

Supplementary Table 1. Risk of bias assessment

Author (Year)	Year	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessors	Incomplete outcome data	Selective outcome reporting	Other bias	Power of study
Rickhi	2011	Low	Low	High	Low	Low	Low	Low	Low
Banerjee	1996	Low	Unclear	High	Low	Low	Low	Low	Unclear
Blumenthal	2007	Low	Low	High	Low	Low	Low	Low	Low
Choi	2014	Unclear	Unclear	High	Unclear	High	Low	Low	Unclear
Chung	2010	Low	Low	High	unclear	High	Low	Low	Unclear
Ciechanowski	2010	Low	Low	High	Low	Low	High	Low	Unclear
Ciechanowski	2004	Low	Low	High	Unclear	Low	Low	Low	Unclear
Gary	2010	Unclear	Unclear	High	Low	Low	Low	Low	Unclear
Gellis	2010	Unclear	Unclear	High	Low	Low	Low	Low	Unclear
Gellis	2008	Low	Unclear	High	Low	Low	Low	Low	Unclear
Gitlin	2013	Low	Low	High	Unclear	Low	Low	Low	Low
Kerse	2010	Low	Unclear	High	Low	Low	Low	Low	Low
Kiosses	2015	Low	Unclear	High	Low	Low	Low	Low	Low
Klug	2010	Low	Unclear	High	Unclear	High	Low	Low	Low
Pfaff	2014	Low	Unclear	High	Low	Low	Low	Low	High
Joling	2011	Low	Unclear	High	Unclear	Low	Low	Low	Unclear
Naylor	2010	Low	Unclear	High	Unclear	High	Low	Low	Unclear

Supplementary Table 2. Characteristics of studies included in network meta-analysis

Author		Type of depression	Participants							Study's intervention	
			N	Age (mean)	Female (%)	Living alone (%)	Married (%)	Baseline depression score (mean)	Anti-depressants use (%)	Duration (weeks)	Definition of usual care
<i>Home-based Psychological intervention</i>											
Kiosses	Intervention	Major depressive disorder	37	80.78	70.27	NA	NA	21.08 ^a	64.86	12 weeks	Care includes antidepressant medication and home visiting.
	Control		37	81.03	78.38	NA	NA	21.41 ^a	62.16		
Gitlin	Intervention	Mixed depression	106	68.9	79.3	47.32	15.1	13.65 ^c	22.6	16 weeks	Not clearly defined.
	Control		102	70.3	77.5	66.7	8.8	12.9 ^c	15.8		
Naylor	Intervention	Mixed depression	19	48.6	94.7	NA	NA	8.3 ^f	NA	6 weeks	Care includes antidepressant medication and referral to psychotherapy if needed.
	Control		19	54.3	73.7	NA	NA	7.5 ^f	NA		
Joling	Intervention	Minor depression	86	81.8	69.8	NA	30.2	21.17 ^g	NA	12 weeks	Care includes antidepressant medication.
	Control		84	81.1	77.4	NA	28.6	22.05 ^g	NA		
<i>Home-based Exercise</i>											
Pfaff	Intervention	Mixed depression	108	61.2	62	22.4	48.1	NA	60.2	12 weeks	Not clearly defined.
	Control		92	60.7	64.1	20.7	58.7	NA	47.8		

Author		Type of depression	Participants							Study's intervention	
			N	Age (mean)	Female (%)	Living alone (%)	Married (%)	Baseline depression score (mean)	Anti-depressants use (%)	Duration (weeks)	Definition of usual care
Blumenthal	Intervention	Major depressive disorder	53	53	74	NA	NA	17+/-5 ^b	0	16 weeks	Antidepressant medication only.
	Control		49	52	75	NA	NA	16+/-4 ^b	100		
<i>Combined home-based psychological intervention with exercise</i>											
Ciechanowski	Intervention	Mixed depression	40	43.4	47.5	NA	65	2.1 ^d	37.5	19 weeks	Not clearly defined.
	Control		40	44.1	57.5	NA	72.5	1.9 ^d	42.5		
Ciechanowski	Intervention	Minor depression	72	72.6	82	78	11.0	1.3 ^d	40	19 weeks	Not clearly defined
	Control		66	73.5	76	65	11.0	1.2 ^d	30		
Banerjee	Intervention	Mixed depression	33	80.4	85	82	18	27.5 ^a	11	24 weeks	Care by general practitioners, with psychiatric referral if needed.
	Control		36	81	81	75	14	25.1 ^a	12		

^aMADRS; ^bHAMD; ^cPHQ-9; ^dHSCL-20; ^eGDS; ^fBDI