**Supplementary Appendix A.** Selected characteristics of randomized controlled trials examining the effects on depression of cognitive and behavioral therapies on GAD, SAD, panic disorder and MDD

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | *Disorder* | *Recr* | *Target group* | *Conditions* | *N* | *For-mat* | *N sess* | *Countr* | *RoB* a) |
| Abramowitz, 2009 | SAD | comm | adults | CBT  Waiting list | 11  10 | gsh | 8 | us/can | − − sr + |
| Addis, 2004 | PAN | comm | adults | CBT  Care-as-usual | 38  37 | ind | 14 | us/can | − − sr + |
| Akilas, 1995 | SAD | other | other | Reframing  Waiting list | 16  16 | ind | 3 | us/can | − − sr − |
| Ammerman, 2013 | MDD | other | other | CBT  Care-as-usual | 47  46 | ind | 15 | us/can | − + + + |
| Andersson, 2012 | GAD | comm | adults | iCBT  Waiting list | 23  26 | gsh | 8 | eu | + + sr + |
| Barlow, 1989 | PAN | clin | adults | CT  RT+CT  Waiting list | 16  15  15 | ind | 15 | us/can | − − + + |
| Barlow, 1992 cbt | GAD | clin | adults | CBT  CBT+Appl. relax.  Waiting list | 13  11  10 | ind | 15  15 | us/can | − − + − |
| Barnhofer, 2009 | MDD | comm | adults | MBCT  Care-as-usual | 14  14 | grp | 8 | eu | + + sr + |
| Beck, 1994 | PAN | comm | adults | CT  Min contact contr. | 17  22 | grp | 10 | us/can | − − − − |
| Beidel, 2014 exp | SAD | comm | adults | Exposure  Exp + soc skills tr  Waiting list | 46  41  19 | ind | 24 | us/can | − − + + |
| Berger, 2009 | SAD | comm | adults | iCBT  Waiting list | 31  21 | gsh | 5 | eu | + − sr + |
| Berger, 2011 | MDD | comm | adults | iCBT  Waiting list | 25  26 | gsh | 10 | eu | − − sr + |
| Blanco, 2010 | SAD | comm | adults | CBT  placebo | 22  22 | grp | 12 | us/can | − + + + |
| Botella, 2007 | PAN | clin | adults | In vivo exp.  VR exposure  Waiting list | 12  12  13 | ind | 9 | eu | − − sr + |
| ­Butler, 1991 bt | GAD | clin | adults | CBT  Behavior therapy  Waiting list | 19  19  19 | ind | 12 | eu | − − sr + |
| Carlbring, 2001 | PAN | comm | adults | Internet CBT  Waiting list | 21  20 | gsh | 6 | eu | + + sr + |
| Carlbring, 2006 | PAN | other | adults | Internet CBT  Waiting list | 30  30 | gsh | 10 | eu | + + sr + |
| Carter, 2003 | PAN | other | other | CBT  Waiting list | 14  11 | grp | 11 | us/can | − − sr − |
| Castonguay, 2004 | MDD | comm | adults | CBT  Waiting list | 11  10 | ind | 16 | us/can | − − + + |
| Chiesa, 2012 | MDD | comm | adults | MBCT  Psychoeduc ctr | 9  7 | grp | 8 | eu | + + + − |
| Choi, 2012 | MDD | comm | other | CBT  Waiting list | 32  31 | gsh | 6 | au | + + sr + |
| Clark, 1994 | PAN | clin | adults | CBT  Waiting list | 16  16 | ind | 15 | eu | − − sr − |
| Clark, 1999 | PAN | clin | adults | Full CBT  Brief CBT  Waiting list | 14  14  14 | ind | 14 | eu | − − sr − |
| Clark, 2006 | SAD | comm | adults | CT  Exp. + Rel.  Waiting list | 21  21  20 | ind | 14 | eu | + + sr + |
| Cullen, 2002 | MDD | comm | adults | BA  Waiting list | 6  8 | ind | 10 | us/can | − − sr + |
| Dimidjian, 2006 | MDD | comm | adults | CT  BA  Placebo | 43  45  35 | ind | 16 | us/can | + − + + |
| Duarte, 2009 | MDD | other | other | CBT  Care-as-usual | 41  44 | grp | 12 | other | + + sr + |
| Dugas, 2003 | GAD | clin | adults | Group CBT  Waiting list | 25  27 | grp | 12 | us/can | − − sr + |
| Dugas, 2010 cbt | GAD | clin | adults | CBT  Waiting list | 23  20 | ind | 12 | us/can | − − sr + |
| Elkin, 1990 | MDD | clin | adults | CBT  Placebo | 59  62 | ind | 16 | us/can | + − + + |
| Faramarzi, 2008 | MDD | other | other | CBT  Care-as-usual | 29  30 | grp | 10 | other | − − sr − |
| Gould, 1993 | PAN | comm | adults | Guided imag cop  Guided self-help  Waiting list | 11  9  12 | ind | 8 | us/can | − − sr − |
| Gruber, 2001 | SAD | comm | adults | cCBT  CBT  Waiting list | 15  14  17 | grp | 8 | us/can | − − sr − |
| Hoyer, 2009 we | GAD | clin | adults | Worry exposure  Waiting list | 29  29 | ind | 15 | eu | + + + + |
| Ito, 2001 | PAN | comm | adults | External cues  Interoceptive  Combined  Waiting list | 19  20  18  18 | ind | 7 | other | − − sr − |
| Jamison, 1995 | MDD | comm | adults | Bibliotherapy  Waiting list | 33  39 | gsh | 4 | us/can | − − − − |
| Jarett, 1999 | MDD | clin | adults | CBT  Placebo | 36  36 | ind | 20 | us/can | + + + + |
| Johansson, 2012 | MDD | comm | adults | iCBT – standard  iCBT – taylored  Discussion group | 34  36  42 | gsh | 8 | eu | + + sr + |
| Ladouceur, 2000 | GAD | comm | adults | CBT  Waiting list | 14  12 | ind | 16 | us/can | − − sr + |
| Laidlaw, 2008 | MDD | clin | elderly | CBT  Care-as-usual | 20  20 | ind | 8 | eu | + + + − |
| Leichsenring, 2013 | SAD | comm | adults | CBT  Waiting list | 209  79 | ind | 25 | eu | + + sr + |
| Lidren, 1994 | PAN | comm | adults | BT – ftf  BT – gsh | 12  12  12 | grp /  gsh | 8 | us/can | − − sr + |
| Loerch, 1999 | PAN | clin | adults | CBT (+placebo)  Placebo | 14  11 | ind | 9 | eu | − − − + |
| Meuret, 2008 | PAN | comm | adults | Breathing therapy  Waiting list | 20  17 | ind | 20 | us/can | − − sr − |
| Miranda, 2003 | MDD | other | other | CBT  Care-as-usual | 90  89 | ind / grp | 8 | us/can | + + + + |
| Mohlman, 2003 study 1 | GAD | comm | elderly | CBT  Waiting list | 11  10 | ind | 13 | us/can | − − sr + |
| Mohlman, 2003 study 2 | GAD | comm | elderly | Enhanced CBT  Waiting list | 8  7 | ind | 13 | us/can | − − sr + |
| Mohr, 2011 | MDD | clin | adults | tCBT  Care-as-usual | 40  41 | tel | 16 | us/can | − − + + |
| Murphy, 1995 | MDD | clin | adults | CBT  Control | 11  13 | ind | 20 | us/can | + + + + |
| O'Mahen, 2013 | MDD | other | low income mothers | CBT  Care-as-usual | 30  25 | ind | 12 | eu | + + sr + |
| Paxling, 2011 | GAD | comm | adults | iCBT  Waiting list | 38  44 | gsh | 8 | eu | + + sr + |
| Pecheur, 1984 - rcbm | MDD | comm | christian students | Religious CBT  Secular CBT  Waiting list | 7  7  7 | ind | 8 | us/can | − − − + |
| Perini, 2009 | MDD | comm | adults | iCBT  Waiting list | 27  17 | gsh | 6 | other | + − sr + |
| Pishyar, 2008 | SAD | comm | adults | CBT  Waiting list | 16  16 | grp | 8 | other | − − sr − |
| Qiu, 2013 | MDD | other | adults | CBT  Waiting list | 31  31 | grp | 10 | other | + + + + |
| Rahman, 2008 | MDD | other | depressed mothers | CBT  Enhanced CAU | 418  400 | grp | 8 | other | + + + + |
| Robillard, 2010 | SAD | other | adults | CBT  VR-CBT  Waiting list | 16  14  15 | ind | 16 | us/can | − − sr − |
| Rohan, 2007 | MDD | comm | adults | CBT  Care-as-usual | 15  15 | grp | 12 | us/can | + + + + |
| Ross, 1985 | MDD | clin | adults | CBT  Waiting list | 20  21 | other | 12 | eu | − − sr + |
| Ross, 2005 | PAN | other | asthma patients | CBT  Waiting list | 15  10 | grp | 12 | us/can | − − sr − |
| Salaberria, 1998 | SAD | comm | adults | Self exp in vivo  CT + Self exp in vivo  Waiting list | 18  18  20 | grp | 8 | eu | − − sr + |
| Schmidt, 1997 | PAN | comm | adults | CBT + resp tr  CBT  Waiting list | 18  16  12 | grp | 12 | us/can | − − sr − |
| Scott, 1990 | MDD | clin | adults | CBT group  CBT individual  Waiting list | 17  27  23 | grp / ind | 12 | eu | + + sr + |
| Scott, 1992 | MDD | clin | adults | CBT  Care-as-usual | 29  29 | ind | 16 | eu | + + + + |
| Scott, 1997 | MDD | clin | adults | CBT  Care-as-usual | 18  16 | ind | 6 | eu | − − + − |
| Stangier, 2003 | SAD | comm | adults | CBT Individual  CBT Group  Waiting list | 22  22  21 | ind / grp | 15 | eu | − − sr + |
| Stangier, 2011 | SAD | comm | adults | CBT  Waiting list | 38  41 | ind | 16 | eu | + + + + |
| Stanley, 2003a | GAD | comm | elderly | CBT  min contact ctr | 29  35 | grp | 15 | us/can | − − + + |
| Stanley, 2003b | GAD | comm | elderly | CBT  Care-as-usual | 5  4 | ind | 8 | us/can | − − sr − |
| Stanley, 2009 | GAD | comm | elderly | CBT  Enhanced CAU | 65  50 | ind | 10 | us/can | + + sr + |
| Telch, 1993 | PAN | comm | adults | CBT  Waiting list | 34  33 | grp | 12 | us/can | − − sr + |
| Titov, 2010 | MDD | comm | adults | iCBT – techn sup  iCBT – ther sup  Waiting list | 41  46  40 | gsh | 6 | other | + + sr + |
| Van der Heiden, 2012 | GAD | clin | adults | Metacogn ther  intol-uncert ther  Waiting list | 54  52  20 | ind | 14 | eu | + + sr + |
| Vernmark, 2010 | MDD | comm | adults | iCBT – email sup  iCBT – gsh  Waiting list | 29  27  29 | gsh | 7 | eu | + + sr + |
| Wetherell, 2003 | GAD | comm | elderly | CBT  Waiting list | 18  21 | grp | 12 | us/can | − − + + |
| White, 1992 | GAD | clin | adults | CT  Behavior therapy  CBT  Waiting list | 31  31  26  11 | grp | 6 | eu | − − sr − |
| Williams, 1996 | PAN | comm | adults | CT  Exposure  CT+exposure  Waiting list | 14  13  12  9 | ind | 8 | us/can | − − sr + |
| Wollersheim, 1991 | MDD | comm | adults | CBT coping  CBT bibliother  Waiting list | 8  8  8 | grp | 10 | us/can | − − sr − |
| Wong, 2008 | MDD | comm | adults | CBT  Waiting list | 48  40 | grp | 10 | other | − − sr + |
| Wright, 2005 | MDD | clin | adults | cCBT  CBT  Waiting list | 15  15  15 | ind | 9 | us/can | − − + + |
| Zu, 2014 | MDD | clin | adults | CBT  Care-as-usual | 12  16 | ind | 20 | other | + − + − |

a) In this column a positive (+) or negative (-) sign is given for four quality criteria of the study, respectively: allocation sequence; concealment of allocation to conditions; blinding of assessors; intention-to-treat analyses; and selective outcome reporting. Sr in the third criterion indicates that only self-report measures were used (and no assessor was used).

Abbreviations: GAD = Generalized Anxiety Disorder; MDD = Major Depressive Disorder; PAN = Panic Dirorder; SAD = Social Anxiety Disorder; clin = participants recruited in a clinical setting; comm = participants recruited in a community setting; CBT = Cognitive Behavioral Therapy; iCBT = Internet-delivered Cognitive Behavioral Therapy; cCBT = Computerized Cognitive Behavioral Therapy; tCBT; Telephone-delivered Cognitive Behavioral Therapy; MBCT = Mindfulness-based Cognitive Therapy; CT = Cognitive Therapy; BT = Behavior Therapy; RT = Relaxation Therapy; CAU = Care as Usual; Min contact contr. = Minimal contact control group; Appl. Rel. = Applied Relaxation; Exp. = Exposure; soc skills tr = Social Skills Training; VR = Virtual Reality; Psychoeduc = Psychoeducation; BA = Behavioral Activation; Imag. Cop. = Imaginal coping; ftf = face-to-face; gsh = Guided Self-help; Resp. Tr. = Respiratory Training; Techn. Sup. = Technician supported; Ther. Sup. = Therapist supported; Metacogn. Ther. = Metacognitive Therapy; Intol-uncert. Ther. = Intolerance-of-Uncertainty Therapy; Bibliother. = Bibliotherapy; ind = individual format; tel = telephone format; grp = group format; gsh = guided self-help format; us/can = United States of America and/or Canada; au = Australia; eu = Europe