

Summary of the results of simple cox regression analyses of each CBT^a component on the occurrence of MDE^b

Component	Cases with MDE, n/N (Completed N)		HR ^c for incident MDE				
	Presence	Absence	HR	SE ^d	95%CI	<i>P</i> value	
SM ^e	75 / 808 (638)	58 / 818 (663)	1.37	0.18	0.96 to 1.95	.08	
BA ^f	69 / 817 (648)	64 / 809 (653)	1.09	0.17	0.78 to 1.52	.63	
CR ^g	72 / 811 (652)	61 / 815 (649)	1.18	0.17	0.84 to 1.67	.33	
AT ^h	62 / 814 (647)	71 / 812 (654)	0.88	0.18	0.62 to 1.24	.46	
PS ⁱ	71 / 811 (646)	62 / 815 (655)	1.17	0.18	0.82 to 1.66	.38	

^aCBT: cognitive behavioral therapy.

^bMDE: major depressive episode

^cHR: hazard ratio.

^dSE: standard error.

^eSM: self-monitoring.

^fBA: behavioral activation.

^gCR: cognitive restructuring.

^hAT: assertiveness training.

ⁱPS: problem-solving.