

## **Supplementary Figure legends**

**Supplementary Figure 1.** Pooled standardized mean difference between home-based psychological intervention and usual care according to severities of depression

**Supplementary Figure 2.** Pooled standardized mean difference between home-based exercise, combined psychological intervention with exercise and usual care

**Supplementary Figure 3.** Pooled risk ratio of disease remission between home-based psychological intervention and usual care

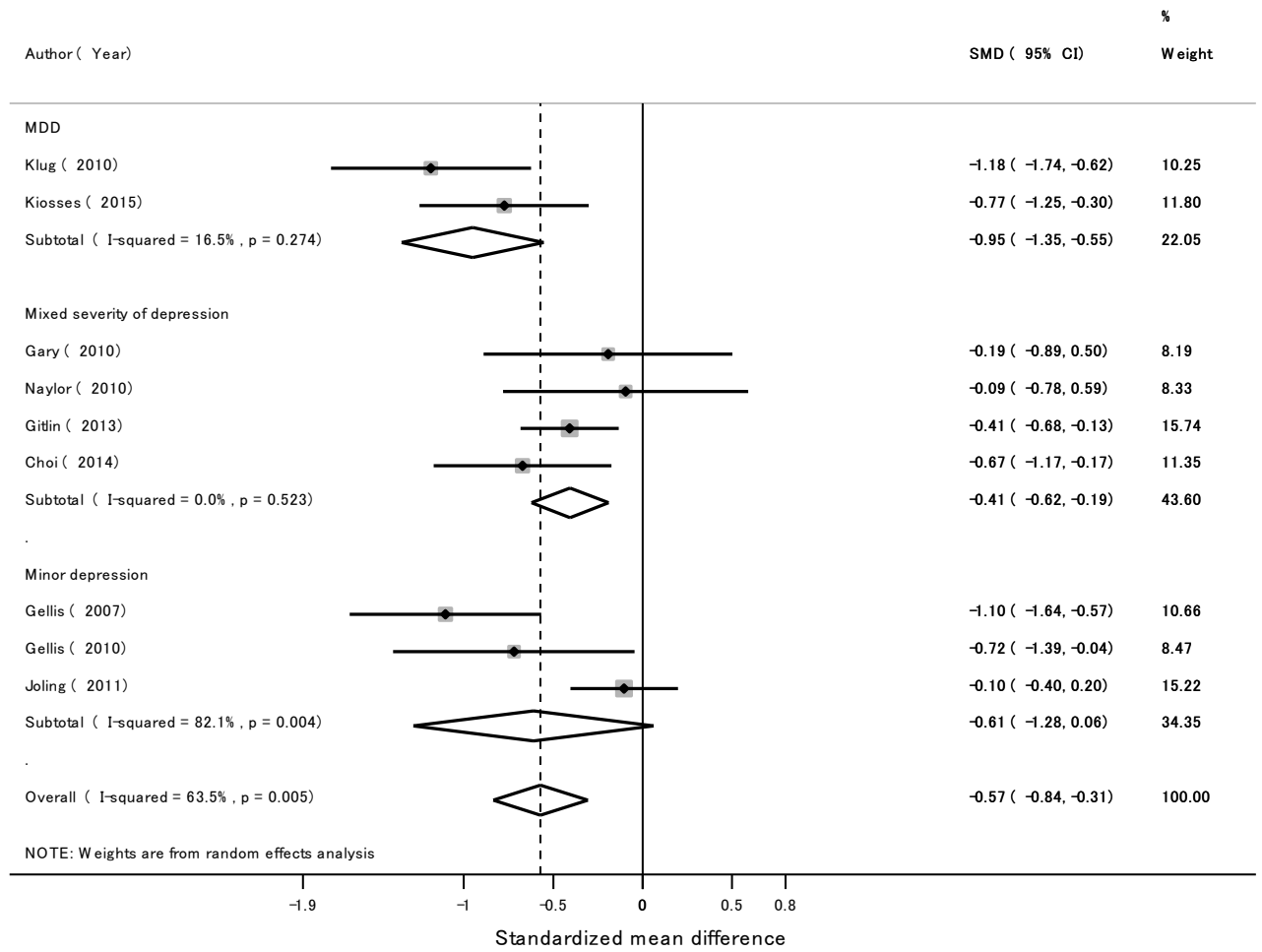
**Supplementary Figure 4.** Pooled risk ratio of disease remission between home-based exercise, combined psychological intervention with exercise and usual care

**Supplementary Figure 5.** Network plot of all available home-based interventions

**Supplementary Figure 6.** Funnel plots of home-based psychological intervention and home-based exercise

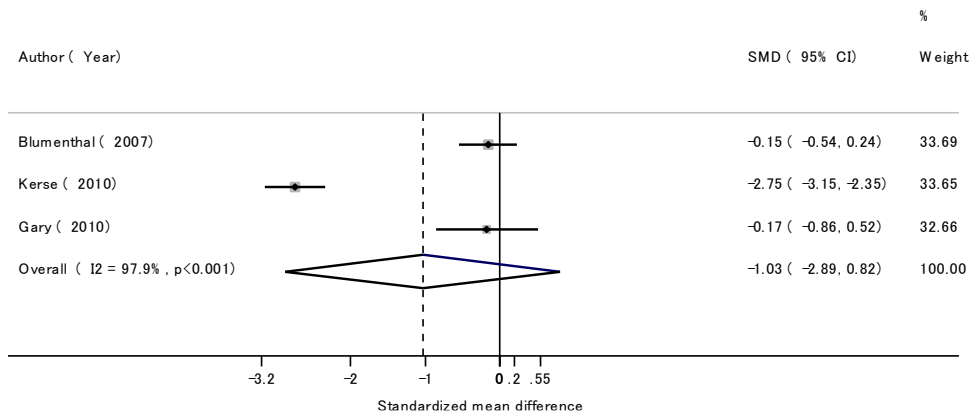
**Supplementary Figure 7.** Funnel and contour enhanced funnel plot of combined psychological intervention with exercise

# Supplementary Figure 1

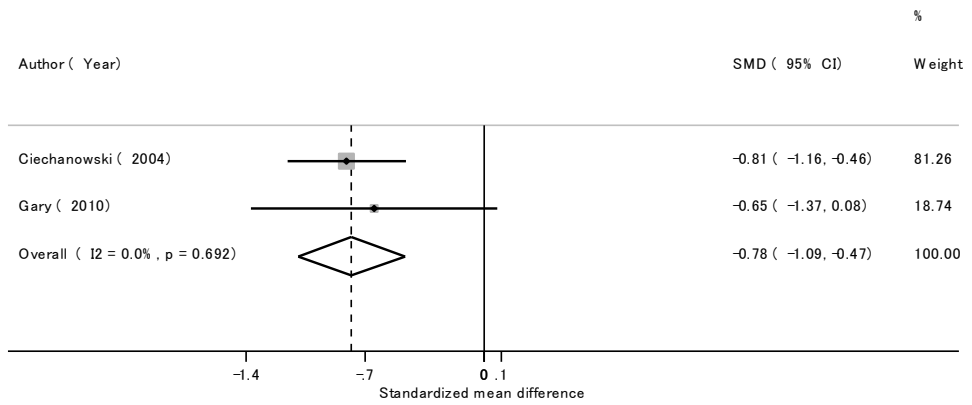


## Supplementary Figure 2

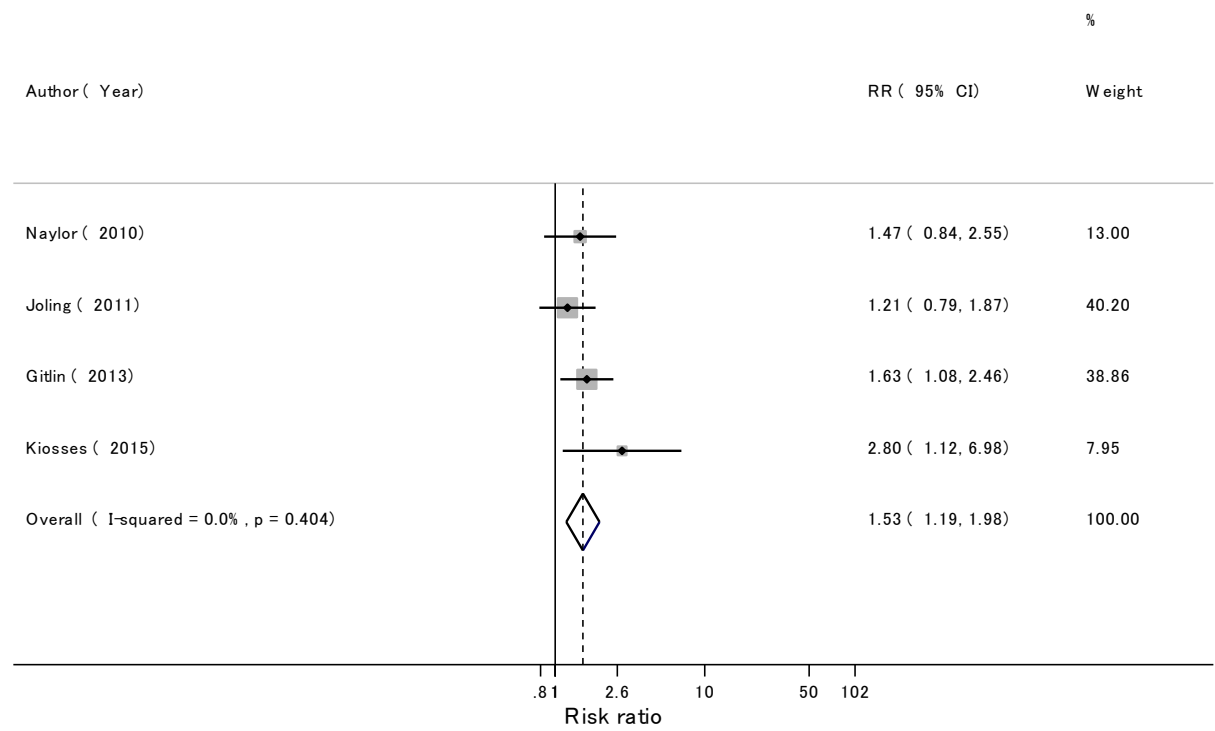
### A. Home-based exercise



### B. Combined home-based psychological intervention with exercise

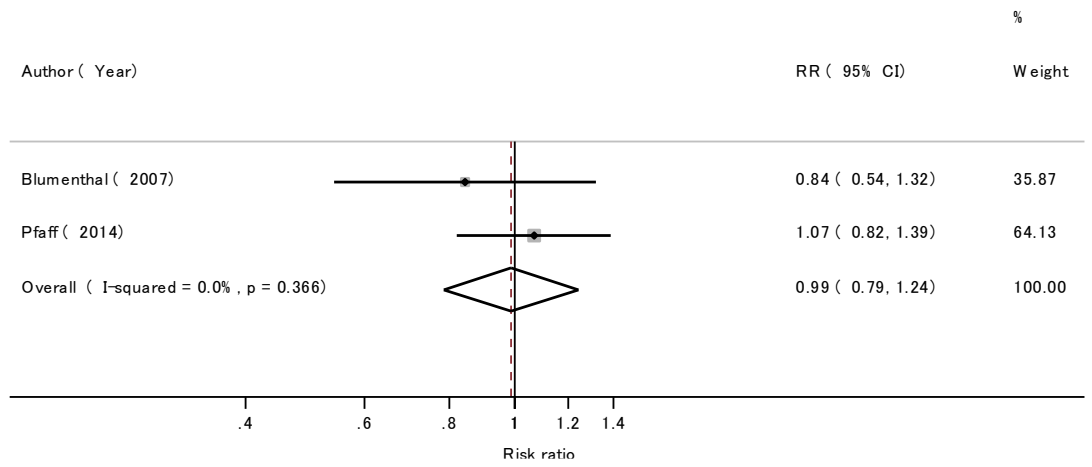


### Supplementary Figure 3

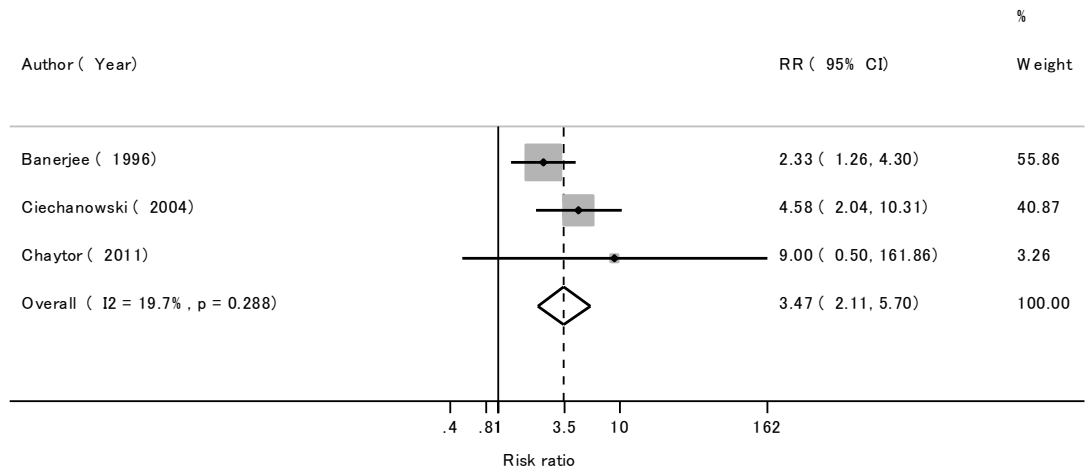


Supplementary Figure 4

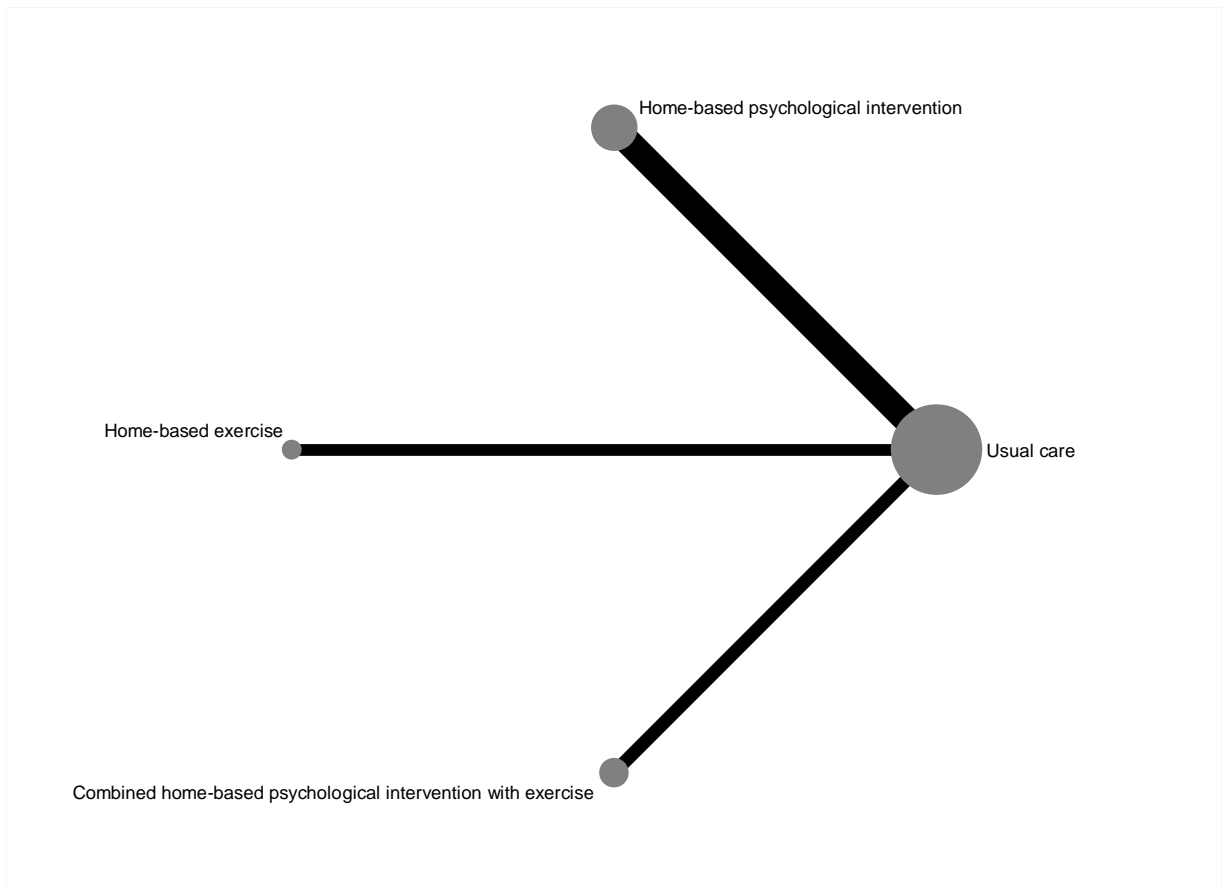
A. Home-based exercise



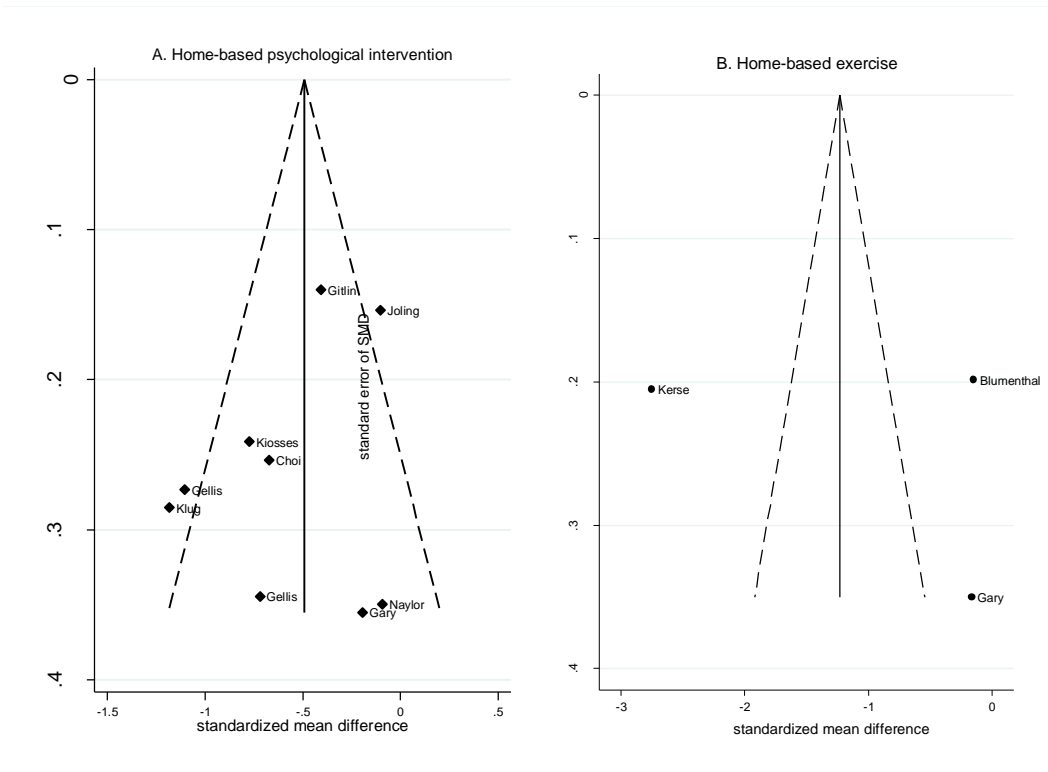
B. Combined home-based psychological intervention with exercise



Supplementary Figure 5



### Supplementary Figure 6



Supplementary Figure 7

