# Appendices

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# Appendix A. References of included studies

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| Study | Full reference |
| Ahmadpanah, 2017a | [Ahmadpanah M, Nazaribadie M, Aghaei E, Ghaleiha A, Bakhtiari A, Haghighi M, et al. Influence of adjuvant detached mindfulness and stress management training compared to pharmacologic treatment in primiparae with postpartum depression. Archives of women's mental health [Internet]. 2017:[1-9 pp.].](http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/997/CN-01393997/frame.html) |
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## Appendix B. Selected characteristics of included studies

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| study | adm | Ther | Ctr | frm | Ns | C | M age | Prop women | Recr | Dx | Trg grp | sg | ac | ba | itt |
| Ahmadpanah, 2017 3rd + ssri | 100 | 3rd | pha | grp | 8 | oth | 24.8 | 1.00 | oth | mdd | ppd | + | - | sr | + |
| Ahmadpanah, 2017 other psy +ssri | 100 | oth | pha | grp | 8 | oth | 24.8 | 1.00 | oth | mdd | ppd | + | - | + | + |
| Alexopoulos, 2016 | 37 | Pst | other | ind | 11 | us | 74.9 |  | oth | mdd | med | + | - | + | + |
| Alhusen, 2021 | 0 | Cbt | cau | grp | 5 | us | 24.5 | 1.00 | oth | cut | ppd | - | - | + | - |
| Allart van Dam, 2003 | 0 | Cbt | cau | grp | 12 | eu | 45.5 | 0.62 | com | sub | adul | - | - | sr | - |
| Ammerman, 2013 | 0 | Cbt | cau | ind | 11 | us | 21.9 | 1.00 | oth | mdd | ppd | - | + | + | + |
| Andersson, 2005 | 69 | Cbt | other | gsh | 5 | eu | 36.3 | 0.74 | com | cut | adul | + | + | sr | - |
| Arean, 1993 Irt | 0 | Lrt | wl | grp | 12 | us | 66.5 | 0.75 | com | mdd | old | - | - | + | - |
| Arean, 1993 pst | 0 | Pst | wl | grp | 12 | us | 66.5 | 0.75 | com | mdd | old | - | - | + | - |
| Arjadi, 2018 | 0 | Bat | other | gsh | 5 | oth | 24.5 | 0.81 | com | mood | adul | + | + | sr | + |
| Ashouri, 2013 3rd | 100 | 3rd | pha | ind |  | oth | 32.5 | 0.61 | clin | mdd | adul | - | - | sr | - |
| Ashouri, 2013 cbt | 100 | Cbt | pha | ind |  | oth | 32.5 | 0.61 | clin | mdd | adul | - | - | sr | - |
| Au, 2022 | 0 | Cbt | other | grp | 8 | eas |  |  | oth | sub | med | - | - | sr | - |
| Ayen, 2004 cbt | 12 | Cbt | wl | grp | 12 | eu | 51.3 | 1.00 | com | mood | oth | - | - | sr | - |
| Ayen, 2004 sup | 12 | oth | wl | grp | 12 | eu | 51.3 | 1.00 | com | mood | oth | - | - | sr | - |
| Barber, 2012 | 0 | dyn | oth | ind | 20 | us | 37.5 | 0.59 | com | mdd | adul | + | - | + | + |
| Barnhofer, 2009 | 61 | 3rd | cau | grp | 6 | uk | 41.9 | 0.68 | com | chr | adul | + | + | sr | + |
| Barrett, 2001 | 0 | pst | oth | ind | 6 | us | 44.1 | 0.64 | clin | mood | adul | + | + | + | + |
| Bastos, 2015 | 100 | dyn | pha | ind | 96 | oth | 29.6 | 0.61 | clin | mood | oth | - | - | sr | + |
| Baumeister, 2021 | 92 | cbt | cau | gsh | 6 | eu | 49.9 | 0.6 | oth | mdd | med | + | + | + | + |
| Baumgartner, 2021 -alc | 0 | cbt | wl | gsh | 4 | eu | 42.8 | 0.48 | com | cut | adul | + | + | + | + |
| Baumgartner, 2021 – alc+depr | 0 | cbt | wl | gsh | 4 | eu | 42.8 | 0.48 | com | cut | adul | + | + | + | + |
| Beach, 1992 bmt | 0 | cbt | wl | oth | 18 | us | 39.1 | 1.00 | com | mood | oth | - | - | sr | - |
| Beach, 1992 cbt | 0 | cbt | wl | ind | 18 | us | 39.1 | 1.00 | com | mood | oth | - | - | sr | - |
| Bedard, 2014 | 36 | 3rd | wl | grp | 10 | can | 46.5 | 0.45 | com | cut | med | + | + | sr | - |
| Beeber, 2010 | 0 | ipt | cau | ind | 16 | us | 26 | 1.00 | oth | cut | oth | + | - | sr | - |
| Bellack, 1981 | 100 | oth | pha | ind | 12 | us | 35.7 | 1.00 | com | mdd | adul | - | - | + | - |
| Bellino, 2006 | 100 | ipt | pha | ind | 24 | eu | 26.4 | 0.63 | clin | mdd | oth | - | - | + | - |
| Bendig, 2021 | 32 | cbt | wl | gsh | 3 | eu | 56.4 | 0.35 | oth | cut | med | + | + | + | + |
| Berger, 2011 | 25 | cbt | wl | gsh | 10 | eu | 38.8 | 0.7 | com | mood | adul | + | + | sr | + |
| Berman, 2022 | 58 | 3rd | other | grp | 11 | us | 51.4 | 1.00 | com | mdd | oth | + | - | + | + |
| Beutel, 2014 | 10 | dyn | cau | ind | 18 | eu | 51.8 | 1.00 | oth | mood | med | + | + | + | + |
| Blackburn, 1981 | 100 | cbt | pha | grp | 15 | uk | 43.3 | 0.78 | clin | mdd | adul | - | - | - | - |
| Blom, 2007 | 100 | ipt | pha | ind | 12 | eu | 40 | 0.64 | clin | mdd | adul | - | - | + | + |
| Boeie, 2018 | 11 | pst | wl | gsh | 5 | eu | 44.9 | 0.55 | com | cut | med | + | + | sr | + |
| Boeschoten, 2017 | 13 | pst | wl | gsh | 5 | eu | 48.9 | 0.8 | com | cut | med | + | + | sr | + |
| Bowman, 1995 cbt | 15,6 | cbt | wl | gsh | 4 | us | 36.2 | 0.63 | com | cut | adul | - | - | - | - |
| Bowman, 1995 pst | 15,6 | pst | wl | gsh | 4 | us | 36.2 | 0.63 | com | cut | adul | - | - | - | - |
| Browne, 2002 | 100 | ipt | pha | ind | 10 | can | 42.4 | 0.68 | com | mood | adul | + | + | + | - |
| Buntrock, 2015 | 23 |  | cau | gsh | 5 | eu | 45 | 0.74 | com | sub | adul | + | + | sr | + |
| Burnand, 2002 | 100 | dyn | pha | ind | 10 | eu | 36.4 | 0.61 | clin | mdd | adul | - | - | + | - |
| Burns, 2013 | 19 | cbt | cau | ind | 12 | uk | 29.2 | 1.00 | oth | cut | ppd | + | + | sr | + |
| Carr, 2017 | 82 | cbt | cau | grp | 20 | eu | 41 | 0.66 | clin | mdd | adul | - | - | + | + |
| Carta, 2012 | 70 | cbt | cau | ind | 12 | eu | 42.5 | 0.66 | clin | mood | adul | - | - | sr | - |
| Casanas, 2012 | 56 | cbt | cau | grp | 9 | eu | 53.4 | 0.89 | clin | mdd | adul | + | + | sr | + |
| Chan, 2012 - cbt | 100 | cbt | wl | grp | 10 | eas | 46.4 | 0.82 | clin | mdd | adul | - | + | + | - |
| Chan, 2012 - dmbi | 100 | oth | wl | grp | 10 | eas | 46.4 | 0.82 | clin | mdd | adul | - | + | + | - |
| Chesney, 2003 | 0 | oth | wl | grp | 10 | us | 39 | 0 | com | sub | med | - | - | sr | - |
| Chetty, 2013 | 100 | cbt | pha | grp | 12 | oth | 45.2 | 1.00 | clin | mood | oth | + | - | sr | + |
| Chiang, 2015 | 47 | cbt | cau | grp | 12 | eas | 46.1 | 0.63 | clin | mood | adul | + | + | + | - |
| Choi, 2020 | 100 | oth | pha | ind | 6 | eas | 32.5 | 0.68 | clin | mdd | adul | + | - | - | - |
| Choi, 2020b - bat | 50 | bat | other | oth | 5 | us | 68.7 | 0.73 | oth | cut | oth | + | - | - | + |
| Choi, 2020b - pst | 50 | pst | other | oth | 5 | us | 65.5 | 0.68 | oth | cut | oth | + | - | - | + |
| Choy, 2016 | 0 | lrt | wl | grp | 6 | eas | 78.7 | 0.65 | oth | cut | old | - | - | sr | - |
| Cohen, 2010 | 0 | oth | wl | oth | 5 | us | 43.2 | 1.00 | com | mood | oth | - | - | + | - |
| Corruble, 2016 | 100 | oth | pha | tel | 8 | eu | 46.8 | 0.7 | clin | mdd | adul | + | + | + | - |
| Cramer, 2011 | 37 | cbt | cau | grp | 12 | uk | 42.5 | 1.00 | com | cut | oth | + | - | sr | + |
| De Jong, 2018 | 49 | 3rd | wl | grp | 7 | us | 50.7 | 0.75 | com | mood | med | - | - | - | + |
| De Jonghe, 2001 | 100 | dyn | pha | ind | 16 | eu | 34 | 0.62 | clin | mdd | adul | - | - | + | + |
| De Mello, 2001 | 100 | ipt | pha | ind | 16 | oth |  | 0.8 | clin | mood | adul | - | - | + | - |
| Dekker, 2012 | 36 | cbt | cau | ind | 1 | us | 66 | 0.74 | oth | cut | med | + | + | sr | + |
| Dennis, 2020 | 0 | ipt | cau | tel | 12 | can |  | 1.00 | com | mdd | ppd | + | - | sr | - |
| Denton, 2012 | 100 | oth | pha | oth | 11 | us | 32.9 | 1.00 | com | mdd | adul | + | + | + | + |
| DeRubeis, 2005 | 0 | cbt | other | ind | 14 | us | 40 | 0.59 | com | mdd | adul | - | - | + | + |
| Desautels, 2017 | 6 | cbt | wl | ind | 8 | can | 57.1 | 1.00 | oth | cut | med | + | + | + | + |
| Dimidjian, 2006 - bat | 0 | bat | other | ind | 24 | us | 39.9 | 0.66 | com | mdd | adul | + | - | + | + |
| Dimidjian, 2006 - cbt | 0 | cbt | other | ind | 24 | us | 39.9 | 0.66 | com | mdd | adul | + | - | + | + |
| Dimidjian, 2017 | 9 | bat | cau | oth | 10 | us | 28.8 | 1.00 | oth | cut | ppd | + | + | sr | + |
| Dindo, 2012 | 47 | 3rd | wl | grp | 1 | us | 32.8 | 0.93 | oth | mdd | med | - | - | + | + |
| Dindo, 2019 | 31 | 3rd | other | grp | 1 | us | 35.7 | 0.83 | com | mdd | med | - | - | + | + |
| Dobkin, 2011 | 54 | cbt | cau | ind | 10 | us | 64.6 | 0.4 | com | mood | med | + | - | + | + |
| Dobkin, 2020 | 69 | cbt | cau | tel | 10 | us | 65.6 | 0.54 | oth | mood | med | + | + | + | + |
| Dobkin, 2021 | 49 | cbt | cau | tel | 10 | us | 66.8 | 0 | com | mdd | med | + | + | + | + |
| Doering, 2013 | 36 | cbt | cau | ind | 8 | us | 63.6 | 0.31 | oth | mood | med | + | - | sr | + |
| Dong, 2019 | 0 | lrt | cau | tel | 6 | eas | 59.1 | 0.5 | oth | cut | med | + | + | + | + |
| Dozois, 2009 | 100 | cbt | pha | ind | 15 | can | 46.5 | 0.74 | clin | mdd | adul | - | + | sr | - |
| Duarte, 2009 | 11 | cbt | cau | grp | 12 | oth | 53.2 | 0.59 | oth | mdd | med | + | + | sr | + |
| Dwight, 2011 | 32 | cbt | cau | tel | 5 | us | 39.8 | 0.78 | oth | cut | oth | + | - | sr | + |
| Ebert, 2018 | 6 | oth | wl | gsh | 5 | eu | 44.2 | 0.8 | com | sub | adul | + | + | + | + |
| Ekers, 2011 | 68 | bat | wl | ind | 12 | uk | 44.7 | 0.62 | clin | mood | adul | + | + | sr | + |
| Ekkers, 2011 | 75 | cbt | cau | grp | 7 | eu | 72.7 | 0.77 | clin | mdd | old | - | + | sr | - |
| Elkin, 1989 - cbt | 0 | cbt | other | ind | 13 | us | 35 | 0.7 | clin | mdd | adul | + | + | + | + |
| Elkin, 1989 - ipt | 0 | ipt | other | ind | 13 | us | 35 | 0.7 | clin | mdd | adul | + | + | + | + |
| Euteneuer, 2017, c | 37 | cbt | wl | ind | 16 | eu | 37.3 | 0.49 | com | mdd | adul | + | - | sr | + |
| Euteneuer, 2017 e | 37 | cbt | wl | ind | 16 | eu | 37.3 | 0.49 | com | mdd | adul | + | - | sr | + |
| Euteneuer, 2022 | 0 | cbt | wl | ind | 14 | eu | 30.3 | 0.6 | com | mdd | adul | + | - | + | + |
| Fann, 2015 - cbt-ip | 39 | cbt | cau | ind | 9 | us | 45.8 | 0.37 | com | mdd | med | + | - | + | - |
| Fann, 2015 - cbt-t | 39 | cbt | cau | tel | 10 | us | 45.8 | 0.37 | com | mdd | med | + | - | + | - |
| Finkenzeller, 2009 | 100 | ipt | pha | grp | 12 | eu | 67 | 0.5 | oth | mdd | med | + | - | + | + |
| Fledderus, 2012 - m | 0 | 3rd | wl | gsh | 9 | eu | 42 | 0.7 | com | cut | adul | + | - | sr | + |
| Fledderus, 2012 - e | 0 | 3rd | wl | gsh | 9 | eu | 42 | 0.7 | com | cut | adul | + | - | sr | + |
| Floyd, 2004 - cbt-bibl | 26 | cbt | wl | gsh | 4 | us | 68 | 0.76 | com | mood | old | - | - | - | - |
| Floyd, 2004 - cbt-ind | 26 | cbt | wl | ind | 16 | us | 68 | 0.76 | com | mood | old | - | - | - | - |
| Folke, 2012 | 79 | 3rd | cau | oth | 6 | eu | 43.2 | 0.88 | oth | mdd | oth | - | - | sr | + |
| Fonagy, 2015 | 81 | dyn | cau | ind | 60 | uk | 44.3 | 0.66 | clin | chr | adul | + | + | + | + |
| Forand, 2018 | 38 | cbt | wl | gsh | 6 | us | 33 | 0.75 | com | cut | adul | + | - | - | + |
| Forsell, 2017 | 5 | cbt | cau | gsh | 5 | eu | 31 | 1.00 | com | mdd | ppd | + | + | sr | + |
| Freedland, 2009 - cbt | 50 | cbt | cau | ind | 11 | us | 60.7 | 0.5 | oth | mood | med | + | + | + | + |
| Freedland, 2009 - sup | 50 | oth | cau | ind | 8 | us | 60.7 | 0.5 | oth | mood | med | + | + | + | + |
| Freedland, 2015 | 33 | cbt | cau | ind | 11 | us | 55.8 | 0.46 | oth | mdd | med | + | + | + | + |
| Funderburk, 2021 | 34 | bat | cau | ind | 4 | us | 53 | 0.09 | clin | cut | oth | - | + | + | + |
| Gater, 2010 | 100 | oth | pha | grp | 10 | uk | 42 | 1.00 | com | mdd | oth | + | + | + | + |
| Gaudiano, 2015 | 100 | 3rd | pha | ind | 11 | us | 50 | 0.54 | com | mdd | oth | - | - | + | + |
| Gawrysiak, 2009 | 0 | bat | cau | ind | 1 | us | 18.4 | 0.8 | com | cut | stud | - | - | sr | + |
| Gellis, 2008 | 0 | pst | cau | ind | 6 | us | 77.4 | 0.87 | oth | sub | med | + | - | + | - |
| Gellis, 2010 | 12 | pst | cau | ind | 6 | us | 75.9 | 0.92 | oth | sub | med | - | + | + | - |
| Geraedts, 2014 | 8 | cbt | cau | gsh | 6 | eu | 43.4 | 0.62 | oth | cut | oth | + | + | sr | + |
| Ghorbani, 2021 | 0 | 3rd | wl | grp | 8 | oth | 45 | 1.00 | oth | cut | med | - | - | + | - |
| Gitlin, 2013 | 19 | oth | wl | ind | 8 | us | 69.6 | 0.78 | com | cut | old | + | + | sr | + |
| Goodman, 2015 | 0 | oth | cau | ind | 8 | us | 30.7 | 1.00 | oth | cut | ppd | - | + | sr | + |
| Grote, 2009 | 0 | ipt | cau | ind | 8 | us | 24.5 | 1.00 | oth | cut | ppd | - | - | sr | + |
| Guo, 2022 | 100 | 3rd | pha | grp | 8 | eas | 37.3 |  | clin | mood | adul | - | - | - | - |
| Hagen, 2017 | 8 | 3rd | wl | ind | 10 | eu | 33.7 | 0.49 | com | mdd | adul | + | - | sr | + |
| Haliford, 2016 | 8 | lrt | cau | ind | 6 | au | 20.8 | 0.5 | clin | cut | oth | - | + | sr | + |
| Hallgren, 2015 | 28 | cbt | cau | gsh | 8 | eu | 43 | 0.73 | clin | cut | adul | + | + | + | - |
| Hamamci, 2006 - cbt | 0 | cbt | cau | grp | 11 | oth | 19.5 | 0.48 | com | cut | stud | - | - | sr | - |
| Hamamci, 2006 - cbt+drama | 0 | cbt | cau | grp | 11 | oth | 19.5 | 0.48 | com | cut | stud | - | - | sr | - |
| Haringsma, 2006 | 48 | cbt | wl | grp | 9 | eu | 64.2 | 0.69 | com | cut | old | - | - | sr | + |
| Harley, 2008 | 100 | 3rd | wl | grp | 14 | us | 41.8 | 0.75 | clin | chr | adul | - | - | + | - |
| Hautzinger, 1996 | 100 | cbt | pha | ind | 24 | eu | 38.8 | 0.63 | clin | mood | adul | - | - | + | + |
| Hautzinger, 2004 | 57 | cbt | wl | grp | 12 | eu | 68.5 | 0.79 | com | mood | old | + | - | sr | + |
| Hayman, 1980 | 0 |  | wl | grp | 8 | us | 21.3 | 1.00 | com | cut | adul | + | - | sr | - |
| He, 2019 | 62 | cbt | other | ind | 12 | eas | 30.5 | 0.5 | clin | mood | adul | - | + | + | + |
| Heckman, 2011 – cop | 25 | oth | cau | grp | 7 | us | 55.3 | 0.33 | com | cut | med | + | - | sr | + |
| Heckman, 2011 – sup | 25 | oth | cau | grp | 7 | us | 55.3 | 0.33 | com | cut | med | + | - | sr | + |
| Heckman, 2017 | 62 | ipt | cau | tel | 8 | us | 51.9 | 0.37 | com | mood | med | + | - | sr | + |
| Hegel, 2010 | 0 | cbt | other | grp | 10 | eu | 46.4 | 0.65 | clin | mood | adul | + | + | + | + |
| Hellerstein, 2001 | 100 | oth | pha | grp | 16 | us | 45.1 | 0.5 | clin | mood | adul | - | - | - | + |
| Hemanny, 2019 - bat | 100 | bat | cau | ind | 12 | oth | 39.7 | 0.86 | com | mdd | adul | + | - | + | + |
| Hemanny, 2019 - cbt | 100 | cbt | cau | ind | 12 | oth | 39.7 | 0.86 | com | mdd | adul | + | - | + | + |
| Hermanns, 2015 | 0 | cbt | cau | grp | 5 | eu | 43.3 | 0.57 | oth | sub | med | - | + | sr | + |
| Herrmann, 2016 | 12 | dyn | cau | oth | 16 | eu | 59.2 | 0.21 | oth | cut | med | + | - | sr | + |
| Hoifodt, 2013 | 19 | cbt | wl | gsh | 4 | eu | 36.1 | 0.73 | clin | cut | adul | + | - | sr | + |
| Hollon, 1992 | 100 | cbt | pha | ind | 15 | us | 32.6 | 0.8 | clin | mdd | adul | - | - | sr | + |
| Hollon, 2014 | 100 | cbt | pha | ind | 67 | us | 43.2 | 0.59 | clin | chr | adul | + | + | + | + |
| Hsiao, 2011 | 100 | oth | pha | grp | 8 | eas | 37.5 | 0.76 | clin | mdd | adul | + | - | + | + |
| Hsiao, 2014 | 69 | oth | cau | grp | 8 | eas |  | 0.71 | clin | sub | adul | + | + | sr | + |
| Hummel, 2017 | 74 | cbt | wl | grp | 13 | eu | 81.9 | 0.8 | oth | cut | med | + | - | + | + |
| Jarrett, 1999 | 0 | cbt | other | ind | 20 | us | 39.6 | 0.68 | com | mdd | adul | - | + | + | + |
| Jelinek, 2016 | 67 | 3rd | other | grp | 7 | eu | 45.5 | 0.74 | clin | mood | adul | - | - | + | + |
| Johnson, 2012 | 63 | ipt | other | oth | 27 | us | 35 | 1.00 | oth | mdd | oth | - | + | + | + |
| Johnson, 2019 | 23 | ipt | cau | oth | 24 | us | 39 | 0.35 | oth | mdd | oth | + | + | + | + |
| Kamga, 2017 | 16 | cbt | wl | gsh | 8 | can | 76 | 0.63 | oth | cut | med | + | + | sr | + |
| Keeley, 2016 | 36 | oth | cau | ind | 4 | us | 47.5 | 0.71 | clin | mdd | adul | + | + | sr | + |
| Keller, 2000 | 100 | oth | pha | ind | 16 | us | 43 | 0.65 | clin | chr | adul | + | + | + | + |
| Kenter, 2016 | 25 | pst | wl | gsh | 5 | eu | 38 | 0.54 | clin | mdd | adul | + | + | sr | + |
| Kessler, 2009 | 52 | cbt | wl | gsh | 10 | uk | 34.9 | 0.68 | clin | mood | adul | + | + | sr | + |
| Khoshbooii, 2021-grp | 0 | cbt | wl | grp | 16 | oth | 49 | 1.00 | oth | cut | oth | - | - | + | - |
| Khoshbooii, 2021 -ind | 0 | cbt | wl | ind | 8 | oth | 49 | 1.00 | oth | cut | oth | - | - | + | - |
| Kim, 2018 | 0 | cbt | cau | oth | 7 | eas | 48 | 1.00 | oth | cut | med | + | - | sr | - |
| Kramer, 2021 | 27 | cbt | wl | gsh | 6 | eu | 36.3 | 0.78 | clin | cut | adul | + | - | + | + |
| Laidlaw, 2008 | 0 | cbt | cau | ind | 8 | uk | 74 | 0.73 | clin | mdd | old | + | + | + | - |
| Lam, 2013 | 100 | cbt | pha | tel | 6 | can | 43.3 | 0.55 | com | mdd | adul | + | + | + | + |
| Lamers, 2010 | 0 | cbt | cau | ind | 4 | eu | 70.7 | 0.47 | oth | mood | med | + | + | sr | + |
| Lappalainen, 2015 | 21 | 3rd | wl | gsh | 6 | eu | 51.9 | 0.72 | com | mdd | adul | - | + | sr | + |
| Larcombe, 1984 | 16 | cbt | wl | grp | 6 | au | 42.5 | 0.68 | com | mood | med | - | - | + | - |
| Lee, 2021 | 89 | bat | cau | grp | 10 | eas | 37 | 0.58 | clin | mood | adul | + | + | + | + |
| Lenze, 2020 | 29 | ipt | cau | ind | 9 | us | 26 | 1.00 | com | mood | ppd | + | + | sr | + |
| Lerner, 2015 | 56 | cbt | cau | tel | 8 | us | 54.7 | 0.72 | oth | mood | oth | + | - | sr | + |
| Lesperance, 2007 | 100 | ipt | pha | ind | 12 | can | 58.2 | 0.25 | com | mdd | med | + | + | + | + |
| Li, 2022 | 100 | 3rd | pha | oth | 8 | eas | 67.4 | 0.77 | clin | mood | old | - | - | + | - |
| Linde, 2011 | 77 | cbt | other | grp | 11 | us | 52.2 | 1.00 | oth | cut | oth | + | + | sr | + |
| Liu, 2009 | 0 | cbt | wl | gsh | 8 | eas | 26.4 | 0.73 | com | cut | adul | - | - | sr | + |
| Lloyd-Williams, 2018 | 53 | oth | cau | ind | 1 | uk | 65.1 | 0.71 | oth | cut | med | - | + | sr | + |
| Lovell, 2008 | 69 | cbt | cau | ind | 4 | uk | 37.6 | 0.74 | clin | cut | adul | - | + | sr | + |
| Lundgren, 2016 | 18 | cbt | other | gsh | 7 | eu | 62.9 | 0.42 | oth | cut | med | + | + | sr | + |
| Lustman, 1998 | 0 | cbt | cau | ind | 10 | us | 54.8 | 0.6 | com | mdd | med | + | + | sr | + |
| Lynch, 1997 | 3 | pst | cau | tel | 6 | us | 48.3 | 0.86 | clin | sub | adul | - | - | + | - |
| Lynch, 2003 | 100 | oth | pha | oth | 56 | us | 66 | 0.85 | clin | mdd | old | - | - | - | - |
| Macaskil, 1996 | 100 | cbt | pha | ind | 20 | uk | 38.2 | 0.7 | clin | mdd | adul | - | - | sr | - |
| MacPherson, 2013 | 73 | oth | cau | ind | 8 | uk | 43.5 | 0.73 | clin | cut | adul | + | + | sr | + |
| Maina, 2005 -dyn | 0 | dyn | wl | ind | 20 | eu | 36.8 | 0.63 | clin | mood | adul | - | - | + | + |
| Maina, 2005 -sup | 0 | oth | wl | ind | 19 | eu | 36.8 | 0.63 | clin | mood | adul | - | - | + | + |
| Maina, 2010 | 100 | dyn | pha | ind | 14 | eu | 31.5 | 0.56 | clin | mdd | oth | + | + | + | + |
| Maldonado, 1984 -as | 100 | oth | pha | ind | 10 | eu |  |  | clin | mood | adul | - | - | sr | - |
| Maldonado, 1984 -cbt | 100 | cbt | pha | ind | 10 | eu |  |  | clin | mood | adul | - | - | sr | - |
| Mansour, 2022 | 0 | cbt | other | ind | 4 | oth |  | 0.69 | oth | cut | med | + | + | sr | + |
| Markowitz, 2005 | 100 | ipt | pha | ind | 10 | us | 42.3 | 0.63 | com | mood | adul | + | + | + | + |
| Matsuzaka, 2017 | 0 | ipt | cau | ind | 4 | oth | 43.8 | 0.94 | clin | mood | adul | + | + | + | + |
| McClay, 2015 | 52 | cbt | wl | grp | 4 | uk | 43.7 | 0.65 | com | cut | adul | - | + | sr | - |
| McCusker, 2021 | 23 | cbt | cau | gsh | 8 | can | 58 | 0.79 | com | cut | med | + | - | + | + |
| Mclndoo, 2016 - bat | 12 | bat | wl | ind | 4 | us | 19.2 | 0.62 | com | cut | stud | + | - | - | + |
| Mclndoo, 2016 - mbt | 12 | 3rd | wl | ind | 4 | us | 19.2 | 0.62 | com | cut | stud | + | - | - | + |
| Mennen, 2021 | 9 | ipt | cau | grp | 12 | us | 33 | 1.00 | oth | cut | ppd | + | - | + | + |
| Michalak, 2015 -cbasp | 54 | oth | cau | oth | 10 | eu | 50.8 | 0.62 | com | chr | adul | + | + | + | + |
| Michalak, 2015 -mbct | 54 | 3rd | cau | grp | 8 | eu | 50.8 | 0.62 | com | chr | adul | + | + | + | + |
| Milgrom, 2015 | 100 | cbt | pha | oth | 9 | au | 30.1 | 1.00 | oth | mood | ppd | + | + | sr | + |
| Milgrom, 2015b | 9 | cbt | cau | ind | 6 | au | 31.8 | 1.00 | com | mood | ppd | + | + | sr | + |
| Milgrom, 2016 | 0 | cbt | cau | gsh | 6 | au | 31.6 | 1.00 | com | mood | ppd | + | + | sr | + |
| Milgrom, 2021 -ftf | 9 | cbt | cau | ind | 9 | au | 32.1 | 1.00 | com | mood | ppd | + | + | + | + |
| Milgrom, 2021 -icbt | 9 | cbt | cau | gsh | 6 | au | 32.1 | 1.00 | com | mood | ppd | + | + | + | + |
| Miranda, 2003 | 0 | cbt | cau | oth | 8 | us | 29.3 | 1.00 | oth | mdd | oth | + | + | + | + |
| Misri, 2004 | 100 | cbt | pha | ind | 12 | can | 30.1 | 1.00 | clin | mood | ppd | + | - | sr | + |
| Mitchell, 2009 | 100 | oth | pha | ind | 9 | us | 57 | 0.41 | oth | mdd | med | + | + | + | + |
| Mohr, 2000 | 9 | cbt | cau | tel | 8 | us | 42.4 | 0.72 | oth | cut | med | - | - | sr | + |
| Mohr, 2011 | 41 | cbt | cau | tel | 16 | us | 55.9 | 0.09 | clin | mdd | oth | - | - | + | + |
| Mohr, 2013 | 34 | cbt | wl | gsh | 18 | us | 48.3 | 0.72 | com | mdd | adul | + | + | sr | + |
| Moldovan, 2013 | 0 | cbt | other | gsh | 4 | eu | 23 | 0.88 | com | cut | stud | + | + | sr | + |
| Mossey, 1996 | 5 | ipt | cau | ind | 10 | us | 71 | 0.78 | oth | sub | old | - | - | sr | - |
| Mukhtar, 2011 | 91 | cbt | wl | grp | 8 | eas | 40.5 | 0.55 | clin | mood | adul | - | - | sr | - |
| Mulcahy, 2010 | 54 | ipt | cau | oth | 11 | au | 32.2 | 1.00 | clin | mdd | ppd | + | - | + | - |
| Murphy, 1984 | 100 | cbt | pha | ind | 16 | us | 33.8 | 0.74 | clin | mdd | adul | + | + | sr | + |
| Mynors-Wallis, 1995 | 0 | pst | other | ind | 6 | uk | 37.1 | 0.77 | clin | mdd | adul | - | + | + | - |
| Mynors-Wallis, 2000 | 100 | pst | pha | ind | 5 | uk | 35 | 0.77 | clin | mdd | adul | + | + | + | + |
| Naeem, 2011 | 100 | cbt | pha | ind | 9 | oth | 33 | 0.74 | clin | mdd | adul | + | + | sr | + |
| Nakagawa, 2017 | 100 | cbt | cau | ind | 15 | eas | 40.6 | 0.36 | clin | chr | adul | + | + | + | + |
| Nakimuli, 2015 | 0 | oth | other | grp | 8 | oth | 44.5 | 0.42 | oth | mdd | med | + | + | sr | + |
| Nakimuli, 2020 | 0 | cbt | other | grp | 7 | oth | 38.9 | 0.55 | oth | mdd | med | + | + | - | + |
| Nasrin, 2017 | 39 | bat | wl | ind | 1 | uk | 36.3 | 0.59 | clin | mdd | adul | + | + | sr | - |
| Newby, 2017 | 40 | cbt | wl | gsh | 6 | au | 46.7 | 0.71 | com | mdd | med | + | + | sr | + |
| Nezu, 1986 - pft | 0 | pst | wl | grp | 8 | us | 41.7 | 0.77 | com | mood | adul | - | - | sr | - |
| Nezu, 1986 - pst | 0 | pst | wl | grp | 8 | us | 41.7 | 0.77 | com | mood | adul | - | - | sr | - |
| Nezu, 1989 - abbr pst | 0 | pst | wl | grp | 10 | us | 41.7 | 0.77 | com | mdd | adul | - | - | + | - |
| Nezu, 1989 - pst | 0 | pst | wl | grp | 10 | us | 41.7 | 0.77 | com | mdd | adul | - | - | + | - |
| Ngai, 2015 | 0 | cbt | cau | tel | 5 | eas | 30.8 | 1.00 | oth | cut | ppd | + | + | sr | + |
| Niedermoser, 2020 | 0 | ipt | cau | grp | 8 | eu | 40.9 | 0.5 | com | mdd | oth | + | + | - | + |
| O'Neil, 2014 | 10 | cbt | cau | tel | 8 | au | 60 | 0.25 | oth | cut | med | + | + | sr | + |
| Oehler, 2020 | 64 | cbt | other | gsh | 6 | eu | 42.9 | 0.79 | com | mood | adul | + | - | sr | + |
| Olukolade, 2017 - cbt | 0 | cbt | wl | ind | 9 | oth |  | 0.57 | oth | cut | med | + | - | sr | - |
| Olukolade, 2017 -pe | 0 | oth | wl | ind | 9 | oth |  | 0.57 | oth | cut | med | + | - | sr | - |
| Omidi, 2013 - cbt | 100 | cbt | cau | grp | 8 | oth | 32.3 | 0.67 | clin | mdd | adul | - | - | sr | - |
| Omidi, 2013 – mcbt | 100 | 3rd | cau | grp | 8 | oth | 32.3 | 0.67 | clin | mdd | adul | - | - | sr | - |
| Pagoto, 2013 | 30 | bat | other | oth | 18 | us | 45.9 | 1.00 | com | mdd | oth | + | + | + | + |
| Pecheur, 1984 -r cbt | 0 | cbt | wl | ind | 8 | us | 24 | 0.9 | com | mdd | stud | - | - | + | - |
| Pecheur, 1984 -nr cbt | 0 | cbt | wl | ind | 8 | us | 24 | 0.9 | com | mdd | stud | - | - | + | - |
| Peden, 2000 | 0 | cbt | cau | grp | 6 | us | 19.3 | 1.00 | com | cut | stud | - | - | sr | - |
| Pellas, 2022 | 13 | bat | wl | tel | 4 | eu | 75.6 | 0.83 | com | cut | old | + | + | sr | - |
| Perini, 2009 | 51 | cbt | wl | gsh | 6 | au | 49.3 | 0.78 | com | mdd | adul | + | - | sr | - |
| Poleshuck, 2014 | 21 | ipt | cau | ind | 4 | us | 36.7 | 1.00 | oth | mdd | med | + | - | - | + |
| Pot, 2010 | 0 | lrt | other | grp | 12 | eu | 64.3 | 0.73 | com | sub | old | - | + | sr | + |
| Pots, 2014 | 0 | 3rd | wl | grp | 11 | eu | 47.9 | 0.78 | com | cut | adul | + | + | sr | + |
| Pots, 2016 | 0 | 3rd | wl | gsh | 9 | eu | 46.9 | 0.76 | com | cut | adul | + | + | sr | + |
| Pott, 2022 | 47 | bat | cau | ind | 8 | uk | 42.3 | 0.27 | clin | cut | adul | + | + | sr | + |
| Preschl, 2012 | 34 | lrt | wl | ind | 6 | eu | 70 | 0.67 | com | cut | old | + | - | sr | + |
| Propst, 1992 - nrct-nt | 0 | cbt | cau | ind | 19 | us | 40 | 0.83 | com | cut | oth | - | - | + | - |
| Propst, 1992 - nrct-rt | 0 | cbt | cau | ind | 19 | us | 40 | 0.83 | com | cut | oth | - | - | + | - |
| Propst, 1992 - rct-nt | 0 | cbt | cau | ind | 19 | us | 40 | 0.83 | com | cut | oth | - | - | + | - |
| Propst, 1992 - rct-rt | 0 | cbt | cau | ind | 19 | us | 40 | 0.83 | com | cut | oth | - | - | + | - |
| Psarraki, 2021 | 32 | oth | cau | oth | 8 | eu | 47.5 | 0.84 | clin | mdd | adul | + | - | + | - |
| Qiu, 2013 | 0 | cbt | wl | grp | 10 | eas | 50.6 | 1.00 | oth | mdd | med | + | + | + | + |
| Raevuori, 2021 | 57 | oth | cau | gsh | 8 | eu | 25.1 | 0.73 | clin | mdd | stud | + | + | + | + |
| Ravindran, 1999 | 100 | cbt | pha | grp | 12 | can |  | 0.58 | com | mood | adul | + | + | + | - |
| Raya-Tena, 2021 | 60 | oth | cau | grp | 12 | eu | 68.4 | 0.82 | clin | cut | med | + | - | + | + |
| Rehm, 1981 - sm | 0 | oth | wl | grp | 7 | us | 39.2 | 1.00 | com | cut | adul | - | - | + | - |
| Rehm, 1981 - sm+se | 0 | oth | wl | grp | 7 | us | 39.2 | 1.00 | com | cut | adul | - | - | + | - |
| Rehm, 1981 sm+se+sr | 0 | oth | wl | grp | 7 | us | 39.2 | 1.00 | com | cut | adul | - | - | + | - |
| Rehm, 1981 - sm+sr | 0 | oth | wl | grp | 7 | us | 39.2 | 1.00 | com | cut | adul | - | - | + | - |
| Reins, 2019 | 20 | oth | other | gsh | 5 | eu | 41.6 | 0.76 | com | mdd | adul | + | + | + | + |
| Reynolds, 1999 | 100 | ipt | pha | ind | 8 | us | 66.1 | 0.73 | com | mdd | old | - | - | + | + |
| Richards, 2015 | 21 | cbt | wl | gsh | 7 | eu | 39.9 | 0.73 | com | cut | adul | - | + | sr | + |
| Richards, 2018 | 0 | bat | cau | ind | 8 | uk | 65.3 | 0.48 | oth | cut | med | + | + | sr | + |
| Rief, 2018 - cbasp | 42 | oth | wl | ind | 16 | eu | 37.5 | 0.51 | clin | mdd | adul | + | + | sr | + |
| Rief, 2018 -cbt-m | 42 | cbt | wl | ind | 16 | eu | 37.5 | 0.51 | clin | mdd | adul | + | + | sr | + |
| Rief, 2018 -cbt-e | 42 | cbt | wl | ind | 16 | eu | 37.5 | 0.51 | clin | mdd | adul | + | + | sr | + |
| Rizvi, 2015 | 89 | cbt | wl | ind | 14 | can | 42.4 | 0.74 | clin | mdd | adul | - | - | sr | - |
| Rodriguez, 2011 | 100 | oth | pha | ind | 8 | eu | 54.6 | 0.81 | oth | mood | med | + | + | + | + |
| Rohan, 2007 | 0 | cbt | wl | grp | 10 | us | 45 | 0.9 | com | mdd | adul | + | - | + | + |
| Rohricht, 2013 | 100 | oth | wl | grp | 8 | uk | 47.7 | 0.42 | clin | chr | adul | + | + | + | + |
| Ross, 1985 | 78 | cbt | wl | oth | 12 | uk | 33 | 0.63 | clin | mdd | adul | - | - | sr | - |
| Rosso, 2017 | 0 | cbt | other | gsh | 6 | us | 29 | 0.69 | com | mdd | adul | - | - | + | + |
| Rude, 1986 | 0 | oth | wl | grp | 12 | us | 40 | 1.00 | com | cut | adul | - | - | sr | - |
| Russell, 2019 | 55 | bat | cau | gsh | 8 | uk | 37.7 | 0.27 | oth | cut | oth | + | + | + | - |
| Ruwaard, 2009 | 19 | cbt | wl | gsh | 8 | eu | 42 | 0.69 | com | cut | adul | + | - | sr | + |
| Ruzickova, 2021 | 19 | bat | cau | tel | 4 | uk | 31.6 | 0.84 | com | cut | adul | - | - | + | - |
| Safren, 2021 | 6 | cbt | cau | ind | 8 | oth |  | 0.7 | oth | mdd | med | + | - | + | + |
| Salamanca, 2020 | 3 | cbt | wl | gsh | 7 | oth | 22.2 | 0.69 | oth | cut | stud | + | + | sr | - |
| Savari, 2021 | 0 | 3rd | wl | grp | 8 | oth | 24.3 | 1.00 | clin | mdd | stud | + | - | + | + |
| Schlicker, 2020 | 59 | cbt | wl | gsh | 4,8 | eu | 51.3 | 0.65 | oth | mdd | med | + | + | sr | + |
| Schramm, 2015 | 100 | oth | pha | ind | 22 | eu | 43.6 | 0.54 | clin | chr | adul | + | - | + | + |
| Schulberg, 1996 | 0 | ipt | cau | ind | 16 | us | 38.1 | 0.83 | clin | mdd | adul | - | - | + | + |
| Scogin, 2018 | 50 | cbt | other | ind | 12 | us | 75.4 | 0.83 | com | cut | old | + | + | + | + |
| Scott, 1997 | 96 | cbt | cau | ind | 6 | uk | 41 | 0.67 | clin | mdd | adul | - | - | + | - |
| Serfaty, 2009 | 28 | cbt | cau | ind | 7 | uk | 74.1 | 0.79 | com | mood | old | + | + | sr | + |
| Serfaty, 2019 | 24 | cbt | cau | ind | 5 | uk | 59.5 | 0.66 | oth | mdd | med | + | + | sr | + |
| Serrano-Selva, 2012 | 100 | lrt | other | ind | 4 | eu | 73.9 | 0.84 | clin | mdd | old | - | - | sr | + |
| Serrano, 2004 | 0 | lrt | cau | ind | 4 | eu | 77.2 | 0.77 | oth | cut | old | - | - | sr | - |
| Shamsaei, 2008 | 100 | cbt | pha | ind | 8 | oth | 36 | 0.86 | clin | mdd | adul | + | - | sr | - |
| Shan, 2022 | 69 | cbt | cau | ind | 10 | eas | 62.8 | 0.64 | oth | modd | med | + | + | + | - |
| Shu, 2022 | 100 | cbt | pha | ind | 8 | eas | 22.7 | 0.59 | clin | mdd | oth | - | - | + | - |
| Sinniah, 2017 | 100 | cbt | cau | ind | 16 | eas | 43.1 | 0.7 | clin | mood | oth | - | - | sr | + |
| Sirey, 2005 | 100 | oth | pha | ind | 5 | us | 73.2 | 0.54 | clin | mdd | old | - | - | + | + |
| Smit, 2006 | 75 | cbt | cau | ind | 14 | eu | 42.8 | 0.64 | clin | mdd | adul | + | + | sr | + |
| Smith, 2017 - i-cbt | 46 | cbt | wl | gsh | 6 | au | 39.9 | 0.82 | com | mdd | adul | + | + | sr | + |
| Songprakun, 2012 | 100 | cbt | cau | gsh | 8 | eas | 42.1 | 0.73 | clin | mdd | adul | + | + | sr | + |
| Souza, 2016 | 100 | ipt | pha | ind | 12 | oth | 49.2 | 0.85 | clin | chr | adul | + | + | + | + |
| Spinelli, 2003 | 0 | ipt | other | ind | 16 | us | 28.8 | 1.00 | com | mdd | ppd | + | - | - | - |
| Spinelli, 2013 | 0 | ipt | other | ind | 12 | us | 29.5 | 1.00 | oth | mdd | ppd | + | - | - | - |
| Spruill, 2021 | 32 | oth | cau | oth | 8 | us | 43.3 | 0.71 | oth | cut | med | + | + | + | + |
| Sreevani, 2013 | 100 | oth | cau | grp | 4 | oth | 28 | 0.6 | clin | mood | adul | + | - | sr | - |
| Strauss, 2012 | 88 | cbt | cau | grp | 9 | uk | 43 | 0.71 | clin | chr | adul | - | - | sr | + |
| Strong, 2008 | 27 | pst | cau | ind | 10 | uk | 56.6 | 0.71 | oth | mdd | med | + | + | sr | + |
| sugg, 2018 | 60 | oth | cau | ind | 8 | uk | 49.2 | 0.61 | com | mdd | adul | + | + | sr | + |
| Swartz, 2008 | 21 | ipt | cau | ind | 9 | us | 42.7 | 1.00 | com | mdd | oth | - | - | - | - |
| Szumska, 2020 | 0 | 3rd | wl | grp | 8 | eu | 32.4 | 0.67 | com | mdd | adul | - | - | sr | - |
| Takagaki, 2016 | 0 | bat | cau | grp | 5 | eas | 18.2 | 0.38 | oth | sub | stud | + | + | sr | + |
| Talbot, 2011 | 61 | ipt | cau | ind | 13 | us | 36 | 1.00 | clin | mdd | oth | - | - | - | + |
| Taylor, 1977 - bat | 0 | bat | wl | ind | 6 | can | 22.4 | 0.71 | com | cut | stud | - | - | sr | - |
| Taylor, 1977 - cbt | 0 | cbt | wl | ind | 6 | can | 22.4 | 0.71 | com | cut | stud | - | - | sr | - |
| Taylor, 1977 - ct | 0 | cbt | wl | ind | 6 | can | 22.4 | 0.71 | com | cut | stud | - | - | sr | - |
| Taylor, 2009 | 39 | cbt | wl | ind | 15 | us | 62.2 | 0.67 | com | cut | med | - | - | + | + |
| Teasdale, 1984 | 68 | cbt | cau | ind | 15 | uk | 37.5 | 0.94 | clin | mdd | adul | - | - | sr | - |
| Teichman, 1995 - ind | 40 | cbt | wl | ind | 13 | oth | 47.9 | 0.53 | clin | mood | adul | - | - | sr | - |
| Teichman, 1995 - mar | 40 | cbt | wl | oth | 13 | oth | 47.9 | 0.53 | clin | mood | adul | - | - | sr | - |
| Thompson, 2001 | 100 | cbt | pha | ind | 18 | us | 66.8 | 0.67 | com | mdd | old | - | - | - | + |
| Tobin, 2017 | 19 | cbt | other | oth | 10 | us | 43.6 | 0.43 | com | cut | med | + | + | sr | + |
| Tomasino, 2017 - icbt | 42 | cbt | wl | gsh | 11 | us | 69.6 | 0.68 | com | cut | old | - | - | sr | - |
| Tomasino, 2017 +peer | 42 | cbt | wl | gsh | 11 | us | 69.6 | 0.68 | com | cut | old | - | - | sr | - |
| Tong, 2019 | 100 | cbt | wl | grp | 8 | eas | 37.7 | 0.72 | clin | mdd | adul | + | - | + | - |
| Tovote, 2014 - cbt | 11 | cbt | wl | ind | 8 | eu | 53.1 | 0.49 | oth | cut | med | + | - | - | + |
| Tovote, 2014 - mbct | 11 | 3rd | wl | ind | 8 | eu | 53.1 | 0.49 | oth | cut | med | + | - | - | + |
| Town, 2017 | 100 | dyn | cau | ind | 16 | can | 41.6 | 0.63 | clin | chr | adul | + | + | + | + |
| Trevillion, 2020 | 0 | cbt | cau | oth | 6,5 | uk |  | 1.00 | com | mood | ppd | + | + | sr | + |
| Turner, 1979 | 0 | bat | other | ind | 5 | us | 24.5 | 0.5 | com | cut | adul | - | - | sr | - |
| Turner, 2013 | 39 | cbt | other | grp | 6 | au | 62 | 0.26 | com | cut | med | + | + | sr | - |
| van Bastelaar, 2011 | 11 | cbt | wl | gsh | 8 | eu | 50 | 0.61 | com | cut | med | + | + | sr | + |
| Van Lieshout, 2021 | 22 | cbt | wl | oth | 1 | can | 31.8 | 1.00 | com | cut | ppd | + | + | + | + |
| van Lieshout, 2022 | 24 | cbt | cau | grp | 9 | can | 30.9 | 1.00 | com | cut | ppd | + | + | sr | + |
| Vazquez, 2013 | 0 | pst | cau | grp | 5 | eu | 53.9 | 1.00 | oth | cut | oth | - | + | sr | + |
| Vazquez, 2017 - bat | 0 | bat | cau | oth | 4 | eu | 58.4 | 0.93 | oth | sub | oth | + | + | sr | + |
| Vazquez, 2017 - cbt | 0 | cbt | cau | oth | 5 | eu | 58.4 | 0.93 | oth | sub | oth | + | + | sr | + |
| Verduyn, 2003 - cbt | 37 | cbt | cau | grp | 16 | uk | 29.8 | 1.00 | oth | cut | oth | - | + | + | - |
| Verduyn, 2003 - sup | 37 | oth | cau | grp | 16 | uk | 29.8 | 1.00 | oth | cut | oth | - | + | + | - |
| Vigod, 2021 | 31 | ipt | wl | grp | 10 | can | 33 | 1.00 | com | cut | ppd | - | - | + | + |
| Wang, 2022 | 100 | cbt | pha | ind | 10 | eas | 28 | 0.73 | clin | mdd | adul | + | + | - | - |
| Watkins, 2012 | 49 | oth | cau | oth | 7 | uk | 43.6 | 0.64 | clin | mood | adul | + | + | + | + |
| Watt, 2000 - Irt-instr | 0 | lrt | other | grp | 6 | can | 68.6 | 0.54 | com | cut | old | - | - | + | - |
| Watt, 2000 - Irt-integr | 0 | lrt | other | grp | 6 | can | 68.6 | 0.54 | com | cut | old | - | - | + | - |
| Weissman, 1979 -ipt | 100 | ipt | pha | ind | 16 | us |  |  | clin | mdd | adul | - | - | + | - |
| Weissman, 1979 -com | 100 | ipt | pla | ind | 16 | us |  |  | clin | mdd | adul | - | - | + | - |
| Wiersma, 2014 | 64 | oth | cau | ind | 24 | eu | 41.6 | 0.6 | clin | chr | adul | + | + | sr | + |
| Wiles, 2013 | 100 | cbt | pha | ind | 11 | uk | 49.6 | 0.74 | clin | chr | adul | + | + | sr | + |
| Williams, 2000 | 0 | pst | other | ind | 6 | us | 71 | 0.41 | com | mood | old | + | + | sr | + |
| Williams, 2013a | 43 | cbt | wl | gsh | 13 | au | 44.8 | 0.76 | com | mdd | adul | + | + | sr | + |
| Williams, 2013b | 58 | cbt | cau | gsh | 2 | uk | 41.8 | 0.68 | clin | cut | adul | - | + | sr | + |
| Williams, 2018 | 49 | cbt | wl | grp | 8 | uk | 46.6 | 0.68 | com | cut | adul | + | + | sr | + |
| Wilson, 1983 - bat | 8 | bat | wl | ind | 8 | au | 39.5 | 0.8 | com | cut | adul | - | - | - | - |
| Wilson, 1983 - cbt | 8 | cbt | wl | ind | 8 | au | 39.5 | 0.8 | com | cut | adul | - | - | - | - |
| Wollersheim, 1991 - cbt | 0 | cbt | wl | grp | 10 | us | 39.4 | 0.72 | com | mdd | adul | - | - | sr | - |
| Wollersheim, 1991 - cbt-bibl | 0 | cbt | wl | gsh | 10 | us | 39.4 | 0.72 | com | mdd | adul | - | - | sr | - |
| Wollersheim, 1991 - sup | 0 | oth | wl | grp | 10 | us | 39.4 | 0.72 | com | mdd | adul | - | - | sr | - |
| Wong, 2008a | 65 | cbt | wl | grp | 10 | eas | 42.7 | 0.78 | com | cut | adul | - | + | sr | + |
| Wong, 2008b | 100 | cbt | wl | grp | 10 | eas | 37.4 | 0.78 | com | mdd | adul | - | + | sr | - |
| Wong, 2018 | 0 | 3rd | cau | grp | 8 | eas | 54 | 0.93 | clin | sub | adul | + | + | sr | + |
| Wright, 2005 - c-cbt | 0 | cbt | wl | gsh | 9 | us | 40.2 | 0.76 | com | mdd | adul | - | - | + | - |
| Wright, 2005 - cbt-ftf | 0 | cbt | wl | ind | 9 | us | 40.2 | 0.76 | com | mdd | adul | - | - | + | - |
| Wright, 2022 | 24 | cbt | cau | gsh | 9 | us | 47 | 0.85 | clin | cut | adul | + | + | sr | + |
| Xie, 2019 | 0 | bat | cau | grp | 8 | eas | 71.9 | 0.59 | oth | cut | old | + | - | sr | - |
| Yang, 2018 | 0 | oth | cau | grp | 11 | eas | 18.5 | 0.6 | oth | mdd | stud | + | - | sr | - |
| Yeung, 2017 | 32 | cbt | wl | gsh | 5 | eas | 33 | 0.77 | clin | cut | adul | + | + | sr | - |
| Zemestani, 2016 - bat | 0 | bat | wl | grp | 8 | oth | 24.2 | 0.61 | oth | mdd | stud | + | - | 2 | + |
| Zemestani, 2016 - mct | 0 | 3rd | wl | grp | 8 | oth | 24.2 | 0.61 | oth | mdd | stud | + | - | 2 | + |
| Zemestani, 2019 | 0 | 3rd | cau | grp | 8 | oth | 29.6 | 1.00 | oth | mood | ppd | + | + | 2 | + |
| zu, 2014 – cbt | 0 | cbt | cau | ind | 20 | eas | 38.5 | 0.51 | clin | mdd | adul | - | - | - | - |
| Zu, 2014 - cbt + ssri | 100 | cbt | pha | ind | 20 | eas | 38.5 | 0.51 | clin | mdd | adul | + | - | + | - |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Abbreviations: 3rd: Third wave therapy; Ac: allocation concealment; Adm: proportion users of antidepressants; adul: adults; Au: Australia; Ba: blinded assessment; Bat: behavioral activation therapy; C: Country; Can: Canada; Cau: care-as-usual; Cbt: cognitive behavior therapy; chr: chronic depression; clin: clinical; com: community; Ctr: type of control group; cut: scoring above a cut-off; Dx: Diagnosis; Dyn: psychodynamic therapy; Eas: East Asia; Eu: Europe; Frm: Format; Grp: group; gsh: guided self-help; Ind: individual; Ipt: interpersonal psychotherapy; Itt: intention-to-treat analyses; Lrt: life review therapy; M age: Mean age; mdd: major depressive disorder; med: general medical patients; mood: mood disorder; Ns: Number of sessions; old: older adults; Oth: other; Pha: pharmacotherapy; ppd: perinatal depression; Prop women: proportion women; Pst: problem-solving therapy; Recr: Recruitment; Sg: sequence generation; sr: self-report; stud: students; sub: subthreshold depression; Sup: non-directive supportive counseling; Tel: telephone; Ther: Type of therapy; Trg grp: Target group; Uk: United Kingdom; Us: United States; Wl: waitlist.

## Appendix C. Regression models of antidepressant use in trials comparing psychotherapy with control groups with baseline severity included

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Coef. | SE | p |
| Proportion antidepressant users (continuous) | | -0.00 | 0.00 | 0.95 |
| Baseline severity | | 0.06 | 0.02 | <0.001 |
| Therapy | Third wave therapies | Ref |  |  |
|  | Behavioral activation | 0.26 | 0.33 | 0.44 |
|  | Cognitive behavior therapy | 0.28 | 0.24 | 0.24 |
|  | Interpersonal psychotherapy | -0.22 | 0.28 | 0.42 |
|  | Problem-solving therapy | 0.44 | 0.41 | 0.29 |
|  | Life review therapy | 0.87 | 0.72 | 0.23 |
|  | Psychodynamic therapy | 0.22 | 0.41 | 0.60 |
|  | Other | 0.08 | 0.26 | 0.76 |
| Control | Care-as-usual | Ref |  |  |
|  | Pharmacotherapy | -0.07 | 0.24 | 0.78 |
|  | Waiting list | 0.52 | 0.17 | <0.01 |
|  | Other control | 0.35 | 0.22 | 0.12 |
| Year (continuous) | | 0.00 | 0.01 | 0.57 |
| Format | Group | Ref |  |  |
|  | Guided self-help | -0.49 | 0.22 | 0.03 |
|  | Individual | -0.20 | 0.15 | 0.20 |
|  | Telephone | 0.08 | 0.33 | 0.82 |
|  | Other/mixed | -0.19 | 0.23 | 0.41 |
| Number of sessions (continuous) | | -0.01 | 0.01 | 0.31 |
| Country | Australia | Ref |  |  |
|  | Canada | -0.30 | 0.32 | 0.35 |
|  | East Asia | 0.26 | 0.37 | 0.48 |
|  | Europe | -0.10 | 0.29 | 0.74 |
|  | United Kingdom | -0.21 | 0.31 | 0.50 |
|  | United States | -0.14 | 0.27 | 0.61 |
|  | Other | 0.24 | 0.31 | 0.45 |
| Mean age (continuous) | | 0.01 | 0.01 | 0.38 |
| Proportion women (continuous) | | 0.31 | 0.35 | 0.38 |
| Recruitment | Clinical |  |  |  |
|  | Community | 0.02 | 0.15 | 0.89 |
|  | Other | 0.09 | 0.21 | 0.66 |
| Diagnosis | Depressive disorder | 0.11 | 0.15 | 0.46 |
|  | Cut-off | Ref |  |  |
|  | Subthreshold depression | 0.27 | 0.39 | 0.49 |
| Target group | Adults | Ref |  |  |
|  | General medical patients | 0.03 | 0.27 | 0.91 |
|  | Older adults | -0.23 | 0.48 | 0.63 |
|  | Perinatal depression | 0.31 | 0.28 | 0.26 |
|  | Students | 0.47 | 0.32 | 0.15 |
|  | Other | 0.14 | 0.18 | 0.44 |
| Low Risk of Bias | Low vs other | -0.33 | 0.14 | 0.02 |

Abbreviations: Coef: coefficient; p: p-value; Ref: reference category; SE: standard error.

## Appendix D. Regression models of antidepressant use in trials comparing psychotherapy with control groups: Zero versus all participants using antidepressants

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Coef | SE | p |  | Coef | SE | p |  | Coef | SE | p |
| ADM use (continuous) | | 0.00 | 0.00 | 0.03 |  | 0.00 | 0.00 | 1.00 |  | 0.00 | 0.00 | 0.66 |
| Baseline severity (continuous) | |  |  |  |  | 0.03 | 0.03 | 0.21 |  |  |  |  |
| Therapy | Third wave |  |  |  |  |  |  |  |  |  |  |  |
|  | BAT |  |  |  |  | 0.14 | 0.50 | 0.78 |  | -0.07 | 0.29 | 0.79 |
|  | CBT |  |  |  |  | 0.25 | 0.39 | 0.53 |  | -0.16 | 0.20 | 0.42 |
|  | IPT |  |  |  |  | 0.03 | 0.44 | 0.94 |  | -0.60 | 0.25 | 0.02 |
|  | PST |  |  |  |  | 0.57 | 0.52 | 0.28 |  | 0.36 | 0.29 | 0.21 |
|  | LRT |  |  |  |  | 2.22 | 1.29 | 0.09 |  | 0.31 | 0.36 | 0.40 |
|  | DYN |  |  |  |  | 0.54 | 0.53 | 0.32 |  | 0.09 | 0.33 | 0.79 |
|  | Other |  |  |  |  | 0.09 | 0.42 | 0.82 |  | -0.40 | 0.22 | 0.07 |
| Control | CAU |  |  |  |  |  |  |  |  |  |  |  |
|  | Other ctr |  |  |  |  | 0.62 | 0.41 | 0.14 |  | -0.04 | 0.19 | 0.84 |
|  | PHA |  |  |  |  | -0.04 | 0.35 | 0.90 |  | -0.28 | 0.21 | 0.19 |
|  | WL |  |  |  |  | 0.61 | 0.32 | 0.06 |  | 0.11 | 0.16 | 0.49 |
| Year (continuous) | |  |  |  |  | 0.01 | 0.01 | 0.27 |  | 0.00 | 0.01 | 0.94 |
| Format | GRP |  |  |  |  |  |  |  |  |  |  |  |
|  | GSH |  |  |  |  | -0.35 | 0.42 | 0.41 |  | 0.04 | 0.23 | 0.86 |
|  | Ind |  |  |  |  | -0.11 | 0.22 | 0.61 |  | -0.10 | 0.14 | 0.47 |
|  | Tel |  |  |  |  | 0.53 | 0.75 | 0.48 |  | 0.10 | 0.32 | 0.77 |
|  | Other/mixed |  |  |  |  | -0.84 | 0.53 | 0.12 |  | -0.16 | 0.27 | 0.54 |
| Number of sessions (continuous) | |  |  |  |  | 0.00 | 0.02 | 0.90 |  | 0.01 | 0.01 | 0.07 |
| Country | Australia |  |  |  |  |  |  |  |  |  |  |  |
|  | Can |  |  |  |  | -0.43 | 0.67 | 0.53 |  | 0.39 | 0.55 | 0.48 |
|  | East Asia |  |  |  |  | -0.58 | 0.74 | 0.44 |  | 0.10 | 0.55 | 0.86 |
|  | Europe |  |  |  |  | -0.57 | 0.67 | 0.40 |  | -0.05 | 0.54 | 0.92 |
|  | Other |  |  |  |  | 0.20 | 0.66 | 0.76 |  | 0.83 | 0.55 | 0.13 |
|  | UK |  |  |  |  | -0.06 | 0.67 | 0.93 |  | 0.00 | 0.56 | 1.00 |
|  | US |  |  |  |  | -0.40 | 0.64 | 0.53 |  | 0.15 | 0.53 | 0.78 |
| Mean age (continuous) | |  |  |  |  | 0.00 | 0.02 | 0.92 |  | 0.01 | 0.01 | 0.23 |
| Proportion women (continuous) | |  |  |  |  | 1.34 | 0.77 | 0.09 |  | 0.49 | 0.35 | 0.17 |
| Recruitment | Clinical |  |  |  |  |  |  |  |  |  |  |  |
|  | Community |  |  |  |  | -0.25 | 0.22 | 0.26 |  | -0.17 | 0.16 | 0.29 |
|  | Other |  |  |  |  | 0.08 | 0.43 | 0.86 |  | 0.09 | 0.23 | 0.71 |
| Diagnosis | Depressive dis |  |  |  |  | 0.31 | 0.26 | 0.23 |  | -0.08 | 0.16 | 0.61 |
|  | Cut-off |  |  |  |  |  |  |  |  |  |  |  |
|  | Subthreshold |  |  |  |  | 1.03 | 0.53 | 0.06 |  | -0.01 | 0.25 | 0.97 |
| Target group | Adults |  |  |  |  |  |  |  |  |  |  |  |
|  | Gen med |  |  |  |  | 0.79 | 0.65 | 0.23 |  | 0.29 | 0.25 | 0.25 |
|  | Older |  |  |  |  | 0.43 | 0.70 | 0.55 |  | -0.30 | 0.34 | 0.38 |
|  | Other |  |  |  |  | 0.35 | 0.24 | 0.15 |  | 0.44 | 0.18 | 0.01 |
|  | PPD |  |  |  |  | 0.12 | 0.56 | 0.84 |  | 0.07 | 0.30 | 0.81 |
|  | Students |  |  |  |  | 1.10 | 0.47 | 0.02 |  | 0.59 | 0.27 | 0.03 |
| Low Risk of Bias | Low vs other |  |  |  |  | -0.72 | 0.24 | 0.00 |  | -0.36 | 0.12 | 0.00 |

Abbreviations: ADM: antidepressant medication; Behav act: behavioral activation; CBT: cognitive behavior therapy; Coef: coefficient; Dis: disorder; Dynamic: psychodynamic therapy; Gen med: general medical patients; GSH: Guided self-help; IPT: interpersonal psychotherapy; k: number of comparisons; P: p-value; Perinatal: perinatal depression; Pharmacoth: pharmacotherapy; Probl. Solv:problem solving therapy; RoB: risk of bias; SE: standard error; UK: United Kingdom; US: United States.