

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Cai 2015	?	?	?	?	?	+	?
Chen 2011	+	?	?	?	?	?	?
Chen 2015	?	?	?	?	+	?	?
Ding 2010	?	?	?	?	?	?	?
Fan 2011	?	?	?	?	?	?	?
Fang 2014	+	?	?	?	?	+	?
Gao 2010	?	?	?	?	?	?	?
Guo2011	+	?	?	?	?	?	?
Hao 2015	?	?	?	?	?	+	?
He 2008	?	?	?	?	+	?	?
Hu 2013	+	?	?	?	?	+	?
Jiang 2012	?	?	?	?	+	?	?
Jin 2013	?	?	?	?	?	?	?
Lei 2015	+	?	?	?	?	+	?
Li 2013	?	?	?	?	?	+	?
Li 2014	?	?	?	?	+	?	?
Liang 2012	?	?	?	?	?	+	?
Lin2008	+	?	?	?	?	+	?
Liu 2015	+	?	?	?	?	+	?
Lv 2007	?	?	?	?	?	+	?
Mi 2014	?	?	?	?	?	+	?
Pan 2013	?	?	?	?	?	?	?
Qian 2014	+	?	?	?	?	+	?
Ran 2013	+	?	?	?	?	?	?
Ren 2009	?	?	?	?	?	?	?
Shao 2011	+	?	?	?	+	?	?
Shi 2013	?	?	?	?	?	?	?
Su 2014	+	?	?	?	+	+	?
Sun 2012	?	?	?	?	?	?	?
Wang 2011	?	?	?	?	?	?	?
Wang 2012	+	?	?	?	?	+	?
Wang 2014	?	?	?	?	?	+	?
Wang 2015	?	?	?	?	?	+	?
Wei 2009	+	?	?	?	?	+	?
Wu 2014	?	?	?	?	?	?	?
Xu 2006	?	?	?	?	?	+	?
Xu 2013	+	?	+	+	+	+	?
Zhang 2009	?	?	?	?	?	+	?
Zhang 2014	?	?	?	?	?	+	?
Zhang 2015	+	?	?	?	?	?	?
Zhao 2006	+	?	?	?	?	+	?
Zheng 2013	+	?	?	?	+	+	?
Zheng 2015	+	?	?	?	?	+	?
Zhou 2013	?	?	?	?	?	?	?
Zhou 2015	+	?	?	?	?	?	?
Zhu 2008	+	?	?	?	?	?	?
Zhu 2014	?	?	?	?	+	+	?

Supplementary Fig 1: Risk of bias summary: review authors' judgements about each risk of bias item for included study. Red (-): high risk of bias; Yellow (?): unclear risk; Green (+): low risk of bias

Supplementary Table 1: Search terms used in databases

Databases	Search terms
CNKI	发表时间 between (1900-1-1,2015-12-31 and 摘要=产后 or 摘要=产妇 or 摘要=分娩 or 摘要=剖宫产 or 摘要=产褥期 and 全文=抑郁 and 全文=中医 or 全文=中药 or 全文=中西医 or 全文=草药 or 全文=汤药) (精确匹配)
CBM	((((("产后"[摘要:智能]) OR "产妇"[摘要:智能]) OR "分娩"[摘要:智能]) OR "剖宫产"[摘要:智能]) OR "产褥期"[摘要:智能]) AND -2015[日期])AND ("抑郁"[摘要:智能])AND -2015[日期]
VIP	文摘=产后 或者 文摘=产妇 或者 文摘=分娩 或者 文摘=剖宫产 或者 文摘=产褥期 并且 年份=1989-2015 并且 文摘=抑郁 并且 年份=1989-2015
Wan Fang	摘要:(产妇 + 产后+ 分娩 + 剖宫产 + 产褥期) * 摘要:(抑郁) * Date:-2015
PubMed	((depression, postpartum[MeSH Terms]) AND (((((Chinese traditional) OR Chinese herb*) OR Oriental traditional) OR herb) OR herbal medicine)) AND random* AND (("0001/01/01"[PDat]: "2015/12/31"[PDat]))
EMBASE	#1 maternal AND ('depression'/exp OR depression) #2 postAND partum AND ('depression'/exp OR depression) #3 postnatalAND ('depression'/exp OR depression) #4 postpartum AND ('depression'/exp OR depression) #5 'puerperium'/exp OR puerperium AND ('depression'/exp OR depression) #6 #1 OR #2 OR #3 OR #4 OR #5 #7 herbal AND medicine #9 orientalAND traditional #10 Chinese AND herb* #11 ChineseAND traditional #12 #7 OR #8 OR #9 OR #10 OR #11 #13 random* #14 #6 AND #12AND #13

Supplementary Table 1: Continued

CENTRAL	maternal depression or post partum depression or postpartum depression or puerperium depression or postnatal depression in Title, Abstract, Keywords and Chinese traditional or Chinese herb or Oriental traditional or herb or herbal medicine and random , Publication Year to 2015
ICTRP portal	#1 maternal depression OR post partum depression OR postpartum depression OR puerperium depression OR postnatal depression [in the title] #2 Chinese traditional OR Chinese herb* OR Oriental traditional OR herb OR herbal medicine [in the Intervention] #3 #1 AND #2
the website of International Clinical Trial Registry by U.S. National Institutes of Health	Chinese traditional OR Chinese herb* OR Oriental traditional OR herb OR herbal medicine maternal depression OR post partum depression OR postpartum depression OR puerperium depression OR postnatal depression received on or before 12/31/2015 updated on or before 12/31/2015