# Supplemental materials

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## Appendix A. References of included studies

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| *Study* | *Reference* |
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## Appendix B. Selected characteristics of included studies

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| study | Ther | Ctr | For-mat | N sess | C | M age | Pr wom | Recr | Dx | Targ  grp | N  arms | N outc | sg | ac | ba | itt | rob | year |
| Aagaard, 2017 | cbt | cau | grp | 8 | eu | 48 | 0.71 | clin | mood | adul | 2 | 1 | + | + | sr | - | 3 | 2017 |
| Abas, 2018 | pst | cau | ind | 5 | oth | 37,8 | 0.66 | oth | cut | med | 2 | 2 | + | + | sr | + | 4 | 2018 |
| Abbas, 2023 | cbt | wl | ind | 9 | oth | 37,3 | 0.55 | clin | cut | med | 2 | 1 | - | - | sr | - | 1 | 2023 |
| Afonso, 2009 | lrt | cau | ind | 5 | eu | 76 | 0.79 | clin | cut | old | 2 | 1 | - | - | + | - | 1 | 2009 |
| Ahmadpanah, 2016 - mdm | 3rd | cau | ind | 8 | oth | 36,49 | 1.00 | oth | cut | med | 3 | 1 | + | + | sr | - | 3 | 2016 |
| Ahmadpanah, 2016 - smt | other psy | cau | grp | 8 | oth | 36,49 | 1.00 | oth | cut | med | 3 | 1 | + | + | sr | - | 3 | 2016 |
| Alhusen, 2021 | cbt | cau | grp | 5 | us | 24,5 | 1.00 | oth | cut | ppd | 2 | 1 | - | - | + | - | 1 | 2021 |
| Allart van Dam, 2003 | cbt | cau | grp | 12 | eu | 45,5 | 0.62 | com | cut | adul | 2 | 1 | - | - | sr | - | 1 | 2003 |
| Amani, 2021 | cbt | wl | grp | 9 | can | 31,55 | 1.00 | com | cut | ppd | 2 | 1 | - | - | + | + | 2 | 2021 |
| Ammerman, 2013 | cbt | cau | ind | 11 | us | 21,9 | 1.00 | oth | mood | ppd | 2 | 3 | - | + | + | + | 3 | 2013 |
| Araya, 2021 - lima | bat | cau | gsh | 18 | oth | 57 | 0.85 | clin | cut | med | 2 | 1 | + | + | + | + | 4 | 2021 |
| Araya, 2021 - sao paulo | bat | cau | gsh | 18 | oth | 57 | 0.85 | clin | cut | med | 2 | 1 | + | + | + | + | 4 | 2021 |
| Arean, 1993 - lrt | lrt | wl | grp | 12 | us | 66,49 | 0.75 | com | mood | old | 3 | 3 | - | - | sr | - | 1 | 1993 |
| Arean, 1993 - pst | pst | wl | grp | 12 | us | 66,49 | 0.75 | com | mood | old | 3 | 3 | - | - | sr | - | 1 | 1993 |
| Au, 2022 | cbt | cau | oth | 12 | eas |  |  | oth | cut | med | 2 | 1 | - | - | sr | - | 1 | 2022 |
| Ayen, 2004 - cbt | cbt | wl | grp | 12 | eu | 51,3 | 1.00 | com | mood | oth | 3 | 2 | - | - | sr | - | 1 | 2004 |
| Ayen, 2004 - sup | sup | wl | grp | 12 | eu | 51,3 | 1.00 | com | mood | oth | 3 | 2 | - | - | sr | - | 1 | 2004 |
| Barnhofer, 2009 | 3rd | cau | grp | 6 | uk | 41,93 | 0.68 | com | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2009 |
| Basirat, 2022 | cbt | cau | grp | 10 | oth | 31,7 | 1.00 | oth | mood | oth | 2 | 1 | + | + | sr | + | 4 | 2022 |
| Baumeister, 2021 | cbt | cau | gsh | 6 | eu | 49,9 | 0.6 | oth | mood | med | 2 | 3 | + | + | + | + | 4 | 2021 |
| Baumgartner, 2021 - alc | cbt | wl | gsh | 4 | eu | 42,8 | 0.48 | com | cut | adul | 3 | 1 | + | + | + | + | 4 | 2021 |
| Baumgartner, 2021 - alc+dep | cbt | wl | gsh | 4 | eu | 42,8 | 0.48 | com | cut | adul | 3 | 1 | + | + | + | + | 4 | 2021 |
| Beach, 1992 - bmt | cbt | wl | oth | 18 | us | 39,14 | 1.00 | com | mood | oth | 3 | 1 | - | - | sr | - | 1 | 1992 |
| Beach, 1992 - cbt | cbt | wl | ind | 18 | us | 39,14 | 1.00 | com | mood | oth | 3 | 1 | - | - | sr | - | 1 | 1992 |
| Bedard, 2014 | 3rd | wl | grp | 10 | can | 46,46 | 0.45 | com | cut | med | 2 | 3 | + | + | sr | - | 3 | 2014 |
| Beeber, 2010 | ipt | cau | ind | 16 | us | 26 | 1.00 | oth | cut | oth | 2 | 1 | + | - | sr | - | 2 | 2010 |
| Bendig, 2021 | cbt | wl | gsh | 3 | eu | 56,4 | 0.35 | oth | cut | med | 2 | 1 | + | + | + | + | 4 | 2021 |
| Berger, 2011 | cbt | wl | gsh | 9 | eu | 38,8 | 0.7 | com | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2011 |
| Beutel, 2014 | dyn | cau | ind | 18 | eu | 51,8 | 1.00 | oth | mood | med | 2 | 1 | + | + | + | + | 4 | 2014 |
| Bilich, 2008 | cbt | wl | gsh | 8 | au | 41,52 | 0.64 | com | cut | adul | 2 | 2 | + | - | sr | - | 2 | 2008 |
| Boele, 2018 | pst | wl | gsh | 5 | eu | 44,9 | 0.55 | com | cut | med | 2 | 1 | + | + | sr | + | 4 | 2018 |
| Boeschoten, 2017 | pst | wl | gsh | 5 | eu | 48,9 | 0.8 | com | cut | med | 2 | 1 | + | + | sr | + | 4 | 2017 |
| Bohlmeijer, 2011 | 3rd | wl | grp | 7 | eu | 49,02 | 0.82 | com | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2011 |
| Bolton, 2003 | ipt | cau | grp | 16 | oth | 45,23 | 0.51 | oth | mood | adul | 2 | 1 | + | - | + | + | 3 | 2003 |
| Bower, 2021 | other psy | wl | grp | 5 | us | 45,4 | 1.00 | oth | cut | med | 2 | 1 | - | - | + | + | 2 | 2021 |
| Bowman, 1995 - cbt | cbt | wl | gsh | 4 | us | 36,2 | 0.63 | com | cut | adul | 3 | 2 | - | - | sr | - | 1 | 1995 |
| Bowman, 1995 - set | pst | wl | gsh | 4 | us | 36,2 | 0.63 | com | cut | adul | 3 | 2 | - | - | sr | - | 1 | 1995 |
| Brown, 1984 - grp | cbt | wl | grp | 12 | us | 36,5 | 0.7 | com | mood | adul | 4 | 2 | - | - | sr | - | 1 | 1984 |
| Brown, 1984 - ind | cbt | wl | ind | 12 | us | 36,5 | 0.7 | com | mood | adul | 4 | 2 | - | - | sr | - | 1 | 1984 |
| Brown, 1984 - tel | cbt | wl | gsh | 12 | us | 36,5 | 0.7 | com | mood | adul | 4 | 2 | - | - | sr | - | 1 | 1984 |
| Buhrman, 2015 | cbt | wl | gsh | 6 | eu | 50,69 | 0.85 | com | cut | med | 2 | 1 | + | + | sr | + | 4 | 2015 |
| Buntrock, 2015 | other psy | cau | gsh | 5 | eu | 45 | 0.74 | com | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2015 |
| Burns, 2007 | other psy | cau | ind | 6 | uk | 81,1 | 0.77 | oth | cut | med | 2 | 1 | + | + | sr | + | 4 | 2007 |
| Burns, 2013 | cbt | cau | ind | 12 | uk | 29,15 | 1.00 | oth | cut | ppd | 2 | 3 | + | + | sr | + | 4 | 2013 |
| Carlbring, 2013 | 3rd | wl | gsh | 5 | eu | 44,4 | 0.83 | com | mood | adul | 2 | 2 | + | + | sr | + | 4 | 2013 |
| Carr, 2017 | cbt | cau | grp | 20 | eu | 41 | 0.66 | clin | mood | adul | 2 | 3 | - | - | + | + | 2 | 2017 |
| Carta, 2012 | cbt | cau | ind | 12 | eu | 42,48 | 0.66 | clin | mood | adul | 2 | 1 | - | - | sr | - | 1 | 2012 |
| Casanas, 2012 | cbt | cau | grp | 9 | eu | 53,38 | 0.89 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2012 |
| Castonguay, 2004 | cbt | wl | ind | 16 | us | 38,8 | 0.75 | com | mood | adul | 2 | 2 | - | - | sr | - | 1 | 2004 |
| Chan, 2012 - cbt | cbt | wl | grp | 10 | eas | 46,43 | 0.82 | clin | mood | adul | 3 | 2 | - | + | + | - | 2 | 2012 |
| Chan, 2012 - dmbi | cbt | wl | grp | 10 | eas | 46,43 | 0.82 | clin | mood | adul | 3 | 2 | - | + | sr | - | 2 | 2012 |
| Chan, 2013 | lrt | cau | ind | 5 | eas | 69,7 | 0.81 | oth | cut | old | 2 | 1 | + | - | sr | + | 3 | 2013 |
| Chen, 2000 | sup | cau | grp | 4 | eas | 29,1 | 1.00 | oth | cut | ppd | 2 | 1 | - | - | sr | - | 1 | 2000 |
| Chesney, 2003 | other psy | wl | grp | 10 | us | 39 | 0.00 | com | cut | med | 2 | 1 | - | - | sr | - | 1 | 2003 |
| Chiang, 2015 | cbt | cau | grp | 12 | eas | 46,14 | 0.63 | clin | mood | adul | 2 | 2 | + | + | + | - | 3 | 2015 |
| Cho, 2008 | cbt | cau | ind | 9 | eas | 29,62 | 1.00 | oth | mood | ppd | 2 | 1 | - | - | sr | - | 1 | 2008 |
| Choi, 2012 | cbt | wl | gsh | 6 | au | 39 | 0.8 | com | mood | oth | 2 | 3 | + | + | sr | + | 4 | 2012 |
| Chowdhary, 2016 | bat | cau | ind | 7 | oth | 40,57 | 0.69 | oth | cut | adul | 2 | 1 | + | - | sr | + | 3 | 2016 |
| Choy, 2016 | lrt | wl | grp | 6 | eas | 78,66 | 0.65 | oth | cut | old | 2 | 1 | - | - | sr | - | 1 | 2016 |
| Clark, 2003 - ipt | ipt | wl | grp | 12 | us | 31,42 | 1.00 | com | mood | ppd | 3 | 2 | - | - | sr | - | 1 | 2003 |
| Clark, 2003 -m-itg | other psy | wl | grp | 12 | us | 31,42 | 1.00 | com | mood | ppd | 3 | 2 | - | - | sr | - | 1 | 2003 |
| Clark, 2008 | other psy | wl | grp | 12 | us | 30,86 | 1.00 | com | mood | ppd | 2 | 1 | - | - | sr | - | 1 | 2008 |
| Cohen, 2010 | other psy | wl | oth | 5 | us | 43,2 | 1.00 | com | mood | oth | 2 | 2 | - | - | + | - | 1 | 2010 |
| Cooper, 2003 - cbt | cbt | cau | ind | 10 | uk | 27,69 | 1.00 | oth | mood | ppd | 4 | 1 | + | + | sr | + | 4 | 2003 |
| Cooper, 2003 - dyn | dyn | cau | ind | 10 | uk | 27,69 | 1.00 | oth | mood | ppd | 4 | 1 | + | + | sr | + | 4 | 2003 |
| Cooper, 2003 - sup | sup | cau | ind | 10 | uk | 27,69 | 1.00 | oth | mood | ppd | 4 | 1 | + | + | sr | + | 4 | 2003 |
| Cramer, 2011 | cbt | cau | grp | 12 | uk | 42,47 | 1.00 | com | cut | oth | 2 | 1 | + | - | sr | + | 3 | 2011 |
| De Groot, 2019 | cbt | cau | ind | 10 | us | 56 | 0.77 | com | mood | med | 2 | 1 | + | + | sr | + | 4 | 2019 |
| De Jong, 2018 | 3rd | wl | grp | 7 | us | 50,7 | 0.75 | com | mood | med | 2 | 2 | - | - | - | + | 1 | 2018 |
| Dekker, 2012 | cbt | cau | ind | 1 | us | 66 | 0.74 | oth | cut | med | 2 | 1 | + | + | sr | + | 4 | 2012 |
| Demir, 2022 | cbt | cau | grp | 6 | oth | 20,1 | 0.937 | oth | cut | stud | 2 | 1 | + | + | sr | - | 3 | 2022 |
| Dennis, 2020 | ipt | cau | tel | 12 | can |  | 1.00 | com | mood | ppd | 2 | 1 | + | - | sr | - | 2 | 2020 |
| Desautels, 2018 | cbt | wl | ind | 8 | can | 57,1 | 1.00 | oth | cut | med | 2 | 3 | + | + | + | + | 4 | 2018 |
| Dimidjian, 2017 | bat | cau | oth | 10 | us | 28,75 | 1.00 | oth | cut | ppd | 2 | 1 | + | + | sr | + | 4 | 2017 |
| Dindo, 2012 | 3rd | wl | grp | 1 | us | 32,8 | 0.93 | oth | mood | med | 2 | 2 | - | - | + | + | 2 | 2012 |
| Dobkin, 2011 | cbt | cau | ind | 10 | us | 64,56 | 0.4 | com | mood | med | 2 | 2 | + | - | sr | + | 3 | 2011 |
| Dobkin, 2020 | cbt | cau | tel | 10 | us | 65,62 | 0.54 | oth | mood | med | 2 | 2 | + | + | sr | + | 4 | 2020 |
| Dobkin, 2021 | cbt | cau | tel | 10 | us | 66,84 | 0.00 | com | mood | med | 2 | 2 | + | + | + | + | 4 | 2021 |
| Doering, 2013 | cbt | cau | ind | 8 | us | 63,62 | 0.31 | oth | mood | med | 2 | 1 | + | - | sr | + | 3 | 2013 |
| Dong, 2019 | lrt | cau | tel | 6 | eas | 59,1 | 0.5 | oth | cut | med | 2 | 2 | + | + | + | + | 4 | 2019 |
| Dowrick, 2000 | pst | cau | ind | 6 | eu | 44,9 | 0.65 | oth | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2000 |
| Duarte, 2009 | cbt | cau | grp | 12 | oth | 53,23 | 0.59 | oth | mood | med | 2 | 2 | + | + | sr | + | 4 | 2009 |
| Dwight-Johnson, 2011 | cbt | cau | tel | 5 | us | 39,81 | 0.78 | oth | cut | oth | 2 | 2 | + | - | sr | + | 3 | 2011 |
| Ebert, 2014 | pst | wl | gsh | 5 | eu | 47,1 | 0.83 | com | cut | oth | 2 | 1 | + | + | sr | + | 4 | 2014 |
| Ebert, 2018 | other psy | wl | gsh | 5 | eu | 44,2 | 0.8 | com | cut | adul | 2 | 3 | + | + | + | + | 4 | 2018 |
| Ede, 2020 | cbt | wl | grp | 12 | oth |  | 0.56 | oth | cut | stud | 2 | 1 | + | - | sr | + | 3 | 2020 |
| Ekers, 2011 | bat | wl | ind | 12 | uk | 44,72 | 0.62 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2011 |
| Ekkers, 2011 | cbt | cau | grp | 7 | eu | 72,7 | 0.77 | clin | mood | old | 2 | 2 | - | + | sr | - | 2 | 2011 |
| Embling, 2002 | cbt | wl | grp | 12 | uk |  |  | clin | mood | adul | 2 | 1 | - | - | sr | + | 2 | 2002 |
| Eseadi, 2018 | cbt | cau | grp | 12 | oth | 35,3 | 0.00 | oth | cut | oth | 2 | 1 | - | - | sr | + | 2 | 2018 |
| Eseadi, 2022 | cbt | wl | ind | 12 | oth | 18,7 | 0.37 | oth | cut | stud | 2 | 1 | + | + | sr | + | 4 | 2022 |
| Euteneuer, 2017 - cbt-c | cbt | wl | ind | 16 | eu | 37,3 | 0.49 | com | mood | adul | 3 | 1 | + | - | sr | + | 3 | 2017 |
| Euteneuer, 2017 - cbt-e | cbt | wl | ind | 16 | eu | 37,3 | 0.49 | com | mood | adul | 3 | 1 | + | - | sr | + | 3 | 2017 |
| Euteneuer, 2022 | cbt | wl | ind | 14 | eu | 30,31 | 0.6 | com | mood | adul | 2 | 2 | + | - | sr | + | 3 | 2022 |
| Ewais, 2021 | 3rd | wl | ind | 8 | au | 22 | 0.63 | clin | mood | med | 2 | 1 | + | + | sr | + | 4 | 2021 |
| Fann, 2015 - ftf | cbt | cau | ind | 9 | us | 45,8 | 0.37 | com | mood | med | 3 | 2 | + | - | + | - | 2 | 2015 |
| Fann, 2015 - tel | cbt | cau | tel | 10 | us | 45,8 | 0.37 | com | mood | med | 3 | 2 | + | - | + | - | 2 | 2015 |
| Faramarzi, 2008 | cbt | cau | grp | 10 | oth | 28,35 | 1.00 | oth | cut | oth | 2 | 1 | - | - | sr | - | 1 | 2008 |
| Fledderus, 2012 - act-e | 3rd | wl | gsh | 9 | eu | 42 | 0.7 | com | cut | adul | 3 | 1 | + | - | sr | + | 3 | 2012 |
| Fledderus, 2012 - act-m | 3rd | wl | gsh | 9 | eu | 42 | 0.7 | com | cut | adul | 3 | 1 | + | - | sr | + | 3 | 2012 |
| Floyd, 2004 - gsh | cbt | wl | gsh | 4 | us | 68 | 0.76 | com | mood | old | 3 | 2 | - | - | + | - | 1 | 2004 |
| Floyd, 2004 - ind | cbt | wl | ind | 16 | us | 68 | 0.76 | com | mood | old | 3 | 2 | - | - | + | - | 1 | 2004 |
| Folke, 2012 | 3rd | cau | oth | 6 | eu | 43,24 | 0.88 | oth | mood | oth | 2 | 1 | - | - | sr | + | 2 | 2012 |
| Fonagy, 2015 | dyn | cau | ind | 60 | uk | 44,33 | 0.66 | clin | mood | adul | 2 | 2 | + | + | + | + | 4 | 2015 |
| Forand, 2018 | cbt | wl | gsh | 6 | us | 33 | 0.75 | com | cut | adul | 2 | 2 | + | - | - | + | 2 | 2018 |
| Forsell, 2017 | cbt | cau | gsh | 5 | eu | 31,01 | 1.00 | com | mood | ppd | 2 | 2 | + | + | sr | + | 4 | 2017 |
| Frangou, 2021 | cbt | cau | ind | 3 | uk | 60 | 1.00 | oth | cut | med | 2 | 1 | - | + | + | + | 3 | 2021 |
| Freedland, 2009 - cbt | cbt | cau | ind | 11 | us | 60,65 | 0.5 | oth | mood | med | 3 | 2 | + | + | sr | + | 4 | 2009 |
| Freedland, 2009 - sup | sup | cau | ind | 8 | us | 60,65 | 0.5 | oth | mood | med | 3 | 2 | + | + | sr | + | 4 | 2009 |
| Freedland, 2015 | cbt | cau | ind | 11 | us | 55,8 | 0.46 | oth | mood | med | 2 | 3 | + | + | + | + | 4 | 2015 |
| Fuhr, 2019 | cbt | cau | ind | 10 | oth | 25,18 | 1.00 | oth | cut | ppd | 2 | 1 | - | + | sr | + | 3 | 2019 |
| Funderburk, 2021 | bat | cau | ind | 4 | us | 53 | 0.09 | clin | cut | oth | 2 | 1 | - | + | + | + | 3 | 2021 |
| Furukawa, 2012 | cbt | wl | tel | 7 | eas | 39,35 | 0.22 | oth | cut | oth | 2 | 2 | + | + | sr | + | 4 | 2012 |
| Garcia-Pena, 2015 | cbt | cau | grp | 12 | oth | 70,8 | 0.83 | clin | cut | old | 2 | 1 | + | - | sr | - | 2 | 2015 |
| Gawrysiak, 2009 | bat | cau | ind | 1 | us | 18,4 | 0.8 | com | cut | stud | 2 | 1 | - | - | sr | + | 2 | 2009 |
| Gellis, 2008 | pst | cau | ind | 6 | us | 77,4 | 0.87 | oth | cut | med | 2 | 2 | + | - | + | - | 2 | 2008 |
| Gellis, 2010 | pst | cau | ind | 6 | us | 75,9 | 0.92 | oth | cut | med | 2 | 2 | - | + | sr | - | 2 | 2010 |
| Geraedts, 2014 | cbt | cau | gsh | 6 | eu | 43,4 | 0.62 | oth | cut | oth | 2 | 1 | + | + | sr | + | 4 | 2014 |
| Ghorbani, 2021 | 3rd | wl | grp | 8 | oth | 45 | 1.00 | oth | cut | med | 2 | 1 | - | - | + | - | 1 | 2021 |
| Gibbons, 2012 | dyn | cau | ind | 7 | us | 41,23 | 0.87 | clin | cut | adul | 2 | 2 | - | - | - | - | 0 | 2012 |
| Gitlin, 2013 | other psy | wl | ind | 8 | us | 69,6 | 0.78 | com | cut | old | 2 | 2 | + | + | sr | + | 4 | 2013 |
| Goodman, 2015 | other psy | cau | ind | 8 | us | 30,7 | 1.00 | oth | cut | ppd | 2 | 1 | - | + | sr | + | 3 | 2015 |
| Greenberg, 2018 | 3rd | wl | grp | 7 | us | 38,5 | 0.63 | com | cut | adul | 2 | 2 | - | - | + | - | 1 | 2018 |
| Grote, 2009 | ipt | cau | ind | 8 | us | 24,51 | 1.00 | oth | cut | ppd | 2 | 2 | - | - | sr | + | 2 | 2009 |
| Gureje, 2022 | other psy | cau | ind | 6 | oth | 18 | 1.00 | oth | mood | ppd | 2 | 1 | + | + | + | + | 4 | 2022 |
| Hagen, 2017 | 3rd | wl | ind | 10 | eu | 33,7 | 0.49 | com | mood | adul | 2 | 1 | + | - | sr | + | 3 | 2017 |
| Hallford, 2016 | lrt | cau | ind | 6 | au | 20,8 | 0.5 | clin | cut | oth | 2 | 1 | - | + | sr | + | 3 | 2016 |
| Hallgren, 2015 | cbt | cau | gsh | 8 | eu | 43 | 0.73 | clin | cut | adul | 2 | 1 | + | + | + | - | 3 | 2015 |
| Hamamci, 2006 - cbt | cbt | cau | grp | 11 | oth | 19,52 | 0.48 | com | cut | stud | 3 | 1 | - | - | sr | - | 1 | 2006 |
| Hamamci, 2006 - cbt+dr | cbt | cau | grp | 11 | oth | 19,52 | 0.48 | com | cut | stud | 3 | 1 | - | - | sr | - | 1 | 2006 |
| Hamdan-Mansour, 2009 | cbt | cau | grp | 10 | oth |  | 0.45 | com | cut | stud | 2 | 1 | + | + | sr | - | 3 | 2009 |
| Han, 2020 - cbt | cbt | wl | grp | 10 | eas | 46,94 | 0.77 | clin | mood | adul | 3 | 2 | + | + | + | - | 3 | 2020 |
| Han, 2020 - mbt | other psy | wl | grp | 10 | eas | 47,06 | 0.88 | clin | mood | adul | 3 | 2 | + | + | + | - | 3 | 2020 |
| Haringsma, 2006 | cbt | wl | grp | 9 | eu | 64,2 | 0.69 | com | cut | old | 2 | 2 | - | - | sr | + | 2 | 2005 |
| Harley, 2008 | 3rd | wl | grp | 14 | us | 41,8 | 0.75 | clin | mood | adul | 2 | 2 | - | - | sr | - | 1 | 2008 |
| Hashemi, 2022 | 3rd | cau | grp | 8 | oth | 40 |  | clin | cut | adul | 2 | 1 | - | - | sr | - | 1 | 2022 |
| Hassiotis, 2013 | cbt | cau | ind | 12 | uk | 36 | 0.63 | oth | cut | oth | 2 | 1 | - | + | sr | + | 3 | 2013 |
| Hautzinger, 2004 | cbt | wl | grp | 12 | eu | 68,53 | 0.79 | com | mood | old | 2 | 3 | + | - | sr | + | 3 | 2004 |
| Hayman, 1980 | other psy | wl | grp | 8 | us | 21,3 | 1.00 | com | cut | adul | 2 | 1 | + | - | sr | - | 2 | 1980 |
| Heckman, 2013 - cet | other psy | cau | oth | 6 | us | 59 | 0.39 | oth | cut | med | 3 | 1 | + | - | sr | + | 3 | 2013 |
| Heckman, 2013 - segt | other psy | cau | oth | 7 | us | 59 | 0.39 | oth | cut | med | 3 | 1 | + | - | sr | + | 3 | 2013 |
| Heckman, 2017 | ipt | cau | tel | 8 | us | 51,9 | 0.37 | com | mood | med | 2 | 1 | + | - | sr | + | 3 | 2017 |
| Hemanny, 2019 - ba | bat | cau | ind | 12 | oth | 39,7 | 0.86 | com | mood | adul | 3 | 2 | + | - | sr | + | 3 | 2019 |
| Hemanny, 2019 - tbct | cbt | cau | ind | 12 | oth | 39,7 | 0.86 | com | mood | adul | 3 | 2 | + | - | sr | + | 3 | 2019 |
| Hermanns, 2015 | cbt | cau | grp | 5 | eu | 43,3 | 0.57 | oth | cut | med | 2 | 2 | - | + | sr | + | 3 | 2015 |
| Herrmann-Lingen, 2016 | dyn | cau | oth | 16 | eu | 59,2 | 0.21 | oth | cut | med | 2 | 1 | + | - | sr | + | 3 | 2016 |
| Hoifodt, 2013 | cbt | wl | gsh | 4 | eu | 36,1 | 0.73 | clin | cut | adul | 2 | 2 | + | - | sr | + | 3 | 2013 |
| Holden, 1989 | sup | cau | ind | 8 | uk | 26 | 1.00 | oth | mood | ppd | 2 | 1 | + | - | + | - | 2 | 1989 |
| Honey, 2002 | cbt | cau | grp | 8 | uk | 27,92 | 1.00 | oth | cut | ppd | 2 | 1 | - | - | sr | + | 2 | 2002 |
| Horrell, 2014 | cbt | wl | grp | 4 | uk | 44,1 | 0.8 | com | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2014 |
| Hou, 2014 | cbt | cau | oth | 19 | eas | 28 | 1.00 | oth | mood | ppd | 2 | 1 | - | - | sr | - | 1 | 2014 |
| Hsiao, 2014 | other psy | cau | grp | 8 | eas |  | 0.71 | clin | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2014 |
| Huang, 2016 | cbt | cau | grp | 12 | eas | 56,43 | 0.52 | oth | cut | med | 2 | 1 | - | - | sr | - | 1 | 2016 |
| Hum, 2019 | 3rd | wl | oth | 8 | can | 35,51 | 0.71 | com | cut | med | 2 | 1 | + | - | sr | + | 3 | 2019 |
| Hummel, 2017 | cbt | wl | grp | 13 | eu | 81,94 | 0.8 | oth | cut | med | 2 | 2 | + | - | + | + | 3 | 2017 |
| Hunter, 2012 | cbt | cau | grp | 18 | us | 35,16 | 0.48 | clin | cut | oth | 2 | 1 | - | - | sr | + | 2 | 2012 |
| Husain, 2017 | cbt | cau | grp | 6 | oth | 27,73 | 1.00 | oth | mood | ppd | 2 | 2 | - | + | + | + | 3 | 2017 |
| Husain, 2021a | cbt | cau | grp | 8 | oth |  | 1.00 | oth | mood | ppd | 2 | 2 | - | - | + | - | 1 | 2021 |
| Husain, 2021b | cbt | cau | grp | 10 | oth | 27 | 1.00 | oth | mood | ppd | 2 | 2 | + | - | - | - | 1 | 2021 |
| Jalali, 2019 | other psy | wl | grp | 11 | oth | 31,78 | 0.00 | oth | cut | oth | 2 | 1 | - | - | sr | - | 1 | 2019 |
| Jamison, 1995 | cbt | wl | gsh | 4 | us | 38 | 0.84 | com | mood | adul | 2 | 2 | - | - | sr | - | 1 | 1995 |
| Jesse, 2015 | cbt | cau | grp | 6 | us | 25,05 | 1.00 | oth | cut | ppd | 2 | 2 | + | + | sr | - | 3 | 2015 |
| Jiang, 2014 | other psy | cau | oth | 18 | eas | 27,3 | 1.00 | oth | cut | ppd | 2 | 1 | + | - | sr | - | 2 | 2014 |
| Johansson, 2012a | dyn | wl | gsh | 9 | eu | 45,6 | 0.75 | com | mood | adul | 2 | 3 | + | + | sr | + | 4 | 2012 |
| Johansson, 2012b - stand | cbt | wl | gsh | 6,46 | eu | 44,7 | 0.71 | com | mood | adul | 3 | 2 | + | + | sr | - | 3 | 2012 |
| Johansson, 2012b - tail | cbt | wl | gsh | 7,72 | eu | 44,7 | 0.71 | com | mood | adul | 3 | 2 | + | + | sr | - | 3 | 2012 |
| Johansson, 2019 | cbt | wl | gsh | 6 | eu | 39 | 0.57 | clin | mood | adul | 2 | 2 | + | + | sr | + | 4 | 2019 |
| Johnson, 2019 | ipt | cau | oth | 24 | us | 39 | 0.35 | oth | mood | oth | 2 | 2 | + | + | + | + | 4 | 2019 |
| Joling, 2011 | cbt | cau | gsh | 3 | eu | 81,45 | 0.74 | oth | cut | old | 2 | 1 | + | + | sr | + | 4 | 2011 |
| Jordans, 2019 | bat | cau | ind | 4 | oth |  | 0.85 | oth | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2019 |
| Kamga, 2017 | cbt | wl | gsh | 8 | can | 76 | 0.63 | oth | cut | med | 2 | 1 | + | + | sr | + | 4 | 2017 |
| Kanter, 2015 | bat | cau | ind | 8 | us | 38,1 | 0.79 | clin | mood | oth | 2 | 2 | + | - | + | + | 3 | 2015 |
| Keeley, 2016 | other psy | cau | ind | 4 | us | 47,5 | 0.71 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2016 |
| Kemmeren, 2023 | cbt | cau | oth | 19 | eu | 39,3 | 0.68 | clin | mood | adul | 2 | 2 | + | + | sr | + | 4 | 2023 |
| Kenter, 2016 | pst | wl | gsh | 5 | eu | 38 | 0.54 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2016 |
| Kessler, 2009 | cbt | wl | oth | 10 | uk | 34,9 | 0.68 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2009 |
| Khazraee, 2023 | 3rd | wl | ind | 8 | oth | 32,06 | 1.00 | clin | mood | adul | 2 | 1 | + | + | sr | - | 3 | 2023 |
| Khoshbooii, 2021 - grp | cbt | wl | grp | 16 | oth | 49 | 1.00 | oth | cut | oth | 3 | 1 | - | - | + | - | 1 | 2021 |
| Khoshbooii, 2021 - ind | cbt | wl | ind | 8 | oth | 49 | 1.00 | oth | cut | oth | 3 | 1 | - | - | + | - | 1 | 2021 |
| Kim, 2018 | cbt | cau | oth | 7 | eas | 48 | 1.00 | oth | cut | med | 2 | 2 | + | - | sr | - | 2 | 2018 |
| King, 2000 - cbt | cbt | cau | ind | 6 | uk | 37,5 | 0.77 | clin | cut | adul | 3 | 1 | - | + | sr | + | 3 | 2000 |
| King, 2000 - sup | sup | cau | ind | 6 | uk | 37,5 | 0.77 | clin | cut | adul | 3 | 1 | - | + | sr | + | 3 | 2000 |
| Kivi, 2014 | cbt | cau | gsh | 5 | eu | 36,6 | 0.57 | clin | mood | adul | 2 | 1 | - | + | sr | - | 2 | 2014 |
| Korrelboom, 2012 | other psy | wl | grp | 8 | eu | 40,9 | 0.8 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2012 |
| Korte, 2012 | lrt | wl | grp | 8 | eu | 63,3 | 0.77 | com | cut | old | 2 | 1 | + | + | sr | + | 4 | 2012 |
| Kramer, 2014 | other psy | wl | oth | 5 | eu | 19,5 | 0.79 | com | cut | adol&yadul | 2 | 1 | + | + | sr | + | 4 | 2014 |
| Kramer, 2021 | cbt | wl | gsh | 4 | eu | 36,3 | 0.78 | clin | cut | adul | 2 | 1 | + | - | + | + | 3 | 2021 |
| Laidlaw, 2008 | cbt | cau | ind | 8 | uk | 74,03 | 0.73 | clin | mood | old | 2 | 3 | + | + | + | - | 3 | 2008 |
| Lamers, 2010 | cbt | cau | ind | 4 | eu | 70,7 | 0.47 | oth | mood | med | 2 | 1 | + | + | sr | + | 4 | 2010 |
| Lamers, 2015 | lrt | wl | gsh | 7 | eu | 56,94 | 0.77 | com | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2015 |
| Landreville, 1997 | cbt | wl | gsh | 4 | can | 72 | 0.87 | com | cut | old | 2 | 3 | - | - | sr | - | 1 | 1997 |
| Lappalainen, 2015 | 3rd | wl | gsh | 6 | eu | 51,9 | 0.72 | com | mood | adul | 2 | 1 | - | + | sr | + | 3 | 2015 |
| Larcombe, 1984 | cbt | wl | grp | 6 | au | 42,5 | 0.68 | com | mood | med | 2 | 2 | - | - | sr | - | 1 | 1984 |
| Lee, 2021 | bat | cau | grp | 10 | eas | 37 | 0.58 | clin | mood | adul | 2 | 2 | + | + | + | + | 4 | 2021 |
| Lenze, 2017 | ipt | cau | ind | 8 | us | 26,64 | 1.00 | com | mood | ppd | 2 | 1 | + | + | sr | + | 4 | 2017 |
| Lenze, 2020 | ipt | cau | ind | 9 | us | 26 | 1.00 | com | mood | ppd | 2 | 1 | + | + | sr | + | 4 | 2020 |
| Lerner, 2015 | cbt | cau | tel | 8 | us | 54,7 | 0.72 | oth | mood | oth | 2 | 1 | + | - | sr | + | 3 | 2015 |
| Leung, 2013 | cbt | cau | grp | 6 | eas |  | 1.00 | oth | cut | ppd | 2 | 2 | - | - | sr | + | 2 | 2013 |
| Lexis, 2011 | pst | cau | ind | 8 | eu | 47,74 | 0.39 | oth | cut | oth | 2 | 2 | + | - | sr | + | 3 | 2011 |
| Liu, 2009 | cbt | wl | gsh | 8 | eas | 26,4 | 0.73 | com | cut | adul | 2 | 1 | - | - | sr | + | 2 | 2009 |
| Liu, 2021 | cbt | cau | ind | 6 | eas | 27 | 1.00 | oth | cut | ppd | 2 | 2 | + | + | + | - | 3 | 2021 |
| Lloyd-Williams, 2018 | other psy | cau | ind | 1 | uk | 65,1 | 0.71 | oth | cut | med | 2 | 1 | - | + | sr | + | 3 | 2018 |
| Lök, 2019 | lrt | cau | grp | 8 | oth |  | 0.57 | oth | cut | med | 2 | 1 | + | + | - | + | 3 | 2019 |
| Lovell, 2008 | cbt | cau | ind | 4 | uk | 37,6 | 0.74 | clin | cut | adul | 2 | 2 | - | + | sr | + | 3 | 2008 |
| Lund, 2020 | other psy | cau | ind | 6 | oth | 27 | 1.00 | oth | cut | ppd | 2 | 1 | + | + | + | + | 4 | 2020 |
| Lundgren, 2016 | cbt | wl | gsh | 4 | eu | 62,9 | 0.42 | oth | cut | med | 2 | 1 | + | + | sr | + | 4 | 2016 |
| Lustman, 1998 | cbt | cau | ind | 10 | us | 54,83 | 0.6 | com | mood | med | 2 | 1 | + | + | sr | + | 4 | 1998 |
| Lynch, 1997 | pst | cau | tel | 6 | us | 48,3 | 0.86 | clin | cut | adul | 2 | 1 | - | - | + | - | 1 | 1997 |
| Lynch, 2004 | pst | cau | tel | 6 | us | 38,5 | 0.83 | clin | cut | adul | 2 | 2 | - | - | sr | - | 1 | 2004 |
| Lynch, 2020 | other psy | cau | oth | 43 | uk |  | 0.66 | clin | mood | adul | 2 | 2 | + | + | + | + | 4 | 2020 |
| MacPherson, 2013 | sup | cau | ind | 8 | uk | 43,5 | 0.73 | clin | cut | adul | 2 | 2 | + | + | sr | + | 4 | 2013 |
| Mahmoodi, 2021 - cbt-p | cbt | wl | ind | 12 | oth | 27 | 0.53 | clin | cut | adul | 3 | 1 | + | + | + | - | 3 | 2021 |
| Mahmoodi, 2021 - up | cbt | wl | ind | 12 | oth | 27 | 0.53 | clin | cut | adul | 3 | 1 | + | + | + | - | 3 | 2021 |
| Maina, 2005 - dyn | dyn | wl | ind | 20 | eu | 36,8 | 0.63 | clin | mood | adul | 3 | 1 | - | - | + | + | 2 | 2005 |
| Maina, 2005 - sup | sup | wl | ind | 19 | eu | 36,8 | 0.63 | clin | mood | adul | 3 | 1 | - | - | + | + | 2 | 2005 |
| Malouff, 1988 - pst | pst | wl | grp | 4 | us | 39,08 | 0.66 | com | cut | oth | 3 | 2 | - | - | sr | - | 1 | 1988 |
| Malouff, 1988 - ret | cbt | wl | grp | 4 | us | 39,08 | 0.66 | com | cut | oth | 3 | 2 | - | - | sr | - | 1 | 1988 |
| Martin, 2015 | cbt | wl | ind | 12 | au | 40,64 | 0.74 | com | mood | med | 2 | 2 | + | + | sr | - | 3 | 2015 |
| Matsuzaka, 2017 | ipt | cau | ind | 4 | oth | 43,84 | 0.94 | clin | mood | adul | 2 | 2 | + | + | + | + | 4 | 2017 |
| McClay, 2015 | cbt | wl | grp | 4 | uk | 43,7 | 0.65 | com | cut | adul | 2 | 1 | - | + | sr | - | 2 | 2015 |
| McCusker, 2021 | cbt | wl | gsh | 8 | can | 58 | 0.79 | com | cut | med | 2 | 1 | + | - | + | + | 3 | 2021 |
| McIndoo, 2016 - bat | bat | wl | ind | 4 | us | 19,2 | 0.62 | com | cut | stud | 3 | 2 | + | - | - | + | 2 | 2016 |
| McIndoo, 2016 - mbt | 3rd | wl | ind | 4 | us | 19,2 | 0.62 | com | cut | stud | 3 | 2 | + | - | - | + | 2 | 2016 |
| McKee, 2006 | cbt | cau | ind | 5 | us | 24,42 | 1.00 | oth | cut | ppd | 2 | 1 | - | - | sr | - | 1 | 2006 |
| Mennen, 2021 | ipt | cau | grp | 12 | us | 33 | 1.00 | oth | cut | ppd | 2 | 1 | + | - | + | + | 3 | 2021 |
| Michalak, 2015 - cbasp | other psy | cau | oth | 10 | eu | 50,84 | 0.62 | com | mood | adul | 3 | 2 | + | + | sr | + | 4 | 2015 |
| Michalak, 2015 - mbct | 3rd | cau | grp | 8 | eu | 50,84 | 0.62 | com | mood | adul | 3 | 2 | + | + | sr | + | 4 | 2015 |
| Milgrom, 2005 - cbt | cbt | cau | grp | 9 | au | 29,7 | 1.00 | oth | mood | ppd | 4 | 1 | + | + | sr | + | 4 | 2005 |
| Milgrom, 2005 - grp sup | sup | cau | grp | 9 | au | 29,7 | 1.00 | oth | mood | ppd | 4 | 1 | + | + | sr | + | 4 | 2005 |
| Milgrom, 2005 - ind sup | sup | cau | ind | 9 | au | 29,7 | 1.00 | oth | mood | ppd | 4 | 1 | + | + | sr | + | 4 | 2005 |
| Milgrom, 2011 - nurse | cbt | cau | ind | 5 | au | 31,48 | 1.00 | oth | cut | ppd | 3 | 1 | + | + | sr | + | 4 | 2011 |
| Milgrom, 2011 - psych | cbt | cau | ind | 4 | au | 31,48 | 1.00 | oth | cut | ppd | 3 | 1 | + | + | sr | + | 4 | 2011 |
| Milgrom, 2015b | cbt | cau | ind | 6 | au | 31,79 | 1.00 | com | mood | ppd | 2 | 1 | + | + | sr | + | 4 | 2015 |
| Milgrom, 2016 | cbt | cau | gsh | 6 | au | 31,6 | 1.00 | com | mood | ppd | 2 | 1 | + | + | sr | + | 4 | 2016 |
| Milgrom, 2021 - ftf | cbt | cau | ind | 9 | au | 32,1 | 1.00 | com | mood | ppd | 3 | 1 | + | + | + | + | 4 | 2021 |
| Milgrom, 2021 - icbt | cbt | cau | gsh | 6 | au | 32,1 | 1.00 | com | mood | ppd | 3 | 1 | + | + | + | + | 4 | 2021 |
| Miller, 2002 | ipt | cau | tel | 12 | us | 32,1 | 1.00 | oth | cut | adul | 2 | 1 | - | - | + | + | 2 | 2002 |
| Miranda, 2003 | cbt | cau | oth | 8 | us | 29,3 | 1.00 | oth | mood | oth | 2 | 1 | + | + | + | + | 4 | 2003 |
| Mohr, 2000 | cbt | cau | tel | 8 | us | 42,35 | 0.72 | oth | cut | med | 2 | 1 | - | - | sr | + | 2 | 2000 |
| Mohr, 2011 | cbt | cau | tel | 16 | us | 55,9 | 0.09 | clin | mood | oth | 2 | 2 | - | - | + | + | 2 | 2011 |
| Mohr, 2013 | cbt | wl | gsh | 18 | us | 48,33 | 0.72 | com | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2013 |
| Moldovan, 2013 - cau | cbt | cau | gsh | 4 | eu | 23 | 0.88 | com | cut | stud | 3 | 1 | + | + | sr | + | 4 | 2013 |
| Moldovan, 2013 - wl | cbt | wl | gsh | 4 | eu | 23 | 0.88 | com | cut | stud | 3 | 1 | + | + | sr | + | 4 | 2013 |
| Montero-Marin, 2016 | cbt | cau | gsh | 6 | eu | 42,93 | 0.76 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2016 |
| Moon, 2021 | cbt | wl | grp | 8 | eas | 32,12 | 0.52 | oth | cut | med | 2 | 2 | + | + | + | + | 4 | 2021 |
| Mossey, 1996 | ipt | cau | ind | 10 | us | 71 | 0.78 | oth | cut | old | 2 | 1 | - | - | sr | - | 1 | 1996 |
| Mukhtar, 2011 | cbt | wl | grp | 8 | eas | 40,5 | 0.55 | clin | mood | adul | 2 | 1 | - | - | sr | - | 1 | 2011 |
| Mulcahy, 2010 | ipt | cau | oth | 11 | au | 32,22 | 1.00 | clin | mood | ppd | 2 | 3 | + | - | + | - | 2 | 2010 |
| Musa, 2021 | 3rd | cau | grp | 6 | oth |  | 0.61 | clin | mood | oth | 2 | 1 | + | + | + | + | 4 | 2021 |
| Nadort, 2022 | pst | cau | gsh | 5 | eu | 64 | 0.38 | oth | cut | med | 2 | 1 | + | + | sr | + | 3 | 2022 |
| Naeem, 2013 | cbt | cau | gsh | 9 | oth | 33,44 | 0.56 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2013 |
| Naeem, 2015 | cbt | cau | oth | 7 | oth | 31,7 | 0.6 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2015 |
| Nakagawa, 2017 | cbt | cau | ind | 15 | eas | 40,6 | 0.36 | clin | mood | adul | 2 | 3 | + | + | + | + | 4 | 2017 |
| Nasrin, 2017 | bat | wl | ind | 1 | uk | 36,31 | 0.59 | clin | mood | adul | 2 | 1 | + | + | sr | - | 3 | 2017 |
| Neugebauer, 2006 | ipt | cau | tel | 6 | us | 29,7 | 1.00 | oth | cut | oth | 2 | 1 | - | - | + | + | 2 | 2006 |
| Newby, 2013 | cbt | wl | gsh | 6 | au | 44,3 | 0.78 | com | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2013 |
| Newby, 2014 | cbt | cau | ind | 1 | au | 26,28 | 0.44 | com | cut | adul | 2 | 1 | - | - | sr | + | 2 | 2014 |
| Newby, 2017 | cbt | wl | gsh | 6 | au | 46,7 | 0.71 | com | mood | med | 2 | 2 | + | + | sr | + | 4 | 2017 |
| Nezu, 1986 - pft | pst | wl | grp | 8 | us | 41,73 | 0.77 | com | mood | adul | 3 | 2 | - | - | sr | - | 1 | 1986 |
| Nezu, 1986 - pst | pst | wl | grp | 8 | us | 41,73 | 0.77 | com | mood | adul | 3 | 2 | - | - | sr | - | 1 | 1986 |
| Nezu, 1989 - abbr pst | pst | wl | grp | 10 | us | 41,73 | 0.77 | com | mood | adul | 3 | 2 | - | - | sr | - | 1 | 1989 |
| Nezu, 1989 - pst | pst | wl | grp | 10 | us | 41,73 | 0.77 | com | mood | adul | 3 | 2 | - | - | sr | - | 1 | 1989 |
| Ng, 2013 | lrt | cau | ind | 5 | eas |  |  | com | cut | old | 2 | 1 | - | - | sr | - | 1 | 2013 |
| Ngai, 2015 | cbt | cau | tel | 5 | eas | 30,8 | 1.00 | oth | cut | ppd | 2 | 1 | + | + | sr | + | 4 | 2015 |
| Niedermoser, 2020 | ipt | cau | grp | 8 | eu | 40,86 | 0.5 | com | mood | oth | 2 | 2 | + | + | - | + | 3 | 2020 |
| Nollett, 2016 - cau | pst | cau | ind | 6 | uk | 70,3 | 0.59 | oth | cut | med | 3 | 1 | + | + | sr | - | 3 | 2016 |
| Nollett, 2016 - wl | pst | wl | ind | 6 | uk | 70,3 | 0.59 | oth | cut | med | 3 | 1 | + | + | sr | - | 3 | 2016 |
| Noone, 2022 | 3rd | cau | grp | 7,3 | uk | 77,3 | 0.75 | oth | cut | med | 2 | 2 | + | + | sr | + | 4 | 2022 |
| Northwood, 2020 | other psy | cau | ind | 41 | us | 43,84 | 0.82 | clin | mood | oth | 2 | 1 | + | + | + | + | 4 | 2020 |
| Nyström, 2017 - i-ba-l | bat | wl | gsh | 8 | eu | 42 | 0.76 | com | mood | adul | 3 | 1 | + | + | sr | + | 4 | 2017 |
| Nyström, 2017 - i-ba-m | bat | wl | gsh | 8 | eu | 42 | 0.76 | com | mood | adul | 3 | 1 | + | + | sr | + | 4 | 2017 |
| O'Hara, 2000 | ipt | wl | ind | 12 | us | 29,55 | 1.00 | oth | mood | ppd | 2 | 2 | + | - | sr | + | 3 | 2000 |
| O'Mahen, 2013a | cbt | cau | ind | 8 | uk | 27,05 | 1.00 | oth | mood | ppd | 2 | 1 | + | + | sr | + | 4 | 2013 |
| O'Moore, 2018 | cbt | cau | gsh | 6 | au | 61,6 | 0.79 | oth | mood | med | 2 | 1 | - | + | sr | + | 3 | 2018 |
| O'Neil, 2014 | cbt | cau | tel | 8 | au | 59,96 | 0.25 | oth | cut | med | 2 | 2 | + | + | sr | + | 4 | 2014 |
| Olukolade, 2017 - cbt | cbt | wl | ind | 9 | oth |  | 0.57 | oth | cut | med | 3 | 1 | + | - | sr | - | 2 | 2017 |
| Olukolade, 2017 - edu | other psy | wl | ind | 9 | oth |  | 0.57 | oth | cut | med | 3 | 1 | + | - | sr | - | 2 | 2017 |
| Omidi, 2013 - cbt | cbt | cau | grp | 8 | oth | 32,33 | 0.67 | clin | mood | adul | 3 | 1 | - | - | sr | - | 1 | 2013 |
| Omidi, 2013 - mbct | 3rd | cau | grp | 8 | oth | 32,33 | 0.67 | clin | mood | adul | 3 | 1 | - | - | sr | - | 1 | 2013 |
| Onuigbo, 2019 | cbt | cau | grp | 14 | oth | 25,43 | 0.54 | oth | cut | med | 2 | 1 | + | + | sr | + | 4 | 2019 |
| Pace, 1993 | cbt | wl | ind | 7 | us | 22,13 | 0.78 | oth | cut | stud | 2 | 1 | - | - | sr | - | 1 | 1993 |
| Patel, 2017 | bat | cau | ind | 6 | oth | 42,5 | 0.77 | clin | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2017 |
| Pecheur, 1984 - cbt | cbt | wl | ind | 8 | us | 24 | 0.9 | com | mood | stud | 3 | 2 | - | - | sr | - | 1 | 1984 |
| Pecheur, 1984 - rel cbt | cbt | wl | ind | 8 | us | 24 | 0.9 | com | mood | stud | 3 | 2 | - | - | sr | - | 1 | 1984 |
| Peden, 2000 | cbt | cau | grp | 6 | us | 19,3 | 1.00 | com | cut | stud | 2 | 1 | - | - | sr | - | 1 | 2000 |
| Pellas, 2022 | bat | wl | tel | 4 | eu | 75,6 | 0.83 | com | cut | old | 2 | 3 | + | + | sr | - | 3 | 2022 |
| Penckofer, 2012 | cbt | cau | grp | 8 | us | 54,41 | 1.00 | com | cut | med | 2 | 1 | + | - | sr | + | 3 | 2012 |
| Perini, 2009 | cbt | wl | gsh | 6 | au | 49,29 | 0.78 | com | mood | adul | 2 | 3 | + | - | sr | + | 3 | 2009 |
| Petersen, 2014 | ipt | cau | grp | 8 | oth | 36,5 | 0.74 | oth | mood | med | 2 | 1 | + | - | sr | - | 2 | 2014 |
| Pibernik-Okanovic, 2009 | cbt | cau | grp | 4 | eu |  |  | oth | cut | med | 2 | 1 | - | + | sr | + | 3 | 2009 |
| Piers, 2023 | cbt | wl | tel | 12 | us | 61,3 | 0.67 | com | mood | med | 2 | 1 | + | - | sr | - | 2 | 2023 |
| Pihlaja, 2020 | cbt | cau | gsh | 3,54 | eu | 37,4 | 0.68 | oth | mood | adul | 2 | 1 | - | - | sr | + | 2 | 2020 |
| Pinniger, 2012 | other psy | wl | grp | 6 | au | 44,39 | 0.91 | com | cut | adul | 2 | 1 | - | - | sr | - | 1 | 2012 |
| Poleshuck, 2014 | ipt | cau | ind | 4 | us | 36,7 | 1.00 | oth | mood | med | 2 | 2 | + | - | sr | + | 3 | 2014 |
| Pots, 2014 | 3rd | wl | grp | 11 | eu | 47,93 | 0.78 | com | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2014 |
| Pots, 2016 | 3rd | wl | gsh | 9 | eu | 46,85 | 0.76 | com | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2016 |
| Pott, 2022 | bat | cau | ind | 5,6 | uk | 42,3 | 0.27 | oth | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2022 |
| Power, 2012 - cbt | cbt | wl | ind | 16 | uk | 36,1 | 0.62 | clin | mood | adul | 3 | 1 | - | - | sr | + | 2 | 2012 |
| Power, 2012 - ipt | ipt | wl | ind | 16 | uk | 36,1 | 0.62 | clin | mood | adul | 3 | 1 | - | - | sr | + | 2 | 2012 |
| Preschl, 2012 | lrt | wl | ind | 6 | eu | 70 | 0.67 | com | cut | old | 2 | 1 | + | - | sr | + | 3 | 2012 |
| Propst, 1992 - nrct-nt-cau | cbt | cau | ind | 19 | us | 40 | 0.83 | com | cut | oth | 5 | 2 | - | - | sr | - | 1 | 1992 |
| Propst, 1992 - nrct-nt-wl | cbt | wl | ind | 19 | us | 40 | 0.83 | com | cut | oth | 5 | 2 | - | - | sr | - | 1 | 1992 |
| Propst, 1992 - nrct-rt-cau | cbt | cau | ind | 19 | us | 40 | 0.83 | com | cut | oth | 5 | 2 | - | - | sr | - | 1 | 1992 |
| Propst, 1992 - nrct-rt-wl | cbt | wl | ind | 19 | us | 40 | 0.83 | com | cut | oth | 5 | 2 | - | - | sr | - | 1 | 1992 |
| Propst, 1992 - rct-nt-cau | cbt | cau | ind | 19 | us | 40 | 0.83 | com | cut | oth | 5 | 2 | - | - | sr | - | 1 | 1992 |
| Propst, 1992 - rct-nt-wl | cbt | wl | ind | 19 | us | 40 | 0.83 | com | cut | oth | 5 | 2 | - | - | sr | - | 1 | 1992 |
| Propst, 1992 - rct-rt-cau | cbt | cau | ind | 19 | us | 40 | 0.83 | com | cut | oth | 5 | 2 | - | - | sr | - | 1 | 1992 |
| Propst, 1992 - rct-rt-wl | cbt | wl | ind | 19 | us | 40 | 0.83 | com | cut | oth | 5 | 2 | - | - | sr | - | 1 | 1992 |
| Psarraki, 2021 | other psy | cau | oth | 8 | eu | 47,49 | 0.84 | clin | mood | adul | 2 | 2 | + | - | + | - | 2 | 2021 |
| Puckering, 2010 | other psy | wl | grp | 14 | uk |  | 1.00 | oth | cut | ppd | 2 | 1 | + | - | sr | - | 2 | 2010 |
| Pugh, 2016 | cbt | wl | gsh | 6 | can | 30,82 | 1.00 | com | cut | ppd | 2 | 2 | + | + | sr | - | 3 | 2016 |
| Qiu, 2013 | cbt | wl | grp | 10 | eas | 50,63 | 1.00 | oth | mood | med | 2 | 1 | + | + | + | + | 4 | 2013 |
| Raevuori, 2021 | other psy | cau | gsh | 8 | eu | 25,1 | 0.73 | clin | mood | stud | 2 | 1 | + | + | + | + | 4 | 2021 |
| Ransom, 2008 | ipt | cau | tel | 6 | us | 44,4 | 0.10 | com | mood | med | 2 | 1 | - | - | sr | + | 2 | 2008 |
| Raue, 2019 | bat | cau | ind | 12 | us | 76 | 0.83 | oth | cut | old | 2 | 1 | - | - | - | - | 0 | 2019 |
| Raya-Tena, 2021 | other psy | cau | grp | 12 | eu | 68,4 | 0.82 | clin | cut | med | 2 | 1 | + | - | + | + | 3 | 2021 |
| Rehm, 1981 - sm | other psy | wl | grp | 7 | us | 39,2 | 1.00 | com | cut | adul | 5 | 3 | - | - | sr | - | 1 | 1981 |
| Rehm, 1981 - sm+se | other psy | wl | grp | 7 | us | 39,2 | 1.00 | com | cut | adul | 5 | 3 | - | - | sr | - | 1 | 1981 |
| Rehm, 1981 - sm+se+sr | other psy | wl | grp | 7 | us | 39,2 | 1.00 | com | cut | adul | 5 | 3 | - | - | sr | - | 1 | 1981 |
| Rehm, 1981 - sm+sr | other psy | wl | grp | 7 | us | 39,2 | 1.00 | com | cut | adul | 5 | 3 | - | - | sr | - | 1 | 1981 |
| Richards, 2015 | cbt | wl | gsh | 7 | eu | 39,86 | 0.73 | com | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2015 |
| Richards, 2018 | bat | cau | ind | 8 | uk | 65,3 | 0.48 | oth | cut | med | 2 | 1 | + | + | sr | + | 4 | 2018 |
| Rief, 2018 - cbasp | other psy | wl | ind | 16 | eu | 37,5 | 0.51 | clin | mood | adul | 4 | 1 | + | + | sr | + | 4 | 2018 |
| Rief, 2018 - cbt-e | cbt | wl | ind | 16 | eu | 37,5 | 0.51 | clin | mood | adul | 4 | 1 | + | + | sr | + | 4 | 2018 |
| Rief, 2018 - cbt-m | cbt | wl | ind | 16 | eu | 37,5 | 0.51 | clin | mood | adul | 4 | 1 | + | + | sr | + | 4 | 2018 |
| Rizvi, 2015 | cbt | wl | ind | 14 | can | 42,35 | 0.74 | clin | mood | adul | 2 | 1 | - | - | sr | - | 1 | 2015 |
| Rohan, 2007 | cbt | wl | grp | 10 | us | 45 | 0.9 | com | mood | adul | 2 | 3 | + | - | + | + | 3 | 2007 |
| Rohricht, 2013 | other psy | wl | grp | 8 | uk | 47,7 | 0.42 | clin | mood | adul | 2 | 1 | + | + | + | + | 4 | 2013 |
| Ross, 1985 | cbt | wl | oth | 12 | uk | 33 | 0.63 | clin | mood | adul | 2 | 2 | - | - | sr | - | 1 | 1985 |
| Rude, 1986 | other psy | wl | grp | 12 | us | 40 | 1.00 | com | cut | adul | 2 | 1 | - | - | sr | - | 1 | 1986 |
| Russell, 2020 | bat | cau | gsh | 8 | uk | 37,71 | 0.27 | oth | cut | oth | 2 | 3 | + | + | + | - | 3 | 2020 |
| Ruwaard, 2009 | cbt | wl | gsh | 8 | eu | 42 | 0.69 | com | cut | adul | 2 | 3 | + | - | sr | + | 3 | 2009 |
| Ruzickova, 2021 | bat | cau | tel | 4 | uk | 31,59 | 0.84 | com | cut | adul | 2 | 1 | - | - | + | - | 1 | 2021 |
| Safren, 2009 | cbt | wl | ind | 10 | us |  | 0.10 | com | mood | med | 2 | 2 | - | - | sr | + | 2 | 2009 |
| Safren, 2014 | cbt | cau | ind | 10 | us | 56,83 | 0.49 | oth | mood | med | 2 | 1 | + | + | + | - | 3 | 2014 |
| Safren, 2016 - cbt | cbt | cau | ind | 11 | us | 47,45 | 0.31 | com | mood | med | 3 | 2 | + | - | sr | + | 3 | 2016 |
| Safren, 2016 - sup | sup | cau | ind | 11 | us | 47,45 | 0.31 | com | mood | med | 3 | 2 | + | - | sr | + | 3 | 2016 |
| Safren, 2021 | cbt | cau | ind | 8 | oth |  | 0.7 | oth | mood | med | 2 | 2 | + | - | + | + | 3 | 2021 |
| Saisanan, 2020 | bat | cau | grp | 10,8 | oth | 69,9 | 0.79 | oth | cut | old | 2 | 2 | - | - | sr | + | 2 | 2022 |
| Salamanca-Sanabria, 2020 | cbt | wl | gsh | 7 | oth | 22,2 | 0.69 | oth | cut | stud | 2 | 1 | + | + | sr | - | 3 | 2020 |
| Saloheimo, 2016 - cbt | cbt | cau | grp | 11 | eu | 41,66 | 0.72 | clin | mood | adul | 3 | 1 | + | + | + | - | 3 | 2016 |
| Saloheimo, 2016 - ipt | ipt | cau | ind | 13 | eu | 41,66 | 0.72 | clin | mood | adul | 3 | 1 | + | + | + | - | 3 | 2016 |
| Sander, 2020 | cbt | cau | gsh | 6 | eu | 51,7 | 0.6 | oth | cut | med | 2 | 1 | + | + | sr | + | 4 | 2020 |
| Savard, 2006 | cbt | wl | ind | 8 | can | 51,55 | 1.00 | com | cut | med | 2 | 3 | + | + | sr | - | 3 | 2006 |
| Savari, 2021 | 3rd | wl | grp | 8 | oth | 24,3 | 1.00 | clin | mood | stud | 2 | 1 | + | - | + | + | 3 | 2021 |
| Scazufca, 2022 | bat | cau | ind | 9,5 | oth |  | 0.74 | oth | cut | old | 2 | 1 | + | + | sr | + | 4 | 2022 |
| Schlicker, 2020 | cbt | wl | gsh | 4,8 | eu | 51,3 | 0.65 | oth | mood | med | 2 | 2 | + | + | sr | + | 4 | 2020 |
| Schmidt, 1983 - gsh | cbt | wl | gsh | 6 | us | 42 | 0.84 | com | cut | adul | 5 | 5 | - | - | sr | - | 1 | 1983 |
| Schmidt, 1983 - ind | cbt | wl | ind | 7 | us | 42 | 0.84 | com | cut | adul | 5 | 5 | - | - | sr | - | 1 | 1983 |
| Schmidt, 1983 - large grp | cbt | wl | grp | 7 | us | 42 | 0.84 | com | cut | adul | 5 | 5 | - | - | sr | - | 1 | 1983 |
| Schmidt, 1983 - small grp | cbt | wl | grp | 7 | us | 42 | 0.84 | com | cut | adul | 5 | 5 | - | - | sr | - | 1 | 1983 |
| Schramm, 2020 | ipt | cau | grp | 8 | eu | 47,4 | 0.79 | clin | mood | oth | 2 | 1 | + | - | sr | + | 3 | 2020 |
| Schulberg, 1996 | ipt | cau | ind | 16 | us | 38,09 | 0.83 | clin | mood | adul | 2 | 1 | - | - | + | + | 2 | 1996 |
| Schuster, 2017 | other psy | wl | grp | 8 | eu | 45,9 | 0.68 | com | cut | adul | 2 | 1 | + | - | sr | + | 3 | 2017 |
| Scogin, 1987 | cbt | wl | gsh | 4 | us | 70,54 | 0.79 | com | cut | old | 2 | 3 | - | - | sr | - | 1 | 1987 |
| Scogin, 1989 - behav | cbt | wl | gsh | 4 | us | 68,34 | 0.85 | com | cut | old | 3 | 2 | - | - | - | - | 0 | 1989 |
| Scogin, 1989 - cogn | cbt | wl | gsh | 4 | us | 68,34 | 0.85 | com | cut | old | 3 | 2 | - | - | - | - | 0 | 1989 |
| Scott, 1990 - grp | cbt | wl | grp | 12 | uk | 33 | 0.7 | clin | mood | adul | 3 | 1 | - | - | sr | + | 2 | 1990 |
| Scott, 1990 - ind | cbt | wl | ind | 12 | uk | 33 | 0.7 | clin | mood | adul | 3 | 1 | - | - | sr | + | 2 | 1990 |
| Scott, 1992 - cbt | cbt | cau | ind | 16 | uk | 31,79 | 0.75 | clin | mood | adul | 3 | 1 | - | + | + | + | 3 | 1992 |
| Scott, 1992 - sup | sup | cau | ind | 16 | uk | 31,79 | 0.75 | clin | mood | adul | 3 | 1 | - | + | + | + | 3 | 1992 |
| Scott, 1997 | cbt | cau | ind | 6 | uk | 41 | 0.67 | clin | mood | adul | 2 | 2 | - | - | sr | - | 1 | 1997 |
| Segre, 2015 | other psy | wl | ind | 5 | us | 26,3 | 1.00 | oth | cut | oth | 2 | 3 | + | - | + | + | 3 | 2015 |
| Selmi, 1990 - ftf | cbt | wl | ind | 6 | us | 28,2 | 0.64 | com | mood | adul | 3 | 3 | - | - | sr | + | 2 | 1990 |
| Selmi, 1990 - gsh | cbt | wl | gsh | 6 | us | 28,2 | 0.64 | com | mood | adul | 3 | 3 | - | - | sr | + | 2 | 1990 |
| Serfaty, 2009 | cbt | cau | ind | 7 | uk | 74,1 | 0.79 | com | mood | old | 2 | 1 | + | + | sr | + | 4 | 2009 |
| Serfaty, 2020 | cbt | cau | ind | 5 | uk | 59,5 | 0.66 | oth | mood | med | 2 | 2 | + | + | sr | + | 4 | 2020 |
| Serrano, 2004 | lrt | cau | ind | 4 | eu | 77,19 | 0.77 | oth | cut | old | 2 | 1 | - | - | sr | - | 1 | 2004 |
| Shan, 2022 | cbt | cau | ind | 10 | eas | 62,81 | 0.64 | oth | mood | med | 2 | 2 | + | + | + | - | 3 | 2022 |
| Shaw, 1977 - bat | bat | wl | grp | 8 | can | 20,08 | 0.69 | com | cut | stud | 3 | 1 | - | - | sr | - | 1 | 1977 |
| Shaw, 1977 - cbt | cbt | wl | grp | 8 | can | 20,08 | 0.69 | com | cut | stud | 3 | 1 | - | - | sr | - | 1 | 1977 |
| Sheeber, 2012 | cbt | wl | gsh | 6 | us | 31 | 1.00 | oth | cut | ppd | 2 | 1 | + | + | sr | + | 4 | 2012 |
| Sikander, 2019 | cbt | cau | oth | 11 | oth | 27 | 1.00 | oth | cut | ppd | 2 | 1 | + | + | sr | + | 4 | 2019 |
| Simoni, 2013 | cbt | cau | ind | 11 | us | 46 | 0.28 | com | cut | med | 2 | 2 | + | + | sr | + | 4 | 2013 |
| Simpson, 2003 | dyn | cau | ind | 5 | uk | 42,99 | 0.8 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2003 |
| Simson, 2008 | sup | cau | ind | 5 | eu | 60,5 | 0.43 | oth | cut | med | 2 | 1 | - | - | sr | + | 2 | 2008 |
| Sinniah, 2017 | cbt | cau | ind | 16 | eas | 43,13 | 0.7 | clin | mood | oth | 2 | 2 | - | - | sr | + | 2 | 2017 |
| Sirey, 2021 | other psy | cau | ind | 9 | us | 70,75 | 0.8 | oth | cut | oth | 2 | 1 | - | - | + | + | 2 | 2021 |
| Smit, 2006 | cbt | cau | ind | 14 | eu | 42,79 | 0.64 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2006 |
| Smith, 2017 | cbt | wl | gsh | 6 | au | 39,91 | 0.82 | com | mood | adul | 3 | 2 | + | + | sr | + | 4 | 2017 |
| Songprakun, 2012 | cbt | cau | gsh | 8 | eas | 42,13 | 0.73 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2012 |
| Spek, 2007 | cbt | wl | grp | 9 | eu | 55 | 0.63 | com | cut | old | 2 | 1 | + | + | sr | + | 4 | 2007 |
| Spruill, 2021 | other psy | cau | oth | 8 | us | 43,3 | 0.71 | oth | cut | med | 2 | 1 | + | + | + | + | 4 | 2021 |
| Sreevani, 2013 | other psy | cau | grp | 4 | oth | 28 | 0.6 | clin | mood | adul | 2 | 1 | + | - | sr | - | 2 | 2013 |
| Steel, 2020 | other psy | cau | ind | 8 | uk | 43 | 0.25 | clin | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2020 |
| Stiles-Shields, 2018 - bat | bat | wl | gsh | 6 | us |  |  | com | cut | adul | 3 | 1 | + | + | sr | - | 3 | 2018 |
| Stiles-Shields, 2018 - cbt | cbt | wl | gsh | 6 | us |  |  | com | cut | adul | 3 | 1 | + | + | sr | - | 3 | 2018 |
| Strauss, 2012 | cbt | cau | grp | 9 | uk | 43 | 0.71 | clin | mood | adul | 2 | 1 | - | - | sr | + | 2 | 2012 |
| Strong, 2008 | pst | cau | ind | 10 | uk | 56,6 | 0.71 | oth | mood | med | 2 | 1 | + | + | sr | + | 4 | 2008 |
| Stuart, 2022 | cbt | cau | gsh | 6 | us | 47 | 0.81 | oth | cut | adul | 2 | 1 | + | + | sr | + | 2 | 2022 |
| Sugg, 2018 | other psy | cau | ind | 8 | uk | 49,2 | 0.61 | com | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2018 |
| Sun, 2022 | bat | cau | ind | 6 | eas | 62,03 | 0.43 | oth | cut | med | 2 | 2 | + | + | - | - | 2 | 2022 |
| Swartz, 2008 | ipt | cau | ind | 9 | us | 42,7 | 1.00 | com | mood | oth | 2 | 2 | - | - | sr | - | 1 | 2008 |
| Szumska, 2020 | 3rd | wl | grp | 8 | eu | 32,4 | 0.67 | com | mood | adul | 2 | 1 | - | - | sr | - | 1 | 2020 |
| Takagaki, 2016 | bat | cau | grp | 5 | eas | 18,22 | 0.38 | oth | cut | stud | 2 | 1 | + | + | sr | + | 4 | 2016 |
| Talbot, 2011 | ipt | cau | ind | 13 | us | 36 | 1.00 | clin | mood | oth | 2 | 2 | - | - | - | + | 1 | 2011 |
| Taylor, 1977 - bat | bat | wl | ind | 6 | can | 22,4 | 0.71 | com | cut | stud | 4 | 2 | - | - | sr | - | 1 | 1977 |
| Taylor, 1977 - cbt | cbt | wl | ind | 6 | can | 22,4 | 0.71 | com | cut | stud | 4 | 2 | - | - | sr | - | 1 | 1977 |
| Taylor, 1977 - ct | cbt | wl | ind | 6 | can | 22,4 | 0.71 | com | cut | stud | 4 | 2 | - | - | sr | - | 1 | 1977 |
| Taylor, 2009 | cbt | wl | ind | 15 | us | 62,24 | 0.67 | com | cut | med | 2 | 2 | - | - | sr | + | 2 | 2009 |
| Teasdale, 1984 | cbt | cau | ind | 15 | uk | 37,5 | 0.94 | clin | mood | adul | 2 | 1 | - | - | sr | - | 1 | 1984 |
| Teichman, 1995 - ind | cbt | wl | ind | 13 | oth | 47,86 | 0.53 | clin | mood | adul | 3 | 1 | - | - | sr | - | 1 | 1995 |
| Teichman, 1995 - mar | cbt | wl | oth | 13 | oth | 47,86 | 0.53 | clin | mood | adul | 3 | 1 | - | - | sr | - | 1 | 1995 |
| Teri, 1997 - bat | bat | wl | oth | 9 | us | 76,4 | 0.47 | oth | mood | med | 3 | 2 | - | - | sr | - | 1 | 1997 |
| Teri, 1997 - pst | pst | wl | oth | 9 | us | 76,4 | 0.47 | oth | mood | med | 3 | 2 | - | - | sr | - | 1 | 1997 |
| Thomas, 2019 | bat | cau | ind | 8 | uk | 65,6 | 0.4 | com | cut | med | 2 | 2 | + | + | sr | + | 4 | 2019 |
| Titov, 2010 - clin | cbt | wl | gsh | 6 | au | 43 | 0.74 | com | mood | adul | 3 | 4 | + | - | sr | + | 3 | 2010 |
| Titov, 2010 - techn | cbt | wl | gsh | 6 | au | 43 | 0.74 | com | mood | adul | 3 | 4 | + | - | sr | + | 3 | 2010 |
| Titov, 2015a | cbt | wl | gsh | 5 | au | 65,31 | 0.73 | com | cut | old | 2 | 1 | + | + | sr | + | 4 | 2015 |
| Tomasino, 2017 - icbt\_peer | cbt | wl | gsh | 11 | us | 69,6 | 0.68 | com | cut | old | 3 | 1 | - | - | sr | - | 1 | 2017 |
| Tomasino, 2017 -icbt | cbt | wl | gsh | 12 | us | 69,6 | 0.68 | com | cut | old | 3 | 1 | - | - | sr | - | 1 | 2017 |
| Tong, 2020 | cbt | wl | grp | 8 | eas | 37,7 | 0.72 | clin | mood | adul | 2 | 1 | + | - | + | - | 2 | 2020 |
| Tovote, 2014 - cbt | cbt | wl | ind | 8 | eu | 53,1 | 0.49 | oth | cut | med | 3 | 2 | + | - | - | + | 2 | 2014 |
| Tovote, 2014 - mbct | 3rd | wl | ind | 8 | eu | 53,1 | 0.49 | oth | cut | med | 3 | 2 | + | - | - | + | 2 | 2014 |
| Town, 2017 | dyn | cau | ind | 16 | can | 41,55 | 0.63 | clin | mood | adul | 2 | 2 | + | + | + | + | 4 | 2017 |
| Trevillion, 2020 | cbt | cau | oth | 6,5 | uk |  | 1.00 | com | mood | ppd | 2 | 1 | + | + | sr | + | 4 | 2020 |
| Tulbure, 2018 - c-cbt | cbt | wl | gsh | 9 | eu | 32,05 | 0.82 | com | mood | adul | 3 | 2 | - | - | sr | + | 2 | 2018 |
| Tulbure, 2018 - r-cbt | cbt | wl | gsh | 9 | eu | 32,05 | 0.82 | com | mood | adul | 3 | 2 | - | - | sr | + | 2 | 2018 |
| Unlu-Ince, 2013 | pst | wl | gsh | 5 | eu | 35,2 | 0.61 | com | cut | oth | 2 | 1 | + | - | sr | + | 3 | 2013 |
| van Bastelaar, 2011 | cbt | wl | gsh | 8 | eu | 50 | 0.61 | com | cut | med | 2 | 1 | + | + | sr | + | 4 | 2011 |
| van der Zanden, 2012 | cbt | wl | oth | 6 | eu | 20,9 | 0.84 | com | cut | adol&yadul | 2 | 1 | + | + | sr | + | 4 | 2012 |
| Van Horne, 2022 | pst | cau | ind | 5 | us | 30,2 | 1.00 | oth | cut | ppd | 2 | 1 | - | + | sr | - | 2 | 2022 |
| van Lieshout, 2021 | cbt | wl | oth | 1 | can | 31,8 | 1.00 | com | cut | ppd | 2 | 1 | + | + | + | + | 4 | 2021 |
| Van Lieshout, 2022 | cbt | cau | grp | 7 | can | 30,9 | 1.00 | com | cut | ppd | 2 | 1 | + | + | sr | + | 4 | 2022 |
| Van Luenen, 2018 | cbt | wl | gsh | 8 | eu | 46,3 | 0.10 | oth | cut | med | 2 | 2 | + | + | sr | + | 4 | 2018 |
| van Schaik, 2006 | ipt | cau | ind | 8 | eu | 67,93 | 0.69 | clin | mood | old | 2 | 2 | + | - | sr | + | 3 | 2006 |
| Vazquez-Gonzalez, 2013 | pst | cau | grp | 5 | eu | 53,9 | 1.00 | oth | cut | oth | 2 | 1 | - | + | sr | + | 3 | 2013 |
| Vazquez, 2017 - bat | bat | cau | oth | 4 | eu | 58,4 | 0.93 | oth | cut | oth | 3 | 1 | + | + | sr | + | 4 | 2017 |
| Vazquez, 2017 - cbt | cbt | cau | oth | 5 | eu | 58,4 | 0.93 | oth | cut | oth | 3 | 1 | + | + | sr | + | 4 | 2017 |
| Vazquez, 2020 - bat | bat | cau | oth | 4 | eu | 54,5 | 0.96 | oth | cut | oth | 3 | 1 | + | + | sr | + | 4 | 2020 |
| Vazquez, 2020 - cbt | cbt | cau | oth | 4,4 | eu | 54,8 | 0.9 | oth | cut | oth | 3 | 1 | + | + | sr | + | 4 | 2020 |
| Verduyn, 2003 - cbt | cbt | cau | grp | 16 | uk | 29,81 | 1.00 | oth | cut | oth | 3 | 2 | - | + | sr | - | 2 | 2003 |
| Verduyn, 2003 - sup | sup | cau | grp | 16 | uk | 29,81 | 1.00 | oth | cut | oth | 3 | 2 | - | + | sr | - | 2 | 2003 |
| Vernmark, 2010 - email | cbt | wl | gsh | 8 | eu | 36,82 | 0.68 | com | mood | adul | 3 | 2 | + | + | sr | + | 4 | 2010 |
| Vernmark, 2010 - guided | cbt | wl | gsh | 6 | eu | 36,82 | 0.68 | com | mood | adul | 3 | 2 | + | + | sr | + | 4 | 2010 |
| Vigod, 2021 | ipt | wl | grp | 10 | can | 33 | 1.00 | com | cut | ppd | 2 | 1 | + | - | + | + | 3 | 2021 |
| Vitriol, 2009 | dyn | cau | ind | 12 | oth | 38,86 | 1.00 | clin | mood | oth | 2 | 1 | - | - | + | + | 2 | 2009 |
| Warmerdam, 2008 - cbt | cbt | wl | gsh | 8 | eu | 45 | 0.71 | com | cut | adul | 3 | 1 | + | + | sr | + | 4 | 2008 |
| Warmerdam, 2008 - pst | pst | wl | gsh | 5 | eu | 45 | 0.71 | com | cut | adul | 3 | 1 | + | + | sr | + | 4 | 2008 |
| Watkins, 2012 | other psy | cau | oth | 7 | uk | 43,6 | 0.64 | clin | mood | adul | 2 | 3 | + | + | + | + | 4 | 2012 |
| Westerhof, 2019 - couns | lrt | wl | gsh | 5 | eu | 53,8 | 0.78 | com | cut | adul | 3 | 1 | + | + | sr | + | 4 | 2019 |
| Westerhof, 2019 - peer | lrt | wl | oth | 4 | eu | 53,8 | 0.78 | com | cut | adul | 3 | 1 | + | + | sr | + | 4 | 2019 |
| Wickberg, 1996 | sup | cau | ind | 6 | eu | 28,4 | 1.00 | oth | mood | ppd | 2 | 1 | - | - | + | - | 1 | 1996 |
| Wiersma, 2014 | other psy | cau | ind | 24 | eu | 41,6 | 0.6 | clin | mood | adul | 2 | 1 | + | + | sr | + | 4 | 2014 |
| Wiklund, 2010 | cbt | cau | ind | 3 | eu |  | 1.00 | oth | cut | ppd | 2 | 1 | - | - | sr | - | 1 | 2010 |
| Williams, 2013a | cbt | wl | gsh | 13 | au | 44,76 | 0.76 | com | mood | adul | 2 | 3 | + | + | sr | + | 4 | 2013 |
| Williams, 2013b | cbt | cau | gsh | 2 | uk | 41,75 | 0.68 | clin | cut | adul | 2 | 1 | - | + | sr | + | 3 | 2013 |
| Williams, 2018 | cbt | wl | grp | 8 | uk | 46,6 | 0.68 | com | cut | adul | 2 | 2 | + | + | sr | + | 4 | 2018 |
| Wilson, 1983 - bat | bat | wl | ind | 8 | au | 39,5 | 0.8 | com | cut | adul | 3 | 2 | - | - | sr | - | 1 | 1983 |
| Wilson, 1983 - cbt | cbt | wl | ind | 8 | au | 39,5 | 0.8 | com | cut | adul | 3 | 2 | - | - | sr | - | 1 | 1983 |
| Wollersheim, 1991 - cbt | cbt | wl | grp | 10 | us | 39,4 | 0.72 | com | mood | adul | 4 | 2 | - | - | sr | - | 1 | 1991 |
| Wollersheim, 1991 - gsh | cbt | wl | gsh | 10 | us | 39,4 | 0.72 | com | mood | adul | 4 | 2 | - | - | sr | - | 1 | 1991 |
| Wollersheim, 1991 - sup | sup | wl | grp | 10 | us | 39,4 | 0.72 | com | mood | adul | 4 | 2 | - | - | sr | - | 1 | 1991 |
| Wong, 2008a | cbt | wl | grp | 10 | eas | 42,72 | 0.78 | com | cut | adul | 2 | 1 | - | + | sr | + | 3 | 2008 |
| Wong, 2008b | cbt | wl | grp | 10 | eas | 37,4 | 0.78 | com | mood | adul | 2 | 1 | - | + | sr | - | 2 | 2008 |
| Wong, 2018 | 3rd | cau | grp | 8 | eas | 54 | 0.93 | clin | cut | adul | 2 | 1 | + | + | sr | + | 4 | 2018 |
| Wright, 2005 - c-cbt | cbt | wl | gsh | 9 | us | 40,23 | 0.76 | com | mood | adul | 3 | 2 | - | - | sr | - | 1 | 2005 |
| Wright, 2005 - cbt | cbt | wl | ind | 9 | us | 40,23 | 0.76 | com | mood | adul | 3 | 2 | - | - | sr | - | 1 | 2005 |
| Wright, 2022 | cbt | cau | gsh | 9 | us | 47 | 0.85 | clin | cut | adul | 2 | 1 | + | + | sr | + | 3 | 2022 |
| Wuthrich, 2013 | cbt | wl | grp | 9 | au | 67,44 | 0.65 | com | mood | old | 2 | 3 | + | - | sr | + | 3 | 2013 |
| Xie, 2019 | bat | cau | grp | 8 | eas | 71,9 | 0.59 | oth | cut | old | 2 | 1 | + | - | sr | - | 2 | 2019 |
| Yang, 2018 | other psy | cau | grp | 11 | eas | 18,5 | 0.6 | oth | mood | stud | 2 | 1 | + | - | sr | - | 2 | 2018 |
| Yeung, 2017 | cbt | wl | gsh | 5 | eas | 33 | 0.77 | clin | cut | adul | 2 | 1 | + | + | sr | - | 3 | 2017 |
| Ying, 2022 - ftf | cbt | wl | grp | 5 | eas | 41,3 | 0.66 | com | cut | adul | 3 | 3 | + | + | sr | + | 4 | 2022 |
| Ying, 2022 - icbt | cbt | wl | gsh | 5 | eas | 41,3 | 0.66 | com | cut | adul | 3 | 3 | + | + | sr | + | 4 | 2022 |
| Yuan, 2020 | cbt | cau | ind | 8 | eas | 70,5 | 0.38 | oth | cut | old | 2 | 1 | + | + | sr | + | 4 | 2020 |
| Zemestani, 2016 - bat | bat | wl | grp | 8 | oth | 24,2 | 0.61 | oth | mood | stud | 3 | 1 | + | - | 2 | + | 3 | 2016 |
| Zemestani, 2016 - mct | 3rd | wl | grp | 8 | oth | 24,2 | 0.61 | oth | mood | stud | 3 | 1 | + | - | 2 | + | 3 | 2016 |
| Zemestani, 2020b | 3rd | cau | grp | 8 | oth | 29,6 | 1.00 | oth | mood | ppd | 2 | 1 | + | + | 2 | + | 4 | 2019 |
| Zhao, 2019 | other psy | cau | grp | 4 | eas | 30,52 | 1.00 | oth | cut | med | 2 | 2 | + | - | sr | - | 2 | 2019 |
| Zhao, 2021 | other psy | cau | ind | 4 | eas |  | 1.00 | oth | cut | ppd | 2 | 1 | + | - | + | + | 3 | 2021 |
| Zu, 2014 | cbt | cau | ind | 20 | eas | 38,54 | 0.51 | clin | mood | adul | 2 | 2 | - | - | + | - | 1 | 2014 |

Abbreviations: 3rd: third wave therapy; Ac: allocation concealment; adol&yadul: adolescents and young adults; adul: adults; au: Australia; Ba: blind assessment; Bat: behavioral activation therapy; C: country; Can: Canada; Cbt: cognitive behavior therapy; Clin: clinical recruitment; Com: recruitment from the community; Ctr: control; Cut: scoring above a cut-off; Dx: diagnosis; Dyn: psychodynamic therapy; Eas: East Asia; Eu: Europe; Grp: group; Gsh: guided self-help; Ind: individual; Ipt: interpersonal psychotherapy; Itt: intention-to-treat; Lrt: life review therapy; M age: mean age; Med: general medical patients; Mood: diagnosed mood disorder; N arms: number of arms; N outc: number of outcome measures; N sess: number of sessions; Old: older adults; Oth: other; other psy: other type of psychotherapy; ppd: perinatal depression; Pr wom: proportion women; Pst: problem solving therapy; Recr: recruitment; Rob: risk of bias; Sg: sequence generation; Sr: self-report; Stud: students; Sup: non-directive supportive counseling; Targ grp: target group; Ther: therapy; Uk: United Kingdom; Us: Unites States of America.

## Appendix C. Response rates

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | *All studies* | | | | |  | *CAU controlled studies* | | | | |  | *WL controlled studies* | | | | |  | *p* |
|  | *k* | *Resp* | *95% CI* | *I2* | *95% CI* |  | *k* | *g* | *95% CI* | *I2* | *95% CI* |  | *k* | *g* | *95% CI* | *I2* | *95% CI* |  |  |
| Response rates within control conditions | | | | | | | | | | | | | | | | | | | |
| All studies | 280 | 0.17 | 0.16; 0.19 | 73 | 69; 76 |  | 152 | 0.19 | 0.17; 0.21 | 78 | 74; 81 |  | 128 | 0.16 | 0.14; 0.18 | 55 | 45; 63 |  | <0.001 |
| Outliers excluded a) | 277 | 0.17 | 0.16; 0.18 | 17 | 1; 30 |  | 117 | 0.19 | 0.18; 0.20 | 34 | 16; 47 |  | 114 | 0.16 | 0.15; 0.17 | 2 | 0; 20 |  | b) |
| Only low RoB | 103 | 0.18 | 0.17; 0.20 | 70 | 63; 75 |  | 57 | 0.21 | 0.18; 0.24 | 73 | 65; 79 |  | 46 | 0.16 | 0.14; 0.19 | 60 | 45; 71 |  | <0.001 |
| Adjusted for pubbias | 383 | 0.24 | 0.22; 0.26 | 77 | 74; 79 |  | 206 | 0.26 | 0.23; 0.29 | 82 | 80; 84 |  | 174 | 0.19 | 0.17; 0.22 | 60 | 53; 66 |  | <0.001 |
| Response rates within therapy conditions | | | | | | | | | | | | | | | | | | | |
| All studies | 407 | 0.39 | 0.37; 0.42 | 83 | 81; 84 |  | 200 | 0.36 | 033; 0.40 | 88 | 86; 89 |  | 207 | 0.42 | 0.39; 0.45 | 71 | 67; 75 |  | 0.27 |
| Outliers excluded a) | 268 | 0.38 | 0.37; 0.40 | 28 | 16; 39 |  | 121 | 0.35 | 0.33; 0.37 | 46 | 33; 56 |  | 161 | 0.41 | 0.39; 0.43 | 23 | 6; 37 |  | b) |
| Only low RoB | 139 | 0.37 | 0.34; 0.41 | 85 | 83; 87 |  | 77 | 0.38 | 0.33; 0.43 | 88 | 85; 90 |  | 62 | 0.37 | 0.32; 0.41 | 79 | 74; 84 |  | 0.03 |
| Adjusted for pubbias | 429 | 0.37 | 0.35; 0.40 | 85 | 83; 86 |  | 210 | 0.39 | 0.35; 0.42 | 88 | 87; 89 |  | 245 | 0.36 | 0.33; 0.39 | 78 | 75; 80 |  | 0.32 |

Abbreviations: CI: confidence interval; g: standardized mean difference (Hedges’ g); k: number of studies; Pubbias: publication bias; Resp: response rate; RoB: Risk of Bias.

a) subgroup analyses were done with the comparisons of the main analyses (so outliers were not separately excluded from each subgroup)

b) the effect sizes for the two subgroups were calculated separately for each subgroup, so the p-value for the difference could not be calculated

## Appendix D. Metaregression analyses of response rates within treatment and control conditions

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | *Response rates within control groups* | | |  | *Response rates within therapy groups* | | |
|  | *Coeff* | *SE* | *p* |  | *Coeff* | *SE* | *p* |
| WL vs CAU | -0.28 | 0.12 | 0.02 |  | 0.27 | 0.11 | 0.01 |
| IPT included | 0.19 | 0.20 | 0.36 |  | -0.07 | 0.19 | 0.73 |
| 3rd wave included | -0.16 | 0.18 | 0.38 |  | 0.06 | 0.16 | 0.70 |
| Individual format incl | 0.32 | 0.12 | 0.01 |  | 0.29 | 0.10 | 0.01 |
| Telephone format incl | 0.12 | 0.24 | 0.63 |  | 0.30 | 0.23 | 0.18 |
| Guided self-help incl | 0.24 | 0.13 | 0.06 |  | -0.22 | 0.12 | 0.07 |
| Two arms vs more than two | -0.04 | 0.14 | 0.79 |  | -0.11 | 0.11 | 0.30 |
| One measure vs more | 0.09 | 0.11 | 0.41 |  | -0.01 | 0.09 | 0.89 |
| Publication year | -0.01 | 0.01 | 0.15 |  | -0.02 | 0.01 | 0.00 |
| Target group: Adults in general | Ref. |  |  |  | Ref. |  |  |
| Target group: General medical | -0.13 | 0.16 | 0.42 |  | -0.31 | 0.15 | 0.04 |
| Target group: Older adults | -0.31 | 0.21 | 0.13 |  | -0.31 | 0.18 | 0.08 |
| Target group: Perinatal depression | -0.10 | 0.19 | 0.58 |  | -0.03 | 0.18 | 0.87 |
| Target group: Students | -0.14 | 0.23 | 0.54 |  | 0.18 | 0.21 | 0.41 |
| Target group: Other | -0.32 | 0.17 | 0.06 |  | 0.03 | 0.16 | 0.86 |
| Recruitment: Clinical | Ref. |  |  |  | Ref. |  |  |
| Recruitment: Community | -0.18 | 0.15 | 0.22 |  | 0.12 | 0.14 | 0.38 |
| Recruitment: Other | -0.22 | 0.16 | 0.17 |  | 0.27 | 0.15 | 0.08 |

Abbreviations: Coeff: coefficient; SE: standard error.