37.93(62.07) | N/A |
| Falkenstrom | 2016 | 48 | DSM-IV | 37.20(9.80) | 31.20(68.80) | N/A |
| Goder | 2007 | 32 | DSM-IV | 39.50(9.70) | 37.50(62.50) | N/A |
| Handley | 2017 | 97 | DSM-IV | 25.43(5.01) | 0(100) | N/A |
| Harkness 1 | 2012 | 30 | DSM-IV | 37.47(13.15) | 36.45(63.55) | N/A |
| Harkness 2 | 2012 | 34 | DSM-IV | 42.86(14.55) | 36.45(63.55) | N/A |
| Johnson | 2012 | 19 | DSM-IV | 32.90(7.30) | 0(100) | N/A |
| Koszycki | 2012 | 15 | DSM-IV | 34.40(3.80) | 0(100) | N/A |
| Lemmens | 2015 | 75 | DSM-IV | 41.30(11.80) | 38.67(61.33) | 62.67 |
| Marshall | 2008 | 25 | DSM-IV | N/A | 31.00(69.00) | N/A |
| McBride | 2010 | 74 | DSM-IV | 39.93(11.31) | 25.68(74.32) | N/A |
| Miller | 2008 | 14 | DSM-IV | 14.70(1.10) | 0(100) | N/A |
| Mufson | 2004 | 34 | DSM-IV | 15.30(2.10) | 8.82(91.18) | N/A |
| O'Hara | 2000 | 60 | DSM-IV | 29.40(4.90) | 0(100) | 63.30 |
| Pearlstein 1 | 2006 | 11 | DSM | 28.48(6.01) | 0(100) | N/A |
| Pearlstein 2 | 2006 | 12 | DSM | 28.48(6.01) | 0(100) | N/A |
| Peeters 1 | 2013 | 56 | DSM-IV | 4.10(12.00) | 42.86(57.14) | N/A |
| Peeters 2 | 2013 | 21 | DSM-IV | 45.00(11.00) | 23.81(76.19) | 80.95 |
| Pigeon | 2009 | 37 | DSM-IV | 38.60(10.6) | 0(100) | 35.00 |
| Poleschuck 1 | 2009 | 31 | DSM-IV | 31.80(9.50) | 0(100) | N/A |
| Poleschuck 2 | 2009 | 35 | DSM-IV | 39.30(10.50) | 0(100) | N/A |
| Power | 2012 | 39 | DSM | 36.10(11.30) | 38.20(61.80) | N/A |
| Quilty | 2008 | 46 | DSM-IV | 42.70(13.14) | 34.78(65.22) | N/A |
| Raue | 2009 | 29 | DSM-IV | 51.20(17.40) | 20.69(79.31) | N/A |
| Reay | 2012 | 23 | DSM-IV | 33.80(3.40) | 0(100) | 69.60 |
| Rossello | 2008 | 60 | DSM-III | 14.52(1.85) | 44.60(55.40) | N/A |
| Rossello | 1999 | 23 | DSM-III | 14.7(N/A) | 46.00(54.00) | N/A |
| Saloheimo | 2016 | 46 | ICD-10 | 43.00(12.30) | 34.78(65.22) | 78.26 |
| Schramm | 2007 | 63 | DSM-IV | 40.40(10.90) | 36.51(63.49) | 74.60 |
| Schramm | 2011 | 15 | DSM-IV | 39.40(10.60) | 46.66(53.34) | 66.67 |
| Shapiro 1 | 1994 | 9 | DSM-III | 40.50(9.50) | 47.87(52.13) | 100 |
| Shapiro 2 | 1994 | 9 | DSM-III | 40.50(9.50) | 47.87(52.13) | 100 |
| Shapiro 3 | 1994 | 10 | DSM-III | 40.50(9.50) | 47.87(52.13) | 100 |
| Spence | 2016 | 39 | DSM | 15.33(1.37) | 15.38((84.62) | N/A |
| Spinelli | 1997 | 13 | DSM-III | 30.00(N/A) | 0(100) | N/A |

**Supplementary Table 3** CBT clinical moderators of the samples meta-analysed including: initial severity; number of previous episodes; comorbidities; pre- and post depression severity measures.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name (First Author)** | **Year** | **N** | **Initial Severity** | **No. of previous episodes (SD)** | **Comorbidities** | **Depression Severity  before Intervention, Scale Used: Mean Score (SD)** | **Depression Severity after Intervention, Mean Score on Scale (SD)** |
| Ammerman | 2013 | 47 | N/A | 2.60(1.60) | Yes | BSI: 70.20(5.20) | 57.40 (11.70) |
| Anderson | 2013 | 36 | Moderate | 3.70(9.40) | No | BDI: 25.30(6.60) | 17.90 (8.80) |
| Arean | 2005 | 18 | Moderate | N/A | No | HDRS: 14.99(6.34) | 13.28(10.52) |
| Ashouri | 2013 | 10 | Severe | N/A | No | BDI: 34.40(5.50) | 18.30(4.62) |
| Bagby | 2008 | 146 | Moderate | N/A | No | HRSD: 18.90(3.53) | 6.60(4.98) |
| Baker | 2003 | 48 | Moderate | N/A | No | HRSD: 17.44 (4.32) | 7.17(5.40) |
| Bell | 2008 | 24 | Moderate | N/A | N/A | HDRS: 16.00(3.90) | 4.00(3.70) |
| Berking | 2013 | 237 | Moderate | N/A | Yes | BDI: 24.45 (8.35) | 12.72(9.86) |
| Bernecker | 2016 | 36 | Moderate | N/A | No | BDI: 24.14 (9.83) | 10.62 (7.37) |
| Beutler | 1991 | 21 | Moderate | N/A | No | BDI: 27.16(7.79) | 14.70(10.59) |
| Bjorvinsson | 2014 | 951 | N/A | N/A | Yes | C-ESD: 18.39(6.38) | 11.47(5.83) |
| Bombardier | 2017 | 18 | Moderate | N/A | Yes | HAMD: 17.50(5.00) | 12.70(7.20) |
| Brent | 2008 | 166 | N/A | N/A | Yes | CDRS: 59.20(11.00) | 36.90(13.90) |
| Brent | 1997 | 37 | Moderate | 1.20(0.50) | Yes | BDI: 24.30(8.10) | 5.70(8.60) |
| Brown | 1997 | 19 | Severe | N/A | Yes | HAM-D: 20.00(9.60) | 6.10(5.30) |
| Burns | 1991 | 122 | Moderate | N/A | Yes | BDI: 21.76(10.49) | 14.65(11.81) |
| Burns | 2000 | 399 | Moderate | N/A | Yes | BDI: 21.14(11.19) | 13.78(16.25) |
| Carney | 2005 | 157 | Severe | N/A | Yes | HAM-D: 23.10(5.70) | 7.70(7.40) |
| Carter | 2012 | 79 | Moderate | N/A | Yes | BDI: 28.70(10.50) | 14.60(12.60) |
| Chaput 1 | 2008 | 11 | Severe | N/A | No | HRSD: 22.40(4.70) | 15.00(2.30) |
| Chaput 2 | 2008 | 11 | Severe | N/A | No | HRSD: 23.40(3.00) | 16.00(5.00) |
| Chaves | 2017 | 49 | Severe | N/A | No | BDI: 35.84(10.37) | 22.42(14.01) |
| Chiang | 2015 | 30 | Severe | N/A | No | BDI: 40.30(9.09) | 10.17(4.33) |
| Clarke | 2002 | 41 | Mild | N/A | Yes | HAM-D 12.00(5.3) | 5.50(5.20) |
| Costafreda | 2009 | 12 | Severe | N/A | No | HRSD: 20.75(1.95) | 6.40(5.76) |
| Cowan | 2008 | 641 | Mild | N/A | N/A | BDI 17.40(7.90) | 8.80(8.40) |
| Dobkin | 2012 | 41 | Severe | N/A | Yes | HDRS: 20.93(4.56) | 13.58(4.72) |
| Dunlop | 2017 | 115 | Moderate | N/A | No | HDRS 19.70(3.70) | 9.90(3.70) |
| Eddington | 2015 | 27 | Severe | N/A | No | BDI: 33.7(7.01) | 19.81(14.84) |
| Estupina Puig | 2012 | 69 | Moderate | N/A | Yes | BDI: 29.16(11.30) | 5.37(5.58) |
| Falkenstrom 1 | 2016 | 48 | Severe | N/A | No | BDI 36.6(9.6) | 25.80(15.70) |
| Feixas | 2016 | 63 | Severe | 2.02(1.37) | N/A | BDI: 36.94(9.56) | 21.41(14.65) |
| Forman | 2012 | 23 | Mild | N/A | Yes | BDI 18.80(10.20) | 7.60(8.80) |
| Freedland | 2009 | 41 | Severe | N/A | Yes | HAM-D: 19.3(6.40) | 5.50(6.32) |
| Fujino | 2015 | 10 | Moderate | 1.90(1.00) | Yes | BDI: 21.30(8.70) | 15.20(9.50) |
| Gelhart 1 | 2001 | 13 | Moderate | N/A | No | BDI: 18.27(7.32) | 5.55(3.73) |
| Gelhart 2 | 2001 | 18 | Moderate | N/A | Yes | BDI: 20.72(7.90) | 7.83(4.71) |
| Goodkind | 2016 | 55 | Moderate | N/A | N/A | BDI: 22.20(10.50) | 13.80(10.80) |
| Goodyer | 2017 | 154 | Moderate | N/A | Yes | MFQ: 46.20(10.30) | 31.60(13.30) |
| Halford 1 | 2002 | 72 | Moderate | N/A | N/A | BDI: 20.20(9.70) | 12.80(9.90) |
| Halford 2 | 2002 | 43 | Moderate | N/A | N/A | BDI: 29.20(9.90) | 20.00(11.00) |
| Harkness 1 | 2012 | 40 | Severe | 2.09(1.82) | No | HAM-D: 18.55(4.07) | 7.43(7.95) |
| Harkness 2 | 2012 | 30 | Moderate | 2.95(3.06) | Yes | HAM-D: 17.27(4.17) | 7.02(6.96) |
| Hawley 1 | 2017 | 167 | Severe | N/A | Yes | BDI: 36.88(6.07) | 23.81(12.50) |
| Hawley 2 | 2017 | 145 | Moderate | N/A | Yes | BDI: 21.94(6.24) | 12.24(9.26) |
| Hayden | 2012 | 20 | Moderate | N/A | Yes | BDI: 26.00(10.10) | 17.30(12.30) |
| Holland | 2013 | 54 | Mild | N/A | N/A | BDI: 14.40(5.60) | 11.50(7.50) |
| Huber | 2012 | 34 | Moderate | N/A | Yes | BDI: 24.99(8.27) | 9.30(8.86) |
| Jacobsen 1 | 1991 | 7 | Moderate | N/A | Yes | BDI: 29.30(7.60) | 7.40(6.70) |
| Jacobsen 2 | 1991 | 13 | Moderate | N/A | Yes | BDI: 24.70(2.90) | 6.00(6.50) |
| Jacobsen | 2000 | 50 | Severe | 5.90(6.30) | No | BDI: 29.80(6.30) | 10.10(9.60) |
| Jordan | 2014 | 25 | N/A | 3.40(2.70) | Yes | QUIDS: 12.80(4.70) | 6.50(5.30) |
| Kavanagh | 1989 | 42 | Moderate | N/A | No | BDI: 27.48(6.61) | 14.71(8.67) |
| Kennedy | 2007 | 12 | Severe | N/A | No | HAM-D: 22.30(4.20) | 10.80(7.60) |
| Keri 1 | 2014 | 44 | Severe | N/A | No | HAM-D: 20.60(4.80) | 12.20(8.10) |
| Keri 2 | 2014 | 50 | Severe | N/A | No | HAM-D: 20.40(5.30) | 12.60(7.60) |
| Konarski | 2009 | 12 | Severe | N/A | No | HAM-D: 20.60(3.58) | 10.82(7.74) |
| Kroger | 2015 | 13 | Moderate | N/A | Yes | BDI: 20.92(4.59) | 10.85(7.30) |
| Kundermann | 2015 | 10 | Severe | N/A | No | BDI: 31.60(2.60) | 20.80(15.10) |
| Laidlaw | 2008 | 20 | Moderate | N/A | Yes | BDI: 19.60(5.22) | 9.40(8.56) |
| Lopes | 2015 | 29 | Severe | N/A | N/A | BDI: 33.90(11.00) | 18.90(13.00) |
| Lorenzo Luaces | 2017 | 164 | Very Severe | N/A | Yes | HDRS: 23.68(5.47) | 15.09(8.74) |
| Maneeton | 2010 | 10 | N/A | 1.10(1.00) | No | MADRS: 33.00(5.20) | 16.70(8.92) |
| Manicavasagar | 2012 | 26 | Severe | N/A | No | BDI: 36.23(11.11) | 23.62(16.83) |
| March 1 | 2007 | 111 | N/A | N/A | Yes | CDRS: 59.55(5.49) | 28.49(8.77) |
| March 2 | 2007 | 107 | N/A | N/A | Yes | CDRS: 60.79(6.18) | 27.62(8.00) |
| Marquett | 2013 | 60 | Moderate | N/A | No | BDI: 21.97(10.12) | 13.67(10.30) |
| Marshall | 2008 | 37 | Moderate | N/A | Yes | HDRS: 17.78(3.58) | 6.30(4.81) |
| Matsunga | 2010 | 43 | Moderate | N/A | N/A | HRSD: 14.70(4.40) | 9.20(4.40) |
| McEvoy | 2013 | 144 | Severe | N/A | Yes | BDI: 30.51(10.69) | 18.02(13.17) |
| Melvin | 2006 | 22 | Moderate | N/A | Yes | RADS: 83.77(13.80) | 66.00(15.93) |
| Mergl | 2011 | 38 | Moderate | N/A | Yes | HAMD: 16.39(3.85) | 10.50(5.46) |
| Milgrom | 2015 | 27 | Severe | N/A | Yes | BDI: 30.70(9.28) | 12.81(9.61) |
| Miller | 1989 | 28 | Moderate | 6.50(10.20) | N/A | BDI: 28.20(6.10) | 7.10(11.60) |
| Miranda | 2003 | 90 | Moderate | N/A | N/A | HDRS: 14.20 (9.20) | 11.40(6.26) |
| Mohr | 2001 | 20 | Moderate | N/A | Yes | BDI: 24.80(7.10) | 12.90(8.60) |
| Mondin | 2015 | 46 | Mild | N/A | N/A | HDRS: 12.00(4.08) | 4.77(2.99) |
| Murphy | 1995 | 11 | Moderate | N/A | No | BDI 24.73(7.38) | 6.73(6.29) |
| Nicui | 2015 | 50 | Moderate | 3 | No | BDI 25.60(8.49) | 11.60(9.07) |
| Organista | 1994 | 175 | Moderate | N/A | N/A | BDI: 27.10(9.70) | 19.60(11.70) |
| Pearce | 2015 | 67 | Moderate | N/A | N/A | BDI: 25.80(9.20) | 11.80(9.40) |
| Power | 2012 | 39 | Severe | N/A | N/A | BDI: 29.82(7.89) | 18.14(14.70) |
| Prasko | 2016 | 72 | Moderate | N/A | N/A | BDI 27.76(9.36) | 21.33(11.33) |
| Propst | 1992 | 19 | Moderate | N/A | No | BDI: 17.68(7.64) | 7.79(5.24) |
| Quilty | 2008 | 45 | Moderate | 2.40(1.80) | Yes | BDI: 29.03(7.94) | 11.00(11.09) |
| Quilty 2 | 2008 | 203 | Moderate | N/A | No | MADRS: 30.37(5.27) | 9.03(7.53) |
| Reisch | 2001 | 31 | Moderate | N/A | No | BDI: 26.90(7.20) | 11.90(9.30) |
| Renaud | 2013 | 53 | Moderate | N/A | Yes | BDI: 22.00(10.16) | 9.06(7.34) |
| Rhode | 1994 | 115 | Moderate | N/A | No | BDI: 27.49(10.11) | 10.36(10.06) |
| Ritchey | 2011 | 22 | Moderate | N/A | No | BDI: 23.00(8.70) | 2.20(5.70) |
| Rossello | 1999 | 25 | N/A | N/A | No | CDI 20.12(6.95) | 13.28(7.61) |
| Rossello | 2008 | 52 | Moderate | N/A | No | CDI: 22.62(7.16) | 12.04(6.98) |
| Sachsenweger | 2015 | 28 | Severe | N/A | N/A | BDI: 31.07(11.09) | 8.79(8.48) |
| Sanacora | 2006 | 15 | Very Severe | N/A | N/A | HDRS: 26.10(8.70) | 12.30(7.20) |
| Sankar | 2015 | 16 | Severe | 0.63(0-2) | No | HAM-D: 20.80(1.89) | 6.37(5.21) |
| Salusman | 2006 | 119 | Severe | N/A | Yes | BDI: 31.92(10.66) | 18.54(12.25) |
| Schlagert | 2017 | 639 | Moderate | N/A | Yes | BDI: 25.60(7.60) | 13.00(9.80) |
| Scott | 1992 | 30 | Moderate | N/A | No | HDRS: 18.30(5.40) | 6.70(6.10) |
| Segal | 2006 | 149 | Severe | 1.35(0.48) | No | BDI: 31.79(9.07) | 10.29(10.19) |
| Sefarty | 2009 | 70 | Moderate | N/A | N/A | BDI: 27.30(8.70) | 18.40(10.80) |
| Shapiro 1 | 1994 | 10 | Mild | N/A | N/A | BDI 18.80(4.61) | 11.00(6.73) |
| Shapiro 2 | 1994 | 10 | Severe | N/A | N/A | BDI 29.60(7.38) | 11.40(10.81) |
| Shapiro 3 | 1994 | 10 | Moderate | N/A | N/A | BDI 18.30(7.38) | 5.80(6.13) |
| Shou | 2107 | 27 | Moderate | N/A | No | MDRS 28.40(6.12) | 7.88(11.05) |
| Stiles-Sheilds1 | 2014 | 126 | Very Severe | N/A | Yes | HAMD: 23.10(4.60) | 17.10(0.70) |
| Stiles-Shields 2 | 2014 | 36 | Severe | N/A | No | HAMD: 21.60(4.20) | 10.80(1.20) |
| Straub | 2014 | 15 | Moderate | N/A | Yes | BDI: 26.64(14.00) | 20.67(13.45) |
| Szigethy | 2014 | 110 | N/A | N/A | Yes | CDRS: 45.10(12.10) | 29.11(12.10) |
| Thase 1 | 1993 | 59 | Moderate | 1.50(1.90) | No | BDI: 26.60(7.50) | 8.20(8.70) |
| Thase 2 | 1993 | 32 | Severe | 1.20(1.90) | Yes | BDI: 31.50(8.40) | 9.30(10.00) |
| Thase 3 | 1993 | 51 | Moderate | 1.50(3.00) | Yes | BDI: 29.30(9.80) | 10.60(9.30) |
| Thimm | 2014 | 143 | Moderate | N/A | N/A | BDI: 28.52(10.42) | 1.53(11.09) |
| Tiger | 2014 | 10 | Moderate | N/A | Yes | MADRS: 26.00(3.92) | 14.40(2.20) |
| Vostanis | 1998 | 27 | N/A | N/A | Yes | MAFQ 33.40(12.20) | 17.60(15.20) |
| Watson | 2003 | 45 | Moderate | N/A | N/A | BDI: 25.09(9.10) | 12.56(10.70) |
| Wiles | 2013 | 234 | Severe | N/A | N/A | BDI: 31.80(10.50) | 18.90(14.20) |
| Wilkinson | 2013 | 174 | N/A | N/A | Yes | CDRS: 58.90(9.70) | 35.20(14.50) |
| Wucherpfenning | 2017 | 211 | Moderate | N/A | No | BDI: 26.33(10.09) | 10.96(9.70) |
| Yoshimura | 2017 | 29 | Moderate | 1.80(0.80) | N/A | BDI: 21.40(8.80) | 12.30(8.20) |
| Yoshimura | 2014 | 23 | Moderate | 1.70(0.90) | N/A | BDI: 21.40(8.50) | 13.20(6.40) |

**Supplementary Table 4** IPT clinical moderators of the samples meta-analysed including: initial severity; number of previous episodes; comorbidities; pre- and post depression severity measures.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name (First Author)** | **Year** | **N** | **Initial Severity** | **No. of previous episodes(SD)** | **Comorbidities** | **Depression Severity  before Intervention Scale Used: Mean Score (SD)** | **Depression Severity after Intervention Mean Score on Scale (SD)** |
| Bass | 2006 | 103 | N/A | N/A | N/A | HSCL: 23.60(6.50) | 6.10(6.30) |
| Berknecker | 2016 | 33 | Moderate | N/A | No | BDI: 24.91(8.70) | 12.37 (9.71) |
| Bloom 1 | 2007 | 49 | Severe | N/A | N/A | HRSD: 21.90(4.30) | 13.80(7.70) |
| Bloom 2 | 2007 | 47 | Severe | N/A | N/A | HRSD: 21.40(5.30) | 13.70(9.10) |
| Bloom 3 | 2007 | 50 | Severe | N/A | N/A | HRSD 21.60(4.10) | 14.70(8.10) |
| Brody | 2001 | 14 | Severe | N/A | No | HAM-D: 20.50(5.30) | 12.60(4.70) |
| Brown 1 | 1996 | 50 | Severe | N/A | No | HDRS: 21.40(3.90) | 10.10(5.70) |
| Brown 2 | 1996 | 107 | Severe | N/A | Yes | HDRS: 22.70(4.90) | 2.90(7.30) |
| Carter | 2012 | 86 | Moderate | N/A | Yes | BDI: 28.20(9.30) | 17.50(13.10) |
| Clarke | 2003 | 15 | Moderate | N/A | N/A | BDI: 26.20(2.80) | 16.40(10.20) |
| Constantino | 2013 | 95 | Moderate | 2.25(3.44) | Yes | BDI: 27.68(8.80) | 13.01(10.09) |
| Constantino | 2017 | 119 | Moderate | N/A | Yes | BDI: 27.86(8.62) | 13.58(11.34) |
| Cyranowski | 2005 | 18 | Moderate | N/A | Yes | BDI: 22.60(6.10) | 6.70(6.80) |
| Dietz | 2015 | 29 | N/A | N/A | Yes | CSRS: 44.30(7.54) | 26.70(5.50) |
| Falkenstrom | 2016 | 48 | Severe | N/A | No | BDI:37.20(9.80) | 22.30(15.70) |
| Goder | 2007 | 32 | Moderate | 1.55 | No | BDI 24.94(8.44) | 11.99(8.71) |
| Handley | 2017 | 97 | Severe | N/A | Yes | BDI: 29.88(8.11) | 14.56(11.53) |
| Harkness 1 | 2012 | 30 | Moderate | 2.50(2.21) | No | HAM-D: 17.81(4.53) | 5.72(6.12) |
| Harkness 2 | 2012 | 34 | Severe | 3.36(2.36) | Yes | HAM-D: 19.03(4.57) | 8.09(7.11) |
| Johnson | 2012 | 19 | Very Severe | N/A | Yes | HRSD: 28.00(6.00) | 14.10(8.30) |
| Koszycki | 2012 | 15 | Severe | N/A | Yes | BDI: 31.10(7.70) | 12.30(9.30) |
| Lemmens | 2015 | 75 | Severe | N/A | N/A | BDI: 31.20(8.90) | 24.10(13.51) |
| Marshall | 2008 | 25 | Moderate | N/A | N/A | HRSD: 18.57(4.06) | 8.40(6.46) |
| McBride | 2010 | 74 | Moderate | N/A | Yes | BDI: 28.35(8.84) | 13.66(11.74) |
| Miller | 2008 | 14 | Moderate | N/A | N/A | BDI: 18.64(9.99) | 10.27(6.36) |
| Mufson | 2004 | 34 | Severe | N/A | No | HAMD: 18.90(5.90) | 8.70(8.00) |
| O'Hara | 2000 | 60 | Moderate | N/A | No | BDI: 23.60(7.20) | 10.60(6.80) |
| Pearlstein 1 | 2006 | 11 | Moderate | N/A | No | HDRS: 17.45(1.86) | 5.56(4.88) |
| Pearlstein 2 | 2006 | 12 | Moderate | N/A | No | HDRS: 18.80(4.16) | 3.86(3.45) |
| Peeters 1 | 2013 | 56 | Moderate | N/A | Yes | BDI: 22.10(9.50) | 9.90(8.30) |
| Peeters 2 | 2013 | 21 | Moderate | N/A | Yes | BDI: 27.10(9.60) | 16.30(10.70) |
| Pigeon | 2009 | 37 | Severe | N/A | N/A | BDI: 30.60(9.50) | 20.40(14.1) |
| Poleschuck 1 | 2009 | 31 | Moderate | N.A | Yes | BDI: 27.50(9.10) | 17.60(11.20) |
| Poleschuck 2 | 2009 | 35 | Severe | N/A | Yes | BDI: 37.90(9.60) | 27.80(16.30) |
| Power | 2012 | 39 | Severe | N/A | Yes | BDI: 30.79(8.97) | 14.15(13.94) |
| Quilty | 2008 | 46 | Severe | 2.74(2.18) | Yes | BDI: 31.67(7.86) | 11.96(8.85) |
| Raue | 2009 | 29 | Very Severe | 2.60(1.70) | Yes | HDRS: 23.30(4.90) | 17.80(9.00) |
| Reay | 2012 | 23 | Severe | N/A | N/A | BDI: 29.50(9.95) | 16.95(8.10) |
| Rossello | 2008 | 60 | Moderate | N/A | No | CDI: 21.52(6.88) | 14.62(7.33) |
| Rossello | 1999 | 23 | N/A | N/A | No | CDI: 21.21(7.53) | 10..79(6.51) |
| Saloheimo | 2016 | 46 | Severe | Yes | No | HAM-D: 19.87(4.00) | 9.10(6.40) |
| Schramm | 2007 | 63 | Moderate | N/A | Yes | BDI: 25.10(5.10) | 8.90(6.40) |
| Schramm | 2011 | 15 | Moderate | N/A | Yes | BDI: 28.47(8.27) | 21.27(14.62) |
| Shapiro 1 | 1994 | 9 | Severe | N/A | N/A | BDI: 31.85(6.13) | 12.00(8.78) |
| Shapiro 2 | 1994 | 9 | Moderate | N/A | N/A | BDI: 21.89(4.76) | 11.00(7.35) |
| Shapiro 3 | 1994 | 10 | Mild | N/A | N/A | BDI:14.50(3.38) | 8.57(8.73) |
| Spence | 2016 | 39 | Moderate | N/A | Yes | BDI: 25.95(9.71) | 15.83(13.01) |
| Spinelli | 1997 | 13 | Moderate | NA | N/A | BDI: 21.80(5.60) | 8.90(7.70) |

**Supplementary Tables 5** CBT therapy moderators of samples meta-analysed including: pre-post treatment outcome assessment delay (days); setting; format; number of dropouts; antidepressant medications.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name (First Author)** | **Year** | **N** | **Pre-post treatment assessment delay (days)** | **Setting** | **Format** | **Drop-outs** | **AD Medication (Type)** |
| Ammerman | 2013 | 47 | 105 | Outpatient | Individual | 2 | No |
| Anderson | 2013 | 36 | 56 | Outpatient | Group | N/A | Yes (N/A) |
| Arean | 2005 | 18 | 168 | Outpatient | Group | 5 | No |
| Ashouri | 2013 | 10 | N/A | N/A | N/A | N/A | Yes (N/A) |
| Bagby | 2008 | 146 | 112 | Outpatient | Individual | N/A | No |
| Baker | 2003 | 48 | 70 | Outpatient | individual | N/A | No |
| Bell | 2008 | 24 | 112 | Outpatient | Individual | 8 | No |
| Berking | 2013 | 237 | N/A | Inpatient | Group | 12 | N/A |
| Bernecker | 2016 | 36 | 112 | Outpatient | N/A | 7 | No |
| Beutler | 1991 | 21 | 140 | Outpatient | Group | N/A | No |
| Bjorgvinsson | 2014 | 951 | 10 | Outpatient | Group | 247 | Yes (N/A) |
| Bombardier | 2017 | 18 | 112 | Outpatient | Individual | 2 | No |
| Brent | 2008 | 166 | 84 | Outpatient | Individual | 56 | Yes (Venlafaxine/SSRI) |
| Brent | 1997 | 37 | 98 | Outpatient | Individual | 2 | N/A |
| Brown | 1997 | 19 | N/A | Outpatient | Individual | 2 | N/A |
| Burns | 1991 | 122 | 84 | Outpatient | Individual | N/A | Yes (N/A) |
| Burns | 2000 | 399 | 84 | Outpatient | Individual | 135 | Yes (N/A) |
| Carney | 2005 | 157 | 112 | Outpatient | Individual | 11 | Yes (SSRI) |
| Carter | 2012 | 79 | 112 | Outpatient | Individual | N/A | No |
| Chaput 1 | 2008 | 11 | 84 | Outpatient | Individual | 6 | No |
| Chaput 2 | 2008 | 11 | 84 | Outpatient | Individual | 1 | Yes (Quetiapine) |
| Chaves | 2017 | 49 | 70 | Outpatient | Group | N/A | Yes (N/A) |
| Chiang | 2015 | 30 | 84 | Outpatient | Group | 11 | N/A |
| Clarke | 2002 | 41 | 56 | Outpatient | Group | 0 | Yes (N/A) |
| Costafreda | 2009 | 12 | N/A | Outpatient | Individual | N/A | No |
| Cowan | 2008 | 641 | N/A | Outpatient | N/A | N/A | Yes (N/A) |
| Dobkin | 2012 | 41 | 168 | Outpatient | Individual | N/A | Yes (N/A) |
| Dunlop | 2p17 | 115 | 112 | Outpatient | Individual | 10 | No |
| Eddington | 2015 | 27 | 112 | Outpatient | Individual | N/A | No |
| Estupina Puig | 2012 | 69 | 105 | Outpatient | Individual | 25 | Yes (N/A) |
| Falkenstrom | 2016 | 48 | 98 | Outpatient | Individual | 5 | Yes (N/A) |
| Feixas | 2016 | 63 | 112 | Outpatient | Individual | 10 | Yes (N/A) |
| Forman | 2012 | 23 | 112 | Outpatient | Individual | 7 | Yes (N/A) |
| Freedland | 2009 | 41 | 84 | Outpatient | Individual | 1 | Yes (N/A) |
| Fujino | 2015 | 10 | 56 | Outpatient | Individual | NA | Yes (N/A) |
| Gelhart 1 | 2001 | 13 | 56 | Outpatient | Group | 2 | N/A |
| Gelhart 2 | 2001 | 18 | 56 | Outpatient | Group | N/A | N/A |
| Goodkind | 2016 | 55 | 84 | Outpatient | Individual | N/A | N/A |
| Goodyer | 2017 | 154 | 126 | Outpatient | Individual | 50 | Yes (Citalopram, Fluoxetine, Sertraline) |
| Halford 1 | 2002 | 72 | 42 | Outpatient | N/A | 13 | Yes (N/A) |
| Halford 2 | 2002 | 43 | 28 | Inpatient | N/A | N/A | N/A |
| Harkness 1 | 2012 | 40 | 119 | Outpatient | N/A | N/A | No |
| Harkness 2 | 2012 | 30 | 119 | Outpatient | N/A | N/A | No |
| Hawley 1 | 2017 | 167 | 98 | Outpatient | Group | 44 | Yes (SSRI) |
| Hawley 2 | 2017 | 145 | 98 | Outpatient | Group | N/A | N/A |
| Hayden | 2012 | 20 | 70 | Outpatient | Individual | N/A | N/A |
| Holland | 2013 | 54 | 84 | Outpatient | Individual | N/A | Yes (N/A) |
| Huber | 2012 | 34 | 315 | Outpatient | Individual | 11 | No |
| Jacobsen 1 | 1991 | 7 | N/A | Outpatient | Individual | 0 | No |
| Jacobsen 2 | 1991 | 13 | N/A | Outpatient | Individual | N/A | No |
| Jacobsen | 2000 | 50 | N/A | Outpatient | Individual | 3 | No |
| Jordan | 2014 | 25 | 84 | Outpatient | Individual | 2 | No |
| Kavanagh | 1989 | 42 | 98 | Outpatient | Group | 0 | No |
| Kennedy | 2007 | 12 | 112 | Outpatient | Individual | N/A | No |
| Keri 1 | 2014 | 44 | 112 | Outpatient | Individual | N/A | No |
| Keri 2 | 2014 | 50 | 112 | Outpatient | Individual | 7 | No |
| Konarski | 2009 | 12 | 112 | Outpatient | N/A | N/A | No |
| Kroger | 2015 | 13 | 168 | Outpatient | Individual | 0 | N/A |
| Kundermann | 2015 | 10 | 21 | Inpatient | Individual | N/A | No |
| Laidlaw | 2008 | 20 | N/A | Outpatient | individual | 2 | No |
| Lopes | 2015 | 29 | 140 | Outpatient | Individual | N/A | Yes (N/A) |
| Lorenzo Luaces | 2017 | 164 | 154 | Outpatient | Individual | 69 | No |
| Maneeton | 20101 | 10 | 112 | Outpatient | Individual | 3 | Yes (Fluoxetine) |
| Manicavasagar | 2012 | 26 | 56 | Outpatient | Group | 0 | No |
| March 1 | 2007 | 111 | 252 | Outpatient | Individual | 31 | No |
| March 2 | 2007 | 107 | 252 | Outpatient | Individual | 21 | Yes (Fluoxetine) |
| Marquett | 2013 | 60 | 112 | Outpatient | Individual | N/A | N/A |
| Marshall | 2008 | 37 | N/A | Outpatient | Individual | N/A | No |
| Matsunga | 2010 | 43 | 84 | Outpatient | Group | 5 | No |
| McEvoy | 2013 | 144 | 70 | Outpatients | Groups | N/A | Yes (N/A) |
| Melvin | 2006 | 22 | 84 | Outpatient | Individual | 3 | Yes (Sertraline) |
| Mergl | 2011 | 38 | 63 | Outpatient | Group | 11 | No |
| Milgrom | 2015 | 27 | 56 | Outpatient | Group | 5 | N/A |
| Miller | 1989 | 28 | 140 | Inpatient | Individual | 6 | Yes (Amitriptyline/Desirpramine) |
| Miranda | 2003 | 90 | 84 | N/A | Individual | N/A | N/A |
| Mohr | 2001 | 20 | 112 | Outpatient | Individual | 1 | N/A |
| Mondin | 2015 | 46 | 49 | Outpatient | Individual | 16 | No |
| Murphy | 1995 | 11 | 112 | Outpatient | Individual | 0 | No |
| Niciu | 2015 | 50 | 84 | Outpatient | Individual | 8 | No |
| Organista | 1994 | 175 | 84 | Outpatient | Individual/Group | 97 | Yes (N/A) |
| Pearce | 2015 | 67 | 84 | Outpatient | Individual | N/A | Yes (N/A) |
| Power | 2012 | 39 | 112 | Outpatient | Individual | 0 | N/A |
| Propst | 1992 | 19 | N/A | Outpatient | Individual | N/A | No |
| Prasko | 2016 | 72 | 42 | Inpatient | Group | 9 | Yes (Risperidone) |
| Quilty | 2008 | 45 | 140 | Outpatient | Individual | N/A | No |
| Quilty 2 | 2008 | 203 | N/A | Outpatient | N/A | 27 | Yes (Fluoxetine, Tianeptine) |
| Reisch | 2001 | 31 | 112 | Outpatient | Group | N/A | N/A |
| Renaud | 2013 | 53 | N/A | Outpatient | Individual | 2 | N/A |
| Rhode | 1994 | 115 | N/A | Outpatient | Individual | N/A | No |
| Ritchey | 2011 | 22 | 210 | Outpatient | Individual | N.A | N/A |
| Rossello | 2008 | 52 | 84 | Outpatient | Individual/Group | 0 | No |
| Rossello | 1999 | 25 | 84 | Outpatient | Individual | 4 | No |
| Sachsenweger | 2015 | 28 | 112 | Outpatient | Individual | 9 | No |
| Sanacora | 2006 | 15 | 112 | Outpatient | Individual | 7 | No |
| Sankar | 2015 | 16 | 70 | Outpatient | Individual | N/A | No |
| Salusman | 2006 | 119 | N/A | Outpatient | Group | N/A | Yes (N/A) |
| Schlagert | 2017 | 639 | N/A | Outpatient | Individual | 107 | Yes (N/A) |
| Scott | 1992 | 30 | 112 | Outpatient | Individual | 1 | No |
| Segal | 2006 | 149 | N/A | Outpatient | Individual | 61 | No |
| Sefarty | 2009 | 70 | 168 | Outpatient | Individual | 11 | Yes (SSRI, Tricyclic, SNRI) |
| Shapiro 1 | 1994 | 10 | N/A | Outpatient | N/A | 0 | No |
| Shapiro 2 | 1994 | 10 | N/A | Outpatient | N/A | 0 | No |
| Shapiro 3 | 1994 | 10 | N/A | Outpatient | N/A | 0 | No |
| Shou | 2017 | 27 | 84 | Outpatient | N/A | 9 | No |
| Stiles-Shields 1 | 2014 | 126 | 126 | Outpatient | Individual | N/A | Yes (N/A) |
| Stiles-Shields 2 | 2014 | 36 | 126 | Outpatient | Individual | N/A | Yes (N/A) |
| Straub | 2014 | 15 | 35 | Outpatient | Group | 3 | Yes (Fluoxetine) |
| Szigethy | 2014 | 110 | 84 | Outpatient | Individual | 20 | No |
| Thase 1 | 1993 | 59 | 112 | Outpatient | Individual | N/A | No |
| Thase 2 | 1993 | 32 | 28 | Inpatient | Individual | N/A | No |
| Thase 3 | 1993 | 51 | 112 | Outpatient | Individual | N/A | No |
| Thimm | 2014 | 143 | 84 | Outpatient | Group | 25 | N/A |
| Tiger | 2014 | 10 | 84 | Outpatient | Individual | 0 | No |
| Vostanis | 1998 | 27 | 126 | Outpatient | Individual | N/A | N/A |
| Watson | 2003 | 45 | N/A | Outpatient | Individual | 0 | No |
| Wiles | 2013 | 234 | 84 | Outpatient | Group | 28 | Yes (N/A) |
| Wilkinson | 2013 | 174 | 196 | Outpatient | Individual | 10 | Yes (SSRI) |
| Wucherpfenning | 2017 | 211 | N/A | Outpatient | Individual | N/A | No |
| Yoshimura | 2017 | 29 | 84 | Outpatient | Individual | 0 | Yes (N/A) |
| Yoshimura | 2014 | 23 | 84 | Outpatient | Individual | N/A | Yes (SSRI, SNRI, Tricyclic) |

**Supplementary Table 6** IPT therapy moderators of samples meta-analysed including: pre-post treatment outcome assessment delay (days); setting; format; number of dropouts; antidepressant medications.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name (First Author)** | **Year** | **N** | **Pre-post treatment assessment delay (days)** | **Setting** | **Format** | **Drop-outs** | **AD Medication** |
| Bass | 2006 | 103 | 112 | Outpatient | Group | N/A | N/A |
| Berknecker | 2016 | 33 | 112 | Outpatient | N/A | 6 | No |
| Bloom 1 | 2007 | 49 | 112 | Outpatient | Individual | 19 | Yes (Nefazodone) |
| Bloom 2 | 2007 | 47 | 112 | Outpatient | Individual | 12 | No |
| Bloom 3 | 2007 | 50 | 112 | Outpatient | Individual | 16 | No |
| Brody | 2001 | 14 | 84 | Outpatient | Individual | N/A | No |
| Brown 1 | 1996 | 50 | N/A | Outpatient | Individual | N/A | No |
| Brown 2 | 1996 | 107 | N/A | Outpatient | Individual | N/A | No |
| Carter | 2012 | 86 | 112 | Outpatient | Individual | N/A | No |
| Clarke | 2003 | 15 | 84 | Outpatient | Individual | N/A | Yes (N/A) |
| Constantino | 2013 | 95 | 112 | Outpatient | Individual | 0 | Yes (N/A) |
| Constantino | 2017 | 119 | N/A | Outpatient | Individual | N/A | Yes (N/A) |
| Cyranowski | 2005 | 18 | N/A | Outpatient | Individual | 5 | Yes (SSRI) |
| Dietz | 2015 | 29 | 98 | Outpatient | Individual | 4 | Yes (SSRI) |
| Falkenstrom | 2016 | 48 | 98 | Outpatient | Individual | 7 | Yes (N/A) |
| Goder | 2007 | 32 | 42 | N/A | Individual | 9 | No |
| Handley | 2017 | 97 | 98 | Outpatient | Individual | N/A | N/A |
| Harkness 1 | 2012 | 30 | 119 | Outpatient | N/A | N/A | No |
| Harkness 2 | 2012 | 34 | 119 | Outpatient | N/A | N/A | No |
| Johnson | 2012 | 19 | 56 | N/A | Group | N/A | Yes (N/A) |
| Koszycki | 2012 | 15 | 84 | Outpatient | Individual | 3 | No |
| Lemmens | 2015 | 75 | 140 | Outpatient | Individual | 16 | No |
| Marshall | 2008 | 25 | N/A | N/A | N/A | N/A | N/A |
| McBride | 2010 | 74 | 112 | Outpatient | Individual | N/A | No |
| Miller | 2008 | 14 | 84 | Outpatient | Group | N/A | N/A |
| Mufson | 2004 | 34 | 112 | Outpatient | Group | N/A | No |
| O'Hara | 2000 | 60 | 84 | Outpatient | Individual | 12 | No |
| Pearlstein 1 | 2006 | 11 | 84 | Outpatient | Individual | 2 | No |
| Pearlstein 2 | 2006 | 12 | 84 | Outpatient | Individual | 3 | Yes (Sertraline) |
| Peeters 1 | 2013 | 56 | 182 | Outpatient | N/A | N/A | No |
| Peeters 2 | 2013 | 21 | 182 | Outpatient | N/A | N/A | Yes (SSRI, Venlafaxine, Tricyclic) |
| Pigeon | 2009 | 37 | 98 | Outpatients | Group | N/A | N/A |
| Poleschuck 1 | 2009 | 31 | 168 | Outpatients | Individual | 12 | Yes (N/A) |
| Poleschuck 2 | 2009 | 35 | 168 | Outpatient | Individual | 7 | Yes (N/A) |
| Power | 2012 | 39 | 112 | Outpatient | Individual | 0 | N/A |
| Quilty | 2008 | 46 | 140 | Outpatients | Individual | N/A | No |
| Raue | 2009 | 29 | 140 | Outpatient | Individual | 3 | No |
| Reay | 2012 | 23 | 56 | Outpatient | Group | 0 | N/A |
| Rossello | 2008 | 60 | 84 | Outpatient | N/A | 0 | No |
| Rossello | 1999 | 23 | 84 | Outpatient | Individual | 4 | No |
| Saloheimo | 2016 | 46 | 77 | Outpatient | Individual | 15 | No |
| Schramm | 2007 | 63 | 35 | Inpatient | N/A | N/A | Yes (Sertraline) |
| Schramm | 2011 | 15 | 56 | Outpatient | Individual | 0 | No |
| Shapiro 1 | 1994 | 9 | N/A | Outpatient | N/A | 1 | No |
| Shapiro 2 | 1994 | 9 | N/A | Outpatient | N/A | 1 | No |
| Shapiro 3 | 1994 | 10 | N/A | Outpatient | N/A | 0 | No |
| Spence | 2016 | 39 | 84 | Outpatient | N/A | 7 | No |
| Spinelli | 1997 | 13 | N/A | Outpatient | Individual | 3 | N/A |

**Supplementary Table 7** Post-hoc sensitivity analyses comparing randomised controlled trials (RCT’s) and non-randomised controlled trials (NRCT’s) across all levels of the pre-specified moderators.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **95%CI** | |  |  |  |
| **Therapy** | ***k*** | ***g*** | ***LL*** | ***UL*** | ***Zw*** | ***Qb*** | ***p*** |
| Overall Treatment Effects | | | | | | | |
| CBT | | | | | | | |
| RCT | 60 | 1.72 | 1.52 | 1.92 | 16.89 |  |  |
| NRCT | 60 | 1.52 | 1.36 | 1.68 | 18.53 | 2.26 | 0.13 |
| IPT | | | | | | | |
| RCT | 32 | 1.60 | 1.38 | 1.79 | 14.98 |  |  |
| NRCT | 16 | 1.52 | 1.28 | 1.76 | 12.48 | 0.18 | 0.67 |
| Age | | | | | | | |
| CBT & IPT | | | | | | | |
| RCT | 89 | 1.67 | 1.51 | 1.82 | 21.40 |  |  |
| NRCT | 71 | 1.51 | 1.37 | 1.65 | 20.62 | 2.10 | 0.15 |
| CBT | | | | | | | |
| RCT | 57 | 1.71 | 1.50 | 1.91 | 16.52 |  |  |
| NRCT | 57 | 1.52 | 1.36 | 1.69 | 18.08 | 1.84 | 0.18 |
| IPT | | | | | | | |
| RCT | 32 | 1.59 | 1.38 | 1.79 | 14.98 |  |  |
| NRCT | 14 | 1.43 | 1.21 | 1.65 | 12.71 | 1.07 | 0.30 |
| Gender | | | | | | | |
| CBT & IPT | | | | | | | |
| RCT | 92 | 1.68 | 1.53 | 1.83 | 21.81 |  |  |
| NRCT | 71 | 1.50 | 1.36 | 1.64 | 20.61 | 2.79 | 0.095 |
| Employment Status | | | | | | | |
| CBT & IPT | | | | | | | |
| RCT | 25 | 1.62 | 1.34 | 1.89 | 11.58 |  |  |
| NRCT | 19 | 1.49 | 1.21 | 1.77 | 10.33 | 0.39 | 0.53 |
| Initial Depression Severity (Moderate) | | | | | | | |
| CBT& IPT | | | | | | | |
| RCT | 35 | 1.63 | 1.37 | 1.89 | 12.46 |  |  |
| NRCT | 53 | 1.53 | 1.35 | 1.71 | 16.88 | 0.42 | 0.52 |
| CBT | | | | | | | |
| RCT | 26 | 1.68 | 1.37 | 1.98 | 10.67 |  |  |
| NRCT | 39 | 1.49 | 1.28 | 1.71 | 13.62 | 0.89 | 0.34 |
| IPT | | | | | | | |
| RCT | 9 | 1.50 | 1.04 | 1.95 | 6.49 |  |  |
| NRCT | 14 | 1.58 | 1.33 | 1.83 | 12.56 | 0.10 | 0.75 |
| Initial Depression Severity (Severe) | | | | | | | |
| CBT & IPT |  |  |  |  |  |  |  |
| RCT | 35 | 1.66 | 1.47 | 1.84 | 17.20 |  |  |
| NRCT | 18 | 1.63 | 1.33 | 1.93 | 10.76 | 0.02 | 0.88 |
| CBT | | | | | | | |
| RCT | 18 | 1.77 | 1.44 | 2.10 | 10.48 |  |  |
| NRCT | 16 | 1.69 | 1.38 | 2.01 | 10.53 | 0.11 | 0.74 |
| IPT | | | | | | | |
| RCT | 17 | 1.57 | 1.36 | 1.77 | 14.96 |  |  |
| NRCT | 2 | 1.08 | 0.35 | 1.82 | 2.89 | 1.59 | 0.21 |
| Comorbidities (NO) | | | | | | | |
| CBT & IPT | | | | | | | |
| RCT | 31 | 1.86 | 1.57 | 2.14 | 12.77 |  |  |
| NRCT | 26 | 1.87 | 1.59 | 2.15 | 13.11 | 0.01 | 0.94 |
| CBT | | | | | | | |
| RCT | 22 | 1.95 | 1.59 | 2.32 | 10.43 |  |  |
| NRCT | 22 | 1.79 | 1.50 | 2.09 | 11.89 | 0.46 | 0.50 |
| IPT | | | | | | | |
| RCT | 9 | 1.62 | 1.29 | 1.96 | 9.44 |  |  |
| NRCT | 4 | 2.46 | 1.59 | 3.33 | 5.53 | 3.08 | 0.079 |
| Comorbidities (YES) | | | | | | | |
| CBT & IPT | | | | | | | |
| RCT | 38 | 1.69 | 1.46 | 1.93 | 14.42 |  |  |
| NRCT | 33 | 1.47 | 1.29 | 1.65 | 15.67 | 2.25 | 0.13 |
| CBT | | | | | | | |
| RCT | 25 | 1.72 | 1.42 | 2.03 | 11.15 |  |  |
| NRCT | 25 | 1.52 | 1.30 | 1.75 | 13.30 | 1.06 | 0.30 |
| IPT | | | | | | | |
| RCT | 13 | 1.63 | 1.30 | 1.97 | 9.63 |  |  |
| NRCT | 8 | 1.33 | 1.10 | 1.55 | 11.60 | 2.21 | 0.14 |
| Number of Previous Episodes | | | | | | | |
| CBT | | | | | | | |
| RCT | 9 | 1.60 | 1.32 | 1.88 | 11.10 |  |  |
| NRCT | 11 | 1.91 | 1.53 | 2.29 | 9.93 | 1.64 | 0.20 |
| Therapy Format (Individual) | | | | | | | |
| CBT & IPT | | | | | | | |
| RCT | 59 | 1.67 | 1.47 | 1.86 | 17.01 |  |  |
| NRCT | 52 | 1.72 | 1.52 | 1.91 | 17.27 | 0.14 | 0.71 |
| CBT | | | | | | | |
| RCT | 41 | 1.71 | 1.46 | 1.97 | 13.18 |  |  |
| NRCT | 40 | 1.73 | 1.50 | 1.97 | 14.57 | 0.01 | 0.91 |
| IPT | | | | | | | |
| RCT | 18 | 1.54 | 1.33 | 1.76 | 13.86 |  |  |
| NRCT | 12 | 1.61 | 1.31 | 1.91 | 10.43 | 0.14 | 0.71 |
| Therapy Format (Group) | | | | | | | |
| CBT&IPT |  |  |  |  |  |  |  |
| RCT | 13 | 1.58 | 1.24 | 1.92 | 9.13 |  |  |
| NRCT | 17 | 1.23 | 1.01 | 1.44 | 10.95 | 2.96 | 0.09 |
| CBT | | | | | | | |
| RCT | 8 | 1.48 | 1.15 | 1.82 | 8.59 |  |  |
| NRCT | 16 | 1.24 | 1.01 | 1.46 | 10.72 | 1.43 | 0.23 |
| Setting (Inpatient) | | | | | | | |
| CBT |  |  |  |  |  |  |  |
| RCT | 2 | 1.74 | 0.73 | 2.75 | 3.37 |  |  |
| NRCT | 4 | 1.18 | 0.46 | 1.91 | 3.20 | 0.78 | 0.38 |
| Setting (Outpatient) | | | | | | | |
| CBT | | | | | | | |
| RCT | 56 | 1.73 | 1.52 | 1.94 | 16.46 |  |  |
| NRCT | 56 | 1.55 | 1.39 | 1.72 | 18.39 | 1.73 | 0.19 |
| ADM’S (YES) | | | | | | | |
| CBT & IPT | | | | | | | |
| RCT | 26 | 1.83 | 1.52 | 2.14 | 11.48 |  |  |
| NRCT | 31 | 1.17 | 0.99 | 1.34 | 13.36 | 13.19 | <0.001\*\* |
| CBT | | | | | | | |
| RCT | 21 | 1.80 | 1.44 | 2.15 | 10.13 |  |  |
| NRCT | 23 | 1.10 | 0.90 | 1.29 | 11.08 | 12.01 | 0.001\*\* |
| IPT | | | | | | | |
| RCT | 5 | 1.94 | 1.25 | 2.64 | 5.48 |  |  |
| NRCT | 8 | 1.42 | 1.06 | 1.79 | 7.64 | 1.67 | 0.19 |
| ADM’s (NO) | | | | | | | |
| CBT& IPT | | | | | | | |
| RCT | 55 | 1.63 | 1.49 | 1.80 | 17.73 |  |  |
| NRCT | 29 | 1.93 | 1.69 | 2.17 | 15.87 | 4.009 | 0.045\* |
| CBT | | | | | | | |
| RCT | 33 | 1.70 | 1.45 | 1.96 | 13.06 |  |  |
| NRCT | 24 | 1.98 | 1.70 | 2.25 | 14.03 | 2.05 | 0.15 |
| IPT | | | | | | | |
| RCT | 22 | 1.50 | 1.29 | 1.72 | 13.60 |  |  |
| NRCT | 5 | 1.69 | 1.27 | 2.11 | 7.85 | 0.59 | 0.44 |
| Number of Dropouts | | | | | | | |
| CBT & IPT |  |  |  |  |  |  |  |
| RCT | 62 | 1.71 | 1.51 | 1.91 | 16.69 |  |  |
| NRCT | 45 | 1.59 | 1.38 | 1.74 | 17.11 | 1.17 | 0.28 |

*Note.* CI = confidence interval; *k*= number of samples; *g*= Hedges’ *g* effect size; *LL*= lower limit; *UL*= upper limit; *Zw*= within group heterogeneity; *Qb*= between group heterogeneity; *p*= significance value.

**Supplementary Table 8** Holm's sequentially rejective multiple hypotheses test results

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Level | *k* *(*Smallest- Largest) | P value | *a* | *a\** |
| Age (*n*=3) | | | | |
| CBT age | 1 | 0.021 | 0.05 | 0.025 |
| CBT V IPT (age) | 2 | 0.044 | 0.05 | 0.05 |
| IPT age | 3 | 0.053 | 0.05 | N/A |
| Initial Depression Severity (*n*=5) | | | | |
| CBT severity | 1 | 0.022 | 0.05 | 0.013 |
| CBT V IPT (severe) | 2 | 0.185 | 0.05 | 0.017 |
| IPT severity | 3 | 0.789 | 0.05 | N/A |
| CBT V IPT (very severe) | 4 | 0.813 | 0.05 | N/A |
| CBT V IPT (moderate) | 5 | 0.932 | 0.05 | N/A |
| Format Individual/Group (*n*=4) | | | | |
| CBT format | 1 | 0.001 | 0.05 | 0.017 |
| CBT V IPT (individual) | 2 | 0.194 | 0.05 | 0.025 |
| CBT V IPT (group) | 3 | 0.519 | 0.05 | N/A |
| IPT format | 4 | 0.942 | 0.05 | N/A |
| Antidepressant Medications Yes/No (*n*=4) | | | | |
| CBT ADM’s | 1 | 0.003 | 0.05 | 0.017 |
| CBT V IPT ADM’s no | 2 | 0.037 | 0.05 | 0.025 |
| CBT V IPT ADM’s yes | 3 | 0.251 | 0.05 | N/A |
| IPT ADM’s | 4 | 0.562 | 0.05 | N/A |

Note: Formula for this test is *a\*= a/(n-k).Whereby a\*=* adjusted alpha*, a=*original alpha*, n=*number of tests *and k=* rank of the p value*.* N/A= where the step-up procedure stopped as all p values would be non-significant.

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