Appendix A. Search string for 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 studies comparing psychotherapy for adult depression with inactive control groups (N=256)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Study* | *Target Group* | *Diag* | *Type* | *Format* | *Nsess* | *Control* | *Region* | *RoBa)* |
| Allart, 2003(1) | Adults | cutoff | CBT | Grp | 12 | CAU | EU | – – SR –  |
| Ammerman, 2013(2) | Women with PPD | Diag | CBT | Ind | 15 | CAU | USA | – + + + |
| Andersson, 2005(3) | Adults | cutoff | CBT | Gsh | 5 | Other | EU | + + SR + |
| Armento, 2012(4) | Adults | cutoff | BAT | Ind | 1 | Other | USA | – – SR + |
| Ayen, 2004 cbt(5) | Adults | Diag | CBT | Grp | 12 | WL | EU | – – SR + |
| Ayen, 2004 sup | Adults | Diag | SUP | Grp | 12 | WL | EU | – – SR + |
| Barber, 2012(6) | Adults | Diag | DYN | Ind | 20 | Other | USA | + – + + |
| Barlow, 1986(7)  | Elderly | cutoff | Other | Grp | 6 | WL | USA | – – SR – |
| Barnhofer, 2009(8) | Adults | Diag | MBCT | Grp | 8 | CAU | EU | + + SR + |
| Barrera, 1979(9) | Adults | cutoff | BAT | Grp | 8 | WL | USA | – – SR – |
| Beach, 1992 ind(10) | Other | Diag | CBT | Ind | 18 | WL | USA | – – SR – |
| Beach, 1992 mar | Other | Diag | CBT | Other | 18 | WL | USA | – – SR – |
| Bedard, 2014(11) | General Med. Dis. | cutoff | MBCT | Grp | 10 | WL | USA | + + SR – |
| Beeber, 2010(12) | Other | cutoff | IPT | Ind | 16 | CAU | USA | – – SR – |
| Berger, 2011(13) | Adults | Diag | CBT | Gsh | 10 | WL | EU | + + SR + |
| Beutel, 2014(14) | General Med. Dis. | Diag | DYN | Ind | 20 | CAU | EU | + + + + |
| Bohlmeijer, 2011(15) | Adults | cutoff | Other | Grp | 8 | WL | EU | + + SR + |
| Bolton, 2003(16) | Adults | Diag | IPT | Grp | 16 | CAU | Africa | + – SR + |
| Brown, 1984 grp(17) | Adults | Diag | CBT | Grp | 12 | WL | USA | – – SR – |
| Brown, 1984 gsh | Adults | Diag | CBT | Gsh | 12 | WL | USA | – – SR – |
| Brown, 1984 ind | Adults | Diag | CBT | Ind (tel) | 12 | WL | USA | – – SR – |
| Buhrman, 2015(18) | General Med. Dis. | cutoff | CBT | Gsh | 8 | Other | EU | + + SR + |
| Buntrock, 2015(19) | Adults | cutoff | CBT | Gsh | 6 | CAU | EU | + + + + |
| Burns, 2007(20) | Elderly | cutoff | Other | Ind | 6 | CAU | EU | + + + + |
| Burns, 2013(21) | Women with PPD | cutoff | CBT | Ind | 12 | CAU | EU | + + SR + |
| Carlbring, 2013(22) | Adults | Diag | Other | Gsh | 7 | WL | EU | + + SR + |
| Carr, 2016(23) | Adults | Diag | Other | Grp | 20 | CAU | EU | – – + + |
| Carrington, 1979 cbt(24) | Other | Diag | CBT | Ind | 12 | WL | USA | – – SR – |
| Carrington, 1979 dyn | Other | Diag | DYN | Ind | 12 | WL | USA | – – SR – |
| Carta, 2012(25) | Adults | Diag | CBT | Ind | 23 | CAU | EU | – – SR – |
| Casanas, 2012(26) | Adults | Diag | CBT | Grp | 12 | CAU | EU | + + SR + |
| Castonguay, 2004(27) | Adults | Diag | CBT | Ind | 16 | WL | USA | – – + – |
| Chan, 2012 - CBT(28) | Adults | Diag | CBT | Ind | 10 | WL | Asia | – + + – |
| Chan, 2012 – MBCT | Adults | Diag | Other | Ind | 10 | WL | Asia | – + + – |
| Chan, 2013(29) | Older Adults | Cutoff | Other | Ind | 5 | CAU | Asia | + – SR + |
| Chen, 2000(30) | Women with PPD | Cutoff | SUP | Grp | 4 | CAU | Asia | – – SR – |
| Chesney, 2003(31) | General Med. Dis. | cutoff | Other | Grp | 10 | WL | USA | – – SR – |
| Chiang, 2015(32) | Adults | Diag | CBT | Grp | 12 | CAU | Asia | + + + – |
| Cho, 2008(33) | Women with PPD | Diag | CBT | Ind | 9 | CAU | Asia | – – SR – |
| Choi, 2012(34) | Other | Diag | CBT | Gsh | 6 | WL | AUS | + + SR – |
| Chowdhary, 2016(35) | Adults | cutoff | BAT | Ind | 7 | CAU | Asia | + – SR + |
| Choy, 2016(36) | Elderly | cutoff | Other | Grp | 8 | WL | Asia | – – SR – |
| Chronis, 2013(37) | Other | cutoff | CBT | Grp | 14 | Other | USA | – – SR + |
| Clark, 2003 ipt(38) | Women with PPD | Diag | IPT | Ind | 12 | WL | USA | – – SR – |
| Clark, 2003 m-itg | Women with PPD | Diag | Other | Grp | 12 | WL | USA | – – SR – |
| Clark, 2008(39) | Women with PPD | Diag | Other | Grp | 12 | WL | USA | – – SR – |
| Cohen, 2010(40) | Adults | Diag | Other | Ind | 5 | WL | USA | – – + – |
| Cooper, 2003 cbt(41) | Women with PPD | Diag | CBT | Ind | 10 | CAU | EU | + + SR – |
| Cooper, 2003 dyn | Women with PPD | Diag | DYN | Ind | 10 | CAU | EU | + + SR – |
| Cooper, 2003 sup | Women with PPD | Diag | SUP | Ind | 10 | CAU | EU | + + SR – |
| Cramer, 2011(42) | Other | cutoff | CBT | Grp | 12 | CAU | EU | + – SR + |
| Cullen, 2002(43) | Adults | Diag | BAT | Ind | 10 | WL | USA | – – SR – |
| Dekker, 2012(44) | General Med. Dis. | cutoff | CBT | Ind | 2 | CAU | USA | + + SR + |
| DeRubeis, 2005(45) | Adults | Diag | CBT | Ind | 20 | Other | USA | – – + + |
| Dimidjian, 2006 ba(46) | Adults | Diag | CBT | Ind | 24 | Other | USA | + – + + |
| Dimidjian, 2006 ct | Adults | Diag | BAT | Ind | 24 | Other | USA | + – + + |
| Dindo, 2012(47) | General Med. Dis. | Diag | Other | Grp | 1 | WL | USA | – – – + |
| Dobkin, 2011(48) | General Med. Dis. | Diag | CBT | Ind | 10 | CAU | USA | + – + + |
| Doering, 2013(49) | General Med. Dis. | Diag | CBT | Ind | 8 | CAU | USA | + – SR + |
| Duarte, 2009(50) | General Med. Dis. | Diag | CBT | Grp | 12 | CAU | L-Am | – + SR – |
| Duchac, 2002(51) | Other | Diag | CBT | Grp | 6 | CAU | USA | + – – + |
| Dwight-Johnson, 2011(52) | Other | cutoff | CBT | Ind | 8 | CAU | USA | + – + + |
| Ekers, 2011(53) | Adults | Diag | BAT | Ind | 12 | CAU | EU | + + SR + |
| Ekkers, 2011(54) | Elderly | Diag | Other | Grp | 7 | CAU | EU | – + SR + |
| Elkin, 1989 cbt(55) | Adults | Diag | CBT | Ind | 16 | Other | USA | + – + – |
| Elkin, 1989 ipt | Adults | Diag | IPT | Ind | 16 | Other | USA | + – + – |
| Epstein, 1986(56) | Adults | Diag | CBT | Grp | 8 | WL | USA | – – SR – |
| Evans, 1995 cbt(57) | General Med. Dis. | cutoff | CBT | Grp | 8 | Other | USA | – – SR – |
| Evans, 1995 sup | General Med. Dis. | cutoff | SUP | Grp | 8 | Other | USA | – – SR – |
| Fann, 2015 ind(58) | General Med. Dis. | Diag | CBT | Ind | 12 | CAU | USA | + – + – |
| Fann, 2015 tel | General Med. Dis. | Diag | CBT | Ind (tel) | 12 | CAU | USA | + – + – |
| Faramarzi, 2008(59) | Other | Diag | CBT | Grp | 10 | CAU | Africa | – – SR – |
| Fledderus, 2012 act-e(60) | Adults | cutoff | Other | Gsh | 9 | WL | EU | + – SR + |
| Fledderus, 2012 act-m | Adults | cutoff | Other | Gsh | 9 | WL | EU | + – SR + |
| Floyd, 2004 gsh(61) | Elderly | Diag | CBT | Gsh | 4 | WL | USA | – – – – |
| Floyd, 2004 ind | Elderly | Diag | CBT | Ind | 16 | WL | USA | – – – – |
| Folke, 2012(62) | Other | Diag | Other | Other | 6 | CAU | EU | – – SR + |
| Fonagy, 2015(63) | Adults | Diag | DYN | Ind | 60 | CAU | EU | + + + + |
| Forsyth, 2000(64) | Students | Diag | IPT | Grp | 4 | WL | USA | – – SR – |
| Freedland, 2009 cbt(65) | General Med. Dis. | Diag | CBT | Ind | 12 | CAU | USA | + + + + |
| Freedland, 2009 ssm | General Med. Dis. | Diag | SUP | Ind | 12 | CAU | USA | + + + + |
| Freedland, 2015(66) | General Med. Dis. | Diag | CBT | Ind | 24 | CAU | USA | + + + + |
| Frothingham, 2005(67) | General Med. Dis. | Diag | CBT | Grp | 8 | Other | USA | – – SR – |
| Fry, 1983 str rem(68) | Elderly | cutoff | Other | Ind | 5 | Other | USA | – – SR – |
| Fry, 1983 unstr rem | Elderly | cutoff | Other | Ind | 5 | Other | USA | – – SR – |
| Furukawa, 2012(69) | Adults | Cutoff | CBT | Ind | 8 | WL | Asia | + + SR + |
| Garcia-Pena, 2015(70) | Older Adults | Cutoff | CBT | Grp | 12 | CAU | L-Am | + – SR – |
| Gawrysiak, 2009(71) | Students | cutoff | BAT | Ind | 1 | CAU | USA | – – SR + |
| Gehr, 1988(72) | Adults | cutoff | Other | Ind | 7 | Other | USA | – – SR – |
| Geraedts, 2014(73) | Adults | cutoff | CBT | Gsh | 6 | CAU | EU | + + SR + |
| Gitlin, 2013(74) | Elderly | cutoff | Other | Ind | 10 | WL | USA | + + SR + |
| Goodman, 2015(75) | Women with PPD | cutoff | Other | Ind | 8 | CAU | USA | – + SR + |
| Grote, 2009(76) | Women with PPD | cutoff | IPT | Ind | 8 | CAU | USA | – – SR – |
| Hallford, 2016(77) | Adults | cutoff | Other | Ind | 6 | CAU | AUS | – + SR + |
| Hallgren, 2015(78) | Adults | cutoff | CBT | Gsh |  | CAU | EU | + + + – |
| Hamamci, 2006 - CT(79) | Students | Cutoff | CBT | Grp | 11 | CAU | EU | – – SR – |
| Hamamci, 2006 – CT+DR | Students | Cutoff | CBT | Grp | 11 | CAU | EU | – – SR – |
| Hamdan-Mansour, 2009(80) | Students | Cutoff | CBT | Grp | 10 | CAU | Africa | – + SR – |
| Haringsma, 2005(81) | Elderly | cutoff | CBT | Grp | 10 | WL | EU | – – SR + |
| Harley, 2008(82) | Adults | Diag | Other | Grp | 16 | WL | USA | – – + – |
| Hassiotis, 2013(83) | Other | Diag | CBT | Ind | 16 | CAU | EU | – + SR + |
| Hautzinger, 2004(84) | Elderly | Diag | CBT | Grp | 12 | WL | EU | + – SR + |
| Hayman, 1980(85) | Adults | cutoff | Other | Grp | 8 | WL | USA | + – SR – |
| Heckman, 2011 cop(86) | General Med. Dis. | cutoff | Other | Grp | 12 | Other | USA | + – SR + |
| Heckman, 2011 sup | General Med. Dis. | cutoff | Other | Grp | 12 | Other | USA | + – SR + |
| Hegerl, 2010(87) | Adults | cutoff | CBT | Grp | 10 | Other | EU | + + + + |
| Hermanns, 2015(88) | General Med. Dis. | cutoff | CBT | Grp | 5 | Other | EU | – + SR + |
| Herrmann-Lingen, 2016(89) | General Med. Dis. | cutoff | DYN | Other | 16 | CAU | EU | + – + + |
| Hobfoll, 2016(90) | Adults | cutoff | CBT | Gsh | 7 | WL | USA | + – SR + |
| Hogg, 1988 cogn(91) | Students | cutoff | CBT | Grp | 8 | WL | USA | – – SR – |
| Hogg, 1988 interp | Students | cutoff | Other | Grp | 8 | WL | USA | – – SR – |
| Holden, 1989(92) | Women with PPD | Diag | SUP | Ind | 8 | CAU | EU | + – + – |
| Honey, 2002(93) | Women with PPD | cutoff | CBT | Grp | 8 | CAU | EU | – – SR + |
| Horrell, 2014(94) | Adults | cutoff | CBT | Grp | 4 | WL | EU | + + SR + |
| Hou, 2014(95) | Women with PPD | Diag | CBT | Other | 19 | CAU | Asia | – – SR – |
| Hsiao, 2014(96) | Adults | Diag | Other | Grp | 8 | Other | Asia | + – SR + |
| Huang, 2015(97) | General Med. Dis. | Cutoff | CBT | Grp | 12 | CAU | Asia | – – SR – |
| Hunter, 2012(98) | Other | cutoff | CBT | Grp | 18 | CAU | USA | – – SR + |
| Jamison, 1995(99) | Adults | Diag | CBT | Gsh | 4 | WL | USA | – – – – |
| Jarett, 1999(100) | Adults | Diag | CBT | Ind | 20 | Other | USA | – + + + |
| Jelinek, 2016(101) | Adults | Diag | Other | Grp | 8 | Other | EU | – – + + |
| Jesse, 2015(102) | Women with PPD | cutoff | CBT | Grp | 6 | CAU | USA | + + SR – |
| Jiang, 2014(103) | Women with PPD | Cutoff | Other | Ind |  | CAU | Asia | + – SR – |
| Johansson, 2012a(104) | Adults | Diag | DYN | Gsh | 9 | Other | EU | + + SR + |
| Johansson, 2012b stand(105) | Adults | Diag | CBT | Gsh | 8 | Other | EU | + + SR – |
| Johansson, 2012b tayl | Adults | Diag | CBT | Gsh | 10 | Other | EU | + + SR – |
| Johnson, 2012(106) | Other | Diag | IPT | Other | 33 | Other | USA | – + + + |
| Joling, 2011(107) | Elderly | cutoff | CBT | Gsh | 36 | CAU | EU | + + SR + |
| Kanter, 2015(108) | Other | Diag | BAT | Ind | 12 | CAU | USA | + – + + |
| Keeley, 2016(109) | Adults | Diag | Other | Ind | 2 | CAU | USA | + + + + |
| Kelly, 1993 cbt(110) | General Med. Dis. | cutoff | CBT | Grp | 8 | CAU | USA | – – SR – |
| Kelly, 1993 sup | General Med. Dis. | cutoff | SUP | Grp | 8 | CAU | USA | – – SR – |
| Kessler, 2009(111) | Adults | Diag | CBT | Gsh | 10 | WL | EU | + + SR + |
| King, 2000 cbt(112) | Adults | cutoff | CBT | Ind | 6 | CAU | EU | – + SR + |
| King, 2000 sup | Adults | cutoff | SUP | Ind | 6 | CAU | EU | – + SR + |
| Kivi, 2014(113) | Adults | Diag | CBT | Gsh | 7 | CAU | EU | – + SR – |
| Korrelboom, 2012(114) | Adults | Diag | Other | Grp | 8 | CAU | EU | – + SR + |
| Korte, 2012(115) | Elderly | cutoff | Other | Grp | 8 | CAU | EU | + + SR + |
| Krampen, 1997 aut(116) | Adults | Diag | Other | Ind | 20 | WL | EU | – – SR – |
| Krampen, 1997 ind | Adults | Diag | CBT | Ind | 20 | WL | EU | – – SR – |
| Laidlaw, 2008(117) | Elderly | Diag | CBT | Ind | 8 | CAU | EU | + + + – |
| Lamers, 2010(118) | Elderly | Diag | CBT | Ind | 6 | CAU | EU | + + SR + |
| Lamers, 2015(119) | Adults | cutoff | Other | Ind | 7 | CAU | EU | + + SR + |
| Landreville, 1997(120) | Elderly | cutoff | CBT | Gsh | 4 | WL | USA | – – SR – |
| Lappalainen, 2015(121) | Adults | Diag | Other | Gsh | 6 | WL | EU | – + SR + |
| Larcombe, 1984(122) | General Med. Dis. | Diag | CBT | Grp | 6 | WL | AUS | – – + – |
| Lemma, 2013(123) | Adults | cutoff | DYN | Grp | 8 | Other | EU | – – SR – |
| Lerner, 2015(124) | Adults | Diag | CBT | Ind (tel) | 8 | CAU | USA | + – SR + |
| Leung, 2013(125) | Women with PPD | Cutoff | CBT | Grp | 6 | CAU | Asia | – – SR + |
| Leung, 2016(126) | Women with PPD | cutoff | CBT | Grp | 6 | Other | Asia | – – SR – |
| Linde, 2011(127) | Other | Diag | CBT | Grp | 26 | Other | USA | + + SR + |
| Liu, 2009(128) | Adults | Cutoff | CBT | Gsh | 10 | WL | Asia | – – SR – |
| Losada, 2015 act(129) | Other | cutoff | Other | Ind | 8 | Other | EU | + – SR – |
| Losada, 2015 cbt | Other | cutoff | CBT | Ind | 8 | Other | EU | + – SR – |
| Lovell, 2008(130) | Adults | cutoff | CBT | Gsh | 7 | CAU | EU | – + SR + |
| Lundgren, 2016(131) | General Med. Dis. | cutoff | CBT | Gsh | 7 | Other | EU | + + SR + |
| Lustman, 1998(132) | General Med. Dis. | Diag | CBT | Ind | 10 | CAU | USA | + + SR – |
| MacPherson, 2013(133) | Adults | cutoff | SUP | Ind | 12 | CAU | EU | + + SR + |
| Maina, 2005 bdt(134) | Adults | Diag | DYN | Ind | 20 | WL | EU | – – + + |
| Maina, 2005 bsp | Adults | Diag | SUP | Ind | 20 | WL | EU | – – + + |
| Martin, 2015(135) | General Med. Dis. | Diag | CBT | Ind | 12 | CAU | AUS | + + SR – |
| McClay, 2015(136) | Adults | cutoff | CBT | Grp gsh | 8 | CAU | EU | – + SR – |
| McIndoo, 2016 bat(137) | Students | Diag | BAT | Ind | 4 | WL | USA | + – – + |
| McIndoo, 2016 mbct | Students | Diag | MBCT | Ind | 4 | WL | USA | + – – + |
| McKee, 2006(138) | Women with PPD | cutoff | CBT | Ind | 5 | CAU | USA | – – SR – |
| McKendree, 1998 beh(139) | Adults | Diag | CBT | Gsh | 8 | WL | USA | – – + – |
| McKendree, 1998 cogn | Adults | Diag | CBT | Gsh | 8 | WL | USA | – – + – |
| Michalak, 2015 cbasp(140) | Adults | Diag | Other | Grp | 10 | CAU | EU | + + + + |
| Michalak, 2015 mbct | Adults | Diag | MBCT | Grp | 8 | CAU | EU | + + + + |
| Milgrom, 2005 cbt(141) | Women with PPD | Diag | CBT | Grp | 9 | CAU | AUS | + + SR + |
| Milgrom, 2005 grp sup | Women with PPD | Diag | SUP | Grp | 9 | CAU | AUS | + + SR + |
| Milgrom, 2005 ind sup | Women with PPD | Diag | SUP | Ind | 9 | CAU | AUS | + + SR + |
| Milgrom, 2011 nurse(142) | Women with PPD | cutoff | CBT | Ind | 6 | CAU | AUS | + + SR + |
| Milgrom, 2011 psy | Women with PPD | cutoff | CBT | Ind | 6 | CAU | AUS | + + SR + |
| Milgrom, 2015(143) | Women with PPD | Diag | CBT | Ind | 8 | CAU | AUS | + + SR + |
| Milgrom, 2016(144) | Women with PPD | Diag | CBT | Gsh | 6 | CAU | AUS | + + SR + |
| Miller, 2002(145) | Adults | cutoff | IPT | Ind (tel) | 12 | CAU | USA | – – + – |
| Miranda, 2003(146) | Other | Diag | CBT | Other | 8 | CAU | USA | + + + + |
| Mohr, 2000(147) | General Med. Dis. | cutoff | CBT | Ind (tel) | 8 | CAU | USA | – – SR + |
| Mohr, 2011(148) | Adults | Diag | CBT | Ind (tel) | 16 | CAU | USA | – – + + |
| Mohr, 2013(149) | Adults | Diag | CBT | Gsh | 18 | WL | USA | + + SR + |
| Moldovan, 2013(150) | Students | cutoff | CBT | Gsh | 4 | WL | EU | + + SR + |
| Morris, 1975(151) | Other | cutoff | CBT | Grp | 6 | WL | USA | – – SR – |
| Mossey, 1996(152) | Elderly | cutoff | IPT | Ind | 10 | CAU | USA | – – SR – |
| Mukhtar, 2011(153) | Adults | Diag | CBT | Grp | 8 | WL | Asia | – – SR – |
| Mulcahey, 2010(154) | Women with PPD | Diag | IPT | Grp | 11 | CAU | AUS | + – – – |
| Naeem, 2014(155) | Adults | Cutoff | CBT | Gsh | 7 | CAU | Asia | + – SR – |
| Nakimuli, 2015(156) | General Med. Dis. | Diag | Other | Grp | 8 | Other | Africa | + + SR + |
| Neugebauer, 2006(157) | Other | cutoff | IPT | Ind | 6 | CAU | USA | – – + + |
| Ng, 2013(158) | Older Adults | Cutoff | Other | Ind | 5 | CAU | Asia | – – SR – |
| Ngai, 2015(159) | Women with PPD | Cutoff | CBT | Other | 5 | CAU | Asia | + + SR + |
| Nobis, 2015(160) | General Med. Dis. | cutoff | Other | Gsh | 6 | Other | EU | + – SR + |
| O'Hara, 2000(161) | Women with PPD | Diag | IPT | Ind | 12 | WL | USA | + – – + |
| O'Mahen, 2013a(162) | Women with PPD | Diag | CBT | Ind | 12 | CAU | USA | + + SR + |
| O'Mahen, 2013b(163) | Women with PPD | cutoff | BAT | Gsh | 11 | CAU | EU | + + SR – |
| O'Neil, 2014(164) | General Med. Dis. | cutoff | CBT | Ind (tel) | 10 | CAU | AUS | + + + + |
| Omidi, 2013 - CBT(165) | Adults | Diag | CBT | Grp | 8 | CAU | Africa | – – SR – |
| Omidi, 2013 – MBCT | Adults | Diag | CBT | Grp | 8 | CAU | Africa | – – SR – |
| Pace, 1993(166) | Students | cutoff | CBT | Ind | 7 | WL | USA | – – SR – |
| Pagoto, 2013(167) | Other | Diag | BAT | Other | 26 | Other | USA | + + SR + |
| Pecheur, 1984 rcbm(168) | Students | Diag | CBT | Ind | 8 | WL | USA | – – + – |
| Pecheur, 1984 scbm | Students | Diag | CBT | Ind | 8 | WL | USA | – – + – |
| Peden, 2000(169) | Students | cutoff | CBT | Grp | 6 | CAU | USA | – – SR – |
| Penckofer, 2012(170) | General Med. Dis. | cutoff | CBT | Grp | 8 | CAU | USA | + – SR + |
| Perini, 2009(171) | Adults | Diag | CBT | Gsh | 6 | WL | AUS | + – SR – |
| Petersen, 2014(172) | General Med. Dis. | Diag | IPT | Grp | 8 | CAU | Africa | + – SR – |
| Pibernik, 2009(173) | General Med. Dis. | cutoff | CBT | Grp | 4 | CAU | EU | – + SR – |
| Poleshuck, 2014(174) | General Med. Dis. | Diag | IPT | Ind | 8 | CAU | USA | + – – + |
| Pot, 2010(175) | Elderly | cutoff | Other | Grp | 12 | Other | EU | – + SR + |
| Pots, 2014(176) | Adults | cutoff | MBCT | Grp | 11 | WL | EU | + + SR + |
| Pots, 2016(177) | Adults | cutoff | ACT | Gsh | 9 | WL | EU | + + SR + |
| Power, 2012 cbt(178) | Adults | Diag | CBT | Ind | 16 | CAU | EU | – – SR + |
| Power, 2012 ipt | Adults | Diag | IPT | Ind | 16 | CAU | EU | – – SR + |
| Prendergast, 2001(179)  | Women with PPD | Diag | CBT | Ind | 6 | Other | AUS | + – – – |
| Preschl, 2012(180) | Elderly | cutoff | Other | Ind | 8 | WL | EU | + – SR + |
| Propst, 1992 nrct-nt(181) | Adults | cutoff | CBT | Ind | 18 | Other | USA | – – + – |
| Propst, 1992 nrct-rt | Adults | cutoff | CBT | Ind | 18 | Other | USA | – – + – |
| Propst, 1992 rct-nt | Adults | cutoff | CBT | Ind | 18 | Other | USA | – – + – |
| Propst, 1992 rct-rt | Adults | cutoff | CBT | Ind | 18 | Other | USA | – – + – |
| Puckering, 2010(182)  | Women with PPD | cutoff | Other | Grp | 14 | WL | EU | + – SR – |
| Pugh, 2014(183) | Women with PPD | cutoff | CBT | Gsh | 12 | WL | USA | + + SR – |
| Qiu, 2013(184) | General Med. Dis. | Diag | CBT | Grp | 10 | WL | Asia | + + + + |
| Rahman, 2008(185)  | Women with PPD | Diag | CBT | Ind | 16 | Other | Asia | + + + – |
| Ransom, 2008(186) | General Med. Dis. | Diag | IPT | Ind | 6 | CAU | USA | – – SR + |
| Rehm, 1981 sc(187) | Adults | cutoff | Other | Grp | 7 | WL | USA | – – SR – |
| Rehm, 1981 sm | Adults | cutoff | Other | Grp | 7 | WL | USA | – – SR – |
| Rehm, 1981 sm+se | Adults | cutoff | Other | Grp | 7 | WL | USA | – – SR – |
| Rehm, 1981 sm+sr | Adults | cutoff | Other | Grp | 7 | WL | USA | – – SR – |
| Richards, 2015(188) | Adults | cutoff | CBT | Gsh | 7 | WL | EU | – + SR + |
| Rizvi, 2015(189) | Adults | Diag | CBT | Ind | 14 | WL | USA | – – – – |
| Rohan, 2007(190) | Adults | Diag | CBT | Grp | 12 | WL | USA | + – + + |
| Rohde, 2016(191) | Students | cutoff | CBT | Grp | 6 | Other | USA | + – + + |
| Rohen, 2002(192) | Adults | cutoff | CBT | Gsh | 4 | WL | USA | – – + + |
| Rohricht, 2013(193) | Adults | Diag | Other | Grp | 20 | Other | EU | + + + + |
| Ross, 1985(194) | Adults | Diag | CBT | Other | 12 | WL | EU | – – SR – |
| Rosso, 2016(195) | Adults | Diag | CBT | Gsh | 6 | Other | USA | – – + + |
| Rude, 1986(196) | Other | cutoff | Other | Grp | 12 | WL | USA | – – SR – |
| Ruwaard, 2009(197) | Adults | cutoff | CBT | Gsh | 8 | WL | EU | + – SR + |
| Safren, 2009(198) | General Med. Dis. | Diag | CBT | Ind | 11 | CAU | USA | – – + + |
| Safren, 2014(199) | General Med. Dis. | Diag | CBT | Ind | 11 | CAU | USA | + + + – |
| Safren, 2016 cbt(200) | General Med. Dis. | Diag | CBT | Ind | 11 | CAU | USA | + – + + |
| Safren, 2016 sup | General Med. Dis. | Diag | SUP | Ind | 11 | CAU | USA | + – + + |
| Saloheimo, 2016 cwd(201) | Adults | Diag | CBT | Grp | 10 | CAU | EU | + + + – |
| Saloheimo, 2016 ipt | Adults | Diag | IPT | Ind | 10 | CAU | EU | + + + – |
| Savard, 2006(202) | General Med. Dis. | cutoff | CBT | Ind | 8 | WL | USA | + + + – |
| Schmidt, 1983 gsh(203) | Adults | cutoff | CBT | Other | 8 | WL | USA | – – SR – |
| Schmidt, 1983 ind | Adults | cutoff | CBT | Ind | 8 | WL | USA | – – SR – |
| Schmidt, 1983 lgrp | Adults | cutoff | CBT | Grp | 8 | WL | USA | – – SR – |
| Schmidt, 1983 sgrp | Adults | cutoff | CBT | Grp | 8 | WL | USA | – – SR – |
| Schulberg, 1996(204) | Adults | Diag | IPT | Ind | 16 | CAU | USA | – – + + |
| Scogin, 1987(205) | Elderly | cutoff | CBT | Gsh | 4 | Other | USA | – – – – |
| Scogin, 1989 beh(206) | Elderly | cutoff | CBT | Gsh | 4 | WL | USA | – – – – |
| Scogin, 1989 cogn | Elderly | cutoff | CBT | Gsh | 4 | WL | USA | – – – – |
| Scogin, 2014(207) | Elderly | cutoff | CBT | Ind | 16 | Other | USA | + + SR + |
| Scott, 1990 cgt(208) | Adults | Diag | CBT | Grp | 12 | WL | EU | – – SR + |
| Scott, 1990 ict | Adults | Diag | CBT | Ind | 12 | WL | EU | – – SR + |
| Scott, 1992 cbt(209) | Adults | Diag | CBT | Ind | 16 | CAU | EU | – + + – |
| Scott, 1992 sup | Adults | Diag | SUP | Ind | 16 | CAU | EU | – + + – |
| Scott, 1997(210) | Adults | Diag | CBT | Ind | 6 | CAU | EU | – – + – |
| Segre, 2015(211) | Other | cutoff | Other | Ind | 6 | WL | USA | + – + + |
| Selmi, 1990 ccbt(212) | Adults | Diag | CBT | Other | 6 | WL | USA | – – + + |
| Selmi, 1990 icbt | Adults | Diag | CBT | Ind | 6 | WL | USA | – – + + |
| Serfaty, 2009(213) | Elderly | Diag | CBT | Ind | 12 | CAU | EU | + + SR + |
| Serrano, 2004(214)  | Elderly | cutoff | Other | Ind | 4 | CAU | EU | – – SR – |
| Serrano, 2012(215) | Elderly | Diag | Other | Ind | 4 | CAU | EU | – – + + |
| Shaw, 1977 ba(216) | Students | cutoff | BAT | Grp | 4 | WL | USA | – – SR – |
| Shaw, 1977 cbt | Students | cutoff | CBT | Grp | 4 | WL | USA | – – SR – |
| Shaw, 1977 sup | Students | cutoff | SUP | Grp | 4 | WL | USA | – – SR – |
| Sheeber, 2012(217) | Women with PPD | cutoff | CBT | Gsh | 8 | WL | USA | + + SR + |
| Simpson, 2003(218) | Adults | cutoff | DYN | Ind | 5 | CAU | EU | + + SR + |
| Simson, 2008(219) | General Med. Dis. | cutoff | SUP | Ind | 5 | CAU | EU | – – SR + |
| Skinner, 1983 bat(220) | Adults | cutoff | BAT | Ind | 5 | Other | USA | – – SR – |
| Skinner, 1983 cbt | Adults | cutoff | CBT | Ind | 5 | Other | USA | – – SR – |
| Sloane, 1985(221) | Elderly | Diag | IPT | Ind | 16 | Other | USA | – – – – |
| Smit, 2006(222) | Adults | Diag | CBT | Ind | 15 | CAU | EU | + + SR – |
| Songprakun, 2012(223) | Adults | Diag | CBT | Gsh | 8 | CAU | Asia | + + + – |
| Spek, 2007(224) | Elderly | cutoff | CBT | Grp | 10 | WL | EU | + + SR + |
| Spinelli, 2003(225) | Other | Diag | IPT | Ind | 16 | Other | USA | – – – + |
| Spinelli, 2013(226) | Women with PPD | Diag | IPT | Ind | 12 | Other | USA | + – – – |
| Sreevani, 2013(227) | Adults | Diag | Other | Grp | 4 | CAU | Asia | + – SR – |
| Strauss, 2012(228) | Adults | Diag | MBCT | Grp | 12 | CAU | EU | – – SR + |
| Sudweeks, 1996 cbt(229) | Adults | cutoff | CBT | Grp | 6 | WL | USA | – – SR – |
| Sudweeks, 1996 hyp | Adults | cutoff | Other | Grp | 6 | WL | USA | – – SR – |
| Sudweeks, 1996 h+cbt | Adults | cutoff | CBT | Grp | 6 | WL | USA | – – SR – |
| Swartz, 2008(230) | Other | Diag | IPT | Ind | 8 | CAU | USA | – – – – |
| Takagaki, 2016(231) | Students | cutoff | BAT | Ind | 5 | CAU | Asia | + + SR + |
| Talbot, 2011(232) | Other | Diag | IPT | Ind | 16 | CAU | USA | – – – + |
| Taylor, 1977 ba(233) | Students | cutoff | BAT | Ind | 6 | WL | USA | – – SR – |
| Taylor, 1977 cbt | Students | cutoff | CBT | Ind | 6 | WL | USA | – – SR – |
| Taylor, 1977 ct | Students | cutoff | CBT | Ind | 6 | WL | USA | – – SR – |
| Taylor, 2009(234) | General Med. Dis. | cutoff | CBT | Ind | 15 | WL | USA | – – + + |
| Teasdale, 1984(235) | Adults | Diag | CBT | Ind | 15 | CAU | EU | – – SR – |
| Teichman, 1995 - CMT(236) | Adults | Diag | CBT | Ind | 13 | WL | Africa | – – SR – |
| Teichman, 1995 – CT | Adults | Diag | CBT | Ind | 13 | WL | Africa | – – SR – |
| Titov, 2010 icbt-techn(237) | Adults | Diag | CBT | Gsh | 6 | WL | AUS | + – SR – |
| Titov, 2010 icbt-ther | Adults | Diag | CBT | Gsh | 6 | WL | AUS | + – SR – |
| Titov, 2015(238) | Elderly | Cutoff | CBT | Gsh | 5 | WL | AUS | + + SR + |
| Tovote, 2014 cbt(239) | General Med. Dis. | cutoff | CBT | Ind | 8 | WL | EU | + – – + |
| Tovote, 2014 mbct | General Med. Dis. | cutoff | CBT | Ind | 8 | WL | EU | + – – + |
| Turner, 1979 ba(240) | Adults | cutoff | BAT | Ind | 5 | Other | USA | – – SR – |
| Turner, 2013(241) | General Med. Dis. | cutoff | CBT | Grp | 6 | Other | AUS | + + SR – |
| Tyson, 1987 ae(242) | Adults | cutoff | Other | Grp | 4 | Other | USA | – – SR – |
| Tyson, 1987 in | Adults | cutoff | Other | Grp | 4 | Other | USA | – – SR – |
| Tyson, 1987 tu | Adults | cutoff | Other | Grp | 4 | Other | USA | – – SR – |
| Van Bastelaar, 2011(243) | General Med. Dis. | cutoff | CBT | Gsh | 8 | WL | EU | + + SR + |
| Van Schaik, 2006(244) | Elderly | Diag | IPT | Ind | 10 | CAU | EU | + – – + |
| Verduyn, 2003 cbt(245) | Other | cutoff | CBT | Grp | 16 | CAU | EU | – + + – |
| Verduyn, 2003 sup | Other | cutoff | SUP | Grp | 16 | CAU | EU | – + + – |
| Vernmark, 2010 email(246) | Adults | Diag | CBT | Gsh | 8 | WL | EU | + + SR + |
| Vernmark, 2010 gsh | Adults | Diag | CBT | Sh | 7 | WL | EU | + + SR + |
| Vitriol, 2009(247) | Other | Diag | DYN | Ind | 12 | CAU | L-Am | – – + + |
| Watkins, 2009 cnt(248) | Adults | cutoff | Other | Ind | 8 | WL | EU | – – + – |
| Watkins, 2012(249) | Adults | cutoff | Other | Other | 4 | CAU | EU | + + + + |
| Watt, 2000 instr(250) | Elderly | cutoff | Other | Grp | 6 | Other | USA | – – + – |
| Watt, 2000 integr | Elderly | cutoff | Other | Grp | 6 | Other | USA | – – + – |
| Weissman, 1979(251) | Adults | Diag | IPT | Ind | 16 | Other | USA | – – + – |
| Wickberg, 1996(252) | Women with PPD | Diag | SUP | Ind | 6 | CAU | EU | – – + – |
| Wiersma, 2015(253) | Adults | Diag | Other | Ind | 24 | CAU | EU | + + SR + |
| Wiklund, 2010(254) | Women with PPD | cutoff | CBT | Ind | 21 | CAU | EU | – – SR – |
| Williams, 2013(255) | Adults | cutoff | CBT | Gsh | 3 | CAU | EU | – + SR + |
| Wilson, 1983 beh(256) | Adults | cutoff | BAT | Ind | 8 | WL | AUS | – – – – |
| Wilson, 1983 cogn | Adults | cutoff | CBT | Ind | 8 | WL | AUS | – – – – |
| Wollersheim, 1991 cop(257) | Adults | Diag | CBT | Grp | 10 | WL | USA | – – SR – |
| Wollersheim, 1991 gsh | Adults | Diag | CBT | Gsh | 10 | WL | USA | – – SR – |
| Wollersheim, 1991 sup | Adults | Diag | CBT | Grp | 10 | WL | USA | – – SR – |
| Wong, 2008a(258) | Adults | Diag | CBT | Grp | 10 | WL | Asia | – + SR + |
| Wong, 2008b(259) | Adults | Diag | CBT | Grp | 10 | WL | Asia | – + SR – |
| Wright, 2005 cbt(260) | Adults | Diag | CBT | Ind | 9 | WL | USA | – – + + |
| Wright, 2005 ccbt | Adults | Diag | CBT | Other | 9 | WL | USA | – – + + |
| Wuthrich, 2013(261) | Elderly | Diag | CBT | Grp | 12 | WL | AUS | + – + + |
| Wuthrich, 2016(262) | Elderly | Diag | CBT | Grp | 11 | Other | AUS | + + SR + |
| Zemestani, 2016 bat(263) | Students | Diag | BAT | Grp | 8 | WL | Asia | + – SR + |
| Zemestani, 2016 mbct | Students | Diag | MBCT | Grp | 8 | WL | Asia | + – SR + |
| Zu, 2014(264) | Adults | Diag | CBT | Ind | 20 | CAU | Asia | + – + – |

*Note*. AUS: Australia; BAT: Behavioral Activation Therapy; CAU: Care as Usual; CBT: Cognitive Behavioral Therapy; Diag: Diagnosis; DYN: Psychodynamic Therapy; EU: Europe; Grp = group format; Gsh = guided self-help format; Ind = individual format; IPT: Interpersonal Psychotherapy; MBCT: Mindfulness Based Cognitive Therapy; Med. Dis.: Medical Disorder; Nsess: Number of sessions; PPD; Post-Partum Depression; PST: Problem-Solving Therapy; RoB: Risk of Bias; SUP: Nondirective Supportive Therapy; tel: Delivered by telephone; USA: North America and Canada; WL: Waitlist.

a) In this column a positive (+) or negative (−) sign is given for four quality criteria of the study, respectively: allocation sequence; concealment of allocation to conditions; blinding of assessors; and intention-to-treat analyses. Sr in the third criterion indicates that only self-report measures (and no assessor) were used.

Appendix C. References of studies comparing psychotherapy for adult depression with inactive control groups (N=236)

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