

## Data supplement

Table DS1 Details of studies				
Software package	Sample size	Comparator	Quality assessment	Loss to follow-up
Beating the Blues <sup>12</sup>	502 individuals were assessed, 406 of which were suitable for inclusion. 132 of these declined to participate leaving 274 to commence the trial: 146 in Beating the Blues group and 128 to treatment as usual	Treatment as usual	Randomisation: sealed envelopes, stratified for medication and duration of current episode Masking: no masked assessment Power calculation: yes Loss to follow-up: number and some reasons reported	Beating the Blues: $n=40$ ( $n=54$ from randomisation allocation) Treatment as usual: $n=31$ ( $n=43$ from randomisation allocation)
MoodGYM <sup>13</sup>	525 individuals were randomised; 182 in the MoodGYM group, 165 in BluePages and 178 in the control group	1. Web-based programme, BluePages, which provides depression literacy, offering evidence-based information 2. Control group 'attention placebo': phoned once a week by interviewers to discuss lifestyle and environmental factors	Randomisation method: SPSS function; no masked assessment, power calculation reported; follow-up loss and reasons reported	Blue Pages: $n=25$ MoodGYM: $n=46$ Control: $n=19$
ODIN <sup>14</sup>	526 initially accessed the study website and 299 completed baseline assessment; 144 were randomised to ODIN (116 were in the depression group) and 155 to usual care (107 were in the depression group)	No access to ODIN site but access to non-interactive website providing information on a range of health concerns including depression and usual care	Randomisation method: random assignment algorithm encoded in website programme; no masked assessment; power calculation reported; loss to follow-up: numbers reported but not reasons	79 did not complete at least 1 follow-up assessment, 141 did not complete 4-week assessment, 104 did not complete 8-week assessment, 103 did not complete 16-week assessment and 122 did not complete 32-week assessment
ODIN <sup>15</sup>	291 initially accessed the study website. 255 completed baseline assessment and were randomised as follows: 75 to the CCBT + postcard reminder group (54 were depressed), 80 to the CCBT + telephone reminder group (67 were depressed) and 100 to the control group (79 were depressed)	Usual care with access to a non-interactive website providing information on a range of health concerns including depression	Randomisation method: by site programming; no masked assessment; no power calculation reported; numbers lost to follow-up reported but not reasons	46 did not complete at least 1 follow-up assessment. 91 did not complete 5-week follow-up, 82 did not complete 10-week follow-up and 86 did not complete 16-week follow-up

CCBT, computerised cognitive-behavioural therapy; ODIN, Overcoming Depression on the Internet.

Table DS2 Psychological outcomes for Beating the Blues <sup>12</sup> using the Beck Depression Inventory: mean (s.d.)						
Intervention	Pre-treatment	Post-treatment	Follow-up			Summary measure results <sup>a</sup>
			3 months	5 months	8 months	
Beating the Blues $n$	24.9 (10.8) 127	12.1 (9.3) 95	12.1 (10.3) 93	9.6 (8.2) 83	9.3 (8.5) 94	11.6 (9.6) 112
Treatment as usual $n$	24.7 (9.2) 114	18.4 (10.9) 100	16.4 (11) 85	13.5 (10.3) 81	14.9 (11.3) 92	16.2 (10.1) 109

a. Results for available post-randomised values for each participant;  $t=5.50$ ,  $d.f.=219$ ,  $P=0.0006$ , 95% CI 2.01–7.22.

**Table DS3** Improvement in symptoms after 6 weeks using MoodGYM, intention-to-treat analysis (n=525): mean (s.d.)

	Intervention		
	BluePages	MoodGYM	Control
CESD	3.9 (9.1)	4.2 (9.1)	1.0 (8.4)
Pre-post effect size	0.4	0.4	0.1
Baseline score	21.1 (10.4)	21.8 (10.5)	21.6 (11.1)
Difference (95% CI) <sup>a</sup>	-0.3 (-2.6 to 2.0) <sup>b</sup>	3.2 (0.9 to 5.4) <sup>*c</sup>	2.9 (0.6 to 5.2) <sup>*d</sup>

CESD, Centre for Epidemiologic Studies Depression Scale.  
a. All results remained significant with adjustment using Bonferroni correction. The percentage of clinical cases (CESD > 16) was 50% (BluePage), 54% (MoodGYM) and 61% (control) at post-intervention, representing a drop of 20, 25 and 8% respectively from caseness levels before intervention.  
b. BluePages v. MoodGYM.  
c. MoodGYM v. control.  
d. BluePages v. control.  
\*Mean difference significant at 0.05 level.

**Table DS4** Psychological outcomes for Overcoming Depression on the Internet (ODIN) for total sample and depressed cases: study 1<sup>14</sup>

	Self-reported depression outcomes (CES-D): mean (s.d.)				P
	Baseline	8 weeks	16 weeks	32 weeks	
Total sample					
CBT (n=144)	30.5 (12.3)	22.4 (11.4)	21.7 (13.3)	21.3 (13.1)	0.86
Control (n=155)	31.2 (11.7)	22.4 (13.5)	22.7 (12.6)	23.0 (14.0)	
Depressed cases					
CCBT (n=107)	30.7 (12.9)	23.7 (11.9)	23.0 (13.5)	22.2 (12.8)	0.12 <sup>a</sup>
Control (n=116)	31.3	(11.5)	23.7 (14.0)	23.2 (12.8)	

CCBT, computerised cognitive-behavioural therapy; CES-D, Centre for Epidemiologic Studies Depression Scale.  
a. Value for the interaction term of gender × treatment group × time (test of whether the effect of treatment on CES-D score change differed by gender).

**Table DS5** Psychological outcomes for Overcoming Depression on the Internet (ODIN) for total sample and depressed cases: study 2<sup>15</sup>

	Self-reported depression outcomes (CES-D): mean (s.d.)				P
	Baseline	5 weeks	10 weeks	16 weeks	
Total sample					
CBT+postcard (n=75)	30.3 (11.9)	23.0 (10.8)	21.7 (12.4)	18.2 (12.8)	0.03
CCBT+telephone (n=80)	31.3 (13.2)	26.3 (13.3)	24.9 (13.1)	19.0 (13.1)	
Control (n=100)	28.0 (13.6)	23.7 (12.9)	22.5 (13.1)	22.3 (13.8)	
Depressed cases					
CCBT+postcard (n=54)	31.4 (11.8)	24.7 (11.6)	22.3 (12.9)	18.5 (13.1)	0.08
CCBT+telephone (n=67)	31.3 (13.4)	24.8 (13.3)	24.4 (13.2)	20.0 (13.8)	
Control (n=79)	28.8 (13.6)	23.0 (12.8)	22.6 (12.7)	22.9 (13.8)	
High baseline CES-D					
CCBT+postcard (n=58)	35.2 (8.4)	26.5 (10.0)	25.3 (11.8)	19.7 (12.3)	0.02
CCBT+telephone (n=64)	36.2 (9.2)	29.8 (12.3)	28.6 (11.7)	20.1 (12.1)	
Control (n=69)	35.4 (9.1)	28.1 (12.0)	26.1 (12.6)	26.7 (13.1)	

CCBT, computerised cognitive-behavioural therapy; CES-D, Centre for Epidemiologic Studies Depression Scale.  
a. Value for the interaction term of gender × treatment group × time (test of whether the effect of treatment on CES-D score change differed by gender).