

Supplementary Table 2. Self-help books for depression evaluated in trials (CBT based).

Self-help material	Description of intervention/sources of evidence.
<p><i>Feeling Good — the New Mood Therapy</i> David D Burns Revised edition October 5th 1999, Publisher Avon Books ISBN: 0380810336</p>	<p>Book, 706 pages, Flesch score 13.2. Legibility — font size 10, dense text, no illustrations. Some worksheets, mostly text. Recommended by therapists. Nine RCTs.</p>
<p><i>Control Your Depression</i> Peter M Lewinsohn, <i>et al.</i> Revised May 1992 Publisher Simon & Schuster Books ISBN: 0671762427</p>	<p>Book, 231 pages, no Flesch score available. Legibility, lines double spaced, font 11, text broken up into manageable paragraphs. Worksheets, exercises with examples. Extra worksheets in appendix. No recent evidence of effectiveness. A Coping with Depression course, designed for use in self-help groups, has been developed to support individuals working through the book. Compared with <i>Feeling Good</i> in two RCTs.</p>
<p><i>Managing Anxiety & Depression</i> Nicholas Holdsworth Published 1999, The Mental Health Foundation</p>	<p>Booklet, 44 pages. Legibility, font size 10, text and cartoons, short chapters, exercises for reader, no worksheets but tension chart provided. Listed on MHF website. Two RCTs.</p>

CBT = cognitive behavioural therapy. RCT = randomised controlled trial.