

SUPPLEMENTARY MATERIAL TABLE OF CONTENTS

eTables

- eTable 1 Detailed description of all included primary studies
- eTable 2 Summary characteristics of included primary studies
- eTable 3 Distribution of summary effect size estimates for Which factor: Control condition
- eTable 4 Distribution of summary effect size estimates for Which factor: Diagnosis
- eTable 5 Distribution of summary effect size estimates for Which factor: Format
- eTable 6 Distribution of summary effect size estimates for Which factor: Method
- eTable 7 Distribution of summary effect size estimates for Which factor: Type
- eTable 8 Distribution of summary effect size estimates for Which factor: Risk of bias
- eTable 9 Distribution of summary effect size estimates for Which factor: Target Group
- eTable 10 Different estimators for effect size-dependency
- eTable 11 Sensitivity analyses for multiverse size

eFigures

- eFigure 1 Average effect size estimates for Which factor: Control condition
- eFigure 2 Average effect size estimates for Which factor: Diagnosis
- eFigure 3 Average effect size estimates for Which factor: Format
- eFigure 4 Average effect size estimates for Which factor: Method
- eFigure 5 Average effect size estimates for Which factor: Type
- eFigure 6 Average effect size estimates for Which factor: Risk of bias
- eFigure 7 Average effect size estimates for Which factor: Target Group
- eFigure 8 Inferential specification curve plot against a simulated clinically relevant effect size
- eFigure 9 Sensitivity analyses for multiverse size

eMethods

- eMethods 1. Search strings for PubMed.
- eMethods 2. Detailed list of Which Factors.
- eMethods 3. Deviations from protocol.

eTable 1 Detailed description of all included primary studies

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Aagaard, 2017 ¹	Adults	CBT-Based	Group	CAU	Diagnosis	Some Concern	Europe	75	0.0000	0.230
Abas, 2018 ²	General Medical	CBT-Based	Individual	CAU	Cut-Off Score	Low	Other Region	28	0.6300	0.390
Ahmadpanah, 2016 ³	General Medical	CBT-Based & Not-CBT-Based	Individual & Group	CAU	Subclinical Depression	Some Concern	Other Region	30	1.6725	0.425
Alexopoulos, 2016 ⁴	General Medical	CBT-Based	Individual	Other	Diagnosis	Some Concern	North America	168	-0.1964	0.175
Afonso, 2009 ⁵	Older Adults	Not-CBT-Based	Individual	Other & CAU	Cut-Off Score	Some Concern	Europe	60	2.420	0.345
Alhusen, 2021 ⁶	Perinatal Depression	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	North America	60	1.460	0.290
Allart Van Dam, 2003 ⁷	Adults	CBT-Based	Group	CAU	Subclinical Depression	Some Concern	Europe	102	0.5700	0.210
Amani, 2021 ⁸	Perinatal Depression	CBT-Based	Group	WL	Cut-Off Score	Some Concern	North America	38	1.310	0.360
Ammerman, 2013 ⁹	Perinatal Depression	CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	93	0.8797	0.228
Andersson, 2005 ¹⁰	Adults	CBT-Based	Guided Self-Help	Other	Cut-Off Score	Some Concern	Europe	85	0.8700	0.230
Araya, 2021 ¹¹	General Medical	CBT-Based	Guided Self-Help	CAU	Cut-Off Score	Low	Other Region	657	0.315	0.095
Arean, 1993 ¹²	Older Adults	CBT-Based & Not-CBT-Based	Group	WL	Diagnosis	Some Concern	North America	45	0.8756	0.397
Arjadi, 2018 ¹³	Adults	CBT-Based	Guided Self-Help	Other	Diagnosis	Low	Other Region	276	0.4282	0.125
Ayen, 2004 ¹⁴	Other Target Groups	CBT-Based & Not-CBT-Based	Group	WL	Diagnosis	Some Concern	Europe	26	2.4581	0.606
Barber, 2012 ¹⁵	Adults	Not-CBT-Based	Individual	Other	Diagnosis	Some Concern	North America	102	0.0769	0.260
Barnhofer, 2009 ¹⁶	Adults	CBT-Based	Group	CAU	Diagnosis	Low	Europe	28	1.0423	0.530

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Barrett, 2001 ¹⁷	Adults	CBT-Based	Individual	Other	Diagnosis	Low	North America	66	0.1542	0.280
Baumeister, 2021 ¹⁸	General Medical	CBT-Based	Guided Self-Help	CAU	Diagnosis	Low	Europe	209	0.313	0.140
Baumgartner, 2021 ¹⁹	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	462	0.300	0.090
Beach, 1992 ²⁰	Other Target Groups	CBT-Based	Other Formats & Individual	WL	Diagnosis	Some Concern	North America	30	1.1615	0.400
Bedard, 2014 ²¹	General Medical	CBT-Based	Group	WL	Cut-Off Score	Some Concern	North America	75	0.3517	0.233
Beeber, 2010 ²²	Other Target Groups	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	North America	70	0.8188	0.265
Bendig, 2021 ²³	General Medical	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	34	0.320	0.350
Berger, 2011 ²⁴	Adults	CBT-Based	Guided Self-Help & Other Formats	WL	Diagnosis	Low	Europe	51	0.8819	0.295
Beutel, 2014 ²⁵	General Medical	Not-CBT-Based	Individual	CAU	Diagnosis	Low	Europe	156	0.5200	0.190
Boele, 2018 ²⁶	General Medical	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	53	0.6100	0.290
Boeschoten, 2017 ²⁷	General Medical	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	149	0.1880	0.187
Bohlmeijer, 2011 ²⁸	Adults	CBT-Based	Group	WL	Cut-Off Score	Low	Europe	93	0.6000	0.210
Bolton, 2003 ²⁹	Adults	Not-CBT-Based	Group	CAU	Diagnosis	Some Concern	Other Region	258	1.1484	0.140
Bower, 2021 ³⁰	General Medical	Not-CBT-Based	Group	WL & Other	Cut-Off Score	Some Concern	North America	166	0.145	0.160
Bowman, 1995 ³¹	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern & High	North America	20	0.9458	0.508
Braun, 2021 ³²	Other Target Groups	Not-CBT-Based	Guided Self-Help	Other	Cut-Off Score	Low	Europe	340	0.280	0.110

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Brown, 1984 ³³	Adults	CBT-Based	Group & Individual & Guided Self-Help	WL	Diagnosis	Some Concern	North America	28	0.3934	0.395
Buhrman, 2015 ³⁴	General Medical	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	54	0.5730	0.340
Buntrock, 2015 ³⁵	Adults	Not-CBT-Based	Guided Self-Help	CAU	Subclinical Depression	Low	Europe	405	0.6455	0.113
Burmaoğlu, 2021 ³⁶	Other Target Groups	CBT-Based & Not-CBT-Based	Group	CAU	Diagnosis	Some Concern	Other Region	30	0.360	0.370
Burns, 2007 ³⁷	General Medical	Not-CBT-Based	Individual	CAU	Cut-Off Score	Low	Europe	100	0.4000	0.220
Burns, 2013 ³⁸	Perinatal Depression	CBT-Based	Individual	CAU	Cut-Off Score	Low	Europe	30	0.8731	0.403
Carlbring, 2013 ³⁹	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Europe	80	0.7712	0.303
Carr, 2017 ⁴⁰	Adults	CBT-Based	Group	CAU	Diagnosis	Some Concern	Europe	82	0.3367	0.220
Carta, 2012 ⁴¹	Adults	CBT-Based	Individual	CAU	Diagnosis	Some Concern	Europe	64	0.2500	0.250
Casanas, 2012 ⁴²	Adults	CBT-Based	Group	CAU	Diagnosis	Low	Europe	234	0.3490	0.150
Castonguay, 2004 ⁴³	Adults	CBT-Based	Individual	WL	Diagnosis	Some Concern	North America	22	1.6495	0.583
Chan, 2012 ⁴⁴	Adults	CBT-Based & Not-CBT-Based	Group	WL	Diagnosis	Some Concern	East Asia	33	1.1833	0.400
Chan, 2013 ⁴⁵	Older Adults	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	East Asia	26	1.4300	0.440
Chen, 2000 ⁴⁶	Perinatal Depression	Not-CBT-Based	Group	CAU	Cut-Off Score	Some Concern	East Asia	60	0.6000	0.300
Chesney, 2003 ⁴⁷	General Medical	Not-CBT-Based	Group	Other & WL	Subclinical Depression	Some Concern	North America	87	0.0920	0.215
Chiang, 2015 ⁴⁸	Adults	CBT-Based	Group	CAU	Diagnosis	Some Concern	East Asia	62	4.0789	0.460
Cho, 2008 ⁴⁹	Perinatal Depression	CBT-Based	Individual	CAU	Diagnosis	Some Concern	East Asia	23	0.7876	0.515

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Choi, 2012 ⁵⁰	Other Target Groups	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Australia	63	0.5429	0.257
Choi, 2014 ⁵¹	Older Adults	CBT-Based	Individual & Other Formats	Other	Cut-Off Score	Some Concern	North America	68	0.4000	0.300
Choi, 2020 ⁵²	Other Target Groups	CBT-Based	Other Formats	Other	Cut-Off Score	Some Concern	North America	193	0.8415	0.198
Chowdhary, 2016 ⁵³	Adults	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Other Region	50	0.4562	0.300
Choy, 2016 ⁵⁴	Older Adults	Not-CBT-Based	Group	WL	Cut-Off Score	Some Concern	East Asia	80	0.9679	0.255
Clark, 2003 ⁵⁵	Perinatal Depression	Not-CBT-Based	Group	WL	Diagnosis	Some Concern	North America	23	0.5310	0.430
Clark, 2008 ⁵⁶	Perinatal Depression	Not-CBT-Based	Group	WL	Diagnosis	Some Concern	North America	29	1.0900	0.400
Cohen, 2010 ⁵⁷	Other Target Groups	Not-CBT-Based	Other Formats	WL	Diagnosis	Some Concern	North America	30	0.8371	0.513
Cooper, 2003 ⁵⁸	Perinatal Depression	CBT-Based & Not-CBT-Based	Individual	CAU	Diagnosis	Low	Europe	92	0.4273	0.220
Cramer, 2011 ⁵⁹	Other Target Groups	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Europe	86	0.4757	0.343
D'elia, 2020 ⁶⁰	Adults	CBT-Based	Group	Other	Diagnosis	Low	North America	16	1.4500	0.580
Davoudi, 2020 ⁶¹	General Medical	CBT-Based	Group	Other	Cut-Off Score	Some Concern	Other Region	40	0.7100	0.330
De Groot, 2019 ⁶²	General Medical	CBT-Based	Individual	CAU	Diagnosis	Low	North America	51	0.7908	0.310
De Jong, 2018 ⁶³	General Medical	CBT-Based	Group	WL	Diagnosis	Some Concern	North America	40	0.0600	0.330
Dekker, 2012 ⁶⁴	General Medical	CBT-Based	Individual	CAU	Cut-Off Score	Low	North America	41	0.4200	0.320
Dennis, 2020 ⁶⁵	Perinatal Depression	Not-CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	North America	222	0.8501	0.155

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Derubeis, 2005 ⁶⁶	Adults	CBT-Based	Individual	Other	Diagnosis	Some Concern	North America	120	0.4500	0.220
Desautels, 2017 ⁶⁷	General Medical	CBT-Based	Individual	WL	Cut-Off Score	Low	North America	45	1.0041	0.451
Dimidjian, 2006 ⁶⁸	Adults	CBT-Based	Individual	Other	Diagnosis	Some Concern	North America	82	0.7350	0.338
Dimidjian, 2017 ⁶⁹	Perinatal Depression	CBT-Based	Other Formats	CAU	Cut-Off Score	Low	North America	146	0.4235	0.187
Dindo, 2012 ⁷⁰	General Medical	CBT-Based	Group	WL	Diagnosis	Some Concern	North America	54	1.2392	0.432
Dindo, 2019 ⁷¹	General Medical	CBT-Based	Group	Other	Diagnosis	Some Concern	North America	110	0.2958	0.240
Dobkin, 2011 ⁷²	General Medical	CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	81	1.2008	0.283
Dobkin, 2020 ⁷³	General Medical	CBT-Based	Other Formats	CAU	Diagnosis	Low	North America	72	1.0499	0.255
Dobkin, 2021 ⁷⁴	General Medical	CBT-Based	Other Formats	CAU	Diagnosis	Low	North America	90	0.910	0.220
Doering, 2013 ⁷⁵	General Medical	CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	90	1.0268	0.280
Dong, 2019 ⁷⁶	General Medical	Not-CBT-Based	Other Formats	CAU	Cut-Off Score	Low	East Asia	90	2.2315	0.270
Duarte, 2009 ⁷⁷	General Medical	CBT-Based	Group	CAU	Diagnosis	Low	Other Region	85	0.8100	0.230
Dwight-Johnson, 2011 ⁷⁸	Other Target Groups	CBT-Based	Other Formats	CAU	Cut-Off Score	Some Concern	North America	100	1.0628	0.232
Ebert, 2014 ⁷⁹	Other Target Groups	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	150	0.7580	0.190
Ebert, 2018 ⁸⁰	Adults	Not-CBT-Based	Guided Self-Help	WL	Subclinical Depression	Low	Europe	189	0.4754	0.166
Ede, 2020 ⁸¹	Student Population	CBT-Based	Group	WL	Cut-Off Score	Some Concern	Other Region	162	0.6900	0.160

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Ekers, 2011 ⁸²	Adults	CBT-Based	Individual	WL	Diagnosis	Low	Europe	44	0.8173	0.370
Ekkers, 2011 ⁸³	Older Adults	CBT-Based	Group	CAU	Diagnosis	Some Concern	Europe	93	0.8177	0.252
Elkin, 1989 ⁸⁴	Adults	CBT-Based & Not-CBT-Based	Individual	Other	Diagnosis	Low	North America	121	0.3242	0.196
Embling, 2002 ⁸⁵	Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	Europe	38	2.4700	0.430
Eseadi, 2018 ⁸⁶	Other Target Groups	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Other Region	30	9.5600	1.320
Euteneuer, 2017 ⁸⁷	Adults	CBT-Based	Individual	WL	Diagnosis	Some Concern	Europe	64	0.7400	0.260
Evans, 1995 ⁸⁸	General Medical	CBT-Based & Not-CBT-Based	Group	Other	Cut-Off Score	Some Concern	North America	48	0.7530	0.302
Fann, 2015 ⁸⁹	General Medical	CBT-Based	Individual & Other Formats	CAU	Diagnosis	Some Concern	North America	64	0.1698	0.279
Faramarzi, 2008 ⁹⁰	Other Target Groups	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Other Region	58	1.5303	0.350
Fledderus, 2012 ⁹¹	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	Europe	250	0.9098	0.185
Floyd, 2004 ⁹²	Older Adults	CBT-Based	Guided Self-Help & Individual	WL	Diagnosis	Some Concern & High	North America	24	1.0631	0.453
Flygare, 2020 ⁹³	Adults	CBT-Based	Guided Self-Help	Other	Cut-Off Score	Low	Europe	75	0.2300	0.230
Folke, 2012 ⁹⁴	Other Target Groups	CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	Europe	34	0.6600	0.350
Fonagy, 2015 ⁹⁵	Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Low	Europe	100	0.3906	0.240
Forand, 2018 ⁹⁶	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	North America	103	1.3944	0.308
Forsell, 2017 ⁹⁷	Perinatal Depression	CBT-Based	Guided Self-Help	CAU	Diagnosis	Low	Europe	40	0.9008	0.395
Frangou, 2021 ⁹⁸	General Medical	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	67	-0.070	0.240
Freedland, 2009 ⁹⁹	General Medical	CBT-Based & Not-CBT-Based	Individual	CAU	Diagnosis	Low	North America	82	0.7013	0.245

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Freedland, 2015 ¹⁰⁰	General Medical	CBT-Based	Individual	CAU	Diagnosis	Low	North America	158	0.6485	0.178
Fry, 1983 ¹⁰¹	Older Adults	Not-CBT-Based	Individual	Other	Cut-Off Score	Some Concern	North America	NA	2.2860	0.260
Fuhr, 2019 ¹⁰²	Perinatal Depression	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Other Region	243	0.2481	0.158
Funderburk, 2021 ¹⁰³	Other Target Groups	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	North America	140	0.220	0.170
Furukawa, 2012 ¹⁰⁴	Other Target Groups	CBT-Based	Other Formats	WL	Subclinical Depression	Low	East Asia	118	0.6750	0.190
Garcia-Pena, 2015 ¹⁰⁵	Older Adults	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Other Region	82	0.6000	0.260
Gawrysiak, 2009 ¹⁰⁶	Student Population	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	North America	29	1.7035	0.535
Gellis, 2008 ¹⁰⁷	General Medical	CBT-Based	Individual	CAU	Subclinical Depression	Some Concern	North America	62	1.6984	0.315
Gellis, 2010 ¹⁰⁸	General Medical	CBT-Based	Individual	CAU	Subclinical Depression	Some Concern	North America	36	0.8262	0.345
Geraedts, 2014 ¹⁰⁹	Other Target Groups	CBT-Based	Guided Self-Help	CAU	Cut-Off Score	Low	Europe	232	0.1253	0.145
Ghorbani, 2021 ¹¹⁰	General Medical	CBT-Based	Group	WL	Cut-Off Score	Some Concern	Other Region	40	4.500	0.600
Gibbons, 2012 ¹¹¹	Adults	Not-CBT-Based	Individual	CAU	Cut-Off Score	High & Some Concern	North America	31	0.1014	0.418
Gitlin, 2013 ¹¹²	Older Adults	Not-CBT-Based	Individual	WL	Cut-Off Score	Low	North America	188	0.4743	0.163
Goodman, 2015 ¹¹³	Perinatal Depression	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	North America	23	-0.0139	0.660
Greenberg, 2018 ¹¹⁴	Adults	CBT-Based	Group	WL	Cut-Off Score	Some Concern	North America	28	1.0800	0.410
Grote, 2009 ¹¹⁵	Perinatal Depression	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	North America	50	1.2672	0.395

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Hagen, 2017 ¹¹⁶	Adults	CBT-Based	Individual	WL	Diagnosis	Some Concern	Europe	39	2.4700	0.430
Hallford, 2016 ¹¹⁷	Other Target Groups	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Australia	27	1.1349	0.480
Hallgren, 2015 ¹¹⁸	Adults	CBT-Based	Guided Self-Help	CAU	Cut-Off Score	Some Concern	Europe	491	0.3200	0.090
Hamamci, 2006 ¹¹⁹	Student Population	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Other Region	21	1.4050	0.490
Hamdan-Mansour, 2009 ¹²⁰	Student Population	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Other Region	84	0.6300	0.220
Han, 2020 ¹²¹	Adults	CBT-Based & Not-CBT-Based	Group	Other	Diagnosis	Some Concern	East Asia	33	0.6895	0.357
Haringsma, 2006 ¹²²	Older Adults	CBT-Based	Group	WL	Cut-Off Score	Some Concern	Europe	107	0.4925	0.225
Harley, 2008 ¹²³	Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	North America	19	0.8375	0.485
Harrer, 2021 ¹²⁴	Student Population	Not-CBT-Based	Guided Self-Help	Other	Cut-Off Score	Low	Europe	200	0.360	0.140
Hassiotis, 2013 ¹²⁵	Other Target Groups	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	30	0.0200	0.370
Hautzinger, 2004 ¹²⁶	Older Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	Europe	112	0.9845	0.260
Hayman, 1980 ¹²⁷	Adults	Not-CBT-Based	Group	WL	Cut-Off Score	Some Concern	North America	NA	0.4700	0.390
He, 2019 ¹²⁸	Adults	CBT-Based	Individual	Other	Diagnosis	Some Concern	East Asia	66	0.4300	0.245
Heckman, 2011 ¹²⁹	General Medical	Not-CBT-Based	Group	CAU	Cut-Off Score	Some Concern	North America	200	0.3437	0.208
Heckman, 2013 ¹³⁰	General Medical	Not-CBT-Based	Other Formats	CAU	Cut-Off Score	Some Concern	North America	241	0.2300	0.130
Heckman, 2017 ¹³¹	General Medical	Not-CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	North America	140	1.1500	0.430
Hegerl, 2010 ¹³²	Adults	CBT-Based	Group	Other	Diagnosis	Low	Europe	94	0.9200	0.330

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Hemanny, 2019 ¹³³	Adults	CBT-Based	Individual	CAU	Diagnosis	Some Concern	Other Region	51	1.2774	0.307
Hermanns, 2015 ¹³⁴	General Medical	CBT-Based	Group	CAU	Subclinical Depression	Some Concern	Europe	181	0.2000	0.150
Herrmann-Lingen, 2016 ¹³⁵	General Medical	Not-CBT-Based	Other Formats	CAU	Cut-Off Score	Some Concern	Europe	569	0.0068	0.087
Hoifodt, 2013 ¹³⁶	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	Europe	105	0.3792	0.320
Holden, 1989 ¹³⁷	Perinatal Depression	Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	Europe	52	0.7200	0.330
Honey, 2002 ¹³⁸	Perinatal Depression	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Europe	46	0.2903	0.330
Horrell, 2014 ¹³⁹	Adults	CBT-Based	Group	WL	Cut-Off Score	Low	Europe	382	0.5100	0.100
Hou, 2014 ¹⁴⁰	Perinatal Depression	CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	East Asia	213	0.7100	0.140
Hsiao, 2014 ¹⁴¹	Adults	Not-CBT-Based	Group	CAU	Subclinical Depression	Low	East Asia	74	-0.5500	0.240
Huang, 2016 ¹⁴²	General Medical	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	East Asia	61	1.9500	0.310
Hum, 2019 ¹⁴³	General Medical	CBT-Based	Other Formats	Other & WL	Cut-Off Score	Some Concern	North America	39	0.0688	0.330
Hummel, 2017 ¹⁴⁴	General Medical	CBT-Based	Group	WL	Cut-Off Score	Some Concern	Europe	129	1.3903	0.224
Hunter, 2012 ¹⁴⁵	Other Target Groups	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	North America	84	0.4200	0.300
Husain, 2017 ¹⁴⁶	Perinatal Depression	CBT-Based	Group	CAU	Diagnosis	Some Concern	Other Region	219	0.8783	0.145
Husain, 2021a ¹⁴⁷	Perinatal Depression	CBT-Based	Group	CAU	Diagnosis	Some Concern	Other Region	769	1.455	0.080
Husain, 2021b ¹⁴⁸	Perinatal Depression	CBT-Based	Group	CAU	Diagnosis	Some Concern	Other Region	97	2.689	0.290

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Jalali, 2019 ¹⁴⁹	Other Target Groups	Not-CBT-Based	Group	WL	Cut-Off Score	Some Concern	Other Region	42	0.9700	0.330
Jamison, 1995 ¹⁵⁰	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Some Concern & High	North America	68	1.6160	0.412
Jarrett, 1999 ¹⁵¹	Adults	CBT-Based	Individual	Other	Diagnosis	Some Concern	North America	72	0.5958	0.268
Jelinek, 2016 ¹⁵²	Adults	CBT-Based	Group	Other	Diagnosis	Some Concern	Europe	65	0.4832	0.283
Jesse, 2015 ¹⁵³	Perinatal Depression	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	North America	56	0.3481	0.297
Jiang, 2014 ¹⁵⁴	Perinatal Depression	Not-CBT-Based	Other Formats	CAU	Cut-Off Score	Some Concern	East Asia	771	1.0500	0.080
Johansson, 2012a ¹⁵⁵	Adults	Not-CBT-Based	Guided Self-Help	Other	Diagnosis	Low	Europe	92	0.8838	0.248
Johansson, 2012b ¹⁵⁶	Adults	CBT-Based	Guided Self-Help	Other	Diagnosis	Some Concern	Europe	72	0.8233	0.289
Johansson, 2019 ¹⁵⁷	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Europe	54	1.5650	0.310
Johnson, 2012 ¹⁵⁸	Other Target Groups	Not-CBT-Based	Other Formats	Other	Diagnosis	Some Concern	North America	38	0.7521	0.410
Johnson, 2019 ¹⁵⁹	Other Target Groups	Not-CBT-Based	Other Formats	CAU	Diagnosis	Low	North America	NA	0.1950	0.150
Joling, 2011 ¹⁶⁰	Older Adults	CBT-Based	Guided Self-Help	CAU	Subclinical Depression	Low	Europe	171	-0.0794	0.207
Jordans, 2019 ¹⁶¹	Adults	CBT-Based	Individual	CAU	Diagnosis	Low	Other Region	120	0.4341	0.200
Kamga, 2017 ¹⁶²	General Medical	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	North America	70	0.4300	0.240
Kanter, 2015 ¹⁶³	Other Target Groups	CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	40	0.2890	0.360
Keeley, 2016 ¹⁶⁴	Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Low	North America	172	0.4702	0.215
Kelly, 1993 ¹⁶⁵	General Medical	CBT-Based & Not-CBT-Based	Group	Other	Cut-Off Score	Some Concern	North America	48	0.6960	0.315

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Kenter, 2016 ¹⁶⁶	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Europe	269	-0.0700	0.120
Kessler, 2009 ¹⁶⁷	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Europe	218	0.5130	0.155
Kim, 2018 ¹⁶⁸	General Medical	CBT-Based	Other Formats	CAU	Cut-Off Score	Some Concern	East Asia	60	0.8200	0.270
King, 2000 ¹⁶⁹	Adults	CBT-Based & Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	132	0.4150	0.180
Kivi, 2014 ¹⁷⁰	Adults	CBT-Based	Guided Self-Help	CAU	Diagnosis	Some Concern	Europe	86	-0.1600	0.260
Kleiboer, 2015 ¹⁷¹	Adults	CBT-Based & Not-CBT-Based	Other Formats & Guided Self-Help	WL	Cut-Off Score	Low	Europe	214	0.2313	0.140
Korrelboom, 2012 ¹⁷²	Adults	Not-CBT-Based	Group	WL	Diagnosis	Low	Europe	62	0.7884	0.313
Korte, 2012 ¹⁷³	Older Adults	Not-CBT-Based	Group	WL	Cut-Off Score	Low	Europe	169	0.5878	0.180
Kramer, 2021 ¹⁷⁴	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	Europe	136	0.520	0.170
Laidlaw, 2008 ¹⁷⁵	Older Adults	CBT-Based	Individual	CAU	Diagnosis	Some Concern	Europe	40	0.4692	0.333
Lamers, 2010 ¹⁷⁶	General Medical	CBT-Based	Individual	CAU	Diagnosis	Low	Europe	229	0.2503	0.180
Lamers, 2015 ¹⁷⁷	Adults	Not-CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	116	0.3400	0.190
Landreville, 1997 ¹⁷⁸	Older Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	North America	22	0.3243	0.513
Lappalainen, 2015 ¹⁷⁹	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Some Concern	Europe	37	0.6635	0.467
Larcombe, 1984 ¹⁸⁰	General Medical	CBT-Based	Group	WL	Diagnosis	Some Concern	Australia	19	2.6939	0.650
Lee, 2021 ¹⁸¹	Adults	CBT-Based	Group	CAU	Diagnosis	Low	East Asia	50	0.632	0.380
Lemma, 2013 ¹⁸²	Adults	Not-CBT-Based	Other Formats	Other	Cut-Off Score	Some Concern	Europe	16	-0.1950	0.500
Lenze, 2017 ¹⁸³	Perinatal Depression	Not-CBT-Based	Individual	CAU	Diagnosis	Low	North America	40	-0.2904	0.340
Lenze, 2020 ¹⁸⁴	Perinatal Depression	Not-CBT-Based	Individual	CAU	Diagnosis	Low	North America	30	-0.1400	0.370

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Lerner, 2015 ¹⁸⁵	Other Target Groups	CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	North America	276	0.5253	0.160
Leung, 2013 ¹⁸⁶	Perinatal Depression	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	East Asia	97	0.3053	0.205
Leung, 2016 ¹⁸⁷	Perinatal Depression	CBT-Based	Group	Other	Cut-Off Score	Some Concern	East Asia	164	0.1550	0.160
Lexis, 2011 ¹⁸⁸	Other Target Groups	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	113	0.3161	0.213
Liang, 2021 ¹⁸⁹	Student Population	Not-CBT-Based	Group	Other	Cut-Off Score	Some Concern	East Asia	52	0.550	0.285
Linde, 2011 ¹⁹⁰	Other Target Groups	CBT-Based	Group	Other	Cut-Off Score	Low	North America	NA	0.1500	0.140
Liu, 2009 ¹⁹¹	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	East Asia	51	0.2440	0.305
Liu, 2021 ¹⁹²	Perinatal Depression	CBT-Based	Individual	CAU	Subclinical Depression	Some Concern	East Asia	228	1.490	0.150
Lloyd-Williams, 2018 ¹⁹³	General Medical	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	37	0.2818	0.380
Lök, 2019 ¹⁹⁴	General Medical	Not-CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Other Region	60	1.7600	0.310
Losada, 2015 ¹⁹⁵	Other Target Groups	CBT-Based	Individual	Other	Cut-Off Score	Some Concern	Europe	77	0.7715	0.258
Lovell, 2008 ¹⁹⁶	Adults	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	41	0.1829	0.315
Lund, 2019 ¹⁹⁷	Perinatal Depression	Not-CBT-Based	Individual	CAU	Cut-Off Score	Low	Other Region	277	0.1183	0.127
Lundgren, 2016 ¹⁹⁸	General Medical	CBT-Based	Guided Self-Help	Other	Cut-Off Score	Low	Europe	50	0.2700	0.280
Lustman, 1998 ¹⁹⁹	General Medical	CBT-Based	Individual	CAU	Diagnosis	Low	North America	44	1.0944	0.378
Lynch, 1997 ²⁰⁰	Adults	CBT-Based	Other Formats	CAU	Subclinical Depression	Some Concern	North America	24	0.9300	0.430

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Lynch, 2004 ²⁰¹	Adults	CBT-Based	Other Formats	CAU & Other	Cut-Off Score	Some Concern	North America	20	0.0413	0.453
Lynch, 2019 ²⁰²	Adults	Not-CBT-Based	Other Formats	CAU	Diagnosis	Low	Europe	254	0.5786	0.188
Maclean, 2020 ²⁰³	Adults	Not-CBT-Based	Guided Self-Help	Other	Cut-Off Score	Some Concern	North America	93	0.1700	0.210
Macpherson, 2013 ²⁰⁴	Adults	Not-CBT-Based	Individual	CAU	Cut-Off Score	Low	Europe	364	0.2300	0.110
Mahmoodi, 2021 ²⁰⁵	Adults	CBT-Based	Individual	WL	Cut-Off Score	Some Concern	Other Region	42	1.232	0.345
Maina, 2005 ²⁰⁶	Adults	Not-CBT-Based	Individual	WL	Diagnosis	Some Concern	Europe	20	1.1194	0.485
Malouff, 1988 ²⁰⁷	Other Target Groups	CBT-Based	Group	WL	Cut-Off Score	Some Concern	North America	28	1.2855	0.417
Martin, 2015 ²⁰⁸	General Medical	CBT-Based	Individual	WL	Diagnosis	Some Concern	Australia	40	1.2395	0.390
Matsuzaka, 2017 ²⁰⁹	Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Low	Other Region	78	0.0758	0.264
Mcclay, 2015 ²¹⁰	Adults	CBT-Based	Other Formats	WL	Cut-Off Score	Some Concern	Europe	NA	0.8500	0.450
Mccusker, 2021 ²¹¹	General Medical	CBT-Based	Guided Self-Help	CAU	Cut-Off Score	Some Concern	North America	244	0.688	0.170
Mcindoo, 2016 ²¹²	Student Population	CBT-Based	Individual	WL	Cut-Off Score	Some Concern	North America	35	0.9383	0.431
Mckee, 2006 ²¹³	Perinatal Depression	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	North America	41	0.0700	0.310
Mennen, 2021 ²¹⁴	Perinatal Depression	Not-CBT-Based	Group	CAU	Cut-Off Score	Some Concern	North America	119	0.390	0.190
Michalak, 2015 ²¹⁵	Adults	Not-CBT-Based & CBT-Based	Other Formats & Group	CAU	Diagnosis	Low	Europe	63	0.5742	0.332
Milgrom, 2005 ²¹⁶	Perinatal Depression	CBT-Based & Not-CBT-Based	Group & Individual	CAU	Diagnosis	Low	Australia	69	0.7194	0.347
Milgrom, 2011 ²¹⁷	Perinatal Depression	CBT-Based	Individual	CAU	Cut-Off Score	Low	Australia	46	0.3407	0.300

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Milgrom, 2015 ²¹⁸	Perinatal Depression	CBT-Based	Individual	CAU	Diagnosis	Low	Australia	44	0.5700	0.310
Milgrom, 2016 ²¹⁹	Perinatal Depression	CBT-Based	Guided Self-Help	CAU	Diagnosis	Low	Australia	40	1.0795	0.375
Milgrom, 2020 ²²⁰	Perinatal Depression	CBT-Based	Guided Self-Help	CAU	Diagnosis	Low	Australia	42	1.0173	0.360
Milgrom, 2021 ²²¹	Perinatal Depression	CBT-Based	Guided Self-Help & Individual	CAU	Diagnosis	Low	Australia	77	0.244	0.235
Miller, 2002 ²²²	Adults	Not-CBT-Based	Other Formats	CAU	Cut-Off Score	Some Concern	North America	30	0.4500	0.370
Miranda, 2003 ²²³	Other Target Groups	CBT-Based	Other Formats	CAU	Diagnosis	Low	North America	179	0.1600	0.150
Mohr, 2000 ²²⁴	General Medical	CBT-Based	Other Formats	CAU	Cut-Off Score	Some Concern	North America	32	0.5700	0.360
Mohr, 2011 ²²⁵	Other Target Groups	CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	North America	80	0.2361	0.233
Mohr, 2013 ²²⁶	Adults	CBT-Based	Guided Self-Help & Other Formats	WL	Diagnosis	Low	North America	62	0.4968	0.272
Moldovan, 2013 ²²⁷	Student Population	CBT-Based	Guided Self-Help	CAU & Other & WL	Cut-Off Score	Low	Europe	42	0.5433	0.347
Montero-Marín, 2016 ²²⁸	Adults	CBT-Based	Other Formats & Guided Self-Help	CAU	Diagnosis	Low	Europe	128	0.0989	0.175
Moon, 2021 ²²⁹	General Medical	CBT-Based	Group	CAU	Cut-Off Score	Low	East Asia	39	1.881	0.390
Mossey, 1996 ²³⁰	Older Adults	Not-CBT-Based	Individual	CAU	Subclinical Depression	Some Concern	North America	62	0.2100	0.280
Mukhtar, 2011 ²³¹	Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	East Asia	113	4.8300	0.370
Mulcahy, 2010 ²³²	Perinatal Depression	Not-CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	Australia	48	0.6209	0.373
Musa, 2021 ²³³	Other Target Groups	CBT-Based	Group	CAU	Diagnosis	Low	Other Region	100	0.490	0.200

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Mynors-Wallis, 1995 ²³⁴	Adults	CBT-Based	Individual	Other	Diagnosis	Some Concern	Europe	58	0.6807	0.292
Naeem, 2013 ²³⁵	Adults	CBT-Based	Guided Self-Help	CAU	Diagnosis	Low	Other Region	186	1.1863	0.180
Naeem, 2015 ²³⁶	Adults	CBT-Based	Other Formats	CAU	Diagnosis	Low	Other Region	137	0.8600	0.180
Nakagawa, 2017 ²³⁷	Adults	CBT-Based	Individual	CAU	Diagnosis	Low	East Asia	80	0.5165	0.246
Nakimuli-Mpungu, 2015 ²³⁸	General Medical	Not-CBT-Based	Group	Other	Diagnosis	Low	Other Region	109	0.0500	0.190
Nakimuli-Mpungu, 2020 ²³⁹	General Medical	CBT-Based	Group	Other	Diagnosis	Low	Other Region	1156	2.6100	0.390
Nasrin, 2017 ²⁴⁰	Adults	CBT-Based	Individual	WL	Diagnosis	Some Concern	Europe	36	1.7400	0.390
Neugebauer, 2006 ²⁴¹	Other Target Groups	Not-CBT-Based	Other Formats	CAU	Subclinical Depression	Some Concern	North America	19	0.1500	0.460
Newby, 2014 ²⁴²	Adults	CBT-Based	Other Formats & Individual	CAU	Cut-Off Score	Some Concern	Australia	40	0.2750	0.320
Newby, 2017 ²⁴³	General Medical	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Australia	72	0.9841	0.260
Nezu, 1986 ²⁴⁴	Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	North America	17	1.3862	0.714
Nezu, 1989 ²⁴⁵	Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	North America	26	1.8821	0.600
Ng, 2013 ²⁴⁶	Older Adults	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	East Asia	26	1.4300	0.440
Ngai, 2015 ²⁴⁷	Perinatal Depression	CBT-Based	Other Formats	CAU	Cut-Off Score	Low	East Asia	397	0.4509	0.107
Niedermoser, 2020 ²⁴⁸	Other Target Groups	Not-CBT-Based	Group	CAU	Diagnosis	Low & Some Concern	Europe	27	0.5300	0.390
Nobis, 2015 ²⁴⁹	General Medical	Not-CBT-Based	Guided Self-Help	Other	Cut-Off Score	Some Concern	Europe	257	0.9708	0.155
Nollett, 2016 ²⁵⁰	General Medical	CBT-Based	Individual	CAU & WL	Cut-Off Score	Some Concern	Europe	44	-0.1233	0.325

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Northwood, 2020 ²⁵¹	Other Target Groups	Not-CBT-Based	Individual	CAU	Diagnosis	Low	North America	214	0.9200	0.140
Nyström, 2017 ²⁵²	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Europe	109	0.8100	0.200
O'Hara, 2000 ²⁵³	Perinatal Depression	Not-CBT-Based	Individual	WL	Diagnosis	Some Concern	North America	102	0.9657	0.257
O'Mahen, 2013 ²⁵⁴	Perinatal Depression	CBT-Based	Individual	CAU	Diagnosis	Low	Europe	58	2.2879	0.567
O'Neil, 2014 ²⁵⁵	General Medical	CBT-Based	Other Formats	CAU	Cut-Off Score	Low	Australia	121	0.1150	0.180
Oehler, 2020 ²⁵⁶	Adults	CBT-Based	Guided Self-Help	Other	Diagnosis	Some Concern	Europe	263	0.1800	0.120
Olukolade, 2017 ²⁵⁷	General Medical	CBT-Based & Not-CBT-Based	Individual	WL	Cut-Off Score	Some Concern	Other Region	20	0.6981	0.500
Omidi, 2013 ²⁵⁸	Adults	CBT-Based	Group	CAU	Diagnosis	Some Concern	Other Region	60	1.5783	0.295
Onuigbo, 2019 ²⁵⁹	General Medical	CBT-Based	Group	CAU	Cut-Off Score	Low	Other Region	65	1.7400	0.290
Onyechi, 2016 ²⁶⁰	General Medical	CBT-Based	Individual	Other	Cut-Off Score	Some Concern	Other Region	80	10.3177	1.005
Pace, 1993 ²⁶¹	Student Population	CBT-Based	Individual	WL	Cut-Off Score	Some Concern	North America	68	0.8335	0.265
Pagoto, 2013 ²⁶²	Other Target Groups	CBT-Based	Other Formats	Other	Diagnosis	Low	North America	136	0.4300	0.190
Patel, 2017 ²⁶³	Adults	CBT-Based	Individual	CAU	Cut-Off Score	Low	Other Region	463	0.5400	0.100
Pecheur, 1984 ²⁶⁴	Student Population	CBT-Based	Individual	WL	Diagnosis	Some Concern	North America	14	1.9141	0.662
Peden, 2000 ²⁶⁵	Student Population	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	North America	74	1.1300	0.320
Penckofer, 2012 ²⁶⁶	General Medical	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	North America	70	0.6501	0.265
Perini, 2009 ²⁶⁷	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Some Concern	Australia	47	0.6168	0.390

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Petersen, 2014 ²⁶⁸	General Medical	Not-CBT-Based	Group	CAU	Diagnosis	Some Concern	Other Region	34	0.9200	0.360
Pibernik-Okanovic, 2009 ²⁶⁹	General Medical	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Europe	NA	-0.1400	0.080
Pibernik-Okanovic, 2015 ²⁷⁰	General Medical	CBT-Based	Group	CAU	Subclinical Depression	Low	Europe	121	0.0800	0.180
Pihlaja, 2020 ²⁷¹	Adults	CBT-Based	Guided Self-Help	CAU	Diagnosis	Some Concern	Europe	100	0.4700	0.200
Poleshuck, 2014 ²⁷²	General Medical	Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	50	0.1700	0.280
Pot, 2010 ²⁷³	Older Adults	Not-CBT-Based	Group	Other	Subclinical Depression	Some Concern	Europe	171	0.3900	0.150
Pots, 2014 ²⁷⁴	Adults	CBT-Based	Group	WL	Cut-Off Score	Low	Europe	146	0.5324	0.200
Pots, 2016 ²⁷⁵	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	166	0.5953	0.170
Power-Michael, 2012 ²⁷⁶	Adults	CBT-Based & Not-CBT-Based	Individual	WL	Diagnosis	Some Concern	Europe	40	0.5181	0.370
Prendergast, 2001 ²⁷⁷	Perinatal Depression	CBT-Based	Individual	Other	Diagnosis	Some Concern	Australia	36	0.1208	0.373
Preschl, 2012 ²⁷⁸	Older Adults	Not-CBT-Based	Individual	WL	Cut-Off Score	Some Concern	Europe	36	0.7100	0.350
Propst, 1992 ²⁷⁹	Other Target Groups	CBT-Based	Individual	CAU & WL	Cut-Off Score	Some Concern	North America	24	0.5267	0.472
Psarraki, 2021 ²⁸⁰	Adults	Not-CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	Europe	62	0.535	0.260
Puckering, 2010 ²⁸¹	Perinatal Depression	Not-CBT-Based	Group	WL	Cut-Off Score	Some Concern	Europe	14	0.8200	0.610
Pugh, 2016 ²⁸²	Perinatal Depression	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	North America	41	0.8192	0.337
Qiu, 2013 ²⁸³	General Medical	CBT-Based	Group	WL	Diagnosis	Low	East Asia	62	2.1700	0.320
Raevuori, 2021 ²⁸⁴	Student Population	Not-CBT-Based	Guided Self-Help	CAU	Diagnosis	Low	Europe	124	-0.260	0.180

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Rahman, 2008 ²⁸⁵	Perinatal Depression	CBT-Based	Group	Other	Diagnosis	Low	Other Region	811	0.7287	0.075
Ransom, 2008 ²⁸⁶	General Medical	Not-CBT-Based	Other Formats	CAU	Diagnosis	Some Concern	North America	71	0.3669	0.415
Raue, 2019 ²⁸⁷	Older Adults	CBT-Based	Individual	CAU	Cut-Off Score	High	North America	14	0.7900	0.560
Raya-Tena, 2021 ²⁸⁸	General Medical	Not-CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Europe	394	0.142	0.115
Rehm, 1981 ²⁸⁹	Adults	Not-CBT-Based	Group	WL	Cut-Off Score	Some Concern	North America	23	0.4814	0.452
Reins, 2019 ²⁹⁰	Adults	Not-CBT-Based	Guided Self-Help	Other	Diagnosis	Low	Europe	130	0.2750	0.217
Richards, 2015 ²⁹¹	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	Europe	191	0.7691	0.250
Richards, 2018 ²⁹²	General Medical	CBT-Based	Individual	CAU	Cut-Off Score	Low	Europe	22	-0.4185	0.520
Rief, 2018 ²⁹³	Adults	Not-CBT-Based & CBT-Based	Individual	WL	Diagnosis	Low	Europe	86	0.8734	0.403
Ritvo, 2021 ²⁹⁴	Adults	CBT-Based	Guided Self-Help	CAU	Diagnosis	Low	North America	45	0.561	0.305
Rizvi, 2015 ²⁹⁵	Adults	CBT-Based	Individual	WL	Diagnosis	Some Concern	North America	36	0.1419	0.370
Rohan, 2007 ²⁹⁶	Adults	CBT-Based	Group & Other Formats	WL	Diagnosis	Some Concern	North America	30	1.2087	0.469
Rohde, 2016 ²⁹⁷	Student Population	CBT-Based	Group	Other	Subclinical Depression	Some Concern	North America	59	0.7050	0.270
Rohricht, 2013 ²⁹⁸	Adults	Not-CBT-Based	Group	WL	Diagnosis	Low	Europe	23	0.9200	0.440
Ross, 1985 ²⁹⁹	Adults	CBT-Based	Other Formats	WL	Diagnosis	Some Concern	Europe	41	1.4750	0.350
Rosso, 2017 ³⁰⁰	Adults	CBT-Based	Guided Self-Help	Other	Diagnosis	Some Concern	North America	76	0.9269	0.268
Rude, 1986 ³⁰¹	Adults	Not-CBT-Based	Group	WL	Cut-Off Score	Some Concern	North America	NA	1.0300	0.330

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Russell, 2019 ³⁰²	Other Target Groups	CBT-Based	Guided Self-Help	CAU	Cut-Off Score	Some Concern	Europe	51	0.3171	0.290
Ruwaard, 2009 ³⁰³	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	Europe	61	0.7113	0.366
Ruzickova, 2021 ³⁰⁴	Adults	CBT-Based	Other Formats	CAU	Cut-Off Score	Some Concern	Europe	68	0.640	0.250
Safren, 2009 ³⁰⁵	General Medical	CBT-Based	Individual	WL	Diagnosis	Some Concern	North America	45	0.6425	0.305
Safren, 2014 ³⁰⁶	General Medical	CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	87	0.6500	0.220
Safren, 2016 ³⁰⁷	General Medical	CBT-Based & Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	144	0.3850	0.180
Safren, 2021 ³⁰⁸	General Medical	CBT-Based	Individual	CAU	Diagnosis	Some Concern	Other Region	161	0.640	0.160
Salamanca-Sanabria, 2020 ³⁰⁹	Student Population	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	Other Region	58	0.9642	0.300
Saloheimo, 2016 ³¹⁰	Adults	Not-CBT-Based & CBT-Based	Individual & Group	CAU	Diagnosis	Some Concern	Europe	88	0.2202	0.235
Sander, 2020 ³¹¹	General Medical	CBT-Based	Guided Self-Help	CAU	Subclinical Depression	Low	Europe	297	0.2819	0.193
Savard, 2006 ³¹²	General Medical	CBT-Based	Individual	WL	Cut-Off Score	Some Concern	North America	37	0.6449	0.343
Savari, 2021 ³¹³	Student Population	CBT-Based	Group	WL	Diagnosis	Some Concern	Other Region	30	1.650	0.430
Schlicker, 2020 ³¹⁴	General Medical	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Europe	77	0.3424	0.243
Schmidt, 1983 ³¹⁵	Adults	CBT-Based	Guided Self-Help & Individual & Group	WL	Cut-Off Score	Some Concern	North America	22	1.1474	0.475
Schramm, 2020 ³¹⁶	Other Target Groups	Not-CBT-Based	Group	CAU	Diagnosis	Some Concern	Europe	27	0.2756	0.427
Schulberg, 1996 ³¹⁷	Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	184	0.5744	0.170
Schuster, 2017 ³¹⁸	Adults	Not-CBT-Based	Group	WL	Cut-Off Score	Some Concern	Europe	45	0.8980	0.345

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Scogin, 1987 ³¹⁹	Older Adults	CBT-Based	Guided Self-Help	Other & WL	Cut-Off Score	Some Concern & High	North America	17	1.0559	0.525
Scogin, 1989 ³²⁰	Older Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern & High	North America	41	0.6585	0.330
Scogin, 2014 ³²¹	Older Adults	CBT-Based	Individual	Other	Cut-Off Score	Low	North America	134	0.3767	0.170
Scott, 1990 ³²²	Adults	CBT-Based	Group & Individual	WL	Diagnosis	Some Concern	Europe	37	0.7876	0.388
Scott, 1992 ³²³	Adults	CBT-Based & Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	Europe	58	0.2955	0.282
Scott, 1997 ³²⁴	Adults	CBT-Based	Individual	CAU	Diagnosis	Some Concern	Europe	35	0.5661	0.380
Segre, 2015 ³²⁵	Other Target Groups	Not-CBT-Based	Individual	WL	Cut-Off Score	Some Concern	North America	69	0.4187	0.305
Selmi, 1990 ³²⁶	Adults	CBT-Based	Guided Self-Help & Individual	WL	Diagnosis	Some Concern	North America	24	1.0551	0.508
Serfaty, 2009 ³²⁷	Older Adults	CBT-Based	Individual	CAU & Other	Diagnosis	Low	Europe	120	0.1750	0.180
Serfaty, 2019 ³²⁸	General Medical	CBT-Based	Individual	CAU	Diagnosis	Low	Europe	148	0.0946	0.165
Serrano-Selva, 2012 ³²⁹	Older Adults	Not-CBT-Based	Individual	Other	Diagnosis	Some Concern	Europe	17	0.3850	0.490
Serrano, 2004 ³³⁰	Older Adults	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	43	0.9500	0.320
Shaw, 1977 ³³¹	Student Population	CBT-Based	Group	WL & Other	Cut-Off Score	Some Concern	North America	16	1.2453	0.533
Sheeber, 2012 ³³²	Perinatal Depression	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	North America	62	0.8681	0.295
Sheeber, 2017 ³³³	Perinatal Depression	CBT-Based	Guided Self-Help	Other	Cut-Off Score	Some Concern	North America	266	0.3100	0.120
Shih, 2021 ³³⁴	Older Adults	CBT-Based	Group	Other	Cut-Off Score	Some Concern	East Asia	57	0.510	0.270
Sikander, 2019 ³³⁵	Perinatal Depression	CBT-Based	Other Formats	CAU	Cut-Off Score	Low	Other Region	433	0.2219	0.110

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Simoni, 2013 ³³⁶	General Medical	CBT-Based	Individual	CAU	Cut-Off Score	Low	North America	40	-0.1600	0.320
Simpson, 2003 ³³⁷	Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Low	Europe	130	0.0116	0.190
Simson, 2008 ³³⁸	General Medical	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	30	0.2300	0.370
Sinniah, 2017 ³³⁹	Other Target Groups	CBT-Based	Individual	CAU	Diagnosis	Some Concern	East Asia	68	0.6936	0.285
Sirey, 2021 ³⁴⁰	Other Target Groups	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	North America	50	0.790	0.480
Smit, 2006 ³⁴¹	Adults	CBT-Based & Not-CBT-Based	Individual	CAU	Diagnosis	Low	Europe	109	-0.0806	0.253
Smith, 2017 ³⁴²	Adults	CBT-Based	Other Formats & Guided Self-Help	WL	Diagnosis	Low	Australia	101	0.6292	0.220
Songprakun, 2012 ³⁴³	Adults	CBT-Based	Guided Self-Help	CAU	Diagnosis	Low	East Asia	54	0.6000	0.270
Spek, 2007 ³⁴⁴	Older Adults	CBT-Based	Group & Other Formats	WL	Subclinical Depression	Low	Europe	144	0.3411	0.195
Spinelli, 2003 ³⁴⁵	Perinatal Depression	Not-CBT-Based	Individual	Other	Diagnosis	Some Concern	North America	42	0.7370	0.425
Spinelli, 2013 ³⁴⁶	Perinatal Depression	Not-CBT-Based	Other Formats	Other	Diagnosis	Some Concern	North America	86	-0.1500	0.250
Spruill, 2021 ³⁴⁷	General Medical	Not-CBT-Based	Other Formats	CAU	Cut-Off Score	Low	North America	67	0.120	0.240
Sreevani, 2013 ³⁴⁸	Adults	Not-CBT-Based	Group	CAU	Diagnosis	Some Concern	Other Region	30	0.9200	0.380
Stiles-Shields, 2018 ³⁴⁹	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	North America	18	1.1697	0.515
Strauss, 2012 ³⁵⁰	Adults	CBT-Based	Group	CAU	Diagnosis	Some Concern	Europe	28	1.8300	0.450
Strong, 2008 ³⁵¹	General Medical	CBT-Based	Individual	CAU	Diagnosis	Low	Europe	194	0.4392	0.165
Sugg, 2018 ³⁵²	Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Low	Europe	65	0.8805	0.307

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Swartz, 2008 ³⁵³	Other Target Groups	Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern & High	North America	41	0.8482	0.330
Szumaska, 2020 ³⁵⁴	Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	Europe	20	1.4200	0.510
Takagaki, 2016 ³⁵⁵	Student Population	CBT-Based	Group	CAU	Subclinical Depression	Low	East Asia	118	0.8900	0.190
Talbot, 2011 ³⁵⁶	Other Target Groups	Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	North America	53	0.3050	0.280
Taylor, 1977 ³⁵⁷	Student Population	CBT-Based	Individual	WL	Cut-Off Score	Some Concern	North America	14	1.4894	0.632
Taylor, 2009 ³⁵⁸	General Medical	CBT-Based	Individual	WL	Cut-Off Score	Some Concern	North America	42	1.5988	0.447
Teasdale, 1984 ³⁵⁹	Adults	CBT-Based	Individual	CAU	Diagnosis	Some Concern	Europe	34	1.4600	0.470
Teichman, 1995 ³⁶⁰	Adults	CBT-Based	Individual & Other Formats	WL	Diagnosis	Some Concern	Other Region	30	0.8175	0.532
Teri, 1997 ³⁶¹	General Medical	CBT-Based	Other Formats	CAU & WL	Diagnosis	Some Concern	North America	42	0.9697	0.448
Thomas, 2019 ³⁶²	General Medical	CBT-Based	Individual	CAU	Cut-Off Score	Low	Europe	30	0.2104	0.390
Titov, 2010 ³⁶³	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Some Concern	Australia	85	1.0602	0.314
Titov, 2015a ³⁶⁴	Older Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Australia	42	2.1707	0.500
Tobin, 2017 ³⁶⁵	General Medical	CBT-Based	Other Formats	Other	Cut-Off Score	Low	North America	315	0.0500	0.110
Tomasino, 2017 ³⁶⁶	Older Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	North America	26	0.4689	0.410
Tong, 2019 ³⁶⁷	Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	East Asia	86	0.2725	0.315
Tovote, 2014 ³⁶⁸	General Medical	CBT-Based	Individual	WL	Cut-Off Score	Some Concern	Europe	63	0.6609	0.373
Town, 2017 ³⁶⁹	Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Low	North America	60	1.1820	0.482

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Trevillion, 2020 ³⁷⁰	Perinatal Depression	CBT-Based	Other Formats	CAU	Diagnosis	Low	Europe	51	0.3220	0.300
Tulbure, 2018 ³⁷¹	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Some Concern	Europe	53	0.8830	0.330
Turner, 1979 ³⁷²	Adults	CBT-Based	Individual	Other	Cut-Off Score	Some Concern	North America	34	0.0419	0.520
Turner, 2013 ³⁷³	General Medical	CBT-Based	Group	Other	Cut-Off Score	Some Concern	Australia	44	-0.1217	0.335
Tyson, 1987 ³⁷⁴	Adults	Not-CBT-Based	Group	Other	Cut-Off Score	Some Concern	North America	22	-0.1367	0.430
Unlu-Ince, 2013 ³⁷⁵	Other Target Groups	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	Europe	98	0.6925	0.323
Van Bastelaar, 2011 ³⁷⁶	General Medical	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	250	0.4581	0.155
Van Lieshout, 2021 ³⁷⁷	Perinatal Depression	CBT-Based	Other Formats	WL	Cut-Off Score	Low	North America	403	0.510	0.100
Van Schaik, 2006 ³⁷⁸	Older Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	Europe	131	0.1067	0.194
Vazquez-Gonzalez, 2013 ³⁷⁹	Other Target Groups	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Europe	176	1.6569	0.205
Vazquez, 2017 ³⁸⁰	Other Target Groups	CBT-Based	Other Formats	CAU	Subclinical Depression	Low	Europe	40	2.0836	0.395
Vazquez, 2020 ³⁸¹	Other Target Groups	CBT-Based	Other Formats	CAU	Subclinical Depression	Low	Europe	142	1.0505	0.333
Verduyn, 2003 ³⁸²	Other Target Groups	CBT-Based & Not-CBT-Based	Group	CAU	Cut-Off Score	Some Concern	Europe	42	0.1656	0.340
Vernmark, 2010 ³⁸³	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Europe	54	0.8340	0.346
Vigod, 2021 ³⁸⁴	Perinatal Depression	Not-CBT-Based	Group	WL	Cut-Off Score	Some Concern	North America	77	0.150	0.230
Vitriol, 2009 ³⁸⁵	Other Target Groups	Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	Other Region	81	0.5599	0.407
Warmerdam, 2008 ³⁸⁶	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Low	Europe	175	0.4850	0.150

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Watkins, 2012 ³⁸⁷	Adults	Not-CBT-Based	Other Formats	CAU & Other	Diagnosis	Low	Europe	68	0.4818	0.248
Watt, 2000 ³⁸⁸	Older Adults	Not-CBT-Based	Group	Other	Cut-Off Score	Some Concern	North America	18	1.5514	0.570
Weissman, 1979 ³⁸⁹	Adults	Not-CBT-Based	Individual	Other	Diagnosis	Some Concern	North America	34	1.1622	0.520
Westerhof, 2019 ³⁹⁰	Adults	Not-CBT-Based	Guided Self-Help & Other Formats	WL	Cut-Off Score	Low	Europe	26	-0.0450	0.400
Wickberg, 1996 ³⁹¹	Perinatal Depression	Not-CBT-Based	Individual	CAU	Diagnosis	Some Concern	Europe	30	1.3300	0.480
Wiersma, 2014 ³⁹²	Adults	Not-CBT-Based	Individual	CAU	Diagnosis	Low	Europe	126	0.4740	0.220
Wiklund, 2010 ³⁹³	Perinatal Depression	CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	Europe	66	0.8200	0.300
Williams, 2000 ³⁹⁴	Older Adults	CBT-Based	Individual	Other	Diagnosis	Low	North America	151	0.0691	0.187
Williams, 2013a ³⁹⁵	Adults	CBT-Based	Guided Self-Help	WL	Diagnosis	Low	Australia	42	0.8822	0.338
Williams, 2013b ³⁹⁶	Adults	CBT-Based	Guided Self-Help	CAU	Cut-Off Score	Some Concern	Europe	242	0.3032	0.145
Williams, 2018 ³⁹⁷	Adults	CBT-Based	Group	WL	Cut-Off Score	Low	Europe	104	0.6600	0.200
Wilson, 1983 ³⁹⁸	Adults	CBT-Based	Individual	WL	Cut-Off Score	Some Concern & High	Australia	17	1.9171	0.608
Wollersheim, 1991 ³⁹⁹	Adults	CBT-Based & Not-CBT-Based	Group & Guided Self-Help	WL	Diagnosis	Some Concern	North America	16	0.2389	0.617
Wong, 2008a ⁴⁰⁰	Adults	CBT-Based	Group	WL	Cut-Off Score	Some Concern	East Asia	322	0.7400	0.120
Wong, 2008b ⁴⁰¹	Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	East Asia	88	0.7600	0.220
Wong, 2018 ⁴⁰²	Adults	CBT-Based	Group	CAU	Subclinical Depression	Low	East Asia	231	0.1900	0.130
Wright, 2005 ⁴⁰³	Adults	CBT-Based	Individual & Guided Self-Help	WL	Diagnosis	Some Concern	North America	NA	1.1017	0.395
Wutrich, 2013 ⁴⁰⁴	Older Adults	CBT-Based	Group	WL	Diagnosis	Some Concern	Australia	53	0.8377	0.330

Study	Target group	Intervention	Format	Control	Diagnosis	Risk of bias	Region	N	Hedges' g	SE
Wuthrich, 2016 ⁴⁰⁵	Older Adults	CBT-Based	Group	Other	Diagnosis	Low	Australia	144	0.5676	0.200
Xie, 2019 ⁴⁰⁶	Older Adults	CBT-Based	Group	CAU	Cut-Off Score	Some Concern	East Asia	73	0.6800	0.240
Yang, 2018 ⁴⁰⁷	Student Population	Not-CBT-Based	Group	CAU	Diagnosis	Some Concern	East Asia	67	0.8000	0.250
Yeung, 2017 ⁴⁰⁸	Adults	CBT-Based	Guided Self-Help	WL	Cut-Off Score	Some Concern	East Asia	NA	0.6100	0.260
Yuan, 2020 ⁴⁰⁹	Older Adults	CBT-Based	Individual	CAU	Cut-Off Score	Low	East Asia	49	0.1740	0.380
Zemastani, 2020 ⁴¹⁰	General Medical	CBT-Based	Group	Other	Diagnosis	Some Concern	Other Region	52	2.6200	0.380
Zemestani, 2016 ⁴¹¹	Student Population	CBT-Based	Group	WL	Diagnosis	Some Concern	Other Region	30	0.6100	0.030
Zemestani, 2019 ⁴¹²	Perinatal Depression	CBT-Based	Group	CAU	Diagnosis	Low	Other Region	38	1.1800	0.120
Zhao, 2019 ⁴¹³	Perinatal Depression	Not-CBT-Based	Group	CAU	Subclinical Depression	Some Concern	East Asia	245	0.4327	0.203
Zhao, 2021 ⁴¹⁴	Perinatal Depression	Not-CBT-Based	Individual	CAU	Cut-Off Score	Some Concern	East Asia	182	0.310	0.150
Zu, 2014 ⁴¹⁵	Adults	CBT-Based	Individual	CAU	Diagnosis	Some Concern & High	East Asia	42	0.2501	0.357

Notes. Control: WL = Wait list; CAU = Care as Usual. Intervention: CBT = Cognitive Behavioral Therapy. Diagnosis: Diagnosis = Diagnosis by a mental health professional; Cut-Off Score = Diagnosis based on scoring above a critical threshold on a self-reported questionnaire.

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eTable 2 Summary characteristics of included primary studies

Summary characteristics of included effect sizes from primary studies.	
Characteristic	N = 1,206¹
Target Group	
Adults	521 (43%)
General Medical	230 (19%)
Older Adults	114 (9.5%)
Other Target Groups	156 (13%)
Perinatal Depression	132 (11%)
Student Population	53 (4.4%)
Region	
Australia	82 (6.8%)
East Asia	79 (6.6%)
Europe	419 (35%)
North America	534 (44%)
Other Region	92 (7.6%)
Intervention	
CBT-Based	879 (73%)
Not-CBT-Based	327 (27%)
Format	
Group	326 (27%)
Guided Self-Help	282 (23%)
Individual	451 (37%)
Other Formats	147 (12%)
Control	
CAU	484 (40%)
Other Ctr	189 (16%)
WL	533 (44%)
diagnosis	
Cut-Off Score	497 (41%)
Diagnosis	652 (54%)
Subclinical Depression	57 (4.7%)
Risk of Bias	
High	21 (1.7%)
Low	403 (33%)
Some Concern	782 (65%)
¹ n (%)	

eTable 3 Distribution of summary effect size estimates for Which factor: Control condition

Summary effect sizes by control				
Control	Mean <i>g</i>	Mean CI Lower	Mean CI Upper	<i>k</i>
Wait List	0.66	0.348	0.96	836
All control conditions	0.55	0.294	0.81	1,872
Care as usual	0.52	0.224	0.82	1,194
Other control groups	0.53	0.086	0.98	379

Note: Mean Hedges' *g* effect size information, including 95% Confidence Interval lower and upper bounds and number of included meta-analyses in the multiverse of meta-analyses.

eTable 4 Distribution of summary effect size estimates for Which factor: Diagnosis

Summary effect sizes by Which factor: Diagnosis				
Diagnosis	Mean <i>g</i>	Mean CI Lower	Mean CI Upper	<i>k</i>
Subclinical depression	0.57	0.049	1.10	84
Cut-off score	0.57	0.226	0.90	1,045
Diagnosis	0.56	0.276	0.85	1,224
All diagnoses	0.56	0.292	0.83	1,928

Note: Mean Hedges' *g* effect size information, including 95% Confidence Interval lower and upper bounds and number of included meta-analyses in the multiverse of meta-analyses.

eTable 5 Distribution of summary effect size estimates for Which factor: Format

Summary effect sizes by Which factor: therapy format				
Format	Mean g	Mean CI Lower	Mean CI Upper	k
Group	0.76	0.32	1.19	536
Other formats	0.56	0.22	0.90	340
All formats	0.56	0.30	0.81	1,823
Individual	0.51	0.19	0.82	996
Guided self-help	0.50	0.27	0.72	586

Note: Mean Hedges' g effect size information, including 95% Confidence Interval lower and upper bounds and number of included meta-analyses in the multiverse of meta-analyses.

eTable 6 Distribution of summary effect size estimates for Which factor: Method

Summary effect sizes by meta-analytical method				
Method	Mean g	Mean CI Lower	Mean CI Upper	k
3-LEVEL	0.66	0.36	0.96	963
RVE	0.66	0.27	1.05	963
REML	0.64	0.42	0.86	591
P-UNIFORM	0.60	0.29	0.89	582
FE	0.52	0.44	0.60	591
PET-PEESE	0.18	-0.24	0.59	591

Note: Mean Hedges' g effect size information, including 95% Confidence Interval lower and upper bounds and number of included meta-analyses in the multiverse of meta-analyses.

eTable 7 Distribution of summary effect size estimates for Which factor: Type

Summary effect sizes by type				
Type	Mean <i>g</i>	Mean CI Lower	Mean CI Upper	k
CBT-based	0.60	0.29	0.91	1,620
All types	0.56	0.27	0.84	1,928
Not-CBT-based	0.48	0.19	0.78	733

Note: Mean Hedges' *g* effect size information, including 95% Confidence Interval lower and upper bounds and number of included meta-analyses in the multiverse of meta-analyses.

eTable 8 Distribution of summary effect size estimates for Which factor: Risk of bias

Summary effect sizes by risk of bias				
Risk of Bias	Mean <i>g</i>	Mean CI Lower	Mean CI Upper	<i>k</i>
Exclude high risk of bias studies	0.61	0.27	0.95	2,413
Include all studies	0.56	0.35	0.77	834
Include only low risk of bias studies	0.45	0.19	0.72	1,034

Note: Mean Hedges' *g* effect size information, including 95% Confidence Interval lower and upper bounds and number of included meta-analyses in the multiverse of meta-analyses.

eTable 9 Distribution of summary effect size estimates for Which factor: Target Group

Summary effect sizes by target group				
Target group	Mean <i>g</i>	Mean CI Lower	Mean CI Upper	<i>k</i>
Student population	0.82	0.51	1.12	54
Other target groups	0.69	0.19	1.18	325
Older adults	0.64	0.23	1.05	295
Perinatal depression	0.60	0.27	0.92	286
General medical	0.58	0.18	0.97	475
All groups	0.54	0.31	0.78	1,770
Adults	0.51	0.26	0.75	1,076

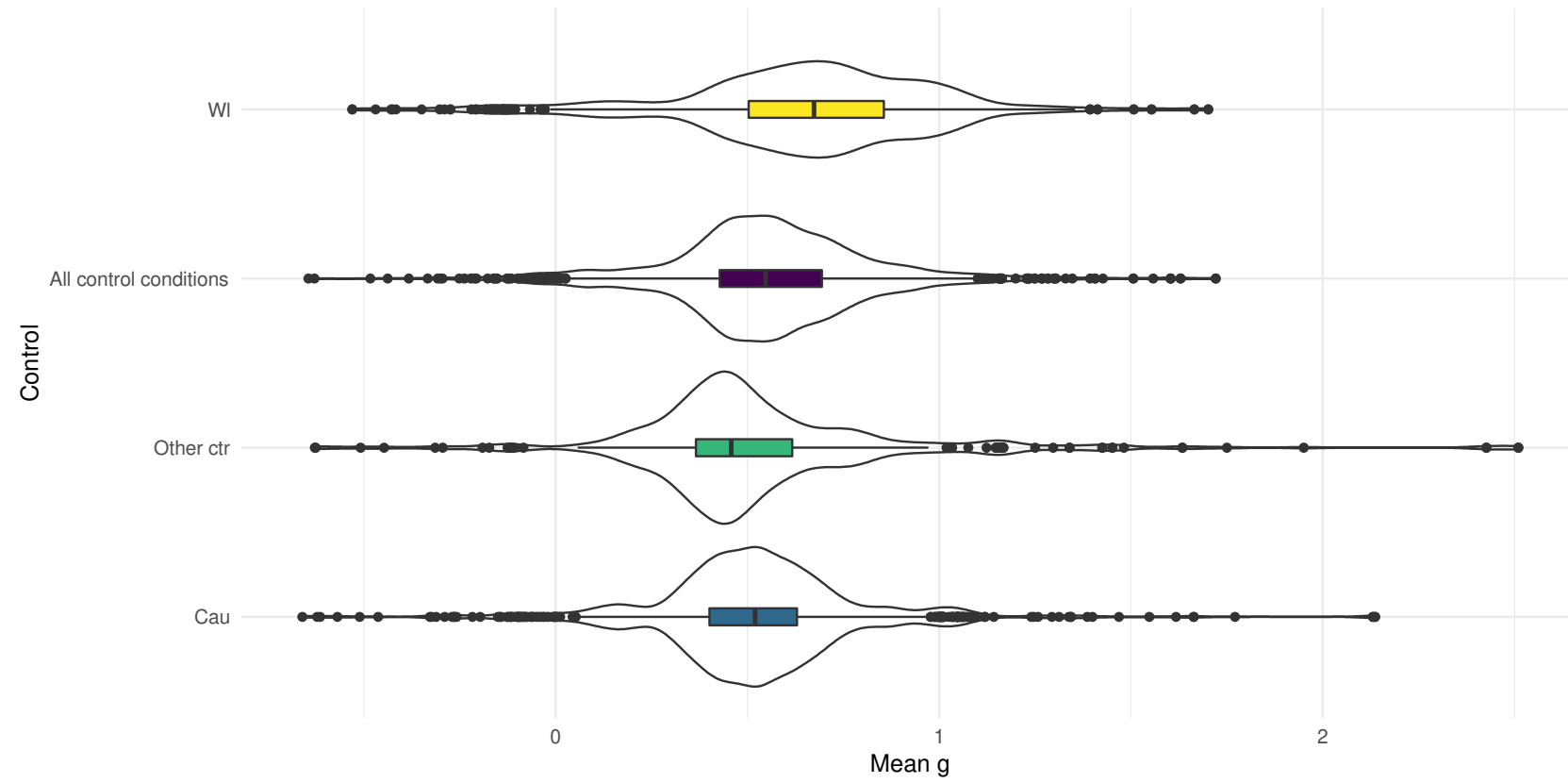
Note: Mean Hedges' *g* effect size information, including 95% Confidence Interval lower and upper bounds and number of included meta-analyses in the multiverse of meta-analyses.

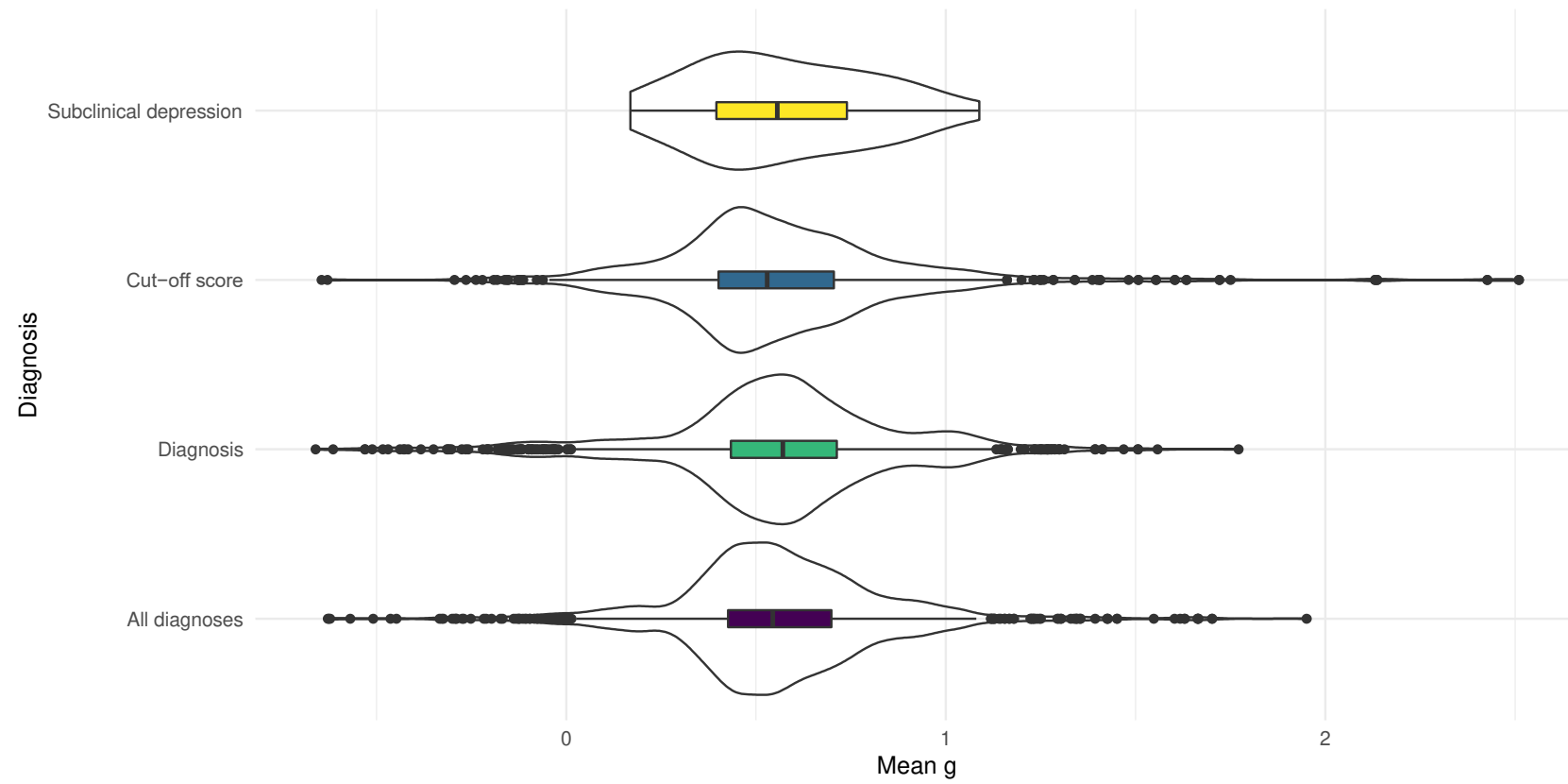
eTable 10 Sensitivity analyses for multiverse size

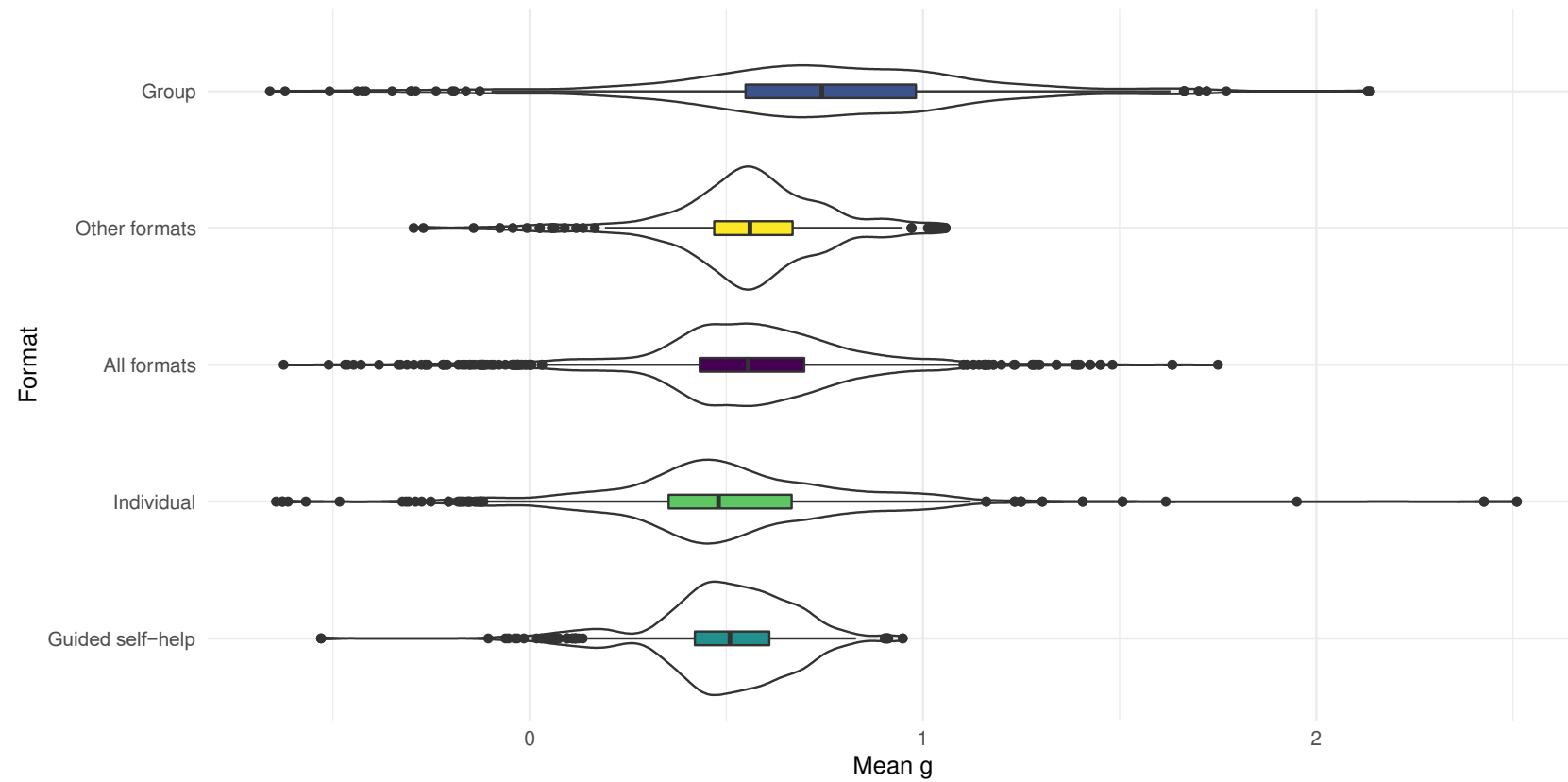
Mean summary effect sizes for different numbers of included primary studies.								
Number of Specifications	<i>k</i>	Mean <i>g</i>	95% CI LB	95% CI UB	Minimum	Maximum	25% Quantile	75% Quantile
k > 10	4281	0.56	0.27	0.86	-0.66	2.5	0.42	0.71
k > 25	2138	0.59	0.39	0.79	-0.44	1.4	0.46	0.71
k > 50	1110	0.62	0.46	0.78	-0.22	1.4	0.50	0.72

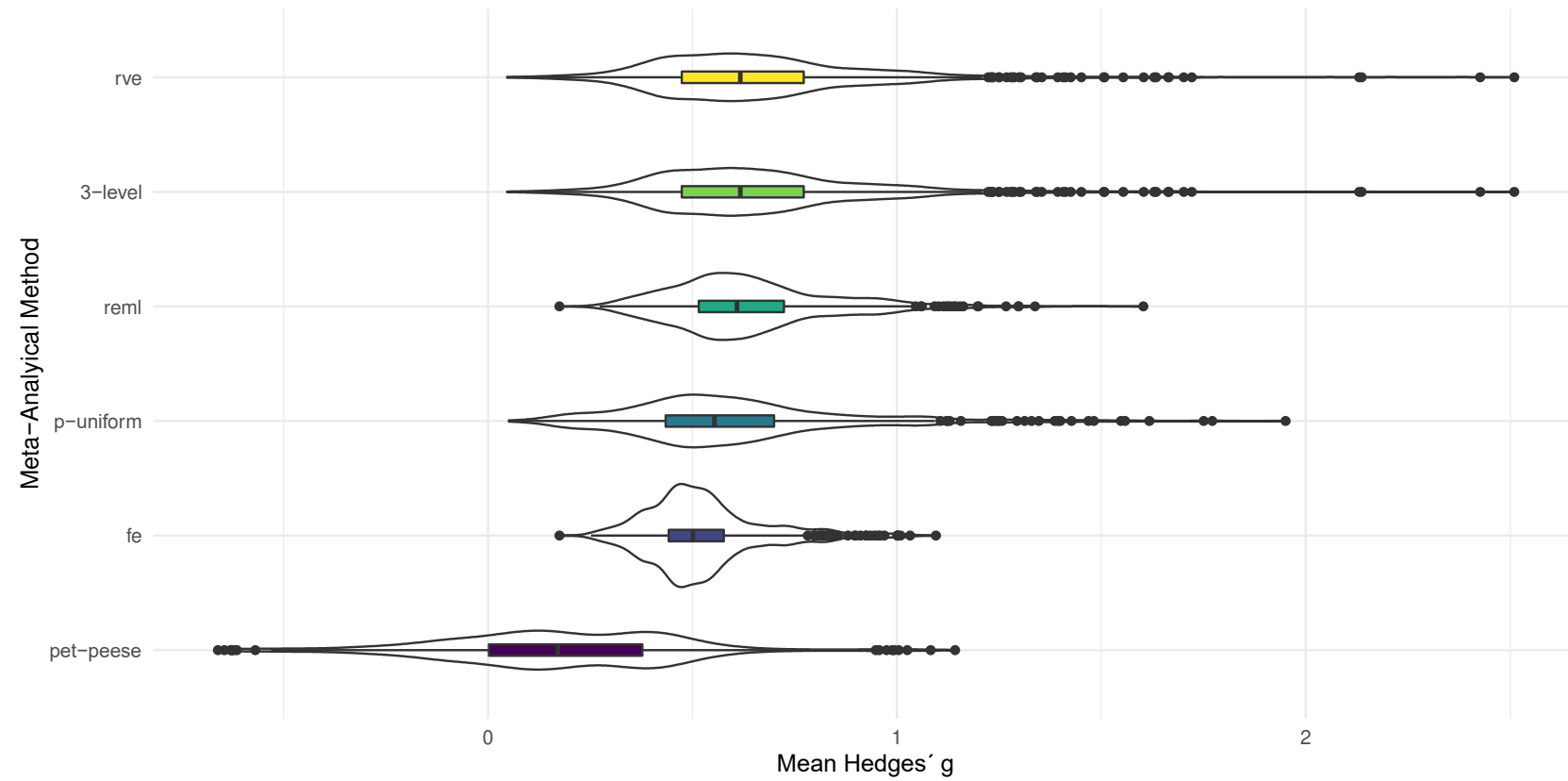
Notes. *k* = number of included meta-analyses; Mean *g* = mean Hedges' *g* of all included meta-analyses; 95% CI LB = Lower bound of 95% confidence interval; 95% CI UB = Upper bound of 95% confidence interval; Minimum = smallest summary effect size estimate; Maximum = largest summary effect size estimate; 25% Quantile = 25% of studies have a Hedges *g* equal or lower than this value; 75% Quantile = 75% of studies have a Hedges *g* equal or lower than this value, 50% of all summary effect size estimates are between these two quantiles

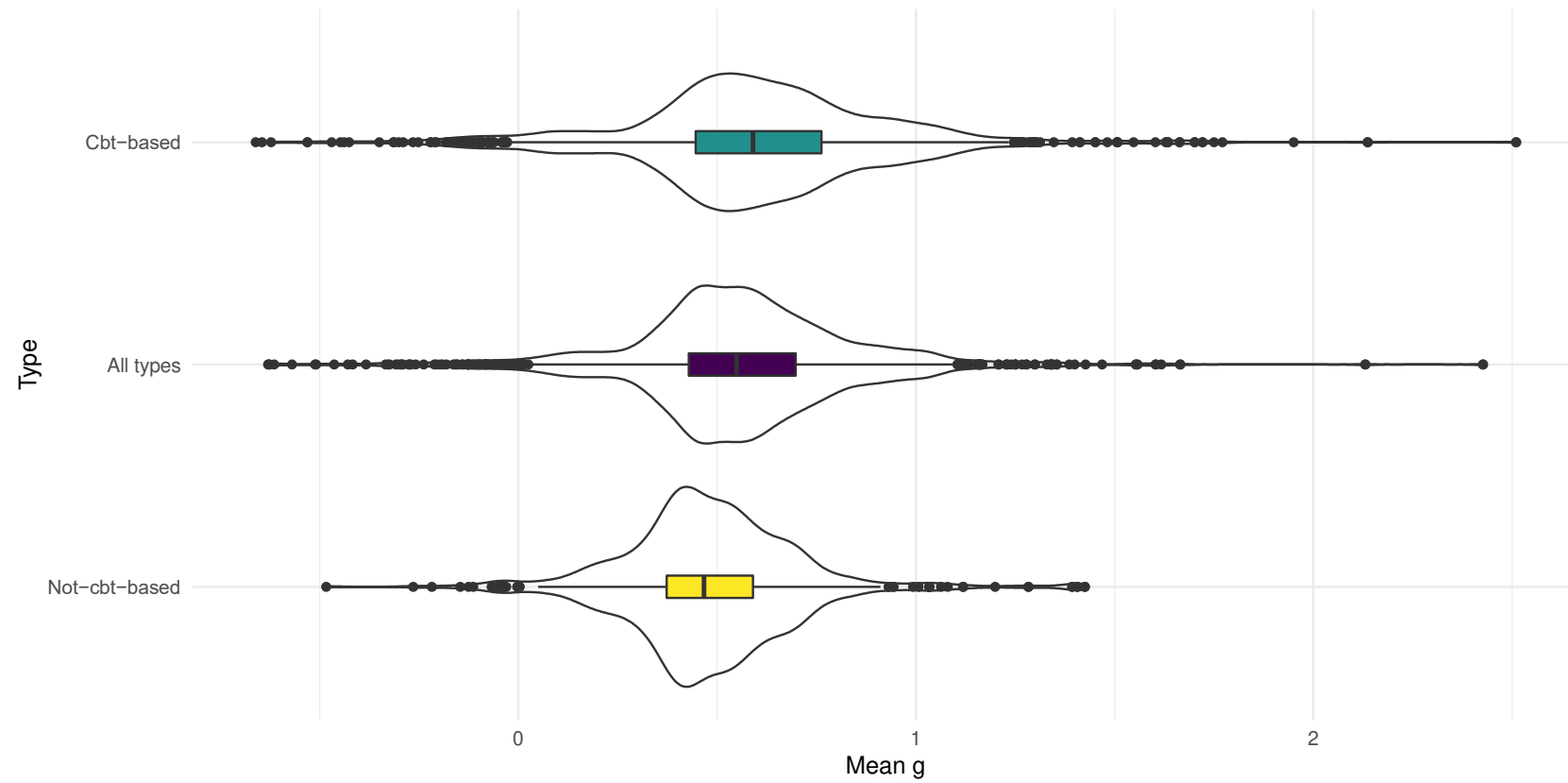
eFigure 1 Average effect size estimates for Which factor: Control condition



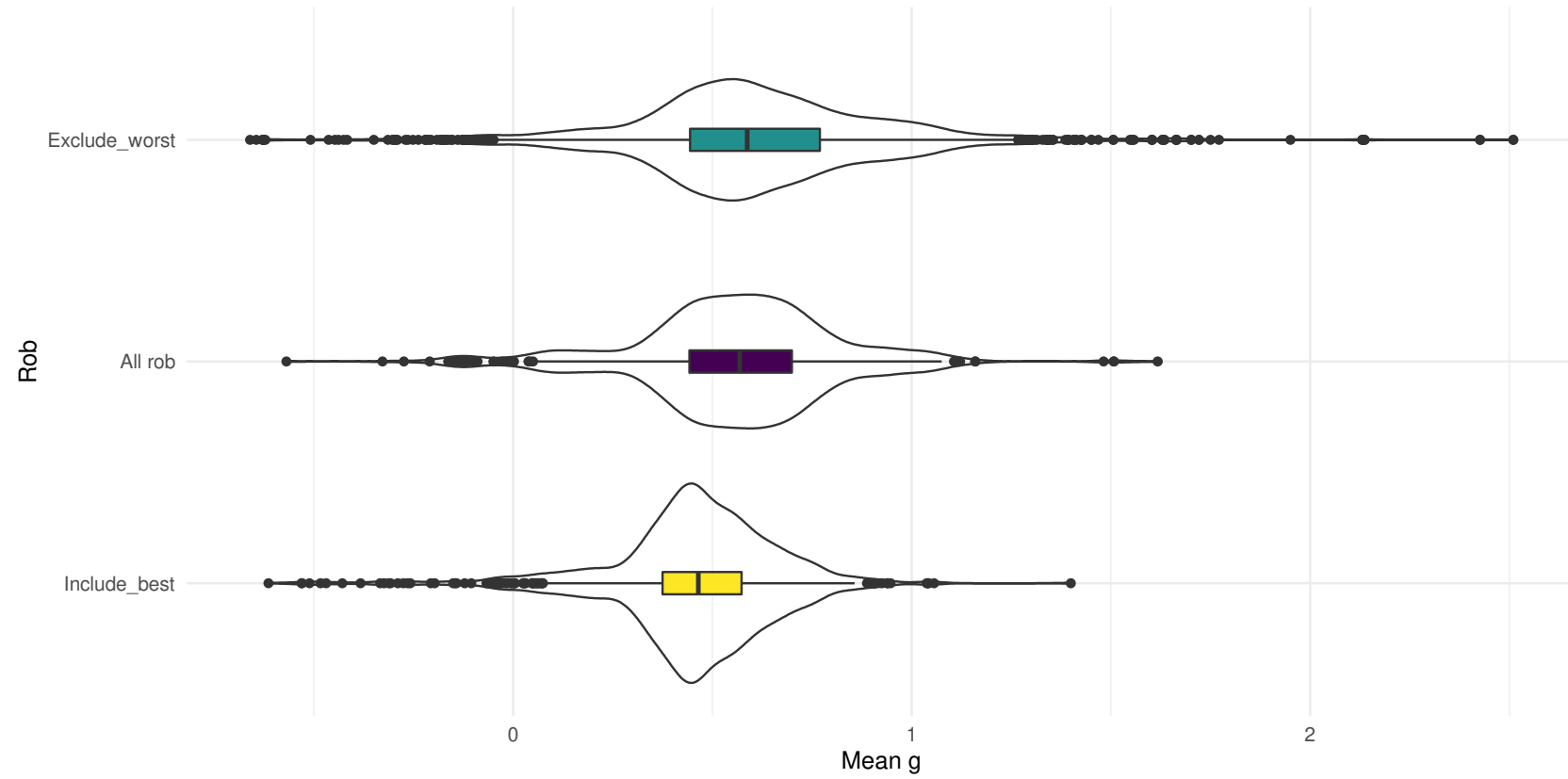
eFigure 2 Average effect size estimates for Which factor: Diagnosis

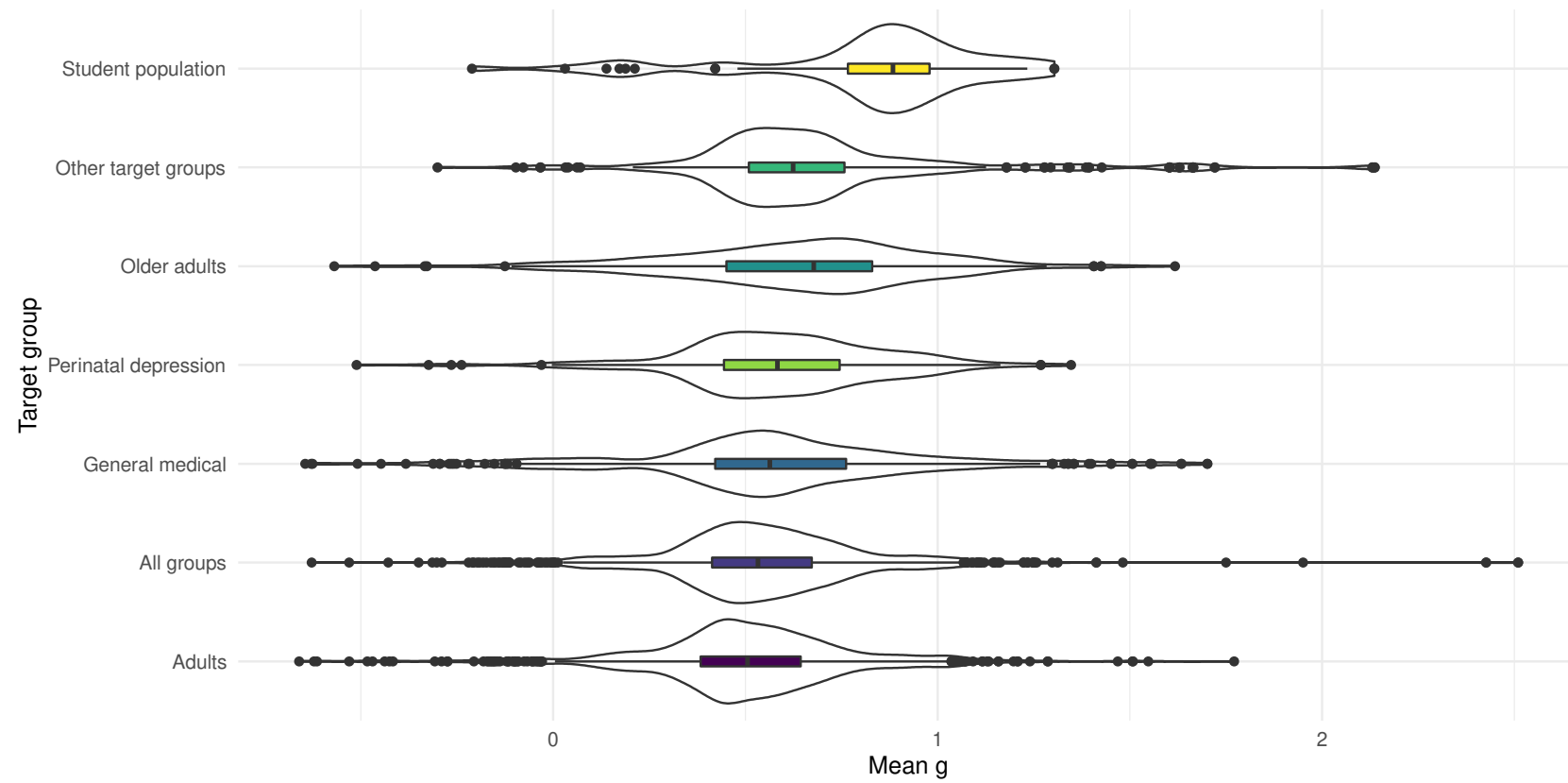
eFigure 3 Average effect size estimates for Which factor: Format

eFigure 4 Average effect size estimates for Which factor: Method

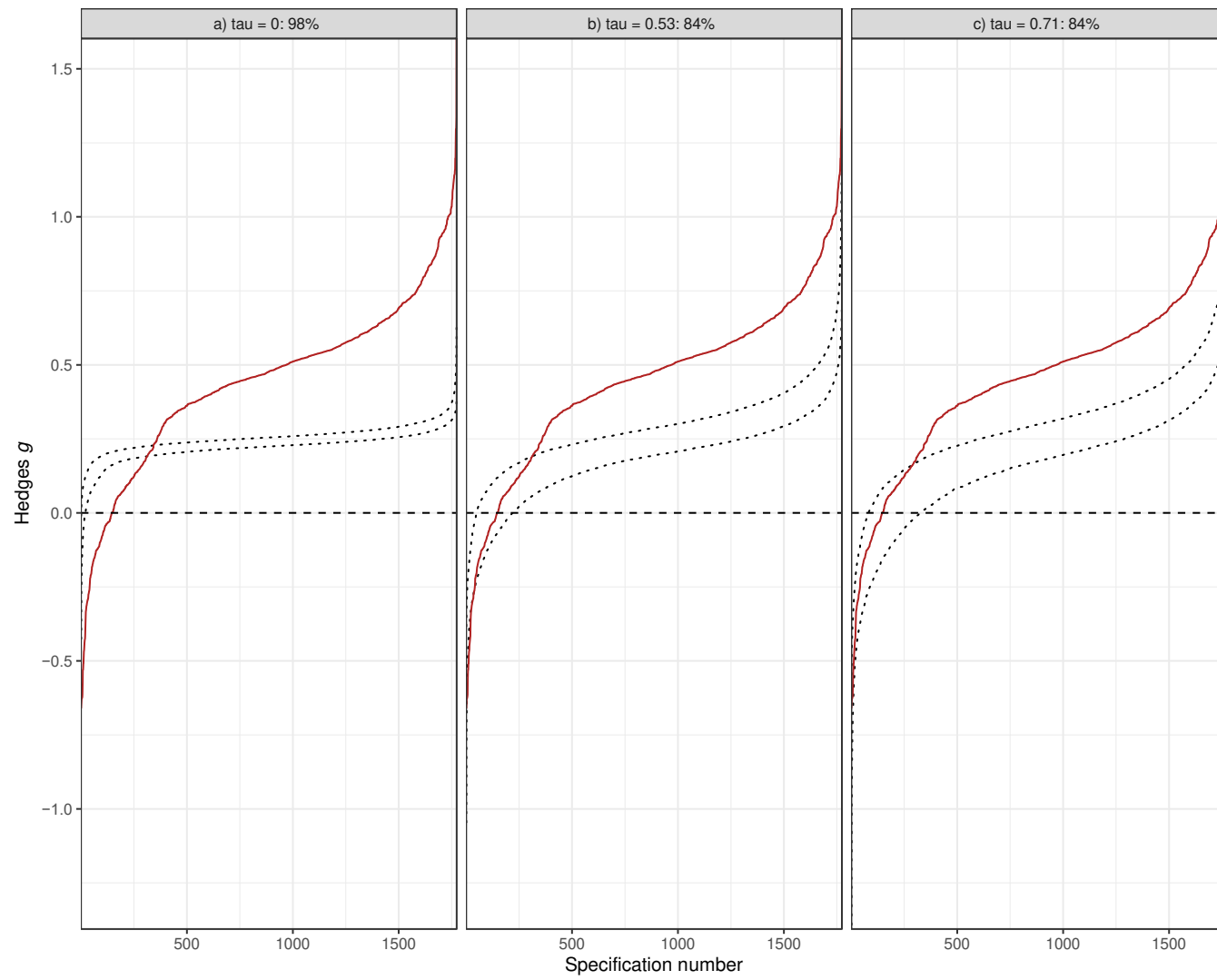
eFigure 5 Average effect size estimates for Which factor: Type

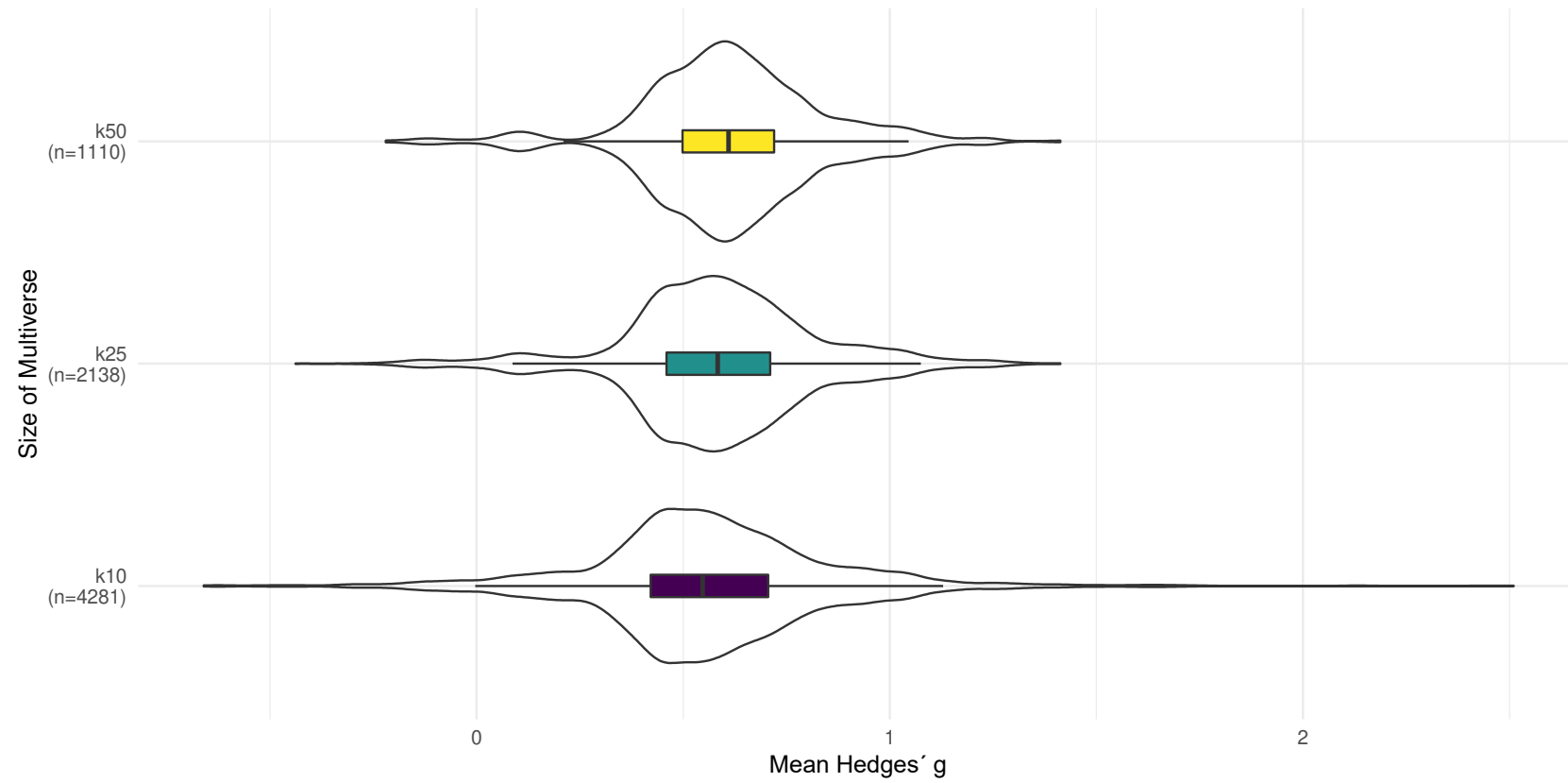
eFigure 6 Average effect size estimates for Which factor: Risk of bias



eFigure 7 Average effect size estimates for Which factor: Target Group

eFigure 8 Inferential specification curve plot against a simulated clinically relevant effect size



eFigure 9 Sensitivity analyses for multiverse size

eMethods

eMethods 1. Search strings for PubMed.

Search strings for four bibliographical databases.

PubMed

Psychotherapy [MH] OR psychotherap*[All Fields] OR cbt[All Fields] OR "behavior therapies"[All Fields] OR "behavior therapy"[All Fields] OR "behavior therapeutic"[All Fields] OR "behavior therapeutical"[All Fields] OR "behavior therapeutics"[All Fields] OR "behavior therapist"[All Fields] OR "behavior therapists"[All Fields] OR "behavior treatment"[All Fields] OR "behavior treatments"[All Fields] OR "behaviors therapies"[All Fields] OR "behaviors therapy"[All Fields] OR "behaviors therapeutics"[All Fields] OR "behaviors therapeutic"[All Fields] OR "behaviors therapeutical"[All Fields] OR "behaviors therapist"[All Fields] OR "behaviors therapists"[All Fields] OR "behaviors treatment"[All Fields] OR "behaviors treatments"[All Fields] OR "behavioral therapies"[All Fields] OR "behavioral therapy"[All Fields] OR "behavioral therapeutics"[All Fields] OR "behavioral therapeutic"[All Fields] OR "behavioral therapeutical"[All Fields] OR "behavioral therapist"[All Fields] OR "behavioral therapists"[All Fields] OR "behavioral treatment"[All Fields] OR "behavioral treatments"[All Fields] OR "behaviour therapies"[All Fields] OR "behaviour therapy"[All Fields] OR "behaviour therapeutic"[All Fields] OR "behaviour therapeutical"[All Fields] OR "behaviour therapist"[All Fields] OR "behaviour therapists"[All Fields] OR "behaviour treatment"[All Fields] OR "behaviour treatments"[All Fields] OR "behaviours therapies"[All Fields] OR "behaviours therapy"[All Fields] OR "behaviours therapeutics"[All Fields] OR "behaviours therapeutic"[All Fields] OR "behaviours therapeutical"[All Fields] OR "behaviours therapist"[All Fields] OR "behaviours therapists"[All Fields] OR "behaviours treatment"[All Fields] OR "behaviours treatments"[All Fields] OR "behavioural therapies"[All Fields] OR "behavioural therapy"[All Fields] OR "behavioural therapeutics"[All Fields] OR "behavioural therapeutic"[All Fields] OR "behavioural therapist"[All Fields] OR "behavioural therapists"[All Fields] OR "behavioural treatment"[All Fields] OR "behavioural treatments"[All Fields] OR "cognition therapies"[All Fields] OR "cognition therapie"[All Fields] OR "cognition therapy"[All Fields] OR "cognition therapeutical"[All Fields] OR "cognition therapeutic"[All Fields] OR "cognition therapeutics"[All Fields] OR "cognition therapist"[All Fields] OR "cognition therapists"[All Fields] OR "cognition treatment"[All Fields] OR "cognition treatments"[All Fields] OR psychodynamic[All Fields] OR Psychoanalysis[MH] OR psychoanalysis[All Fields] OR psychoanalytic*[All Fields] OR counselling[All Fields] OR counseling[All Fields] OR Counseling[MH] OR "problem-solving"[All Fields] OR mindfulness[All Fields] OR

"affective disorders"[All Fields] OR "mood disorder"[All Fields] OR "mood disorders"[All Fields] OR depression*[All Fields] OR depressive*[All Fields] OR "dysthymic disorder"[MeSH Terms])
Limits: RCTs

Embase

#1

'psychotherapy'/exp OR 'psychotherapy' OR 'psychotherapies' OR 'psychotherapeutics' OR 'psychotherapeutical' OR 'cognitive therapy'/exp OR 'cognitive behavior therapy'/exp OR 'behavior therapy'/exp OR 'cognitive behavioural therapy' OR 'cognitive behavioural therapies' OR 'cognitive behavioral therapy' OR 'cognitive behavioral therapies' OR 'behavior therapy' OR 'behavior therapies' OR 'behaviour therapy' OR 'behaviour therapies' OR 'cognition therapy' OR 'cognitive therapies' OR 'cognitive therapy' OR 'cognitive therapeutic' OR 'cognitive therapeutics' OR 'cognitive therapeutical' OR 'cognitive therapist' OR 'cognitive therapists' OR 'cognitive treatment' OR 'cognitive treatments' OR 'cognitive restructuring' OR 'cognition therapies' OR 'cognition therapie' OR 'cognition therapeutical' OR 'cognition therapeutic' OR 'cognition therapeutics' OR 'cognition therapist' OR 'cognition therapists' OR 'cognition treatment' OR 'cognition treatments' OR 'behavior therapeutic' OR 'behavior therapeutical' OR 'behavior therapeutics' OR 'behavior therapist' OR 'behavior therapists' OR 'behavior treatment' OR 'behavior treatments' OR 'behaviors therapies' OR 'behaviors therapy' OR 'behaviors therapeutics' OR 'behaviors therapeutic' OR 'behaviors therapeutical' OR 'behaviors therapist' OR 'behaviors therapists' OR 'behaviors treatment' OR 'behaviors treatments' OR 'behavioral therapies' OR 'behavioral therapy' OR 'behavioral therapeutics' OR 'behavioral therapeutical' OR 'behavioral therapist' OR 'behavioral therapists' OR 'behavioral treatment' OR 'behavioral treatments' OR 'behaviour therapeutic' OR 'behaviour therapeutical' OR 'behaviour therapeutics' OR 'behaviour therapist' OR 'behaviour therapists' OR 'behaviour treatment' OR 'behaviour treatments' OR 'behaviours therapies' OR 'behaviours therapy' OR 'behaviours therapeutics' OR 'behaviours therapeutical' OR 'behaviours therapist' OR 'behaviours therapists' OR 'behaviours treatment' OR 'behaviours treatments' OR 'behavioural therapies' OR 'behavioural therapy' OR 'behavioural therapeutics' OR 'behavioural therapeutical' OR 'behavioural therapist' OR 'behavioural therapists' OR 'behavioural treatment' OR 'behavioural treatments' OR 'behavior activation' OR 'behaviors activation' OR 'behavioral activation' OR 'behaviour activation' OR 'behaviours activation' OR 'behavioural activation' OR 'psychoanalytic therapy'/exp OR 'psychodynamic' OR 'psychodynamical' OR 'psychoanalysis' OR 'psychoanalytical' OR 'counselling'/exp OR 'counseling'/exp OR 'counselling' OR 'counseling' OR 'problem-solving' OR 'problem solving' OR 'supportive therapy' OR 'metacognitive therapy' OR 'metacognitive therapies' OR 'metacognitive therapeutic' OR 'metacognitive therapeutics' OR 'metacognitive therapeutical' OR 'metacognitive therapist' OR 'metacognitive therapists' OR 'metacognitive treatment' OR 'metacognitive treatments' OR 'meta-cognitive therapy' OR 'meta-cognitive therapies' OR

'meta-cognitive
 therapeutic' OR 'meta-cognitive therapeutics' OR 'meta-cognitive therapeutical' OR 'meta-cognitive
 therapist' OR
 'meta-cognitive therapists' OR 'meta-cognitive treatment' OR 'meta-cognitive treatments' OR
 'solution-focused
 therapies' OR 'solution focused therapies' OR 'solution-focussed therapies' OR 'solution focused
 therapies' OR 'solution-
 focused therapy' OR 'solution focused therapy' OR 'solution-focussed therapy' OR 'solution focused
 therapy' OR
 'solution-focused therapeutic' OR 'solution focused therapeutic' OR 'solution-focussed therapeutic' OR
 'solution
 focussed therapeutic' OR 'solution-focused therapeutics' OR 'solution focused therapeutics' OR
 'solution-focussed
 therapeutics' OR 'solution focused therapeutics' OR 'solution-focused therapeutical' OR 'solution
 focused therapeutical'
 OR 'solution-focussed therapeutical' OR 'solution focused therapeutical' OR 'self-control therapies' OR
 'self control
 therapies' OR 'self-control therapy' OR 'self control therapy' OR 'self-control therapeutics' OR 'self
 control therapeutics'
 OR 'self-control therapeutical' OR 'self control therapeutical' OR 'self-control therapeutic' OR 'self
 control therapeutic'
 OR 'self-control training' OR 'self control training' OR 'self control trainings' OR 'self-control trainings'
 OR
 'mindfulness' OR 'acceptance commitment' OR 'acceptance and commitment' OR 'assertiveness training'
 #2
 'compassion-focused' OR 'compassion-focussed' OR 'compassion focused' OR 'compassion focussed'
 OR 'constructivist'
 OR 'constructivists'
 #3
 'therapies' OR 'therapy' OR 'therapeutics' OR 'therapist' OR 'treatment' OR 'treatments'
 #4
 Combine: #2 AND #3
 #5: #1 OR #4
 #6
 'depressive disorder'/exp OR 'depression'/exp OR 'depressive' OR 'major depression'/exp OR 'major
 depressive
 disorder'/exp OR 'depression' OR 'depressions' OR 'depressive' OR 'dysthymic disorder'/exp OR
 'dysthymic disorder'
 OR 'dysthymia'/exp OR 'dysthymic' OR 'mood disorder'/exp OR 'affective disorder'/exp OR 'affective
 disorder' OR
 'affective disorders' OR 'mood disorder' OR 'mood disorders'
 Combine: #5 AND #6
 Limits: RCTs
 PsycINFO
 (DE "Psychotherapy" OR "Psychotherapy" OR "psychotherapies" OR "psychotherapeutic" OR
 "psychotherapeutical"
 OR "psychotherapeutics" OR DE "Behavior Therapy" OR DE "Cognitive Behavior Therapy" OR
 "CBT" OR "behavior
 therapies" OR "behavior therapy" OR "behavior therapeutic" OR "behavior therapeutical" OR
 "behavior therapeutics"
 OR "behavior therapist" OR "behavior therapists" OR "behavior treatment" OR "behavior
 treatments" OR
 "behaviors therapies" OR "behaviors therapy" OR "behaviors therapeutics" OR "behaviors therapeutic"
 OR "behaviors
 therapeutical" OR "behaviors therapist" OR "behaviors therapists" OR "behaviors treatment" OR
 "behaviors
 treatments" OR "behavioral therapies" OR "behavioral therapy" OR "behavioral therapeutics" OR
 "behavioral
 therapeutic" OR "behavioral therapeutical" OR "behavioral therapist" OR "behavioral therapists"
 OR "behavioral

treatment" OR "behavioral treatments" OR "behaviour therapies" OR "behaviour therapy" OR "behaviour therapeutic"
OR "behaviour therapeutical" OR "behaviour therapeutics" OR "behaviour therapist" OR "behaviour therapists"
OR "behaviour treatment" OR "behaviour treatments" OR "behaviours therapies" OR "behaviours therapy" OR
"behaviours therapeutics" OR "behaviours therapeutic" OR "behaviours therapeutical" OR "behaviours therapist"
OR "behaviours therapists" OR "behaviours treatment" OR "behaviours treatments" OR
"behavioural therapies" OR
"behavioural therapy" OR "behavioural therapeutics" OR "behavioural therapeutic" OR "behavioural therapeutical" OR
"behavioural therapist" OR "behavioural therapists" OR "behavioural treatment" OR "behavioural treatments" OR
"cognition therapies" OR "cognition therapie" OR "cognition therapy" OR "cognition therapeutical" OR
"cognition therapeutic" OR "cognition therapeutics" OR "cognition therapist" OR "cognition therapists" OR
"cognition treatment" OR "cognition treatments" OR "cognitive therapies" OR "cognitive therapy" OR "cognitive therapeutic" OR
"cognitive therapeutics" OR "cognitive therapeutical" OR "cognitive therapist" OR "cognitive therapists" OR
"cognitive treatment" OR "cognitive treatments" OR "cognitive restructuring" OR DE "Emotion Focused Therapy" OR
DE "Psychoanalysis" OR "psychoanalysis" OR "psychoanalytic" OR "psychoanalytical" OR DE
"Psychodynamic Psychotherapy" OR "psychodynamic" OR DE "Psychotherapeutic Counseling" OR "counseling" OR
"counseling" OR
"problem-solving" OR "problem solving" OR "mindfulness" OR ("acceptance" AND "commitment")
OR "assertiveness training" OR "behavior activation" OR "behaviors activation" OR "behavioral activation" OR
"behaviour activation"
OR "behaviours activation" OR "behavioural activation" OR "metacognitive therapies" OR
"metacognitive therapy" OR
"metacognitive therapeutic" OR "metacognitive therapeutics" OR "metacognitive therapeutical" OR
"metacognitive therapist" OR "metacognitive therapists" OR "metacognitive treatment" OR "metacognitive treatments" OR
"meta-cognitive therapies" OR "meta-cognitive therapy" OR "meta-cognitive therapeutic" OR "meta-cognitive therapeutics" OR "meta-cognitive therapeutical" OR "meta-cognitive therapist" OR "meta-cognitive therapists"
OR "meta-cognitive treatment" OR "meta-cognitive treatments" OR DE "Solution Focused Therapy" OR "solution-focused therapies" OR "solution-focused therapy" OR "solution-focused therapeutic" OR "solution-focused therapeutics" OR "solution-focused therapeutical" OR "solution-focussed therapies" OR "solution-focussed therapy" OR "solution-focussed therapeutic" OR "solution-focussed therapeutics" OR "solution-focussed therapeutical" OR
"solution focused therapies" OR "solution focused therapy" OR "solution focused therapeutic" OR
"solution focused therapeutics" OR "solution focused therapeutical" OR "solution focussed therapies" OR "solution focussed therapy" OR
"solution focussed therapeutic" OR "solution focussed therapeutics" OR "solution focussed therapeutical" OR "self-control therapies" OR "self-control therapy" OR "self-control therapeutics" OR "self-control therapeutical" OR "self-control therapeutic" OR "self-control training" OR "self-control trainings" OR "self control therapies" OR "self control"

therapy" OR "self control therapeutics" OR "self control therapeutical" OR "self control therapeutic"
 OR "self control
 training" OR "self control trainings" OR (("compassion-focused" OR "compassion-focussed" OR
 "compassion focused"
 OR "compassion focussed") AND ("therapies" OR "therapy" OR "therapie" OR "therapist" OR
 "therapists" OR
 "therapeut" OR "treatment" OR "treatments")) OR ("constructivist" AND ("therapies" OR "therapy" OR
 "therapie" OR
 "therapist" OR "therapists" OR "therapeut" OR "treatment" OR "treatments"))))
 AND
 (DE "Depression (Emotion)" "depressive disorder" OR "depression" OR "depressions" OR "depressive"
 OR DE "Major
 Depression" OR "major depression" OR "major depressive disorder" OR DE "Dysthymic Disorder" OR
 "Dysthymia"
 OR " dysthymic disorder" OR DE "Affective Disorders" OR "Affective Disorder" OR "affective
 disorders" OR "Mood
 Disorder" OR "Mood disorders")
 Limits: Methodology is ME=(treatment outcome/clinical trial): papers (December 2014)

Cochrane

#1 MeSH descriptor: [Depressive Disorder] explode all trees : 6, 777
 #2 "depress*" (Word variations have been searched) : 51, 768
 #3 #1 or #2 : 51, 783
 #4 "major depressive disorder" (Word variations have been searched) : 5, 435
 #5 #3 or #4 : 51, 783
 #6 MeSH descriptor: [Dysthymic Disorder] explode all trees : 129
 #7 "dysthymi*" (Word variations have been searched) : 649
 #8 #6 or #7 : 649
 #9 #5 or #8 : 51, 800
 #10 "mood disorder" (Word variations have been searched) :4, 034
 #11 "affective disorder" (Word variations have been searched) : 2, 882
 #12 #10 or #11 : 6, 055
 #13 #9 or #12 : 53, 227
 #14 MeSH descriptor: [Psychotherapy] explode all trees : 13, 568
 #15 "psychotherap*" (Word variations have been searched) : 7, 758
 #16 "CBT" (Word variations have been searched) : 2, 029
 #17 "Cognitive Behav* therap*" (Word variations have been searched) : 8, 893
 #18 #14 or #15 or #16 or #17 : 20, 795
 #19 "psychodynamic" (Word variations have been searched) : 469
 #20 MeSH descriptor: [Psychoanalysis] explode all trees : 13
 #21 "psychoanaly*" (Word variations have been searched) : 345
 #22 MeSH descriptor: [Counseling] explode all trees : 2, 783
 #23 "counseling*" (Word variations have been searched) : 6, 913
 #24 "problem solving" (Word variations have been searched) : 2, 867
 #25 #18 or #19 or #20 or #21 or #22 or #23 or #24 : 28, 149
 #26 "acceptance commitment" (Word variations have been searched) : 168
 #27 "assertiveness training" (Word variations have been searched) :231
 #28 "behavior activation" (Word variations have been searched) : 663
 #29 "mindfulness" (Word variations have been searched) : 466
 #30 "metacognitive therap*" (Word variations have been searched) :56
 #31 "solution focused therap*" (Word variations have been searched) :858
 #32 "self control training" (Word variations have been searched): 5850
 #33 #25 or #26 or #27 or #28 or #29 or #30 or #31 or #32 : 32, 748
 #34 "Randomized Controlled Trial":ti,ab,kw (Word variations have been searched) : 120, 901
 #35 #13 and #33 and #34 in Trials: 4,614
 Limit: publication year: 1970-2018

eMethods 2. Detailed list of Which Factors.

Target group

These seven target groups receiving treatment for depression were included: 1) adults (adults in general with no specific demographic characteristic), 2) general medical group, 3) student populations, 4) women suffering from perinatal depression, 5) older adults, 6) other groups, or 7) all these target groups.

Type

We compared interventions for different types of therapies: 1) CBT-based therapies (cognitive behavior therapy, problem-solving therapy, third-wave cognitive therapies, behavioral activation therapy, nondirective supportive therapy, 2) non-CBT-based therapies (psychodynamic therapy, interpersonal therapy, life review therapy, other types of therapy), or 3) all types of therapy.

Format

Interventions could be delivered in 1) group, 2) individual, 3) guided self-help, or 4) other formats (e.g. couples therapy).

Diagnosis

We compared interventions that based their inclusion of participants on different types of diagnoses. These specifications include 1) clinical diagnosis (including mood disorder, chronic depression), or 2) scoring above a clinically relevant cutoff score, 3) subclinical depression or 4) all diagnoses.

Control conditions

We compared interventions for different types of control conditions. These specifications include: 1) care as usual, 2) waiting list, 3) other control conditions, or 4) all types of control conditions.

Risk of bias

We compared studies with different degrees of risk of bias assessed with the risk of bias assessment tool, which assesses possible sources of bias, such as the adequate generation of allocation sequence, the concealment of allocation to conditions, the prevention of knowledge of the allocated intervention, and dealing with incomplete outcome data. We decided to include meta-analyses that were either restrictive in allowing 1) only low risk of bias studies, 2) less restrictive in including all but high risk of bias studies, or 3) meta-analyses including all studies, regardless of bias assessment.

eMethods 3. Deviations from protocol.

We deviated in four instances from our protocol to ensure the interpretability of our visualizations. In most cases, we reduced *Which* factor categories to broader categories as those categories did not contain enough studies to include in our analyses:

First, we combined psychological interventions into either CBT-based or not-CBT based interventions; Second, we also included couples therapy in the other therapy format category. Third, we did not include two risk of bias assessments (some concern or high risk) as reasonable specifications. Forth, we combined USA and Canada to a new region called North America and included the UK in Europe.

Furthermore, we also included two new *How* factors (3-level and PET-PEESE to account for effect size dependency, included PET-PEESE as an additional method to inspect publication bias, and excluded the unweighted estimate, as this does not seem reasonable to us anymore.

The text from our protocol is *italic*, the changes we made is **bold**.

Which factors: Which data to analyze?

The decisions of which groups to compare in a meta-analysis are manifold; we decided to specify the following seven relevant study features:

- *Target group. Researchers may decide to compare specific populations only. Included are the categories: 1) adults (adults in general with no specific demographic characteristic), 2) general medical group, 3) perinatal depression, 4) student population, 5) older adults, 6) other groups, or 7) all target groups.*
- *Format. Researchers might compare interventions for different types of therapy delivery: 1) group, 2) individual, 3) guided self-help, 4) couples, 5) telephone, 6) other formats, or 7) all formats. → We also included couples therapy in the other therapy format category.*
- *Diagnosis. We compare interventions that based their inclusion of participants on different types of diagnoses. These specifications include the following diagnoses: 1). major depression according to criteria by DSM-V, DSM-IV, DSM-III- R, DSM-III, Research Diagnostic Criteria (RDC) for major depression, or Feighner criteria for depressive disorder. We will also include diagnoses of 2.) mood disorder or other diagnosed disorders (e.g., dysthymia; depression Not Otherwise Specified (NOS); minor depression according to Research Diagnostic Criteria). 3). Chronic depression, i.e., participants meet criteria for chronic or treatment-resistant depression, according to any definition given by the authors of the study. We also include diagnoses defined as 4). scoring above a clinically relevant cutoff score, or 5) diagnosed subclinical depression, i.e. participants score above a cut-off on a self-rating scale, but do not meet criteria for a depressive disorder according to a diagnostic interview (such as the MINI, CIDI or SCID).*
- *Type. Researchers might compare interventions for different types of therapies: 1) cognitive behavior therapy, 2) problem-solving therapy, 3) third-wave cognitive therapies, 4) behavioral activation therapy, 5) nondirective supportive therapy, 6) psychodynamic therapy, 7) interpersonal therapy, 8) life review therapy, 9) other types of therapy, or 10) all types of therapy. → We combined these psychological interventions into either 1) CBT-based or 2) not-CBT based interventions.*
- *Control conditions. Researchers might compare interventions for different types of control conditions. These specifications include: 1) care as usual, 2) waiting list, 3) other types of control conditions, or 4) all types of control conditions.*
- *Country. Researchers might compare studies conducted in different regions: 1) EU, 2) the USA, 3) the UK, 4) Canada, 5) East Asia, 6) Australia, 7) other countries, or 8) all countries. → We combined USA and Canada to a new region called North America and included the UK in Europe.*
- *Risk of bias. Researchers might compare studies with different degrees of risk of bias assessed with the risk of bias assessment tool.⁴¹⁶ Based on the assessment of allocation concealment, blinding of assessors, intention-to-treat analyses, and sequence generation, we will create a dichotomous variable indicating whether the study is graded as 1) low risk of bias (if each aspect is rated as low risk) or 2) some concern (if any or all aspects are rated as high risk). We will also include a specification including 3) all studies, regardless of bias assessment. → We did not include two risk of bias assessments (some concern or high risk) as reasonable specifications.*