

Program	Test time, n;mean (SD)			Within-group effect size <i>d</i> (95% CI)		Between-group effect size <i>d</i> (95% CI)		
	Pretest	Posttest	Follow-up	Pre- Post	Pre-Follow-up ^a	Program	Posttest	Follow-up
Completers of posttest (n=478) and/or follow-up (n=245)								
IPT	181; 38.57 (9.20)	181; 27.89 (12.42)	93; 24.04 (14.39)	0.98 (0.76, 1.19)	1.20 (0.88, 1.50)	IPT vs Mood-GYM	0.09 (-0.14,0.31) ^b	0.17 (0.15, 0.49) ^b
CBT	160; 37.12 (9.00)	160; 25.51 (12.93)	88; 19.50 (12.59)	1.04 (0.81, 1.27)	1.60 (1.25, 1.93)	CBT vs Mood-GYM	0.10 (-0.32, 0.13) ^b	0.14 (-0.18,0.47) ^c
MoodGYM	137 39.06 (8.93)	137; 26.78 (13.53)	64; 21.50 (15.45)	1.07 (0.82, 1.32)	1.36 (0.97, 1.74)			
Adherent completers of posttest (n=412) and/or follow-up (n=252)								
IPT	168; 38.60 (8.96)	168; 28.13 (12.72)	102; 23.97 (13.78)	0.95 (0.72,1.17)	1.25 (0.95,1.55)	IPT vs Mood-GYM	0.14 (-0.11-0.38) ^b	0.24 (-0.08, 0.55) ^b
CBT	140; 36.83 (8.96)	140; 24.76 (12.71)	89; 18.97 (13.78)	1.10 (0.84,1.35)	1.54 (1.20,1.87)	CBT vs Mood-GYM	0.09 (-0.16-0.35) ^c	0.13 (-0.20, 0.45) ^c
MoodGYM	104; 38.76 (8.95)	104; 26.11 (17.15)	61; 20.71 (13.77)	0.92 (0.64,1.21)	1.49 (1.08,1.89)			
ITT posttest and follow-up (N=1624)								
IPT	542; 38.57 (15.67)	542; 27.89 (22.35)	542; 24.54 (30.57)	0.55 (0.43, 0.67)	0.58 (0.46,0.70)	IPT vs Mood-GYM	0.05 (-0.07, 0.17) ^b	0.08 (-0.04, 0.20) ^b
CBT	555; 37.12 (16.87)	555; 25.51 (24.05)	555; 20.35 (32.06)	0.56 (0.44, 0.68)	0.65 (0.53, 0.77)	CBT vs Mood-GYM	0.05 (-0.07,0.17) ^c	0.04 (-0.08, 0.16) ^c
MoodGYM	527; 39.06 (17.75)	527; 26.78 (25.32)	527; 21.74 (35.90)	0.56 (0.44, 0.68)	0.61 (0.49, 0.73)			

^aWithin-group follow-up effect size for completers is based upon the following pre-test scores: IPT (n=93, mean 38.72, SD 9.66); CBT: (n=88, mean 37.25, SD: 9.30); MoodGYM (n=64, mean 38.58, SD: 8.68). Within-group follow-up effect size for adherent completers is based upon the following pre-test scores: IPT (n=102, mean 38.69, SD: 9.29); CBT (n=89, mean 37.12 , SD: 9.30); MoodGYM (n=61, mean 38.26, SD: 9.29).

^b in favor of MoodGYM

^c in favor of CBT.