# Appendix A PRISMA Checklist

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| **Section/topic** | **#** | **Checklist item** | **Reported on page #** |
| **TITLE** | | |  |
| Title | 1 | Identify the report as a systematic review, meta-analysis, or both. | 1 |
| **ABSTRACT** | | |  |
| Structured summary | 2 | Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number. | 2 |
| **INTRODUCTION** | | |  |
| Rationale | 3 | Describe the rationale for the review in the context of what is already known. | 3 |
| Objectives | 4 | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS). | 4 |
| **METHODS** | | |  |
| Protocol and registration | 5 | Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number. | 4 |
| Eligibility criteria | 6 | Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale. | 4 |
| Information sources | 7 | Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched. | 5 |
| Search | 8 | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated. | 5 (Appendix B) |
| Study selection | 9 | State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis). | 5 |
| Data collection process | 10 | Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators. | 5/6 |
| Data items | 11 | List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made. | 5/6 |
| Risk of bias in individual studies | 12 | Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis. | 5 |
| Summary measures | 13 | State the principal summary measures (e.g., risk ratio, difference in means). | 7 |
| Synthesis of results | 14 | Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I2) for each meta-analysis. | 7 |

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| **Section/topic** | **#** | **Checklist item** | **Reported on page #** |
| Risk of bias across studies | 15 | Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies). | 5 |
| Additional analyses | 16 | Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified. | 7 |
| **RESULTS** | | |  |
| Study selection | 17 | Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram. | 8 (figure 1) |
| Study characteristics | 18 | For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations. | 8 (table 1a en 1b) |
| Risk of bias within studies | 19 | Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12). | 9 (table 3a en 3b) |
| Results of individual studies | 20 | For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot. | Individual Mean and SD (or events) per group are not reported per study in the article. |
| Synthesis of results | 21 | Present results of each meta-analysis done, including confidence intervals and measures of consistency. | 9-10 (table 4+5) |
| Risk of bias across studies | 22 | Present results of any assessment of risk of bias across studies (see Item 15). | 9 (table 3a en 3b) |
| Additional analysis | 23 | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]). | 10/11 |
| **DISCUSSION** | | |  |
| Summary of evidence | 24 | Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers). | 11/12/15 |
| Limitations | 25 | Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias). | 14 |
| Conclusions | 26 | Provide a general interpretation of the results in the context of other evidence, and implications for future research. | 13/15 |
| **FUNDING** | | |  |
| Funding | 27 | Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review. | 16/17 |

*From:*  Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(6): e1000097. doi:10.1371/journal.pmed1000097

For more information, visit: **www.prisma-statement.org**.

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# Appendix B Systematic search

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| **#** | **Query** | **Limiters/Expanders** |
| S10 | S7 | Limiters - Publication Type: All Journals  Search modes - Boolean/Phrase |
| S9 | S6 | Limiters - Publication Type: All Journals; Methodology: -Systematic Review, META ANALYSIS  Search modes - Boolean/Phrase |
| S8 | S6 | Limiters - Methodology: -Systematic Review, META ANALYSIS  Search modes - Boolean/Phrase |
| S7 | S6 AND (rct OR random\*) | Search modes - Boolean/Phrase |
| S6 | S3 OR S5 | Search modes - Boolean/Phrase |
| S5 | S2 | Limiters - Age Groups: Childhood (birth-12 yrs), Infancy (2-23 mo), Preschool Age (2-5 yrs), School Age (6-12 yrs), Adolescence (13-17 yrs)  Search modes - Boolean/Phrase |
| S4 | S2 | Search modes - Boolean/Phrase |
| S3 | S1 AND S2 | Search modes - Boolean/Phrase |
| S2 | DE "Major Depression" OR DE "Endogenous Depression" OR DE "Reactive Depression" OR DE "Recurrent Depression" OR DE "Treatment Resistant Depression" OR DE "Atypical Depression" OR DE "Depression (Emotion)" | Search modes - Boolean/Phrase |
| S1 | TI ( Infant OR infants OR infance OR child OR children OR childhood OR adolescent OR adolescents OR adolescence OR pediatric OR pediatrics OR pediatrical OR paediatric OR paediatrics OR paediatrical OR puberty OR pubertal OR juvenile OR juveniles OR school OR schools OR youngster OR youngsters OR prepuberal OR prepuberty OR preadolescent OR preadolescence OR “junior high” OR highschool OR highschools OR "senior high" OR "young people" OR minors ) OR AB ( Infant OR infants OR infance OR child OR children OR childhood OR adolescent OR adolescents OR adolescence OR pediatric OR pediatrics OR pediatrical OR paediatric OR paediatrics OR paediatrical OR puberty OR pubertal OR juvenile OR juveniles OR school OR schools OR youngster OR youngsters OR prepuberal OR prepuberty OR preadolescent OR preadolescence OR “junior high” OR highschool OR highschools OR "senior high" OR "young people" OR minors ) OR KW ( Infant OR infants OR infance OR child OR children OR childhood OR adolescent OR adolescents OR adolescence OR pediatric OR pediatrics OR pediatrical OR paediatric OR paediatrics OR paediatrical OR puberty OR pubertal OR juvenile OR juveniles OR school OR schools OR youngster OR youngsters OR prepuberal OR prepuberty OR preadolescent OR preadolescence OR “junior high” OR highschool OR highschools OR "senior high" OR "young people" OR minors ) | Search modes - Boolean/Phrase |



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*PubMed*[AND in builder](https://www.ncbi.nlm.nih.gov/pubmed)

* [OR in builder](https://www.ncbi.nlm.nih.gov/pubmed)
* [NOT in builder](https://www.ncbi.nlm.nih.gov/pubmed)
* [Delete from history](https://www.ncbi.nlm.nih.gov/pubmed)
* [Show search results](https://www.ncbi.nlm.nih.gov/pubmed)
* [Show search details](https://www.ncbi.nlm.nih.gov/pubmed)
* [AND in builder](https://www.ncbi.nlm.nih.gov/pubmed)
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* [NOT in builder](https://www.ncbi.nlm.nih.gov/pubmed)
* [Delete from history](https://www.ncbi.nlm.nih.gov/pubmed)
* [Show search results](https://www.ncbi.nlm.nih.gov/pubmed)
* [Show search details](https://www.ncbi.nlm.nih.gov/pubmed)
* [Save in My NCBI](https://www.ncbi.nlm.nih.gov/pubmed)
* [AND in builder](https://www.ncbi.nlm.nih.gov/pubmed)
* [OR in builder](https://www.ncbi.nlm.nih.gov/pubmed)
* [NOT in builder](https://www.ncbi.nlm.nih.gov/pubmed)
* [Show search results](https://www.ncbi.nlm.nih.gov/pubmed)
* [Save as a My NCBI Collection](https://www.ncbi.nlm.nih.gov/pubmed)

| Search | Query |
| --- | --- |
| [#11](https://www.ncbi.nlm.nih.gov/pubmed) | Search systematic[sb] AND (#6) |
| [#9](https://www.ncbi.nlm.nih.gov/pubmed) | Search (Therapy/Narrow[filter]) AND (#6) |
| [#6](https://www.ncbi.nlm.nih.gov/pubmed) | Search (#3 OR #5) |
| [#5](https://www.ncbi.nlm.nih.gov/pubmed) | Search #1 Filters: Child: birth-18 years |
| [#3](https://www.ncbi.nlm.nih.gov/pubmed) | Search (#1 AND #2) |
| [#2](https://www.ncbi.nlm.nih.gov/pubmed) | Search (Infant [tiab] OR infants [tiab] OR infance [tiab] OR child [tiab] OR children [tiab] OR childhood [tiab] OR adolescent [tiab] OR adolescents [tiab] OR adolescence [tiab] OR pediatric [tiab] OR pediatrics [tiab] OR pediatrical [tiab] OR paediatric [tiab] OR paediatrics [tiab] OR paediatrical [tiab] OR puberty [tiab] OR pubertal [tiab] OR juvenile [tiab] OR juveniles [tiab] OR school [tiab] OR schools [tiab] OR youngster [tiab] OR youngsters [tiab] OR prepuberal [tiab] OR prepuberty [tiab] OR preadolescent [tiab] OR preadolescence [tiab] OR “junior high” [tiab] OR highschool [tiab] OR highschools [tiab] OR "senior high" [tiab] OR "young people" [tiab] OR minors [tiab]) |
| [#1](https://www.ncbi.nlm.nih.gov/pubmed) | Search ("Depression"[Majr] OR "Depressive Disorder, Major"[Majr] OR "Depressive Disorder, Treatment-Resistant"[Majr] OR "Depressive Disorder"[Majr:NoExp]) |

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| **Query** | **Limiters/Expanders** |
| S3 OR S5 | Limiters - Publication Type: Meta Analysis, Systematic Review  Search modes - Boolean/Phrase |
| S3 OR S5 | Limiters - Publication Type: Randomized Controlled Trial  Search modes - Boolean/Phrase |
| S3 OR S5 | Search modes - Boolean/Phrase |
| S2 | Limiters - Age Groups: Infant, Newborn: birth-1 month, Infant: 1-23 months, Child, Preschool: 2-5 years, Child: 6-12 years, Adolescent: 13-18 years  Search modes - Boolean/Phrase |
| S2 | Search modes - Boolean/Phrase |
| S1 AND S2 | Search modes - Boolean/Phrase |
| MM "Depression" OR MM "Depression, Reactive" | Search modes - Boolean/Phrase |
| TI ( Infant OR infants OR infance OR child OR children OR childhood OR adolescent OR adolescents OR adolescence OR pediatric OR pediatrics OR pediatrical OR paediatric OR paediatrics OR paediatrical OR puberty OR pubertal OR juvenile OR juveniles OR school OR schools OR youngster OR youngsters OR prepuberal OR prepuberty OR preadolescent OR preadolescence OR “junior high” OR highschool OR highschools OR "senior high" OR "young people" OR minors ) OR AB ( Infant OR infants OR infance OR child OR children OR childhood OR adolescent OR adolescents OR adolescence OR pediatric OR pediatrics OR pediatrical OR paediatric OR paediatrics OR paediatrical OR puberty OR pubertal OR juvenile OR juveniles OR school OR schools OR youngster OR youngsters OR prepuberal OR prepuberty OR preadolescent OR preadolescence OR “junior high” OR highschool OR highschools OR "senior high" OR "young people" OR minors ) | Search modes - Boolean/Phrase |



EMBASE



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| |  |  | | --- | --- | | **[# ▲](http://ovidsp.tx.ovid.com.ru.idm.oclc.org/sp-3.26.1a/ovidweb.cgi?&S=DPJKFPLOAMDDCFIMNCGKGCDCENFMAA00&Sort+Sets=descending)** | **Searches** | | 1 | (infant or infants or infance or child or children or childhood or adolescent or adolescents or adolescence or pediatric or pediatrics or pediatrical or paediatric or paediatrics or paediatrical or puberty or pubertal or juvenile or juveniles or school or schools or youngster or youngsters or prepuberal or prepuberty or preadolescent or preadolescence or 'junior high' or highschool or highschools or 'senior high' or 'young people' or minors).ab. or (infant or infants or infance or child or children or childhood or adolescent or adolescents or adolescence or pediatric or pediatrics or pediatrical or paediatric or paediatrics or paediatrical or puberty or pubertal or juvenile or juveniles or school or schools or youngster or youngsters or prepuberal or prepuberty or preadolescent or preadolescence or 'junior high' or highschool or highschools or 'senior high' or 'young people' or minors).ti. | | 2 | \*depression/ or \*agitated depression/ or \*reactive depression/ or \*recurrent brief depression/ or \*atypical depression/ or \*major depression/ | | 3 | \*mourning syndrome/ | | 4 | 2 or 3 | | 5 | 1 and 4 | | 6 | limit 4 to (infant <to one year> or child <unspecified age> or preschool child <1 to 6 years> or school child <7 to 12 years> or adolescent <13 to 17 years>) | | 7 | 5 or 6 | | 8 | limit 7 to randomized controlled trial | | 9 | limit 7 to (meta analysis or "systematic review") | | 10 | from 8 keep 1-104 | | 11 | from 9 keep 1-62 | |

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# Appendix C Overview continuous outcomes

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| Outcome name | Reference | N with outcome |
| 21-item Depression Anxiety Stress Scale (DASS-21) | Taouk, M., Lovibond, P., & Laube, R. (2001). Psychometric properties of a Chinese version of the 21-item Depression Anxiety Stress Scales (DASS21). *Report for New South Wales Transcultural Mental Health Centre*. Sydney: Cumberland Hospital. | 1 (55) |
| Achenbach’s Child Behavior Checklist (CBCL) | Achenbach, T. M., & Edelbrock, C. (1983). *Manual for the Child Behavior Checklist and Revised Child Behavior Profile* (pp. 40-70). Burlington: University of Vermont, Department of Psychiatry. | 6 (30,35,41–43,50) |
| Beck Depression Inventory (BDI) | Beck, A.T., Rush, A.J., Shaw, B.E, & Emery, G. (1979). *Cognitive therapy for depressives,* New York: Guilford Press | 6 (41,42,45,51,56,58) |
| Bellevue Index of Depression (BID) | Petti T. A. (1978). Depression in hospitalized child psychiatry patients: Approaches to measuring depression. Journal of the American Academy of Child Psychiatry, 17, 49-69. | 1 (48) |
| Child Depression Inventory (CDI) | Kovacs, M., & Beck, A. (1977). An empirical-clinical approach toward a definition of childhood depression. In J.G. Schulterbrandt & A. Raskin (Eds.), *Depression in childhood: Diagnosis, treatment, and conceptual models* (pp. 1-25). New York: Raven Press. | 11 (30,31,34–36,38–40,43,48) |
| Child Depression Rating Scale - Revised (CDRS-R) | Poznanski, E. O. and Mokros, H. B. (1996). *Children’s Depression Rating Scale-Revised: manual*. Los Angeles: Western Psychological Services. | 3 (38,44,73) |
| Center for Epidemiological Studies – Depression scale (CES-D) | Radloff, L. S. (1977). The CES-D scale: A self-report depression scale for research in the general population. *Applied Psychological Measurement, 1,* 358-401. | 7 (36,39,41,46,47,50,55) |
| Hamilton Depression Rating Scale (HDRS) | Hamilton, M. (1960). A rating scale for depression. *Journal of Neurology, Neurosurgery, and Psychiatry, 12,* 56–62. | 1 (30,42,51) |
| Mood and Anxiety Symptom Questionnaire (MASQ) | Watson, D., & Clark, L. A. (1991). *The Mood and Anxiety Symptom Questionnaire*. Unpublished manuscript, Department of Psychology, University of Iowa, Iowa City. | 1 (50) |
| Mood and Feelings Questionnaire (MFQ) | Angold A, Costello EJ,Messer SC, Pickles A, Winder F, Silver D (1995) The development of a short questionnaire for use in epidemiological studies of depression in children and adolescents. Int J Meth Psychiatri Res 5:237–249 | 4 (32,37,54,56) |
| Reynolds Adolescent  Depression Scale (RADS) | Reynolds, W. M. (1987). Reynolds Adolescent Depression Scale. Odessa, FL: Psychological Assessment Resources, Inc. | 4 (44,48,57,60) |
| Revised Child Anxiety and  Depression Scale (RCADS) | Chorpita BF, Yim L, Moffitt C, Umemoto LA, Francis SE. Assessment of symptoms of DSM-IV anxiety and depression in children: a revised child anxiety and depression scale. Behav Res Ther 2000;38:835–55. http://dx.doi.org/10.1016/S0005-7967(99)00130-8 | 1 (52) |
| Schedule for Affective Disorders and Schizophrenia for School-Age Children (K-SADS; number of symptoms) | Kaufman, J., Birmaher, B., Brent, D., Rao, U., & Ryan, N. (1996). *Schedule for Affective Disorder and Schizophrenia for School Age Children (6–18 Years): Present and Lifetime Version* (K-SADS-PL, version 1.0). Unpublished manuscript, Department of Psychiatry of the University of Pittsburgh School of Medicine. | 3 (45,58,59) |
| Short Mood and Feelings  Questionnaire (SMF-Q) | Messer SC, Angold A, Costello EJ, Loeber R, VanKammen W, Stouthamer Loeber M. Development of a short questionnaire for use in epidemiological studies of depression in children and  adolescents: factor composition and structure across development. Int J Methods Psychiatr Res 1995;5:251–62. | 1 (52) |

# Appendix D Pre-specified hierarchy

Component

1. Activation
2. Self-monitoring
3. Problem Solving
4. Cognitive Restructuring
5. Psycho Education
6. Relaxation
7. Social skill training
8. Positive reinforcement
9. Modelling
10. Relapse prevention
11. Goalsetting

Context/Structure

1. Recipient
2. Focus CBT
3. Intervention intensity
4. Target population
5. Intervention format
6. Setting
7. Face to face
8. Online
9. Goal of CBT

(hierarchy from most (nr.1) to least important)