

Appendices

Appendix 1 Categories of CAM modalities

Nutritional therapies	Psychological therapies	Physical therapies	Combinations such as psychological and physical or psychological and nutritional therapies	Other Complementary Health Approaches
<ul style="list-style-type: none"> ● Special diets ● Dietary supplement ● Vitamins and minerals ● Herbs ● Probiotics ● Microbial-based therapies 	<ul style="list-style-type: none"> ● Meditation ● Hypnosis ● Music therapies ● Relaxation therapies (e.g., breathing exercises, guided imagery) ● spiritual practice ● Mindfulness-based stress reduction ● Trager psychophysical integration 	<ul style="list-style-type: none"> ● Acupuncture ● Massage ● Spinal manipulation ● Chiropractic manipulation ● Osteopathic manipulation 	<ul style="list-style-type: none"> ● Yoga ● Tai-chi ● Dance therapies ● Some forms of art therapy ● Mindful eating ● Qi-gong ● Pilates 	<ul style="list-style-type: none"> ● Traditional healers ● Ayurvedic medicine ● Traditional Chinese medicine ● Homeopathy ● Naturopathy ● Functional medicine

Notes: This classification criteria were proposed by the U.S. National Center for Complementary and Integrative Health

(<https://www.nccih.nih.gov/health/complementary-alternative-or-integrative-health-whats-in-a-name>)

Appendix 2 List of search terms

Condition	Context
"depression"	"complementary and alternative medicine"
"depressive disorder"	"complementary medicine"
"depressive episode"	"complementary therapy"
	"alternative medicine"
	"alternative therapy"
	"natural medicine"
	"natural therapy"
	"naturopathy"
	"integrative medicine"
	"integrative therapy"

Appendix 3 Search strategy for Web of Science Core Collection

#	Search Query	Results
#1	TS=("depressive disorder")	49,117
#2	TS=(depression)	606,959
#3	TS=("depressive episode")	5,982
#4	#3 OR #2 OR #1	624,148
#5	TS=("complementary and alternative medicine")	7,680
#6	TS=("complementary medicine")	5,534
#7	TS=("complementary therapy")	2,141
#8	TS=("alternative medicine")	17,014
#9	TS=("alternative therapy")	5,602
#10	TS=("natural medicine")	979
#11	TS=("natural therapy")	198
#12	TS=("naturopathy")	473
#13	TS=("integrative medicine")	2,784
#14	TS=("integrative therapy")	329
#15	#5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14	30,854
#16	#15 AND #4	1,822
#17	PY=(1993-2022)	71,050,371
#18	#17 AND #16	1814
#19	#17 AND #16 and English (Languages)	1766
#20	#17 AND #16 and English (Languages) and Article or Review Article (Document Types)	1,710

Appendix 4 The top ten countries/regions with the highest productivity

Rank	Country/Region	<i>Np</i>	% of (1710)	<i>SCP</i>	<i>MCP</i>	<i>Nc</i>
1	USA	574	33.5	519	55	24,205
2	China	219	12.8	194	25	3,114
3	Australia	117	6.8	85	32	1,970
4	UK	91	5.3	76	15	3,637
5	Germany	89	5.2	61	28	1,899
6	Canada	59	3.5	47	12	1,311
7	Iran	59	3.5	54	5	659
8	Korea	58	3.4	51	7	721
9	Brazil	38	2.2	32	6	1,211
10	Italy	38	2.2	29	9	850

Abbreviations:

Np, number of publications; *Nc*, number of citations; *MCP*, multiple country publications; *SCP*, single country publications.

Appendix 5 Institutions with the highest productivity (>10 papers)

Rank	Institution (Country)	<i>Np</i>	<i>Nc</i>
1	Harvard University (USA)	21	9,326
2	University of Duisburg-Essen (Germany)	18	537
3	Chengdu University of Traditional Chinese Medicine (China)	18	145
4	University of Hong Kong (China)	15	515
5	University of Technology Sydney (Australia)	12	408
6	Western Sydney University (Australia)	12	147
7	Northwestern University (USA)	11	394

8	University of Arizona (USA)	11	756
9	University of Exeter (UK)	11	1,087
10	University of Melbourne (Australia)	11	484
11	University of California, Los Angeles (USA)	10	3,312

Abbreviations:

Np, number of publications; *Nc*, number of citations.

Appendix 6 The top ten most-published journals

Rank	Journal	<i>Np</i>	<i>h_index</i>	<i>g_index</i>	<i>m_index</i>	<i>IF (2022-2023)</i>	<i>JCR (2022-2023)</i>	<i>Nc</i>
1	Journal of Alternative and Complementary Medicine	61	19	31	0.731	2.6	Q3	1,193
2	Complementary Therapies in Medicine	41	15	21	0.882	3.6	Q2	533
3	Evidence-Based Complementary and Alternative Medicine	40	18	30	0.9	N/A	N/A	957
4	Medicine	33	5	11	0.625	1.6	Q3	143
5	BMJ Open	32	8	12	0.727	2.9	Q2	168
6	Complementary Therapies in Clinical Practice	30	18	30	0.947	3.0	Q2	1,321
7	Journal of Affective Disorders	30	11	16	1	6.6	Q1	303
8	BMC Complementary Medicine and Therapies	24	14	20	0.875	3.9	Q2	440
9	Integrative Cancer Therapies	23	13	23	0.65	2.9	Q2	541
10	Supportive Care in Cancer	23	11	23	0.647	3.1	Q1	556

Abbreviations:

IF, Impact Factor; *JCR*, Journal Citation Reports; *Np*, number of publications; *Nc*, number of citations.

Appendix 7 Trend topics in research regarding CAM therapies for depression over the years

Category	Trend topics term	Frequency
CAM therapies/products	<i>St Johns Wort</i>	45
	Mindfulness	33
	<i>Hypericum perforatum</i>	22
Mechanism of action	Inflammation	14
	Psychological stress	7
Research tools	Depression scale	23
	Rating scale	8
Research methods	Meta-analysis	88
	National survey	21
	Clinical trials	20
Disease	Anxiety	190
	Cancer	21