# **Appendices**

## Content

[Appendix A. Full search string in PubMed 2](#_Toc25090785)

[Appendix B. Selected characteristics of included studies 4](#_Toc25090786)

[Appendix C. References of included studies 8](#_Toc25090787)

## Appendix A. Full search string in PubMed

(Psychotherapy [MH] OR psychotherap\*[All Fields] OR cbt[All Fields] OR "behavior therapies"[All Fields] OR "behavior therapy"[All Fields] OR "behavior therapeutic"[All Fields] OR "behavior therapeutical"[All Fields] OR "behavior therapeutics"[All Fields] OR "behavior therapeutist"[all Fields] OR "behavior therapeutists"[All Fields] OR "behavior treatment"[All Fields] OR "behavior treatments"[All Fields] OR "behaviors therapies"[All Fields] OR "behaviors therapy"[All Fields] OR "behaviors therapeutics"[All Fields] OR "behaviors therapeutic"[All Fields] OR "behaviors therapeutical"[All Fields] OR "behaviors therapeutist"[All Fields] OR "behaviors therapeutists"[All Fields] OR "behaviors treatment"[All Fields] OR "behaviors treatments"[All Fields] OR "behavioral therapies"[All Fields] OR "behavioral therapy"[All Fields] OR "behavioral therapeutics"[All Fields] OR "behavioral therapeutic"[All Fields] OR "behavioral therapeutical"[All Fields] OR "behavioral therapeutist"[All Fields] OR "behavioral therapeutists"[All Fields] OR "behavioral treatment"[All Fields] OR "behavioral treatments"[All Fields] OR "behaviour therapies"[All Fields] OR "behaviour therapy"[All Fields] OR "behaviour therapeutic"[All Fields] OR "behaviour therapeutical"[All Fields] OR "behaviour therapeutics"[All Fields] OR "behaviour therapeutist"[all Fields] OR "behaviour therapeutists"[All Fields] OR "behaviour treatment"[All Fields] OR "behaviour treatments"[All Fields] OR "behaviours therapies"[All Fields] OR "behaviours therapy"[All Fields] OR "behaviours therapeutics"[All Fields] OR "behaviours therapeutic"[All Fields] OR "behaviours therapeutical"[All Fields] OR "behaviours therapeutist"[All Fields] OR "behaviours therapeutists"[All Fields] OR "behaviours treatment"[All Fields] OR "behaviours treatments"[All Fields] OR "behavioural therapies"[All Fields] OR "behavioural therapy"[All Fields] OR "behavioural therapeutics"[All Fields] OR "behavioural therapeutic"[All Fields] OR "behavioural therapeutical"[All Fields] OR "behavioural therapeutist"[All Fields] OR "behavioural therapeutists"[All Fields] OR "behavioural treatment"[All Fields] OR "behavioural treatments"[All Fields] OR "cognition therapies"[All Fields] OR "cognition therapie"[All Fields] OR "cognition therapy"[All Fields] OR "cognition therapeutical"[All Fields] OR "cognition therapeutic"[All Fields] OR "cognition therapeutics"[All Fields] OR "cognition therapeutist"[All Fields] OR "cognition therapeutists"[All Fields] OR "cognition treatment"[All Fields] OR "cognition treatments"[All Fields] OR psychodynamic[All Fields] OR Psychoanalysis[MH] OR psychoanalysis[All Fields] OR psychoanalytic\*[All Fields] OR counselling[All Fields] OR counseling[All Fields] OR Counseling[MH] OR "problem-solving"[All Fields] OR mindfulness[All Fields] OR (acceptance[All Fields] AND commitment[All Fields] ) OR "assertiveness training"[All Fields] OR "behavior activation"[All Fields] OR "behaviors activation"[All Fields] OR "behavioral activation"[All Fields] OR "cognitive therapies"[All Fields] OR "cognitive therapy"[All Fields] OR "cognitive therapeutic"[All Fields] OR "cognitive therapeutics"[All Fields] OR "cognitive therapeutical"[All Fields] OR "cognitive therapeutist"[All Fields] OR "cognitive therapeutists"[All Fields] OR "cognitive treatment"[All Fields] OR "cognitive treatments"[All Fields] OR "cognitive restructuring"[All Fields] OR (("compassion-focused"[All Fields] OR "compassion-focussed"[All Fields]) AND (therapy[SH] OR therapies[All Fields] OR therapy[All Fields] OR therape\*[All Fields] OR therapis\*[All Fields]OR Therapeutics [OR treatment\*[All Fields])) OR ((therapy[SH] OR therapies[All Fields]

OR therapy [All Fields] OR therape\*[All Fields] OR therapis\*[All Fields] OR Therapeutics[MH] OR treatment\*[All Fields]) AND constructivist\*[All Fields]) OR "metacognitive therapies"[All Fields] OR "metacognitive therapy"[All Fields] OR "metacognitive therapeutic"[All Fields] OR "metacognitive therapeutics"[All Fields] OR "metacognitive therapeutical"[All Fields] OR "metacognitive therapeutist"[All Fields] OR "metacognitive therapeutists"[All Fields] OR "metacognitive treatment"[All Fields] OR "metacognitive treatments"[All Fields] OR "meta-cognitive therapies"[All Fields] OR "meta-cognitive therapy"[All Fields] OR "meta-cognitive therapeutic"[All Fields] OR "meta-cognitive therapeutics"[All Fields] OR "meta-cognitive therapeutical"[All Fields] OR "meta-cognitive therapeutist"[All Fields] OR "meta-cognitive therapeutists"[All Fields] OR "meta-cognitive treatment"[All Fields] OR "meta-cognitive treatments"[All Fields] OR "solution-focused therapies"[All Fields] OR "solution-focused therapy"[All Fields] OR "solution-focused therapeutic"[All Fields] OR "solution-focused therapeutics"[All Fields] OR "solution-focused therapeutical"[All Fields] OR "solution focused therapies"[All Fields] OR "solution focused therapy"[All Fields] OR "solution focused therapeutic"[All Fields] OR "solution focused therapeutics"[All Fields] OR "solution focused therapeutical"[All Fields]OR "solution-focussed therapies"[All Fields] OR "solution-focussed therapy"[All Fields] OR "solution-focussed therapeutic"[All Fields] OR "solution-focussed therapeutics"[All Fields] OR "solution-focussed therapeutical"[All Fields]OR "solution focussed therapies"[All Fields] OR "solution focussed therapy"[All Fields] OR "solution focussed therapeutic"[All Fields] OR "solution focussed therapeutics"[All Fields] OR "solution focussed therapeutical"[All Fields] OR "self-control therapies"[All Fields] OR "self-control therapy"[All Fields] OR "self-control therapeutics"[All Fields] OR "self-control therapeutical"[All Fields] OR "self-control therapeutic"[All Fields] OR "self-control training"[All Fields] OR "self-control trainings"[All Fields] OR "self control therapies"[All Fields] OR "self control therapy"[All Fields] OR "self control therapeutics"[All Fields] OR "self control therapeutical"[All Fields] OR "self control therapeutic"[All Fields] OR "self control training"[All Fields] OR "self control trainings"[All Fields] AND (Depressive Disorder[MH] OR Depression[MH]OR dysthymi\*[All Fields] OR "affective disorder"[All Fields]OR "affective disorders"[All Fields] OR "mood disorder"[All Fields] OR "mood disorders"[All Fields] OR depression\*[All Fields] OR depressive\*[All Fields] OR "dysthymic disorder"[MeSH Terms]) AND ((randomized controlled trial [pt] OR controlled clinical trial [pt] OR randomized [tiab] OR randomly [tiab] NOT (animals[mh] NOT (animals[mh] AND humans [mh]))

## Appendix B. Selected characteristics of included studies

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *study* | *g* | *se* | *CAU* | *Inc* | *Country* | *M age* | *Dx* | *Type* | *Frm* | *Ns* | *SG* | *AC* | *BA* | *ITT* |
| Aagaard, 2017 | 0,00 | 0,23 | OUTP | H | Denmark | 48 | + | cbt | grp | 8 | + | + | sr | - |
| Abas, 2018 | 0,71 | 0,38 | GENMED | L/LM | Zimbabwe | 37,8 | - | pst | ind | 6 | + | + | sr | + |
| Ahmadpanah, 2016 | 1,57 | 0,41 | GENMED | UM | Iran | 36,49 | - | 3rd | ind | 8 | + | + | sr | - |
| Allart,2003 | 0,57 | 0,20 | NO | H | NL | 45,5 | - | cbt | grp | 12 | - | - | sr | - |
| Barnhofer, 2009 | 0,92 | 0,37 | NO | H | UK | 41,93 | + | 3rd | grp | 6 | + | + | sr | + |
| Berger, 2017 | 0,43 | 0,20 | OUTP | H | Switzerland | 43,1 | + | cbt | gsh | 9 | + | + | sr | + |
| Beutel, 2014 | 0,52 | 0,19 | GENMED | H | Germany | 51,8 | + | dyn | ind | 18 | + | + | + | + |
| Bolton, 2003 | 1,32 | 0,13 | NO | L/LM | Uganda | 45,23 | + | ipt | grp | 16 | + | - | sr | + |
| Burns, 2007 | 0,40 | 0,22 | GENMED | H | UK | 81,1 | - | other | ind | 6 | + | + | sr | + |
| Burns, 2013 | 0,93 | 0,38 | GENMED | H | UK | 29,15 | - | cbt | ind | 12 | + | + | sr | + |
| Carr, 2016 | 0,34 | 0,22 | OUTP | H | Ireland | 41 | + | cbt | grp | 20 | - | - | + | + |
| Carta, 2012 | 0,25 | 0,25 | GP | H | Italy | 42,48 | + | cbt | ind | 12 | - | - | sr | - |
| Casanas, 2012 | 0,29 | 0,13 | GP | H | Spain | 53,38 | + | cbt | grp | 9 | + | + | sr | + |
| Chen, 2000 | 0,60 | 0,29 | PPD | H NW | Taiwan | 29,1 | - | sup | grp | 4 | - | - | sr | - |
| Chiang, 2015 | 4,21 | 0,46 | OUTP | H NW | Taiwan | 46,14 | + | cbt | grp | 12 | + | + | + | - |
| Cho, 2008 | 1,04 | 0,44 | GENMED | L/LM | Korea | 29,62 | + | cbt | ind | 9 | - | - | sr | - |
| Chowdhary, 2016 | 0,45 | 0,27 | GP | L/LM | India | 40,57 | - | bat | ind | 7 | + | - | sr | + |
| Cooper, 2003 | 0,43 | 0,29 | PPD | H | UK | 27,69 | + | cbt | ind | 10 | + | + | sr | - |
|  | 0,54 | 0,29 | PPD | H | UK | 27,69 | + | dyn | ind | 10 | + | + | sr | - |
|  | 0,25 | 0,28 | PPD | H | UK | 27,69 | + | sup | ind | 10 | + | + | sr | - |
| Cramer, 2011 | 0,25 | 0,27 | NO | H | UK | 42,47 | - | cbt | grp | 12 | + | - | sr | + |
| Dekker, 2012 | 0,42 | 0,31 | GENMED | H | US | 66 | - | cbt | ind | 1 | + | + | sr | + |
| Dimidjian, 2017 | 0,33 | 0,17 | GENMED | H | US | 28,75 | - | bat | oth | 10 | + | + | sr | + |
| Dobkin, 2011 | 1,14 | 0,24 | GENMED | H | US | 64,56 | + | cbt | ind | 10 | + | - | + | + |
| Doering, 2013 | 1,04 | 0,28 | GENMED | H | US | 63,62 | + | cbt | ind | 8 | + | - | + | + |
| Dowrick, 2000 | 0,25 | 0,16 | NO | H | EU | 44,9 | + | pst | ind | 6 | + | + | sr | + |
|  | 0,07 | 0,16 | NO | H | EU | 44,9 | + | cbt | grp | 8 | + | + | sr | + |
| Duarte, 2009 | 0,81 | 0,22 | GENMED | UM | Brazil | 53,23 | + | cbt | grp | 12 | - | + | + | - |
| Dwight-Johnson, 2011 | 1,78 | 0,23 | GP | H | US | 39,81 | - | cbt | oth | 5 | + | - | sr | + |
| Ekkers, 2011 | 1,09 | 0,22 | OUTP | H | NL | 72,7 | + | cbt | grp | 7 | - | + | sr | + |
| Fann, 2015 | 0,11 | 0,31 | NO | H | US | 45,8 | + | cbt | oth | 10 | + | - | + | - |
|  | 0,14 | 0,27 | NO | H | US | 45,8 | + | cbt | ind | 9 | + | - | + | - |
| Faramarzi, 2008 | 1,72 | 0,30 | GENMED | UM | Iran | 28,35 | - | cbt | grp | 10 | - | - | sr | - |
| Folke, 2012 | 0,66 | 0,34 | NO | H | Sweden | 43,24 | + | 3rd | oth | 6 | - | - | sr | + |
| Fonagy, 2015 | 0,33 | 0,20 | GP | H | UK | 44,33 | + | dyn | ind | 60 | + | + | + | + |
| Forsell, 2017 | 0,87 | 0,33 | GENMED | H | Sweden | 31,01 | + | cbt | gsh | 5 | + | + | sr | + |
| Freedland, 2009 | 0,89 | 0,28 | GENMED | H | US | 60,65 | + | cbt | ind | 11 | + | + | + | + |
|  | 0,47 | 0,27 | GENMED | H | US | 60,65 | + | sup | ind | 8 | + | + | + | + |
| Freedland, 2015 | 0,62 | 0,16 | GENMED | H | US | 55,8 | + | cbt | ind | 11 | - | + | + | + |
| Garcia-Pena, 2015 | 0,60 | 0,26 | GP | UM | Mexico | 70,8 | - | cbt | grp | 12 | + | - | sr | - |
| Gawrysiak, 2009 | 1,66 | 0,42 | NO | H | US | 18,4 | - | bat | ind | 1 | - | - | sr | + |
| Geraedts, 2014 | 0,25 | 0,13 | NO | H | NL | 43,4 | - | cbt | gsh | 6 | + | + | sr | + |
| Gibbons, 2012 | -0,11 | 0,36 | OUTP | H | US | 41,23 | - | dyn | ind | 7 | - | - | - | - |
| Grote, 2009 | 1,25 | 0,30 | PPD | H | US | 24,51 | - | ipt | ind | 8 | - | - | sr | - |
| Hallford, 2016 | 1,25 | 0,42 | OUTP | H | Australia | 20,8 | - | lrt | ind | 6 | - | + | sr | + |
| Hallgren, 2015 | 0,32 | 0,09 | GP | H | Sweden | 43 | - | cbt | gsh | 8 | + | + | + | - |
| Hamamci, 2006 - ct | 1,42 | 0,55 | NO | UM | Turkey | 19,52 | - | cbt | grp | 11 | - | - | sr | - |
|  | 1,44 | 0,55 | NO | UM | Turkey | 19,52 | - | cbt | grp | 11 | - | - | sr | - |
| Hamdan-Mansour,2009 | 0,63 | 0,22 | NO | L/LM | Jordan |  | - | cbt | grp | 10 | - | + | sr | - |
| Hassiotis, 2013 | 0,02 | 0,36 | OUTP | H | UK | 36 | - | cbt | ind | 12 | - | + | sr | + |
| Hermanns, 2015 | 0,20 | 0,15 | GENMED | H | Germany | 43,3 | - | cbt | grp | 5 | - | + | sr | + |
| Herrmann-Lingen, 2016 | 0,00 | 0,08 | GENMED | H | Germany | 59,2 | - | dyn | oth | 16 | + | - | sr | + |
| Holden, 1989 | 0,72 | 0,32 | PPD | H | UK | 26 | + | sup | ind | 8 | + | - | + | - |
| Honey, 2002 | 0,36 | 0,30 | PPD | H | UK | 27,92 | - | cbt | grp | 8 | - | - | sr | + |
| Hou, 2014 | 0,71 | 0,14 | PPD | UM | China | 28 | + | cbt | oth | 19 | - | - | sr | - |
| Huang, 2016 | 1,95 | 0,31 | GENMED | H NW | Taiwan | 56,43 | - | cbt | grp | 12 | - | - | sr | - |
| Hunter, 2012 I | 0,42 | 0,28 | OUTP | H | US | 35,16 | - | cbt | grp | 18 | - | - | sr | + |
| Husain, 2017 | 0,89 | 0,14 | PPD | L/LM | Pakistan | 27,73 | + | cbt | grp | 6 | - | + | + | + |
| Jesse, 2015 | 0,34 | 0,20 | PPD | H | US | 25,05 | - | cbt | grp | 6 | + | + | sr | - |
| Jiang, 2014 | 1,05 | 0,08 | PPD | UM | China | 27,31 | - | other | oth | 18 | + | - | sr | - |
| Joling, 2011 | 0,10 | 0,15 | GP | H | NL | 81,45 | - | cbt | gsh | 3 | + | + | sr | + |
| Kanter, 2015 | 0,13 | 0,30 | OUTP | H | US | 38,1 | + | bat | ind | 8 | + | - | + | + |
| Keeley, 2016 | 0,40 | 0,16 | GP | H | US | 47,51 | + | other | ind | 4 | + | + | sr | + |
| Kim, 2018 | 0,82 | 0,27 | GENMED | H NW | Korea | 48 | - | cbt | oth | 7 | + | - | sr | - |
| King, 2000 | 0,35 | 0,21 | GP | H | UK | 37,5 | - | sup | ind | 6 | - | + | sr | + |
|  | 0,51 | 0,21 | GP | H | UK | 37,5 | - | cbt | ind | 6 | - | + | sr | + |
| Kivi, 2014 | -0,16 | 0,25 | GP | H | Sweden | 36,6 | + | cbt | gsh | 5 | - | + | sr | - |
| Korrelboom, 2012 | 0,79 | 0,26 | OUTP | H | NL | 40,9 | + | other | grp | 8 | - | + | sr | + |
| Korte, 2012 | 0,51 | 0,14 | NO | H | NL | 63,3 | - | lrt | grp | 8 | + | + | sr | + |
| Laidlaw, 2008 | 0,42 | 0,31 | GP | H | UK | 74,03 | + | cbt | ind | 8 | + | + | + | - |
| Lamers, 2010 | 0,26 | 0,13 | GENMED | H | NL | 70,7 | + | cbt | ind | 4 | + | + | sr | + |
| Lenze, 2017 | -0,41 | 0,31 | PPD | H | US | 26,64 | + | ipt | ind | 8 | + | + | sr | + |
| Lerner, 2015 | 0,60 | 0,10 | NO | H | US | 54,7 | + | cbt | oth | 8 | + | - | sr | + |
| Leung, 2013 | 0,33 | 0,20 | PPD | UM | China |  | - | cbt | grp | 6 | - | - | sr | + |
| Lloyd-Williams, 2018 | 0,13 | 0,34 | GENMED | H | UK | 65,1 | - | other | ind | 1 | - | + | sr | + |
| Lovell, 2008 | 0,18 | 0,31 | GP | H | UK | 37,6 | - | cbt | ind | 4 | - | + | sr | + |
| Lustman, 1998 | 1,00 | 0,34 | GENMED | H | US | 54,83 | + | cbt | ind | 10 | + | + | sr | - |
| Lynch, 1997 | 0,90 | 0,42 | GP | H | US | 48,3 | - | pst | oth | 6 | - | - | sr | - |
| MacPherson, 2013 | 0,28 | 0,11 | GP | H | UK | 43,5 | - | sup | ind | 8 | + | + | sr | + |
| Martin, 2015 | 1,42 | 0,34 | GP | H | Australia | 40,64 | + | cbt | ind | 12 | + | + | sr | - |
| Matsuzaka, 2017 | 0,02 | 0,22 | GP | UM | Brasil | 43,84 | + | ipt | ind | 4 | + | + | + | + |
| Michalak, 2015 | 0,62 | 0,32 | OUTP | H | Germany | 50,84 | + | 3rd | grp | 8 | + | + | + | + |
|  | 0,41 | 0,32 | OUTP | H | Germany | 50,84 | + | other | oth | 10 | + | + | + | + |
| Milgrom, 2005 | 0,48 | 0,51 | PPD | H | Australia | 29,7 | + | cbt | grp | 9 | + | + | sr | + |
|  | 0,70 | 0,51 | PPD | H | Australia | 29,7 | + | sup | grp | 9 | + | + | sr | + |
|  | 0,55 | 0,50 | PPD | H | Australia | 29,7 | + | sup | ind | 9 | + | + | sr | + |
| Milgrom, 2011 - nurse | 0,72 | 0,36 | PPD | H | Australia | 31,48 | - | cbt | ind | 5 | + | + | sr | + |
| Milgrom, 2011 - psy | 0,06 | 0,35 | PPD | H | Australia | 31,48 | - | cbt | ind | 4 | + | + | sr | + |
| Milgrom, 2015 | 0,57 | 0,30 | PPD | H | Australia | 31,79 | + | cbt | ind | 6 | + | + | sr | + |
| Milgrom, 2016 | 0,83 | 0,31 | PPD | H | Australia | 31,6 | + | cbt | gsh | 6 | + | + | sr | + |
| Miller, 2002 | 0,45 | 0,36 | NO | H | US | 32,1 | - | ipt | oth | 12 | - | - | + | - |
| Miranda, 2003 | 0,16 | 0,15 | OUTP | H | US | 29,3 | + | cbt | oth | 8 | + | + | + | + |
| Mohr, 2011 | 0,29 | 0,22 | OUTP | H | US | 55,9 | + | cbt | oth | 16 | - | - | + | + |
| Mossey, 1996 | 0,21 | 0,27 | GENMED | H | US | 71 | - | ipt | ind | 10 | - | - | sr | - |
| Mulcahey, 2010 | 0,60 | 0,29 | PPD | H | Australia | 32,22 | + | ipt | oth | 11 | + | - | - | - |
| Naeem, 2013 | 1,12 | 0,16 | GP | L/LM | Pakistan | 33,44 | + | cbt | gsh | 8 | + | + | sr | + |
| Naeem, 2015 | 0,86 | 0,18 | GP | L/LM | Pakistan | 31,7 | + | cbt | oth | 7 | + | + | sr | + |
| Nakagawa, 2017 | 0,17 | 0,22 | OUTP | H NW | Japan | 40,6 | + | cbt | ind | 15 | + | + | + | + |
| Neugebauer, 2006 | 0,15 | 0,44 | NO | H | US | 29,7 | - | ipt | oth | 6 | - | - | + | + |
| Newby, 2014 | 0,10 | 0,31 | NO | H | Australia | 26,28 | - | cbt | ind | 1 | - | - | sr | + |
| Ngai, 2015 | 0,42 | 0,07 | PPD | UM | China | 30,8 | - | cbt | oth | 5 | + | + | sr | + |
| O'Mahen, 2013a | 3,66 | 0,44 | PPD | H | UK | 27,05 | + | cbt | ind | 8 | + | + | sr | + |
| O'Moore, 2018 | 0,88 | 0,25 | GENMED | H | Australia | 61,9 | + | cbt | gsh | 6 | + | + | sr | + |
| O'Neil, 2014 | 0,12 | 0,18 | GENMED | H | Australia | 59,96 | - | cbt | oth | 8 | + | + | sr | + |
| Omidi, 2013 | 1,61 | 0,35 | OUTP | UM | Iran | 32,33 | + | 3rd | grp | 8 | - | - | sr | - |
|  | 1,78 | 0,36 | OUTP | UM | Iran | 32,33 | + | cbt | grp | 8 | - | - | sr | - |
| Patel, 2017 | 0,52 | 0,09 | GP | L/LM | India | 42,5 | - | bat | ind | 6 | + | + | sr | + |
| Peden, 2000 | 1,13 | 0,32 | NO | H | US | 19,3 | - | cbt | grp | 6 | - | - | sr | - |
| Penckofer, 2012 | 0,78 | 0,26 | GENMED | H | US | 54,41 | - | cbt | grp | 8 | + | - | sr | + |
| Petersen, 2014 | 0,92 | 0,35 | GENMED | UM | South Africa | 36,5 | + | ipt | grp | 8 | + | - | sr | - |
| Pibernik, 2009 | 0,17 | 0,28 | GENMED | H | Croatia | 56,5 | - | cbt | grp | 4 | - | + | sr | - |
| Poleshuck, 2014 | 0,17 | 0,28 | OUTP | H | US | 36,7 | + | ipt | ind | 4 | + | - | - | + |
| Power, 2012 | 0,36 | 0,48 | GP | H | UK | 36,1 | + | cbt | ind | 16 | - | - | sr | + |
|  | 0,66 | 0,47 | GP | H | UK | 36,1 | + | ipt | ind | 16 | - | - | sr | + |
| Ransom, 2008 | 0,16 | 0,22 | GENMED | H | US | 44,4 | + | ipt | oth | 6 | - | - | sr | + |
| Richards, 2018 | -0,43 | 0,39 | GENMED | H | UK | 65,3 | - | bat | ind | 12 | + | + | sr | + |
| Safren, 2009 | 0,65 | 0,30 | GENMED | H | US |  | + | cbt | ind | 10 | - | - | + | + |
| Safren, 2014 | 0,65 | 0,22 | GENMED | H | US | 56,83 | + | cbt | ind | 10 | + | + | + | - |
| Safren, 2016 | 0,42 | 0,23 | GENMED | H | US | 47,45 | + | cbt | ind | 11 | + | - | + | + |
|  | 0,34 | 0,22 | GENMED | H | US | 47,45 | + | sup | ind | 11 | + | - | + | + |
| Saloheimo, 2016 | 0,41 | 0,29 | OUTP | H | Finland | 41,66 | + | ipt | ind | 13 | + | + | + | - |
|  | -0,05 | 0,28 | OUTP | H | Finland | 41,66 | + | cbt | grp | 11 | + | + | + | - |
| Schulberg, 1996 | 0,44 | 0,15 | GP | H | US | 38,09 | + | ipt | ind | 16 | - | - | + | + |
| Scogin, 2018 | 1,48 | 0,47 | GP | H | US | 59 | - | cbt | oth | 10 | - | - | + | + |
| Scott, 1992 | 0,25 | 0,31 | GP | H | UK | 31,79 | + | cbt | ind | 16 | - | + | + | + |
|  | 0,55 | 0,32 | GP | H | UK | 31,79 | + | sup | ind | 16 | - | + | + | + |
| Scott, 1997 | 0,47 | 0,34 | GP | H | UK | 41 | + | cbt | ind | 6 | - | - | + | - |
| Serfaty, 2009 | 0,17 | 0,18 | GP | H | UK | 74,1 | + | cbt | ind | 7 | + | + | sr | + |
| Serrano, 2004 | 0,95 | 0,32 | NO | H | Spain | 77,19 | - | lrt | ind | 4 | - | - | sr | - |
| Simoni, 2013 | -0,16 | 0,31 | GENMED | H | US | 46 | - | cbt | ind | 11 | + | + | + | + |
| Simpson, 2003 | -0,06 | 0,17 | GP | H | UK | 42,99 | + | dyn | ind | 5 | + | + | sr | + |
| Simson, 2008 | 0,23 | 0,36 | GENMED | H | Germany | 60,5 | - | sup | ind | 5 | - | - | sr | + |
| Sinniah, 2017 | 0,71 | 0,25 | OUTP | UM | Malaysia | 43,13 | + | cbt | ind | 16 | - | - | sr | + |
| Smit, 2006 | -0,15 | 0,27 | GP | H | NL | 42,79 | + | cbt | ind | 14 | + | + | - | - |
| Songprakun, 2012 | 0,60 | 0,27 | OUTP | UM | Thailand | 42,13 | + | cbt | gsh | 8 | + | + | sr | - |
| Strauss, 2012 | 1,83 | 0,44 | OUTP | H | UK | 43 | + | cbt | grp | 9 | - | - | sr | + |
| Strong, 2008 | 0,37 | 0,14 | GENMED | H | UK | 56,6 | + | pst | ind | 10 | + | + | sr | + |
| Sugg, 2018 | 0,64 | 0,26 | GP | H | UK | 49,2 | + | other | ind | 10 | + | + | sr | + |
| Swartz, 2008 | 0,85 | 0,32 | NO | H | US | 42,7 | + | ipt | ind | 9 | - | - | - | - |
| Takagaki, 2016 | 0,89 | 0,19 | NO | H NW | Japan | 18,22 | - | bat | grp | 5 | + | + | sr | + |
| Talbot, 2011 | 0,31 | 0,28 | OUTP | H | US | 36 | + | ipt | ind | 13 | - | - | - | + |
| Teasdale, 1984 | 1,46 | 0,46 | GP | H | UK | 37,5 | + | cbt | ind | 15 | - | - | sr | - |
| Town, 2017 | 1,50 | 0,59 | OUTP | H | Canada | 41,55 | + | dyn | ind | 16 | + | + | + | + |
| Van Schaik, 2006 | 0,07 | 0,17 | GP | H | NL | 67,93 | + | ipt | ind | 8 | + | - | - | + |
| Vazquez, 2013 | 1,54 | 0,17 | NO | H | Spain | 53,9 | - | pst | grp | 5 | - | + | sr | + |
| Vazquez, 2017 | 2,09 | 0,45 | NO | H | Spain | 58,4 | - | cbt | oth | 5 | + | + | sr | + |
|  | 2,20 | 0,47 | NO | H | Spain | 58,4 | - | bat | oth | 4 | + | + | sr | + |
| Verduyn, 2003 | 0,20 | 0,42 | NO | H | UK | 29,81 | - | cbt | grp | 16 | - | + | + | - |
|  | 0,14 | 0,43 | NO | H | UK | 29,81 | - | sup | grp | 16 | - | + | + | - |
| Vitriol, 2009 | 0,57 | 0,22 | OUTP | H NW | Chile | 38,86 | + | dyn | ind | 12 | - | - | + | + |
| Watkins, 2012 | 0,72 | 0,24 | GP | H | UK | 46,27 | + | other | oth | 7 | + | + | + | + |
| Wickberg, 1996 | 1,33 | 0,47 | PPD | H | Sweden | 28,4 | + | sup | ind | 6 | - | - | + | - |
| Wiersma, 2014 | 0,55 | 0,20 | OUTP | H | NL | 41,6 | + | other | ind | 24 | + | + | sr | + |
| Wiklund, 2010 | 0,82 | 0,29 | PPD | H | Sweden |  | - | cbt | ind | 21 | - | - | sr | - |
| Williams, 2013 I | 0,23 | 0,12 | GP | H | Australia | 41,75 | + | cbt | gsh | 2 | - | + | sr | + |
| Wong, 2018 | 0,19 | 0,13 | GP | UM | China | 54 | - | 3rd | grp | 8 | + | + | sr | + |
| Yang, 2018 | 0,80 | 0,25 | NO | UM | China | 18,5 | + | other | grp | 11 | + | - | sr | - |
| Zu, 2014 | 0,58 | 0,38 | OUTP | UM | China | 38,54 | + | cbt | ind | 20 | - | - | - | - |

Indicators of the columns:

* G: effect size.
* Se: standard error of effect size
* CAU: care-as-usual category (GENMED: general medical care; GP: general practitioner care; NO: no treatment; OUTP: outpatient mental health care; PPD: perinatal care).
* Inc: income level of the country (H=high income; H NW: high-income non-western; UM: upper middle income; L/LM: lower/lower-middle income).
* M age: mean age.
* Dx: diagnostic interview (+: yes; -: no).
* Type: type of therapy (cbt: cognitive behavior therapy; pst: problem-solving therapy; 3rd: third wave therapy; dyn: psychodynamic therapy; ipt: interpersonal psychotherapy; bat: behavioral activation therapy; sup: non-directive supportive therapy; lrt: life review therapy; other: other type of therapy.
* Frm: format (ind: individual; grp: group; gsh: guided self-help; oth: other/mixed format)
* Ns: number of sessions.
* SG: sequence generation (positive or negative (negative includes unclear)).
* AC: allocation concealment (positive or negative (negative includes unclear)).
* BA: blinded assessment (positive or negative (negative includes unclear)).
* ITT: intention to treat analyses (positive or negative (negative includes unclear)).

## Appendix C. References of included studies

|  |  |
| --- | --- |
| *Study* | *Full reference* |
| Aagaard, 2017 | Aagaard, J., Foldager, L., Makki, A., Hansen, V., & M¸ller-Nielsen, K. (2017). The efficacy of psychoeducation on recurrent depression: a randomized trial with a 2-year follow-up. Nord J Psychiatry, 71(3), 223-229. |
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