

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and investigators (performance bias)	Blinding of outcome assessors (detection bias)	Incomplete outcomes data (attrition bias)	Selective reporting (reporting bias)	Other bias
Au et al. (2010) <sup>12</sup>	+	+	-	?	+	+	+
Gallagher-Thompson et al. (2007) <sup>14</sup>	+	+	-	?	+	+	+
Glueckauf et al. (2007) <sup>16</sup>	+	+	-	?	+	+	+
Losada et al. (2011) <sup>19</sup>	+	+	-	?	+	+	+
Losada-Baltar et al. (2004) <sup>17</sup>	+	+	-	+	+	+	+
Márquez-González et al. (2007) <sup>20</sup>	+	+	-	?	+	+	+

**Supplementary Fig. 1.** Summary of the risk of bias in the studies included in the meta-analysis of CES-D scores. Risk of bias was measured using Cochrane's assessment of risk of bias. The judgements of the review authors about the risk of each type of bias for each included study are indicated by the colored circles. Bias risk: green circle, low; yellow circle, unclear; red circle: high. CES-D: Center for Epidemiologic Studies Depression Scale.