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Data supplement

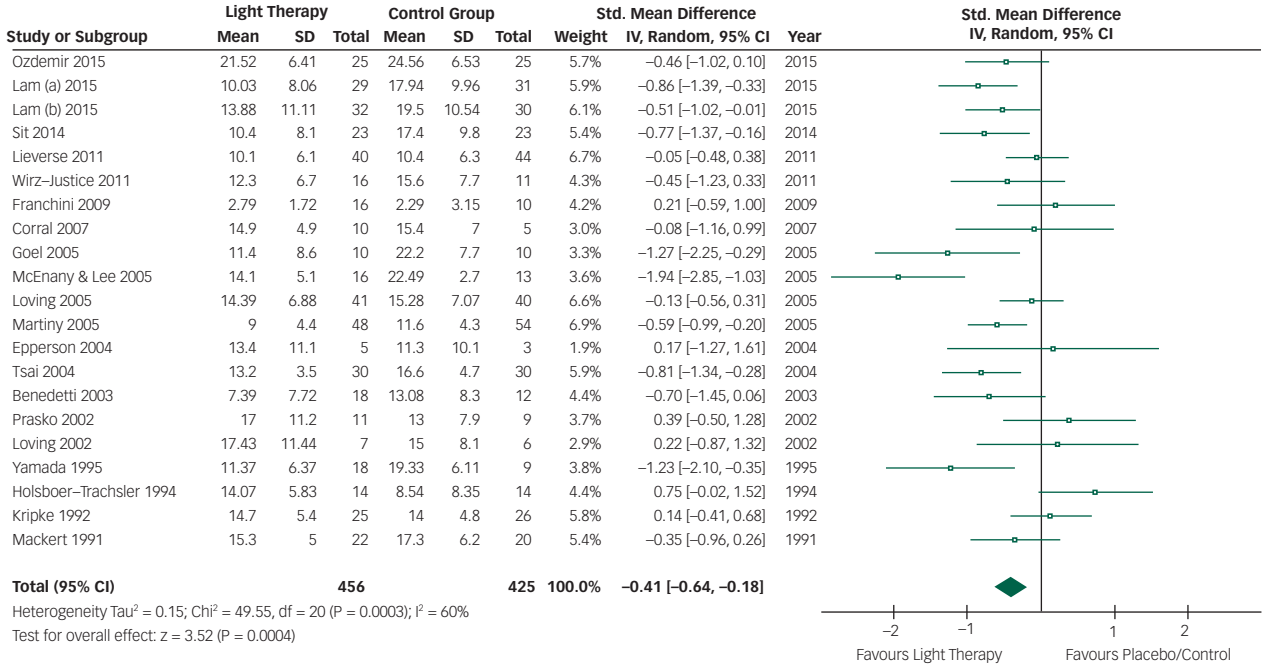

Fig. DS1 Forest plot of studies in the primary meta-analysis of depressive symptom scores post-trial.
Lam (a) (light therapy + fluoxetine *v*. deactivated ion generator + fluoxetine). Lam (b) (light therapy + placebo pill *v*. deactivated ion generator + placebo pill). IV, inverse variance method.

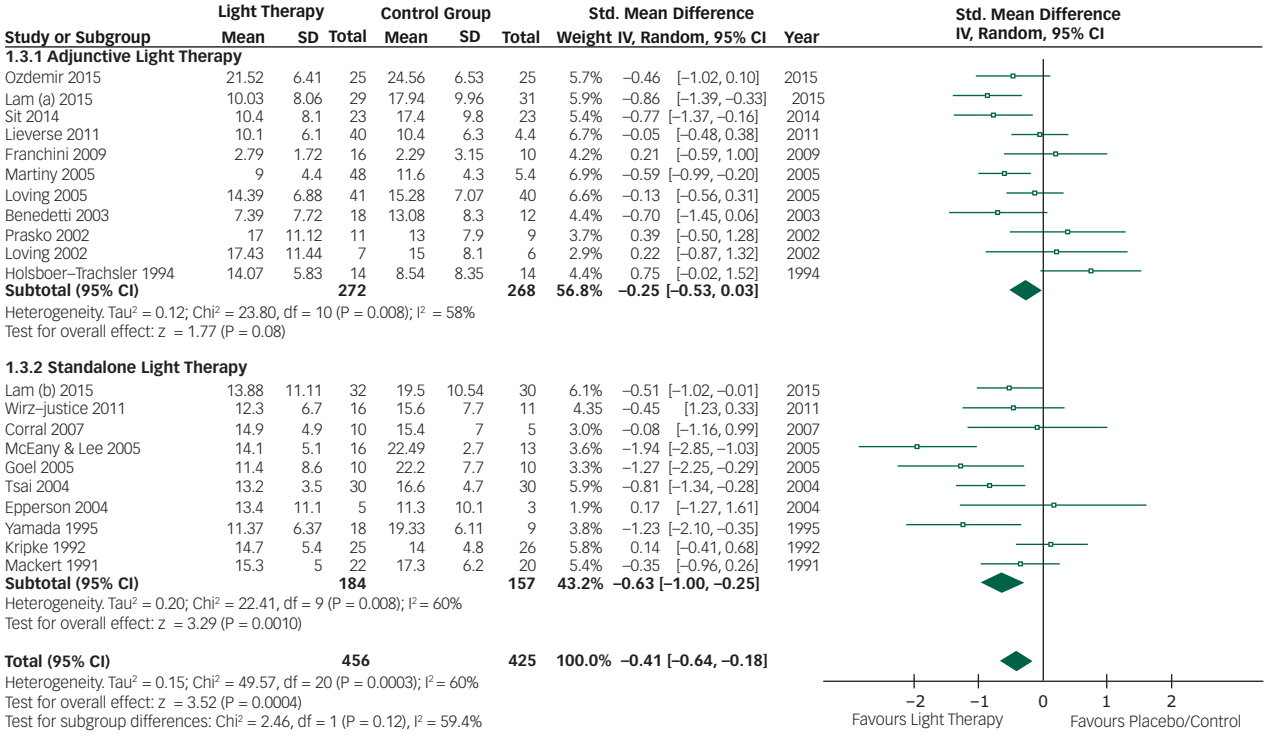

Fig. DS2 Forest plot of subgroup meta-analysis comparing adjunctive light therapy to standalone light therapy.
Lam (a) (light therapy + fluoxetine *v*. deactivated ion generator + fluoxetine). Lam (b) (light therapy + placebo pill *v*. deactivated ion generator + placebo pill). IV, inverse variance method.

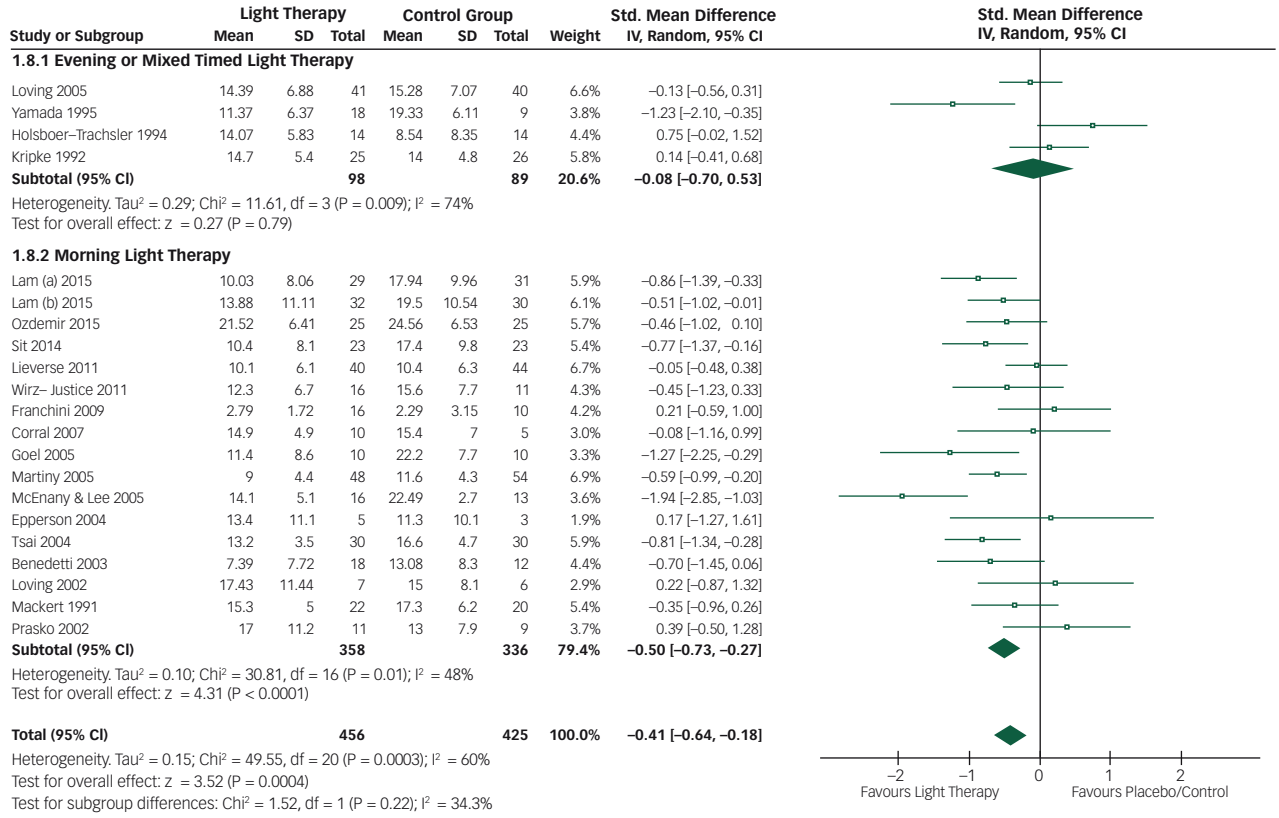

Fig. DS3 Forest plot of subgroup meta-analysis comparing morning light therapy with evening or mixed-timed light therapy. Lam (a) (light therapy + fluoxetine *v*. deactivated ion generator + fluoxetine). Lam (b) (light therapy + placebo pill *v*. deactivated ion generator + placebo pill). IV, inverse variance method.

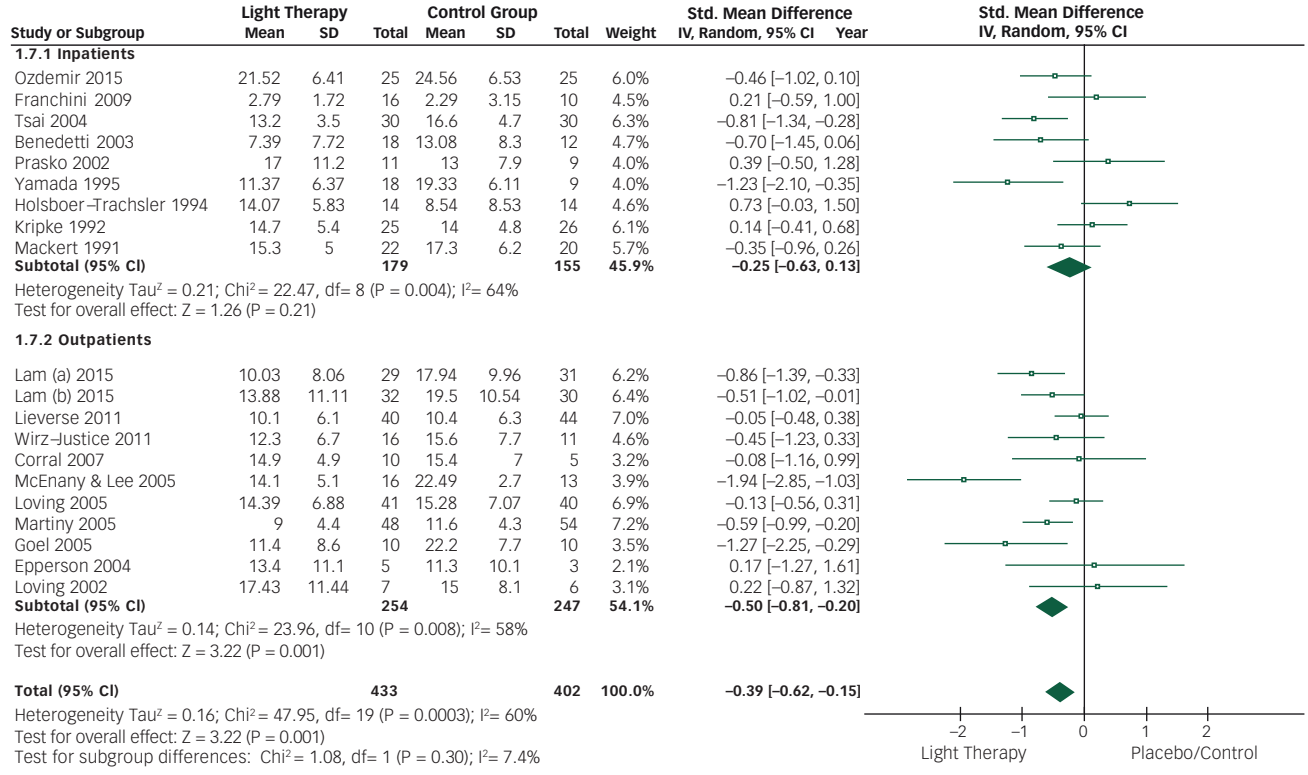

Fig. DS4 Forest plot of subgroup meta-analysis comparing light therapy administered with inpatients *v*. outpatients. Lam (a) (light therapy + fluoxetine *v*. deactivated ion generator + fluoxetine). Lam (b) (light therapy + placebo pill *v*. deactivated ion generator + placebo pill). IV, inverse variance method.

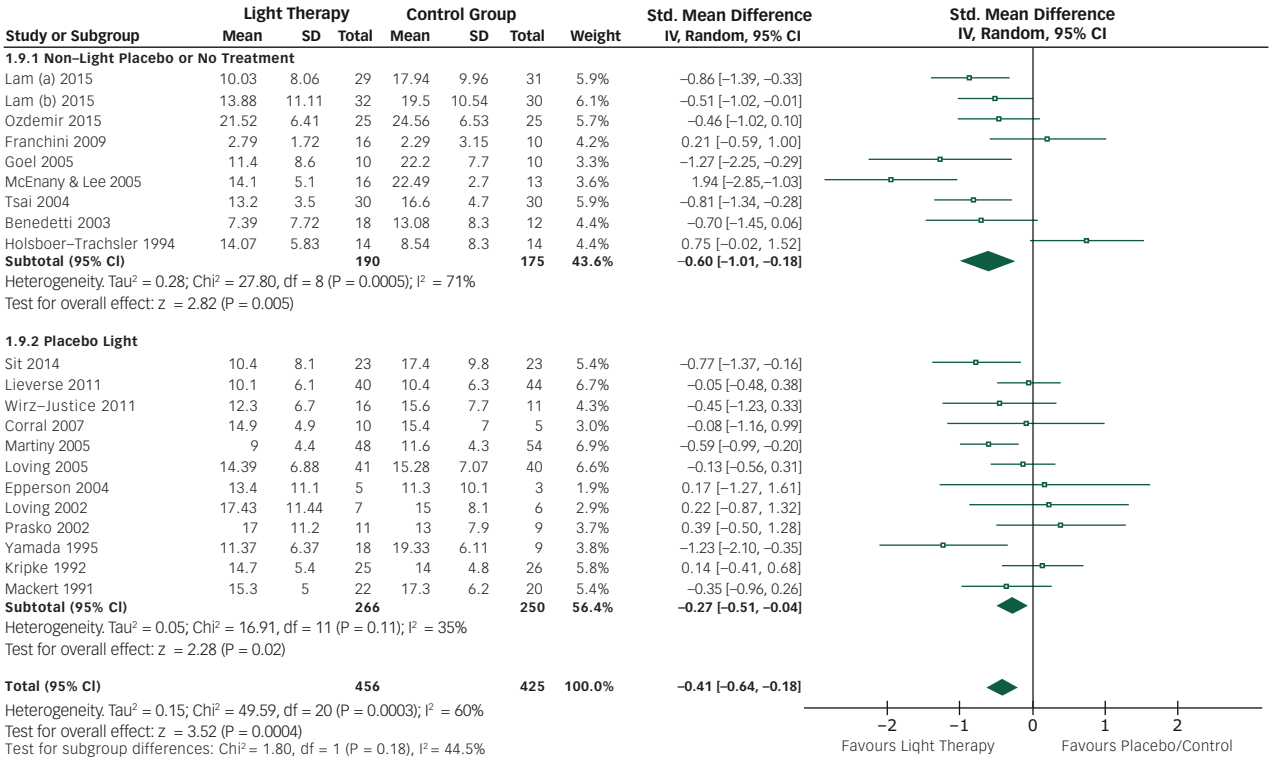

Fig. DS5 Forest plot of subgroup meta-analysis comparing studies that used a form of placebo light therapy with studies that used alternative placebo/controls.
Lam (a) (light therapy + fluoxetine *v*. deactivated ion generator + fluoxetine). Lam (b) (light therapy + placebo pill *v*. deactivated ion generator + placebo pill). IV, inverse variance method.

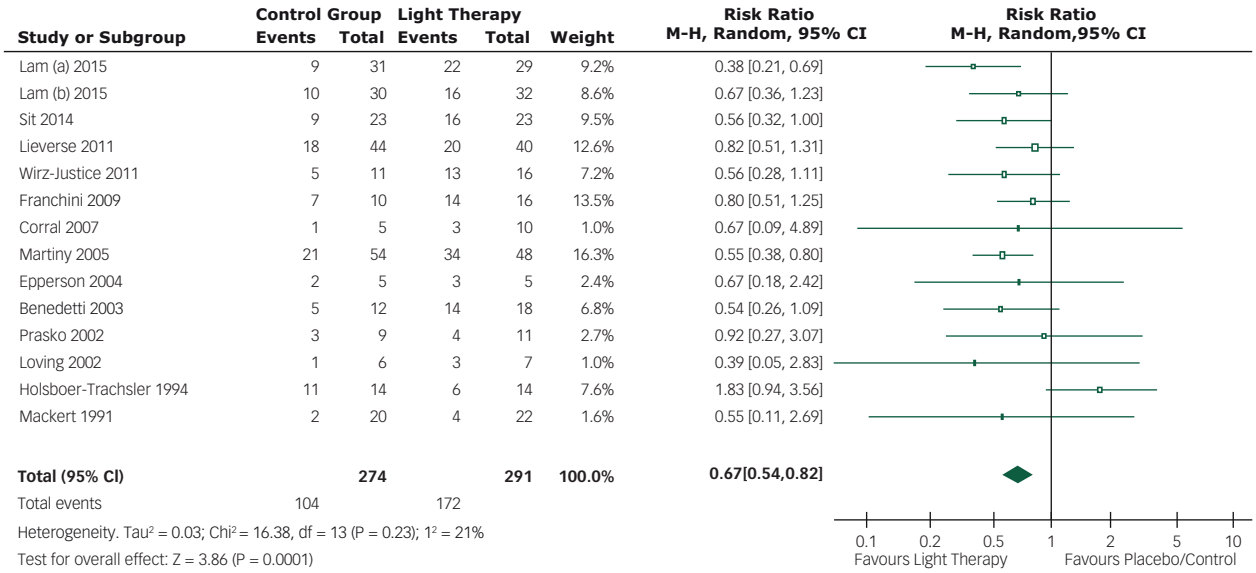

Fig. DS6 Forest plot of subgroup meta-analysis of participants experiencing/not experiencing a clinical response to light therapy *v*. placebo/control.
Lam (a) (light therapy + fluoxetine *v*. deactivated ion generator + fluoxetine). Lam (b) (light therapy + placebo pill *v*. deactivated ion generator + placebo pill). M-H, Mantel–Haenszel method.

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Table DS1 GRADE evidence table: summary of findings

Light therapy compared with placebo/control for adults with non-seasonal depression

Setting:
Intervention: Light therapy
Comparison: Placebo/control
Patient or population: Adults with non-seasonal depression

Outcomes	**Anticipated absolute effects*** (95% CI)		Relative effect (95% CI)	No. of participants (studies)	Quality of the evidence (GRADE)	**Comments**
Post-intervention depressive symptom scores (standardised mean difference)		The post-intervention depressive symptom scores (standardised mean difference) was 0.41 standard deviations lower (0.64 lower to 0.18 lower) when using light therapy relative to placebo/control	–	881 (20 RCTs)	⊕⊕◯◯ LOW [12]	
Relative risk of failing to achieve a clinical reduction in depressive symptoms	**Study population**		**RR 0.67** (0.54–0.82)	565 (13 RCTs)	⊕⊕⊕◯ MODERATE [1]	
	Risk with placebo/control: 31 per 100	Risk with light therapy: 21 per 100 (17–25)				

***The risk in the intervention group** (and its 95% confidence interval) is based on the assumed risk in the comparison group and the **relative effect** of the intervention (and its 95% CI).

CI: Confidence interval; **RR:** Risk ratio; **OR:** Odds ratio;

GRADE Working Group grades of evidence
High quality: We are very confident that the true effect lies close to that of the estimate of the effect
Moderate quality: We are moderately confident in the effect estimate: The true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different
Low quality: Our confidence in the effect estimate is limited: The true effect may be substantially different from the estimate of the effect
Very low quality: We have very little confidence in the effect estimate: The true effect is likely to be substantially different from the estimate of effect