Supplementary figure 1: Effectiveness of psychological and psychosocial interventions in depressive symptoms



Supplementary figure 2: Effectiveness of psychological and psychosocial interventions in depressive disorder



Supplementary figure 3: Effectiveness of psychological and psychosocial interventions in anxiety symptoms



Supplementary figure 4: Effectiveness of psychological and psychosocial interventions in anxiety disorder



Supplementary figure 5: Effectiveness of psychological and psychosocial interventions in self-esteem



Supplementary figure 6: Effectiveness of psychological and psychosocial interventions in marital problems



Supplementary figure 7: Meta-regression plot for association between depression severity and number of sessions



Supplementary figure 8: Meta-regression plot for association between depression severity and duration of sessions



Supplementary figure 9: Funnel plot for visualizing publication bias in depressive symptoms

