

## Supplementary Online Content

Cuijpers P, Noma H, Karyotaki E, Cipriani A, Furukawa TA. Effectiveness and acceptability of cognitive behavior therapy delivery formats in adults with depression: a network meta-analysis. *JAMA Psychiatry*. Published online April 17, 2019. doi:10.1001/jamapsychiatry.2019.0268

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This supplementary material has been provided by the authors to give readers additional information about their work.

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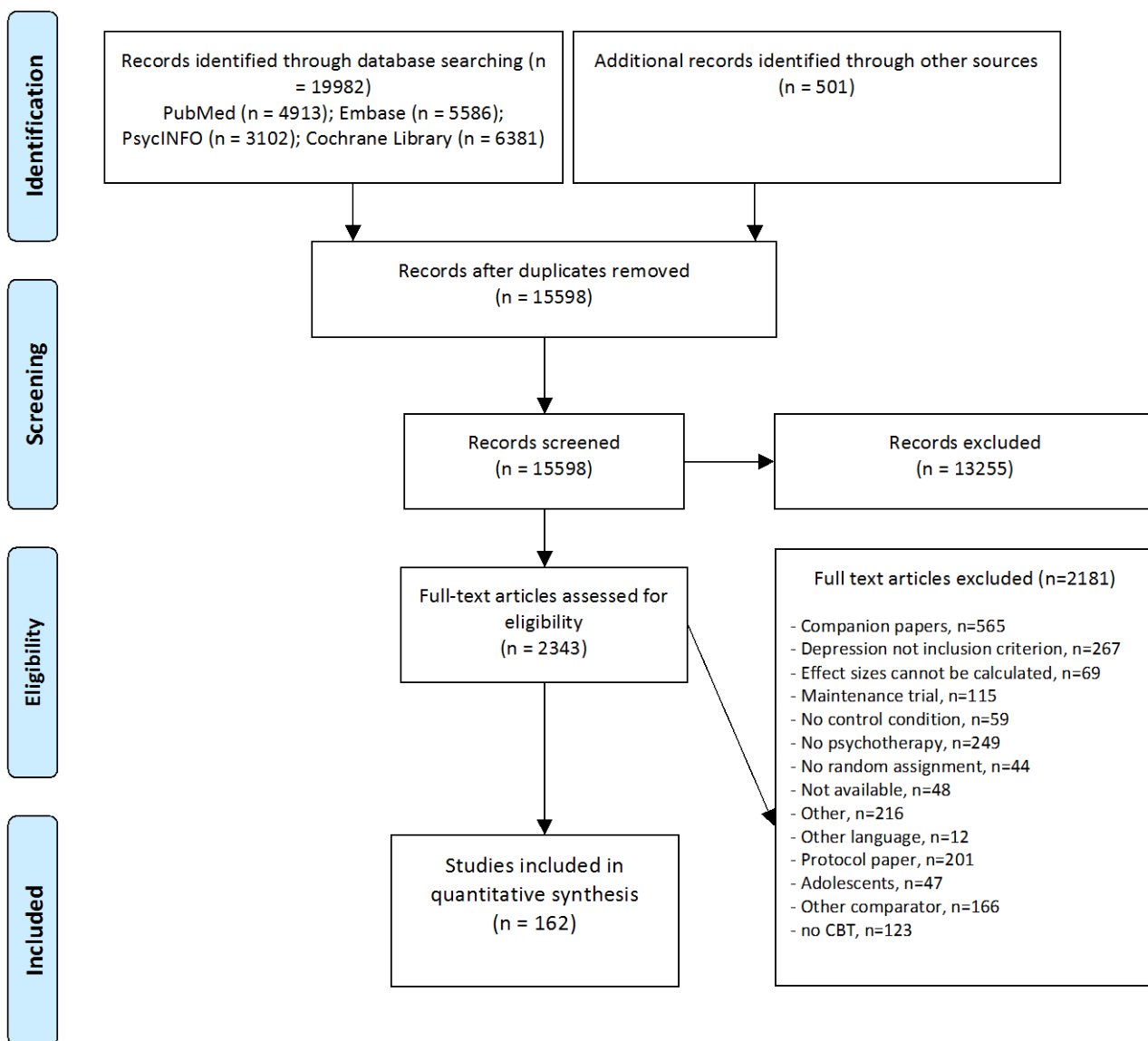
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## eAppendix A. Search String for PubMed

(Psychotherapy [MH] OR psychotherap\*[All Fields] OR cbt[All Fields] OR "behavior therapies"[All Fields] OR "behavior therapy"[All Fields] OR "behavior therapeutic"[All Fields] OR "behavior therapeutical"[All Fields] OR "behavior therapeutics"[All Fields] OR "behavior therapist"[All Fields] OR "behavior therapists"[All Fields] OR "behavior treatment"[All Fields] OR "behavior treatments"[All Fields] OR "behaviors therapies"[All Fields] OR "behaviors therapy"[All Fields] OR "behaviors therapeutics"[All Fields] OR "behaviors therapeutic"[All Fields] OR "behaviors therapeutical"[All Fields] OR "behaviors therapist"[All Fields] OR "behaviors therapists"[All Fields] OR "behaviors treatment"[All Fields] OR "behaviors treatments"[All Fields] OR "behavioral therapies"[All Fields] OR "behavioral therapy"[All Fields] OR "behavioral therapeutics"[All Fields] OR "behavioral therapeutic"[All Fields] OR "behavioral therapeutical"[All Fields] OR "behavioral therapist"[All Fields] OR "behavioral therapists"[All Fields] OR "behavioral treatment"[All Fields] OR "behavioral treatments"[All Fields] OR "behaviour therapies"[All Fields] OR "behaviour therapy"[All Fields] OR "behaviour therapeutic"[All Fields] OR "behaviour therapeutical"[All Fields] OR "behaviour therapeutics"[All Fields] OR "behaviour therapist"[All Fields] OR "behaviour therapists"[All Fields] OR "behaviour treatment"[All Fields] OR "behaviour treatments"[All Fields] OR "behaviours therapies"[All Fields] OR "behaviours therapy"[All Fields] OR "behaviours therapeutics"[All Fields] OR "behaviours therapeutic"[All Fields] OR "behaviours therapeutical"[All Fields] OR "behaviours therapist"[All Fields] OR "behaviours therapists"[All Fields] OR "behaviours treatment"[All Fields] OR "behaviours treatments"[All Fields] OR "behavioural therapies"[All Fields] OR "behavioural therapy"[All Fields] OR "behavioural therapeutics"[All Fields] OR "behavioural therapeutic"[All Fields] OR "behavioural therapeutical"[All Fields] OR "behavioural therapist"[All Fields] OR "behavioural therapists"[All Fields] OR "behavioural treatment"[All Fields] OR "behavioural treatments"[All Fields] OR "cognition therapies"[All Fields] OR "cognition therapie"[All Fields] OR "cognition therapy"[All Fields] OR "cognition therapeutical"[All Fields] OR "cognition therapeutic"[All Fields] OR "cognition therapeutics"[All Fields] OR "cognition therapist"[All Fields] OR "cognition therapists"[All Fields] OR "cognition treatment"[All Fields] OR "cognition treatments"[All Fields] OR psychodynamic[All Fields] OR Psychoanalysis[MH] OR psychoanalysis[All Fields] OR psychoanalytic\*[All Fields] OR counselling[All Fields] OR counseling[All Fields] OR Counseling[MH] OR "problem-solving"[All Fields] OR mindfulness[All Fields] OR (acceptance[All Fields] AND commitment[All Fields] ) OR "assertiveness training"[All Fields] OR "behavior activation"[All Fields] OR "behaviors activation"[All Fields] OR "behavioral activation"[All Fields] OR "cognitive therapies"[All Fields] OR "cognitive therapy"[All Fields] OR "cognitive therapeutic"[All Fields] OR "cognitive therapeutics"[All Fields] OR "cognitive therapeutical"[All Fields] OR "cognitive therapist"[All Fields] OR "cognitive therapists"[All Fields] OR "cognitive treatment"[All Fields] OR "cognitive treatments"[All Fields] OR "cognitive restructuring"[All Fields] OR ("compassion-focused"[All Fields] OR "compassion-focussed"[All Fields]) AND (therapy[SH] OR therapies[All Fields] OR therapy[All Fields] OR therape\*[All Fields] OR therapis\*[All Fields] OR Therapeutics [OR treatment\*[All Fields]]) OR ((therapy[SH] OR therapies[All Fields] OR therapy [All Fields] OR therape\*[All Fields] OR therapis\*[All Fields] OR Therapeutics[MH] OR treatment\*[All Fields]) AND constructivist\*[All Fields]) OR "metacognitive therapies"[All Fields] OR "metacognitive therapy"[All Fields] OR "metacognitive therapeutic"[All Fields] OR "metacognitive therapeutics"[All Fields] OR "metacognitive therapeutical"[All Fields] OR "metacognitive therapist"[All Fields] OR "metacognitive therapists"[All Fields] OR "metacognitive treatment"[All Fields] OR "metacognitive treatments"[All Fields] OR "meta-cognitive therapies"[All Fields] OR "meta-cognitive therapy"[All Fields] OR "meta-cognitive therapeutic"[All Fields] OR "meta-cognitive therapeutics"[All Fields] OR "meta-cognitive therapeutical"[All Fields] OR "meta-cognitive therapist"[All Fields] OR "meta-cognitive therapists"[All Fields] OR "meta-cognitive treatment"[All Fields] OR "meta-cognitive

treatments"[All Fields] OR "solution-focused therapies"[All Fields] OR "solution-focused therapy"[All Fields] OR "solution-focused therapeutic"[All Fields] OR "solution-focused therapeutics"[All Fields] OR "solution-focused therapeutical"[All Fields] OR "solution focused therapies"[All Fields] OR "solution focused therapy"[All Fields] OR "solution focused therapeutic"[All Fields] OR "solution focused therapeutics"[All Fields] OR "solution focused therapeutical"[All Fields]OR "solution-focussed therapies"[All Fields] OR "solution-focussed therapy"[All Fields] OR "solution-focussed therapeutics"[All Fields] OR "solution-focussed therapeutical"[All Fields]OR "solution focussed therapies"[All Fields] OR "solution focussed therapy"[All Fields] OR "solution focussed therapeutic"[All Fields] OR "solution focussed therapeutics"[All Fields] OR "solution focussed therapeutical"[All Fields] OR "self-control therapies"[All Fields] OR "self-control therapy"[All Fields] OR "self-control therapeutics"[All Fields] OR "self-control therapeutical"[All Fields] OR "self-control therapeutic"[All Fields] OR "self-control training"[All Fields] OR "self-control trainings"[All Fields] OR "self control therapies"[All Fields] OR "self control therapy"[All Fields] OR "self control therapeutics"[All Fields] OR "self control therapeutical"[All Fields] OR "self control therapeutic"[All Fields] OR "self control training"[All Fields] OR "self control trainings"[All Fields] AND (Depressive Disorder[MH] OR Depression[MH]OR dysthymi\*[All Fields] OR "affective disorder"[All Fields]OR "affective disorders"[All Fields] OR "mood disorder"[All Fields] OR "mood disorders"[All Fields] OR depression\*[All Fields] OR depressive\*[All Fields] OR "dysthymic disorder"[MeSH Terms]) AND ((randomized controlled trial [pt] OR controlled clinical trial [pt] OR randomized [tiab] OR randomly [tiab] NOT (animals[mh] NOT (animals[mh] AND humans [mh])))

**eAppendix B. PRISMA Flowchart**



**Appendix C. Table With Selected Characteristics of Included Studies**

<i>Study</i>	<i>t1 [t3]</i>	<i>n1 [n3]</i>	<i>t2 [t4]</i>	<i>n2 [n4]</i>	<i>Recr</i>	<i>Target group</i>	<i>Diag-nosis</i>	<i>Wes-tern</i>	<i>RoB <sup>a)</sup></i>
Aagaard, 2017	Grp	40	CAU	35	Clin	Adults	Mood	West.	++ SR -
Allart,2003	Grp	61	CAU	41	Comm	Adults	Self-rep	West.	-- SR +
Ammerman, 2013	Ind	47	CAU	46	Other	Other	MDD	West.	-- ++
Andersson, 2013	Grp	33	GSH	32	Comm	Adults	Mood	West.	++ - +
Ayen, 2004	Grp	11	WL	10	Comm	Other	Mood	West.	-- SR -
Beach, 1992	Ind	15	WL	15	Comm	Adults	Mood	West.	-- SR -
Beevers, 2017	USH	285	WL	91	Comm	Adults	Self-rep	West.	++ - +
Berger, 2011	GSH	25	USH	25	Comm	Adults	MDD	West.	++ SR +
	WL	26							
Bowman, 1995	GSH	10	WL	10	Comm	Adults	Self-rep	West.	----
Brown, 1984	Ind	13	Grp	25	Comm	Adults	Mood	West.	-- SR -
	GSH	14	WL	11					
Buhrman, 2015	GSH	24	WL	28	Comm	Gen med	Self-rep	West.	++ SR +
Burns, 2013	Ind	16	CAU	13	Other	Other	Self-rep	West.	++ SR +
Carta, 2012	Ind	34	CAU	30	Clin	Adults	Self-rep	West.	-- SR -
Carr, 2017	Grp	40	CAU	42	Clin	Adults	MDD	West.	-- ++
Casanas, 2012	Grp	119	CAU	112	Clin	Adults	MDD	West.	++ SR +
Castonguay, 2004	Ind	11	WL	10	Comm	Adults	MDD	West.	-- +-
Chan, 2012	Ind	17	WL	16	Clin	Adults	MDD	NW	- +- -
Chiang, 2015	Grp	30	CAU	32	Clin	Adults	Mood	NW	++ +-
Cho, 2008	Ind	12	CAU	10	Other	PPD	Mood	NW	-- SR -
Choi, 2012	GSH	32	WL	31	Comm	Other	MDD	West.	++ SR -
Clarke, 2002	USH	112	CAU	124	Comm	Adults	Self-rep	West.	++ SR +
Clarke, 2005	USH	64	CAU	69	Comm	Adults	Self-rep	West.	++ SR +
Clarke, 2009	USH	35	CAU	37	Comm	Adults	Self-rep	West.	++ SR +
Cooper, 2003	Ind	42	CAU	50	Other	PPD	MDD	West.	++ SR +
Cooper, 2011	GSH	9	CAU	12	Other	Gen med	Self-rep	West.	++++
Cramer, 2011	Grp	48	CAU	19	Comm	Other	Self-rep	West.	+ - SR +
De Graaf, 2009	USH	100	CAU	103	Comm	Adults	Self-rep	West.	++ SR +
Dekker, 2012	Ind	20	CAU	21	Other	Gen med	Self-rep	West.	++ SR +
Desautels, 2017	Ind	25	WL	11	Other	Gen med	Self-rep	West.	++++
Dobkin, 2011	Ind	41	CAU	39	Comm	Gen med	Mood	West.	+ - ++
Dowrick, 2000	Grp	80	CAU	139	Other	Adults	Mood	West.	++ SR +
Duarte, 2009	Grp	41	CAU	44	Other	Gen med	MDD	NW	++ SR +
Dwight-Johnson, 2011	Tel	50	CAU	51	Other	Other	Self-rep	West.	+ - ++
Elkin, 1990	Ind	59	Pla	62	Clin	Adults	MDD	West.	++++

Embling, 2002	Grp	19	WL	19	Clin	Adults	MDD	West.	-----
Euteneuer, 2017	Ind	34	WL	30	Comm	Adults	MDD	West.	+ - SR +
Fann, 2015	Ind	18	Tel	40	Comm	Gen med	MDD	West.	+ - + -
	CAU	42							
Famarzi, 2008	Grp	29	CAU	30	Other	Other	MDD	NW	-- SR -
Farrer, 2011	GSH	18	USH	27	Other	Adults	Self-rep	West.	+ + SR +
	CAU	27							
Fischer, 2015	GSH	45	WL	45	Other	Gen med	Self-rep	West.	+ + + +
Floyd, 2004	Ind	8	GSH	13	Comm	Elderly	Mood	West.	-----
	WL	14							
Forand 2017	GSH	59	WL	30	Comm	Adults	Self-rep	West.	--- +
Forsell, 2017	GSH	22	WL	20	Comm	PPD	MDD	West.	+ + SR +
Freedland, 2009	Ind	41	CAU	40	Other	Gen med	Mood	West.	+ + + +
Freedland 2015	Ind	79	CAU	79	Other	Gen med	MDD	West.	- + + +
Furukawa, 2012	Tel	58	WL	60	Other	Other	Self-rep	NW	+ + SR +
Garnefski, 2011	USH	15	WL	17	Comm	Gen med	Self-rep	West.	+ - SR -
Geraedts, 2014	GSH	116	CAU	115	Other	Adults	Self-rep	West.	+ + SR +
Gilbody 2016 - BtB	USH	210	CAU	239	Clin	Adults	Self-rep	West.	+ + SR +
Gilbody 2016 - MG	USH	242	CAU	239	Clin	Adults	Self-rep	West.	+ + SR +
Gilbody, 2017	GSH	141	USH	128	Comm	Adults	Self-rep	West.	+ + SR +
Glueckauff, 2012	Ind	5	Tel	6	Comm	Other	Self-rep	West.	-- SR -
Hallgren, 2015	GSH	259	CAU	232	Clin	Adults	Self-rep	West.	+ + + -
Hamamci, 2006	Grp	10	CAU	11	Comm	Adults	Self-rep	West.	-- SR -
Hamdan, 2009	Grp	44	CAU	36	Comm	Adults	Self-rep	NW	+ + SR -
Haringsma, 2005	Grp	52	WL	58	Comm	Elderly	Self-rep	West.	-- SR +
Hassiotis, 2013	Ind	15	CAU	15	Other	Other	Mood	West.	- + SR +
Hautzinger, 2004	Grp	55	WL	30	Comm	Elderly	Mood	West.	+ - SR +
Himelhoch, 2013	Ind	18	Tel	16	Other	Gen Med	MDD	West.	- + + +
Hobfoll, 2016	GSH	209	WL	94	Other	Other	Self-rep	West.	+ - SR +
Honey, 2002	Grp	22	CAU	22	Other	PPD	Self-rep	West.	-- SR +
Horrell, 2014	Grp	180	WL	202	Comm	Adults	Self-rep	West.	+ + SR +
Huang, 2015	Grp	31	CAU	30	Other	Gen med	Self-rep	NW	-- SR -
Husain, 2017	Grp	112	CAU	104	Other	Other	Mood	NW	+ + SR +
Jamison, 1995	GSH	33	WL	39	Comm	Adults	MDD	West.	-----
Jarett, 1999	Ind	36	Pla	36	Comm	Adults	MDD	West.	+ + + +
Joling, 2011	GSH	86	CAU	84	Other	Elderly	Self-rep	West.	+ + SR +
Kamga, 2017	GSH	35	WL	35	Other	Gen med	Self-rep	West.	+ + SR +
Kessler, 2009	GSH	113	WL	97	Clin	Adults	Mood	West.	+ + SR +
King, 2000	Ind	63	CAU	67	Clin	Adults	Self-rep	West.	+ + SR +
Laidlaw, 2008	Ind	20	CAU	20	Clin	Elderly	MDD	West.	+ + + -

Lamers, 2010	Ind	111	CAU	125	Other	Gen med	Mood	West.	++ SR +
Landreville, 1997	GSH	10	WL	13	Comm	Elderly	Self-rep	West.	-- SR -
Larcombe, 1984	Grp	9	WL	10	Other	Gen med	Mood	West.	--- + -
Lerner, 2015	Tel	190	CAU	190	Other	Other	Mood	West.	+ - SR +
Leung, 2013	Grp	47	CAU	50	Other	PPD	Self-rep	NW	-- SR +
Levin, 2011	USH	99	CAU	91	Clin	Adults	Self-rep	West.	++ SR +
Lintvedt, 2013	USH	81	WL	82	Other	Adults	Self-rep	West.	++ SR +
Liu, 2009	GSH	27	WL	25	Comm	Adults	Self-rep	NW	-- SR +
Lovell, 2008	Ind	19	CAU	23	Clin	Adults	Self-rep	West.	- + SR +
Malouff, 1988	Grp	14	WL	14	Comm	Other	Self-rep	West.	-- SR -
Martin, 2015	Ind	18	CAU	26	Comm	Gen med	MDD	West.	++ SR -
McCusker, 2015	GSH	98	USH	91	Clin	Gen med	Self-rep	West.	++ SR +
McKee, 2006	Ind	21	CAU	20	Other	PPD	Self-rep	West.	-- SR -
Meyer, 2009	USH	159	WL	57	Comm	Adults	Self-rep	West.	++ SR +
Meyer, 2015	USH	60	WL	72	Comm	Adults	Self-rep	West.	++ SR +
Milgrom, 2015	Ind	27	CAU	27	Comm	PPD	Mood	West.	++ SR +
Milgrom, 2016	GSH	21	CAU	22	Comm	PPD	Mood	West.	++ SR +
Mohr, 2000	Tel	16	CAU	16	Other	Gen med	Self-rep	West.	-- SR +
Mohr, 2011	Tel	40	CAU	41	Clin	Adults	MDD	West.	--- + +
Mohr, 2012	Ind	141	Tel	152	Clin	Adults	MDD	West.	+++ + +
Mohr, 2013	GSH	34	USH	35	Comm	Adults	MDD	West.	++ SR +
	WL	33							
Moldovan, 2013	GSH	21	WL	22	Other	Adults	Self-rep	West.	++ SR +
Moritz, 2012	USH	80	WL	90	Comm	Adults	Self-rep	West.	-- SR +
Mukhtar, 2011	Grp	58	WL	55	Other	Adults	Mood	NW	-- SR -
Naeem, 2013	GSH	94	CAU	89	Clin	Adults	Mood	NW	++ SR +
Naeem, 2015	Ind	69	CAU	68	Clin	Adults	Mood	NW	++ SR +
Naylor, 2010	USH	15	CAU	18	Clin	Adults	Self-rep	West.	+ - SR -
Newby 2017	GSH	41	WL	49	Comm	Gen med	MDD	West.	++ SR +
O'Mahen, 2013	Ind	21	CAU	23	Other	PPD	MDD	West.	++ SR +
O'Neill, 2014	Tel	61	CAU	60	Other	Gen med	Self-rep	West.	++ SR +
Omidi, 2013	Grp	30	CAU	30	Clin	Adults	MDD	NW	-- SR -
Pace, 1993	Ind	31	WL	43	Other	Adults	Self-rep	West.	-- SR -
Pecheur, 1984	Ind	7	WL	7	Comm	Adults	MDD	West.	--- + -
Penckofer, 2012	Grp	29	CAU	36	Comm	Gen med	Self-rep	West.	+ - SR +
Perini, 2009	GSH	27	WL	17	Comm	Adults	MDD	West.	+ - SR +
Pibernik, 2009	Grp	25	CAU	25	Other	Gen med	Self-rep	West.	- + SR -
Power, 2012	Ind	22	CAU	10	Clin	Adults	Mood	West.	-- SR +
Propst, 1992	Ind	10	CAU	11	Comm	Adults	Self-rep	West.	--- + -
Pugh, 2014	GSH	19	WL	21	Comm	PPD	Self-rep	West.	++ SR -



Qiu, 2013	Grp	31	WL	31	Other	Gen med	MDD	NW	++++
Richards, 2015	GSH	96	WL	92	Comm	Adults	Self-rep	West.	-+SR+
Roepke, 2015	USH	20	WL	36	Comm	Adults	Self-rep	West.	++SR+
Rohan, 2007	Grp	15	WL	15	Comm	Adults	MDD	West.	++++
Rush, 1981	Ind	8	Grp	23	Comm	Adults	MDD	West.	--SR+
Ruwaard, 2009	GSH	36	WL	18	Comm	Adults	Self-rep	West.	+ - SR +
Safren, 2009	Ind	23	CAU	22	Comm	Gen med	Mood	West.	--++
Safren, 2016	Ind	94	CAU	49	Comm	Gen med	Mood	West.	+ - ++
Saloheimo, 2016	Grp	38	CAU	34	Clin	Adults	MDD	West.	+++ -
Savard, 2006	Ind	21	WL	16	Comm	Gen med	Self-rep	West.	+++ -
Schmidt, 1983	Ind	12	Grp	11	Comm	Adults	Self-rep	West.	--SR -
	GSH	12	WL	10					
Schroder, 2014	USH	25	WL	32	Other	Gen med	Self-rep	West.	++SR+
Scogin, 1987	GSH	9	WL	8	Comm	Elderly	Self-rep	West.	----
Scogin, 1989	GSH	21	WL	21	Comm	Elderly	Self-rep	West.	----
Scott, 1990	Ind	27	Grp	17	Clin	Adults	Mood	West.	++SR+
	WL	23							
Scott, 1992	Ind	29	CAU	29	Clin	Adults	MDD	West.	++++
Scott, 1997	Ind	18	CAU	16	Clin	Adults	MDD	West.	--+-
Selmi, 1990	Ind	12	GSH	12	Comm	Adults	Mood	West.	--++
	WL	12							
Serfaty, 2009	Ind	64	CAU	55	Clin	Elderly	Mood	West.	++SR+
Sheeber, 2012	GSH	35	WL	35	Other	PPD	Self-rep	West.	++SR+
Simoni, 2013	Ind	20	CAU	20	Other	Gen med	Self-rep	West.	++SR+
Sinniah, 2017	Ind	28	CAU	14	Clin	Adults	Mood	NW	--SR -
Spek, 2007	Grp	99	USH	102	Comm	Elderly	Self-rep	West.	++SR+
	WL	100							
Strauss, 2012	Grp	14	CAU	14	Clin	Adults	MDD	West.	--SR+
Taylor, 1977	Ind	7	WL	7	Comm	Adults	Self-rep	West.	--SR -
Taylor, 2009	Ind	19	WL	22	Other	Gen med	Self-rep	West.	--++
Teichman, 1995	Ind	15	WL	15	Clin	Adults	Mood	NW	--SR -
Teri, 1986	Ind	19	Grp	47	Comm	Adults	Mood	West.	--SR -
Titov, 2010	GSH	46	WL	40	Comm	Adults	MDD	West.	++SR+
Titov, 2015	GSH	27	WL	25	Comm	Elderly	Self-rep	West.	++SR+
Tomasino, 2017	GSH	9	WL	12	Comm	Elderly	Self-rep	West.	--SR+
Tovote, 2014	Ind	32	WL	31	Other	Gen med	Self-rep	West.	+ - - +
Verduyn, 2003	Grp	32	CAU	12	Other	Other	Self-rep	West.	+++ -
Vernmark, 2010 - em.	GSH	29	WL	27	Comm	Adults	MDD	West.	++SR+
Vernmark, 2010 - sh	GSH	29	WL	27	Comm	Adults	MDD	West.	++SR+
Wagner, 2014	Grp	28	GSH	25	Comm	Adults	Self-rep	West.	+ - SR +

Warmerdam,2008	GSH	88	WL	87	Comm	Adults	Self-rep	West.	++ SR +
Wierzbicki, 1987	Ind	9	Grp	9	Comm	Adults	Mood	West.	-- SR -
Williams, 2013 (aus)	GSH	26	WL	27	Comm	Adults	Mood	West.	++ SR +
Williams, 2013 (uk)	GSH	101	CAU	102	Clin	Adults	Self-rep	West.	-+ SR +
Wilson, 1983	Ind	8	WL	9	Comm	Adults	Self-rep	West.	----
Wollersheim 1991	Grp	8	GSH	8	Comm	Adults	MDD	West.	-- SR -
	WL	8							
Wong I, 2008	Grp	48	WL	40	Comm	Adults	MDD	NW	-+ SR +
Wong II, 2008	Grp	163	WL	159	Comm	Adults	MDD	NW	-+ SR -
Wuthrich, 2013	Grp	27	WL	35	Comm	Elderly	Mood	West.	+ - + +
Zettle, 1992	Ind	13	Grp	14	Comm	Adults	Self-rep	West.	-- + -
Zu, 2014	Ind	12	CAU	16	Clin	Adults	MDD	NW	+ - + -

Abbreviations:

CAU: care-as-usual; Clin: clinical recruitment; Comm: community recruitment; Gen med: patient with comorbid general medical disorder; Grp: group format; GSH: guided self-help; Ind: individual format; MDD: major depressive disorder; Mood: mood disorder; n1-4: n of condition 1 to 4; NW: non-Western country; Other: other (recruitment or target group); Pla: placebo; PPD: postpartum depression; recr: recruitment; RoB: risk of bias; Self-rep: self-report; t1-4: condition 1 to 4; Tel: telephone format; USH: unguided self-help; West: Western country; WL: waiting list.

## eAppendix D. References of Included Studies

Study	
Aagaard, 2017	Aagaard, J., Foldager, L., Makki, A., Hansen, V., & Møller-Nielsen, K. (2017). The efficacy of psychoeducation on recurrent depression: a randomized trial with a 2-year follow-up. <i>Nord J Psychiatry</i> , 71(3), 223-229.
Allart, 2003	Allart-Van Dam, E., Hosman, C. M. H., Hoogduin, C. A. L., & Schaap, C. P. D. R. (2003). The coping with depression course: Short-term outcomes and mediating effects of a randomized controlled trial in the treatment of subclinical depression. <i>Behavior Therapy</i> , 34(3), 381-396. doi:10.1016/S0005-7894(03)80007-2
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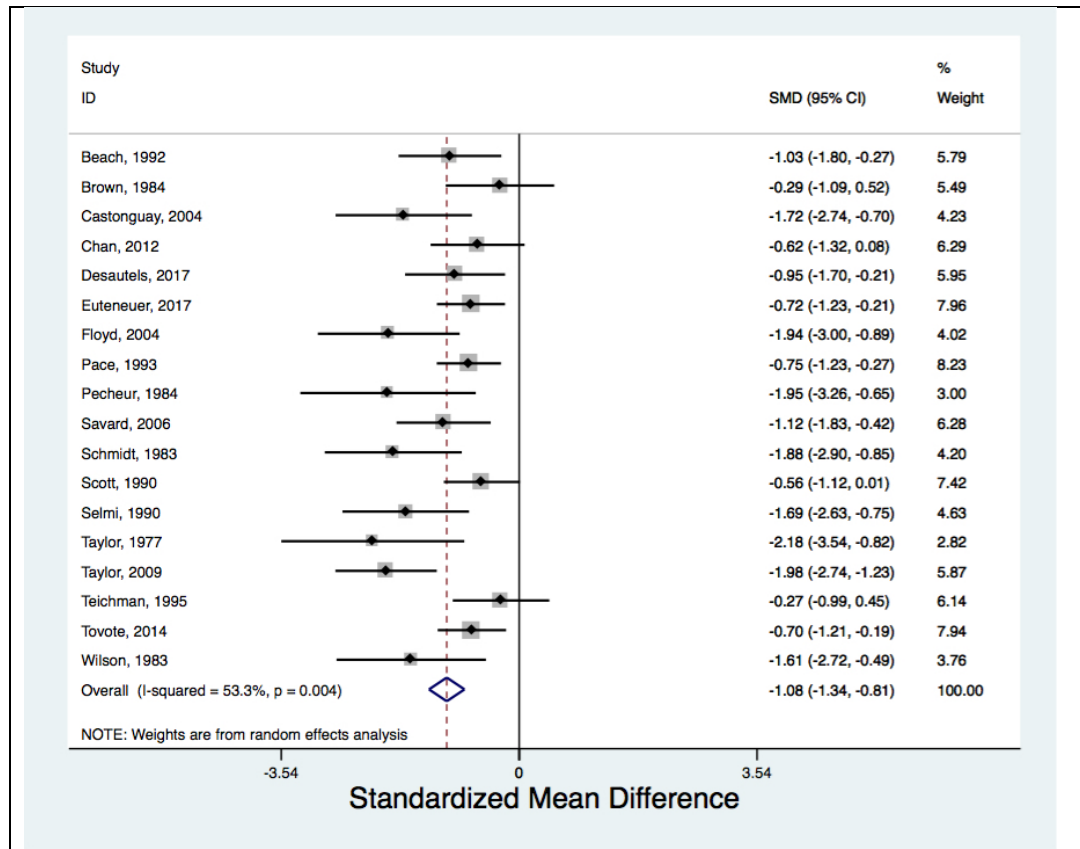
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eAppendix E. Contribution Plot<sup>a)</sup>

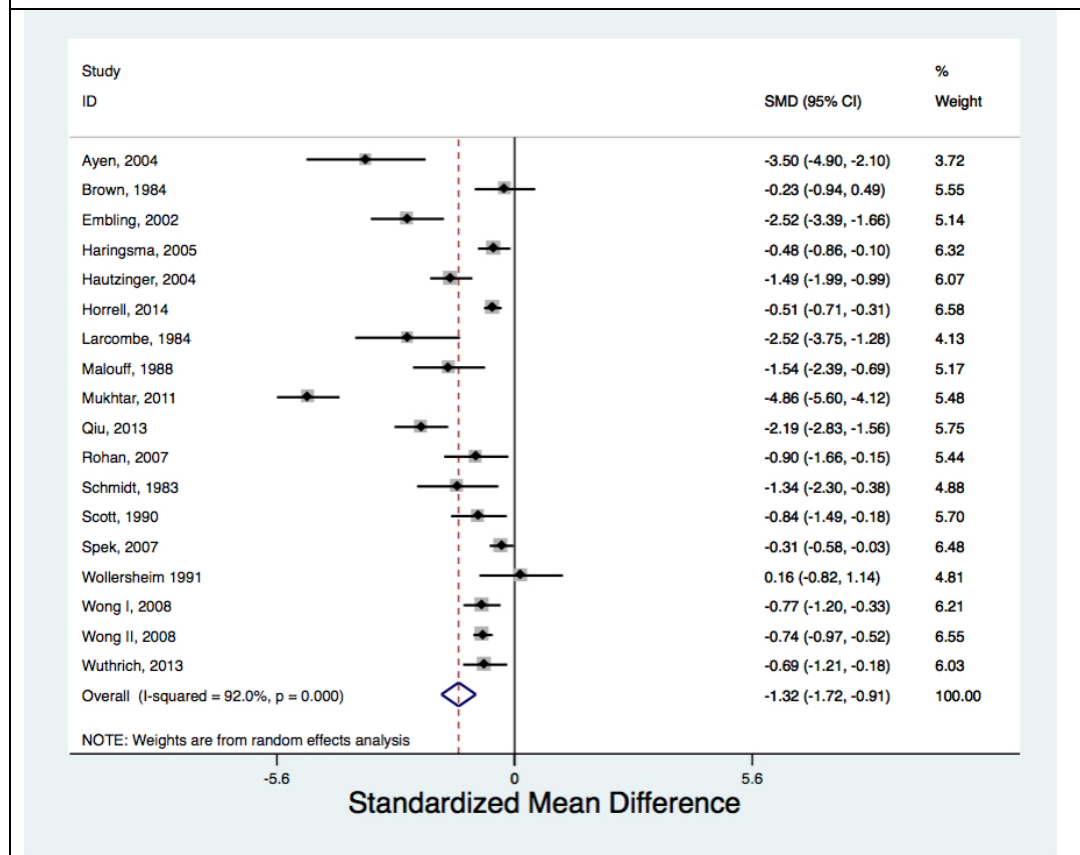
		Direct comparisons in the network																
		1vs2	1vs3	1vs4	1vs6	1vs7	1vs8	2vs3	2vs5	2vs6	2vs7	3vs5	3vs6	3vs7	4vs6	4vs7	5vs6	5vs7
Network meta-analysis estimates	Mixed estimates																	
	1vs2	13.6	3.3	3.4	7.2	19.8		8.7	9.4	4.8	10.7	0.6	2.0	2.8	2.4	1.0	2.8	7.3
	1vs3	5.5	5.9	3.0	8.9	20.0		5.7	1.1	0.5	1.8	11.2	12.3	9.0	3.0	0.9		10.1
	1vs4	2.3	1.6	45.3	5.0	12.4		0.6	0.9	0.8	0.1	0.5	2.4	0.6	12.0	9.4	3.8	2.5
	1vs6	4.9	3.6	5.1	12.9	10.0		1.8	2.2	2.6	1.6	0.8	8.7	4.1	4.6	0.5	15.8	12.8
	1vs7	5.3	3.2	4.9	7.0	45.0		0.5	1.1	0.1	3.8	1.5	1.8	4.0	1.8	3.1	6.9	9.5
	1vs8						100.0											
	2vs3	8.4	3.3	0.9	2.5	1.8		16.2	11.6	5.9	9.5	12.5	12.2	7.5	0.9		3.0	3.8
	2vs5	8.6	0.6	1.1	2.9	3.9		10.9	15.3	6.1	10.1	8.8	3.1	0.5	1.0	0.1	13.2	13.7
	2vs6	8.4	0.6	2.0	6.5	0.6		10.6	11.8	7.5	9.0	1.4	11.2	1.5	2.5	0.5	19.5	6.3
	2vs7	10.9	1.1	0.1	2.4	14.3		10.1	11.4	5.3	14.9	1.8	0.8	6.4	1.2	1.3	2.5	15.7
	3vs5	0.3	3.1	0.3	0.5	2.5		6.0	4.5	0.4	0.8	24.8	17.9	8.1	0.2	0.2	18.9	11.6
	3vs6	0.8	3.0	1.4	5.2	2.8		5.2	1.4	2.6	0.3	15.9	27.7	6.6	2.0	0.6	20.8	3.5
	3vs7	2.2	4.1	0.7	4.6	11.6		5.9	0.4	0.7	4.8	13.5	12.3	12.9	2.0	1.2	5.1	18.1
	4vs6	3.0	2.3	22.5	8.5	8.7		1.2	1.5	1.8	1.5	0.4	6.3	3.3	11.2	6.0	11.8	9.9
	4vs7	2.1	1.1	27.8	1.4	23.2		0.1	0.2	0.6	2.6	0.7	2.9	3.3	9.5	8.6	7.1	8.4
	5vs6	0.6		1.3	5.3	6.0		0.7	3.4	2.6	0.6	9.5	11.7	1.5	2.2	0.9	44.7	8.9
	5vs7	2.3	1.9	1.1	5.8	11.1		1.2	4.7	1.1	4.8	7.9	2.6	7.4	2.4	1.3	12.1	32.2
Network meta-analysis estimates	Indirect estimates																	
	1vs5	5.3	3.6	4.2	9.3	21.9		1.3	4.4	0.8	1.2	7.1	0.8	3.0	3.1	1.1	14.0	18.7
	2vs4	9.3	1.7	22.2	2.8	8.5		7.1	7.8	4.1	8.3	0.7	2.9	1.8	8.4	6.0	4.2	4.3
	2vs8	9.3	2.2	2.3	4.9	13.4	32.1	5.9	6.4	3.3	7.3	0.4	1.4	1.9	1.6	0.7	1.9	4.9
	3vs4	3.2	3.9	21.2	4.5	9.5		4.3	0.4		1.5	9.4	11.3	7.0	8.9	5.8	2.1	6.9
	3vs8	3.8	4.1	2.7	6.1	13.9	30.6	4.0	0.8	0.4	1.3	7.8	8.6	6.3	2.1	0.7		7.0
	4vs5	3.2	2.1	21.5	4.9	11.3		0.7	3.2	0.3	1.1	5.6	0.6	2.2	9.2	6.1	13.8	14.2
	4vs8	1.4	1.0	27.2	3.0	7.5	40.0	0.4	0.5	0.5		0.3	1.4	0.4	7.2	5.6	2.3	1.5
	5vs8	3.7	2.5	2.9	6.4	15.2	30.7	0.9	3.1	0.6	0.9	4.9	0.6	2.1	2.2	0.7	9.7	13.0
	6vs7	1.4	1.5	1.8	8.4	13.2		1.5	1.5	2.7	4.3	0.2	10.3	7.1	3.5	1.6	21.2	19.9
6vs8	3.4	2.5	3.5	8.9	12.5	20.9	1.2	1.5	1.8	1.1	0.5	6.0	2.8	3.2	0.3	10.9	8.9	
7vs8	3.2	1.9	3.0	4.2	27.4	39.7	0.3	0.7	0.1	2.3	0.9	1.1	2.4	1.1	1.9	4.2	5.7	
<b>Entire network</b>		4.7	2.4	8.7	5.6	13.0	11.2	4.0	3.9	2.0	3.7	5.0	6.2	4.1	4.1	2.4	9.1	9.9
<b>Included studies</b>		7	4	4	18	30	2	5	1	18	21	5	35	8	1	6	11	9

a) 1=Individual CBT; 2=Group CBT; 3=guided self-help CBT; 4=Telephone CBT; 5=Unguided self-help CBT; 6= Waiting list; 7=Care-as-usual; 8=Placebo

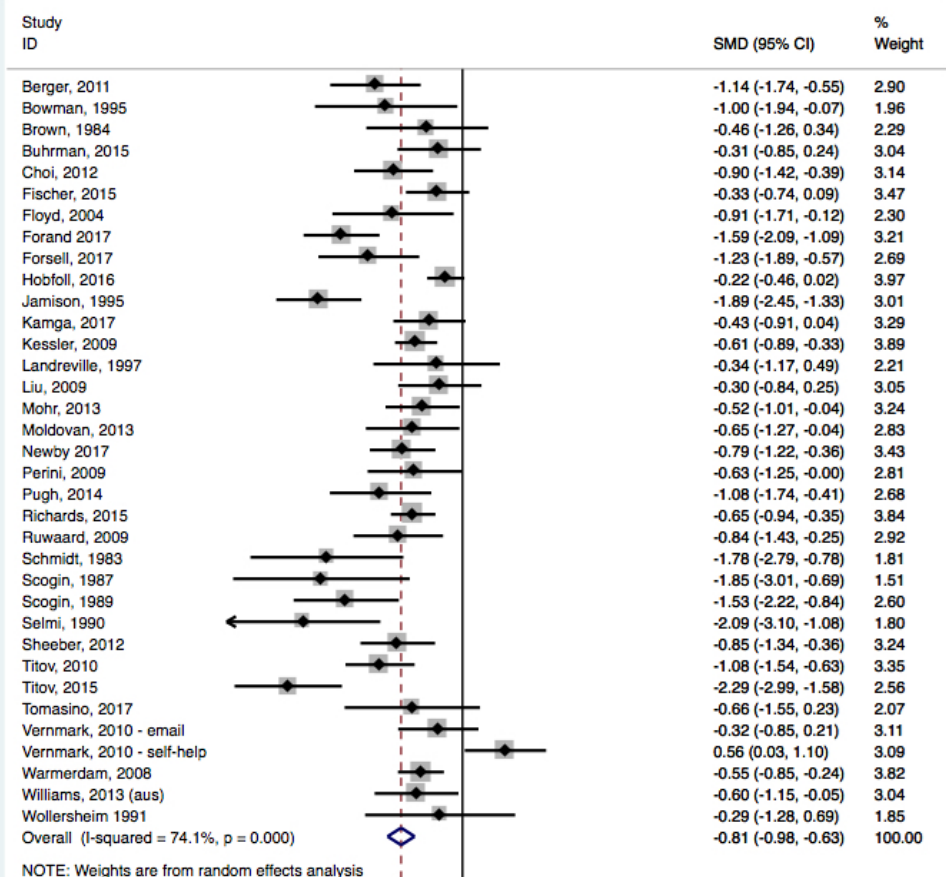
## eAppendix F. Forest Plots of Comparisons With More than 10 Effect Sizes



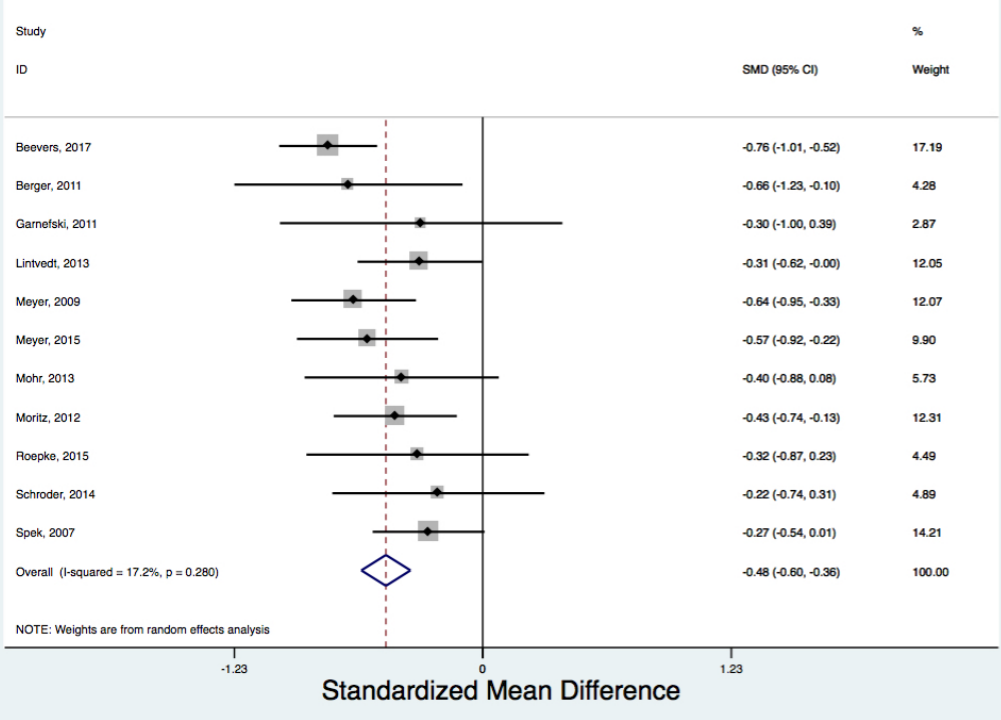
### F.1. Individual CBT versus wait-list



### F.2. Group CBT versus wait-list

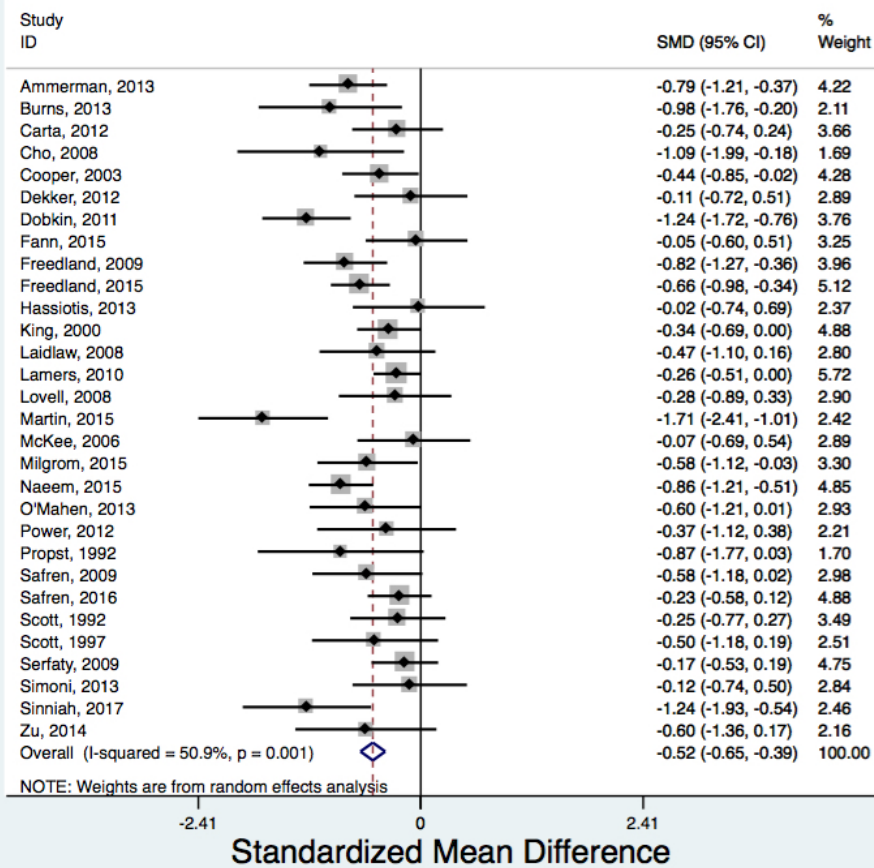


### F.3. Guided self-help versus wait-list

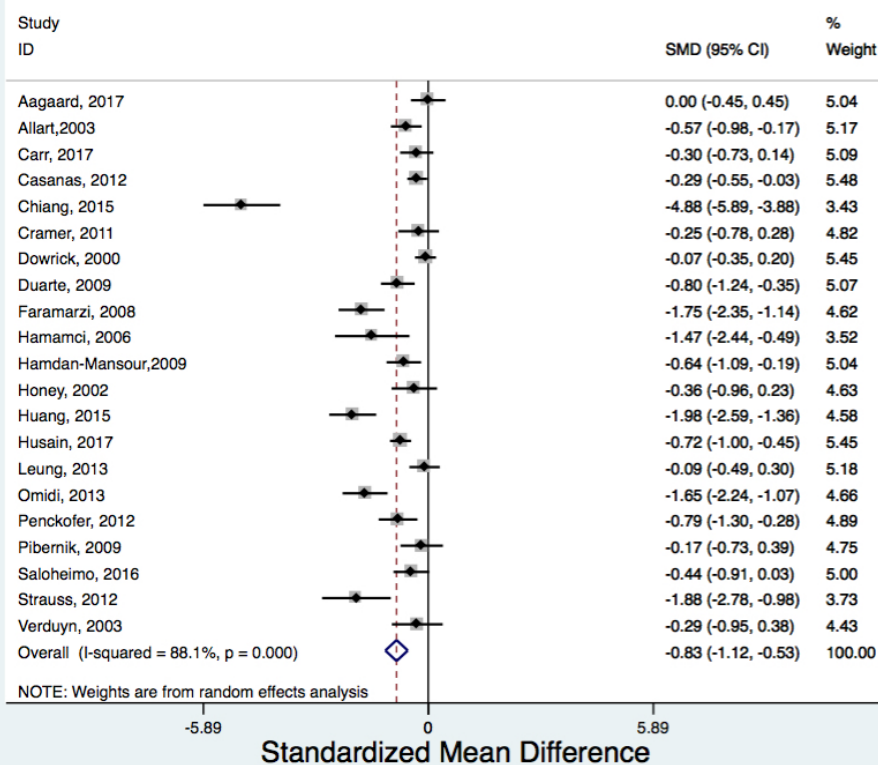




#### F.4. Unguided self-help versus wait list



#### F.5 Individual CBT versus care-as-usual



F.6. Group CBT versus care-as-usual



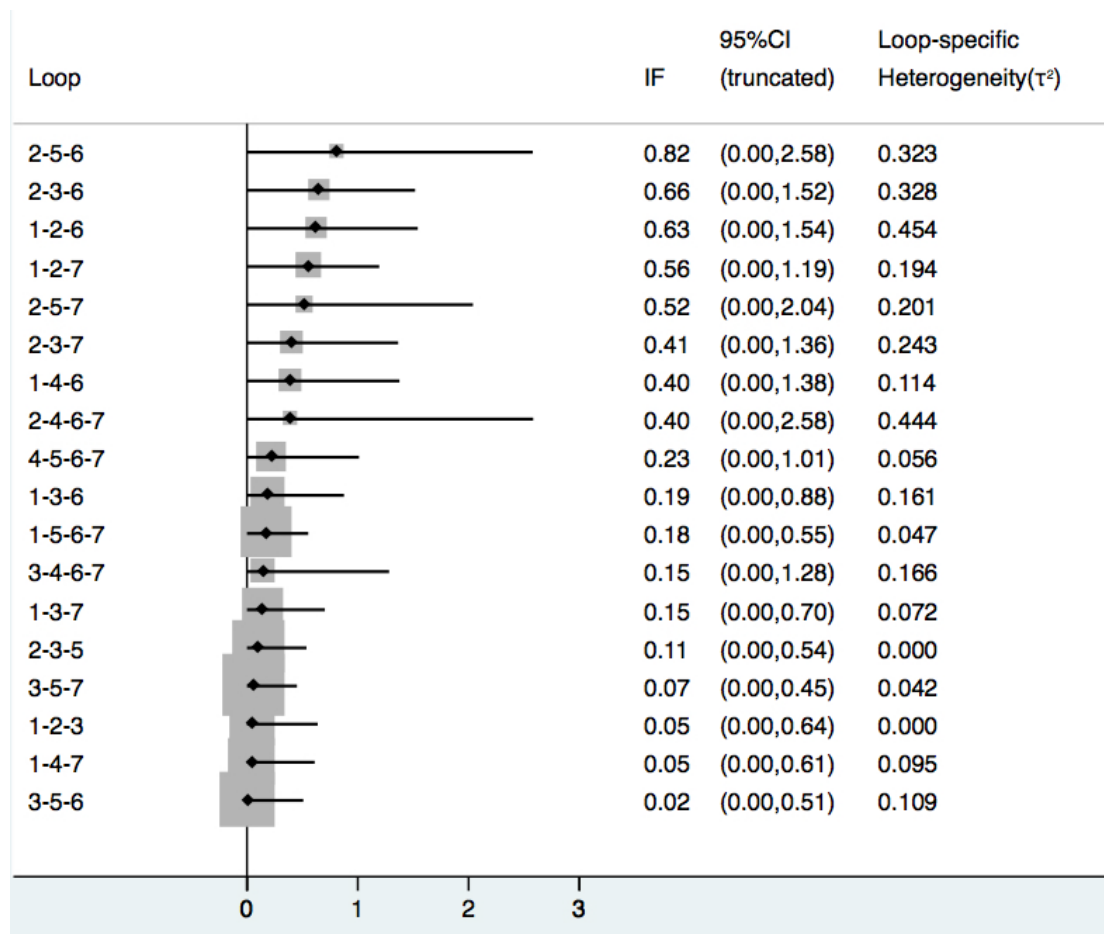
**eAppendix G.** Network Meta-analysis of Treatment Formats of CBT for Adult Depression: Effect Sizes and Acceptability, With 95% Confidence Intervals and Prediction Intervals (including Pill Placebo)

Effect sizes	Individual	Acceptability (RRs)				0.90 (0.69~1.17) [0.50~1.62]	1.03 (0.85~1.24) [0.59~1.80]	1.91 (1.09~3.35) [0.88~4.14]
		1.04 (0.80~1.36) [0.58~1.87]	1.44 (1.09~1.91) [0.80~2.62]	0.97 (0.70~1.34) [0.52~1.80]	1.19 (0.90~1.58) [0.66~2.16]			
-0.09 (-0.32~0.13) [-1.15~0.96]	<b>Group</b>	<b>1.39</b> (1.06~1.81) [0.77~2.50]	0.93 (0.64~1.36) [0.49~1.78]	1.15 (0.88~1.50) [0.64~2.07]	0.87 (0.68~1.10) [0.49~1.54]	0.99 (0.80~1.22) [0.56~1.74]	1.83 (0.98~3.42) [0.81~4.16]	
0.15 (-0.09~0.40) [-0.90~1.21]	<b>0.25</b> (0.01~0.49) [-0.81~1.30]	<b>Guided SH</b>	0.67 (0.46~0.99) [0.35~1.30]	0.83 (0.65~1.05) [0.47~1.47]	<b>0.62</b> (0.52~0.75) [0.36~1.09]	<b>0.71</b> (0.56~0.90) [0.40~1.27]	1.32 (0.71~2.47) [0.58~3.01]	
-0.00 (-0.38~0.37) [-1.10~1.09]	0.09 (-0.31~0.49) [-1.02~1.19]	-0.16 (-0.57~0.25) [-1.27~0.95]	<b>Telephone</b>	1.23 (0.83~1.82) [0.64~2.37]	0.93 (0.64~1.35) [0.49~1.77]	1.06 (0.77~1.46) [0.57~1.96]	<b>1.97</b> (1.03~3.76) [0.85~4.55]	
<b>0.50</b> (0.21~0.78) [-0.57~1.56]	<b>0.59</b> (0.30~0.87) [-0.48~1.66]	<b>0.34</b> (0.07~0.61) [-0.72~1.41]	<b>0.50</b> (0.07~0.93) [-0.62~1.62]	<b>Unguided SH</b>	<b>0.75</b> (0.62~0.92) [0.43~1.32]	0.86 (0.68~1.09) [0.48~1.53]	1.60 (0.85~2.99) [0.70~3.64]	
<b>1.02</b> (0.80~1.24) [-0.03~2.07]	<b>1.11</b> (0.90~1.33) [0.06~2.16]	<b>0.87</b> (0.69~1.04) [-0.18~1.91]	<b>1.02</b> (0.63~1.42) [-0.08~2.13]	<b>0.52</b> (0.28~0.77) [-0.54~1.58]	<b>Waiting list</b>	1.14 (0.91~1.43) [0.65~2.02]	2.12 (1.14~3.93) [0.94~4.79]	
<b>0.63</b> (0.45~0.80) [-0.42~1.67]	<b>0.72</b> (0.52~0.92) [-0.33~1.77]	<b>0.47</b> (0.25~0.70) [-0.58~1.53]	<b>0.63</b> (0.27~0.99) [-0.46~1.72]	0.13 (-0.12~0.39) [-0.93~1.19]	<b>-0.39</b> (-0.60~-0.18) [-1.44~0.66]	<b>Care as usual</b>	1.86 (1.03~3.36) [0.84~4.12]	
0.42 (-0.36~1.20) [-0.88~1.71]	0.51 (-0.30~1.32) [-0.80~1.83]	0.26 (-0.55~1.08) [-1.05~1.58]	0.42 (-0.44~1.29) [-0.93~1.77]	-0.08 (-0.91~0.75) [-1.40~1.25]	-0.60 (-1.41~0.21) [-1.91~0.71]	-0.21 (-1.01~0.59) [-1.52~1.10]	<b>Pill placebo</b>	

**eAppendix H.** Characteristics of Included Studies Across the Different Comparisons

	<i>Recruitment</i>				<i>Diagnosis</i>				<i>Adults</i>		<i>Low RoB</i>		<i>Western</i>		<i>Total</i>
	<i>Community</i>		<i>Clinical</i>		<i>Other</i>										
	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>
Ind vs Grp	6	85.7	1	14.3	0	0.0	5	71.4	7	100.0	1	14.3	7	100.0	7
Ind vs GSH	4	100.0	0	0.0	0	0.0	3	75.0	3	75.0	0	0.0	4	100.0	4
Ind vs Tel	2	50.0	1	25.0	1	25.0	3	75.0	1	25%	1	25.0	4	100.0	4
Ind vs WL	11	61.1	3	16.7	4	22.2	10	55.6	10	55.6	2	11.1	16	88.9	18
Ind vs CAU	7	23.3	11	36.7	12	40.0	23	76.7	10	33.3	13	43.3	25	83.3	30
Ind vs Pla	1	50.0	1	50.0	0	0.0	2	100.0	2	100.0	2	100.0	2	100.0	2
Grp vs GSH	5	100.0	0	0.0	0	0.0	3	60.0	5	100.0	0	0.0	5	100.0	5
Grp vs WL	13	72.2	2	11.1	3	16.7	13	72.2	10	55.6	6	33.3	14	77.8	18
Grp vs CAU	5	23.8	7	33.3	9	42.9	11	52.4	9	42.9	5	23.8	13	61.9	21
GSH vs USH	3	60.0	1	20.0	1	20.0	2	40.0	4	80.0	5	100.0	5	100.0	5
GSH vs WL	29	82.9	1	2.9	5	14.3	16	45.7	19	54.3	17	48.6	34	97.1	35
GSH vs CAU	1	12.5	3	37.5	4	50.0	2	25.0	5	62.5	5	62.5	7	87.5	8
Tel vs CAU	1	16.7	1	16.7	4	66.7	3	50.0	1	16.7	1	16.7	6	100.0	6
USH vs WL	9	81.8	0	0.0	2	18.2	2	18.2	7	63.6	8	72.7	11	91.7	11
USH vs CAU	4	44.4	4	44.4	1	11.1	0	0.0	9	100.0	8	88.9	9	100.0	9

## Appendix I. Inconsistency Factors for the Network



## eAppendix J. GRADE Ratings for All Contrasts

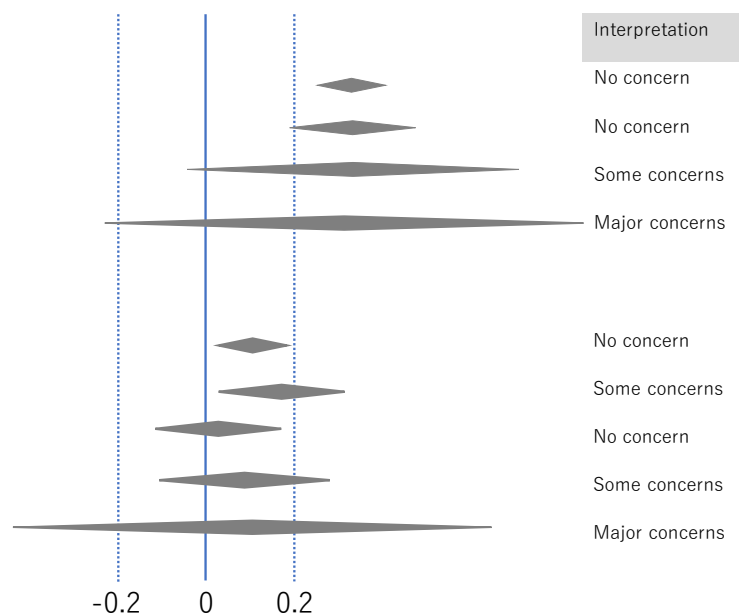
Using the GRADE framework<sup>1</sup> and the recently developed web application to apply this framework<sup>2</sup>, we evaluated the certainty of evidence for each network estimate according to the following criteria:

**Study limitations (Within study bias):** We categorized the overall risk of bias of each study as low risk of bias when none of the four assessed risk of bias item was rated high risk, as moderate risk of bias when one or two items were rated high risk, and as high risk when three or four were rated high risk. We then used the contribution matrix to calculate the percentage of contribution from each study, and finally assessed the study limitation for each network estimate based on the weighted average risk of bias of the contributing studies.

**Publication bias (Across studies bias):** We spotted major concerns when Egger's test was statistically significant in pairwise comparisons.

**Indirectness:** We considered that there was no concern in this domain as the included studies matched our study questions.

**Imprecision:** We considered a clinically meaningful threshold for SMD to be 0.20 and graded the degree of concerns according to the possible changes in clinical inference according to the following criteria:



**Heterogeneity:** We evaluated the degree of concerns through comparing the clinical inference based on the 95% confidence intervals (CI) and that based on the 95% prediction interval (PrI), the latter reflecting the degree of heterogeneity. Applying the same clinical inference framework as for imprecision, we saw no concerns in heterogeneity when the two judgements matched (e.g. no concern based on 95% CI and no concern based on 95% PrI), some concerns when they differed by one degree (e.g. no concern based on 95% CI but some concerns based on 95% PrI), and major concerns when they differed by two degrees (e.g. no concern based on 95% CI but major concerns based on 95% PrI).

**Incoherence (Inconsistency):** For inconsistency, we looked at the results of side splitting (8.3.1.2) and we saw major concerns when  $p < 0.10$  but no concern otherwise.

<sup>1</sup> Salanti G, Del Giovane C, Chaimani A, Caldwell DM, Higgins JP. Evaluating the quality of evidence from a network meta-analysis. *PLoS One* 2014; **9**: e99682.

<sup>2</sup> <http://cinema.ispm.ch/> (accessed Nov 8, 2018)

Comparison	Number of Studies	Within-study bias	Across-studies bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Mixed evidence								
1 vs 2	7	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
1 vs 3	4	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
1 vs 4	4	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Low
1 vs 6	18	Some concerns	Suspected	No concerns	No concerns	No concerns	No concerns	Low
1 vs 7	30	Some concerns	Suspected	No concerns	No concerns	Some concerns	Major concerns	Very low
1 vs 8	2	No concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
2 vs 3	5	Some concerns	Undetected	No concerns	No concerns	Major concerns	Major concerns	Very low
2 vs 5	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Low
2 vs 6	18	Some concerns	Suspected	No concerns	No concerns	No concerns	No concerns	Low
2 vs 7	21	Some concerns	Suspected	No concerns	No concerns	Some concerns	No concerns	Low
3 vs 5	5	No concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
3 vs 6	35	Some concerns	Suspected	No concerns	No concerns	No concerns	No concerns	Low
3 vs 7	8	Some concerns	Suspected	No concerns	No concerns	Major concerns	No concerns	Low
4 vs 6	1	Some concerns	Suspected	No concerns	No concerns	No concerns	No concerns	Very low
4 vs 7	6	Some concerns	Suspected	No concerns	No concerns	Major concerns	No concerns	Very low
5 vs 6	11	No concerns	Suspected	No concerns	No concerns	Major concerns	No concerns	Low
5 vs 7	9	No concerns	Suspected	No concerns	Some concerns	Some concerns	No concerns	Low
Indirect evidence								
1 vs 5	--	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Low
2 vs 4	--	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Low
2 vs 8	--	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
3 vs 4	--	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
3 vs 8	--	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Low
4 vs 5	--	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Low
4 vs 8	--	No concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
5 vs 8	--	No concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
6 vs 7	--	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Low
6 vs 8	--	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
7 vs 8	--	No concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

- 1=Individual
- 2=Group
- 3=GSH
- 4=Telephone
- 5=USH
- 6=WL
- 7=CAU
- 8=Placebo

**eAppendix K.** Long Term Effects of Different Treatment Formats and Control Conditions in CBT <sup>a)</sup>

Contrast		Network meta-analyses			Pairwise meta-analyses						
		SMD	95% CI	95% PI	N	SMD	95% CI	I <sup>2</sup>	95% CI	Tau <sup>2</sup>	Egger (p)
Individual vs	Group	-0.18	-0.59~0.23	-1.61~1.25	3	<u>0.45</u>	0.05~0.84	0	0~73	0.00	0.13
	GSH	-0.16	-0.65~0.33	-1.62~1.30	2	0.44	-0.71~1.58	61	b)	0.43	b)
	Telephone	<u>-0.93</u>	-1.77~0.08	-2.54~0.69	1	-0.24	-0.48~0.01	b)	b)	b)	b)
	USH	0.12	-0.37~0.61	-1.34~1.57	0						
	WL	0.52	-0.25~1.29	-1.06~2.10	0						
	CAU	<u>0.45</u>	0.14~0.75	-0.95~1.85	19	<u>-0.43</u>	-0.63~-0.23	66	39~78	0.12	0.39
Group vs	GSH	0.02	-0.43~0.47	-1.42~1.46	4	0.16	-0.31~0.63	47	0~81	0.11	0.70
	Telephone	-0.75	-1.62~0.13	-2.38~0.89	0						
	USH	0.30	-0.16~0.76	-1.15~1.75	1	0.20	-0.08~0.48	b)	b)	b)	b)
	WL	0.70	-0.01~1.41	-0.85~2.25	2	-0.78	-2.20~0.65	95	b)	1.00	b)
	CAU	<u>0.63</u>	0.32~0.94	-0.78~2.03	16	<u>-0.64</u>	-1.01~-0.27	91	87~93	0.49	<u>0.04</u>
GSH vs	Telephone	-0.77	-1.69~0.16	-2.43~0.90	0						
	USH	0.28	-0.19~0.75	-1.17~1.73	4	<u>-0.22</u>	-0.38~-0.06	0	0~68	0.00	0.66
	WL	0.68	-0.05~1.41	-0.88~2.24	1	<u>-0.56</u>	-0.83~-0.28				
	CAU	<u>0.61</u>	0.19~1.03	-0.83~2.04	5	-0.42	-0.73~-0.12	66	0~85	0.07	0.08
Telephone vs	USH	<u>1.04</u>	0.13~1.96	-0.61~2.70	0						
	WL	<u>1.45</u>	0.35~2.54	-0.32~3.21	0						
	CAU	<u>1.37</u>	0.54~2.20	-0.24~2.98	2	-2.19	-6.08~1.71	99	b)	7.81	b)
USH vs	WL	0.40	-0.31~1.11	-1.15~1.95	2	<u>-0.29</u>	-0.51~-0.07	0	b)	0.00	b)
	CAU	0.33	-0.07~0.72	-1.10~1.75	9	-0.23	-0.40~-0.07	57	0~78	0.03	0.05
WL vs	CAU	-0.07	-0.79~0.64	-1.63~1.48	0						

a) There were no studies on placebo

b) This cannot be calculated when the number of studies is smaller than 3

**eAppendix L. Metaregression Analyses**

<i>Predictor</i>		<i>Ind vs Grp</i>	<i>Ind vs GSH</i>	<i>Ind vs Tel</i>	<i>Ind vs USH</i>	<i>Ind vs WL</i>	<i>Ind vs CAU</i>	<i>Ind vs PLA</i>
		<i>Coeff (SE) p</i>	<i>Coeff (SE) p</i>	<i>Coeff (SE) p</i>	<i>Coeff (SE) p</i>	<i>Coeff (SE) p</i>	<i>Coeff (SE) p</i>	<i>Coeff (SE) p</i>
Recruitment	Community	Ref.						
	Clinical	-0.73 (0.41) 0.02	-0.41 (0.43) 0.34		-0.12 (0.45) 0.78	-0.57 (0.42) 0.17	-0.58 (0.32) 0.07	
	Other	-0.43 (0.36) 0.23	0.15 (0.41) 0.70	-0.80 (0.76) 0.29	-0.08 (0.48) 0.87	0.11 (0.35) 0.75	-0.38 (0.26) 0.15	
Diagnostic interview (y/n)		-0.01 (0.31) 0.98	0.18 (0.31) 0.56	0.96 (0.55) 0.08	0.10 (0.47) 0.83	0.31 (0.29) 0.28	0.10 (0.23) 0.67	
Adults vs specific target group		-0.04 (0.38) 0.93	-0.17 (0.35) 0.62	-0.87 (0.90) 0.33	-0.46 (0.43) 0.29	-0.32 (0.33) 0.33	0.07 (0.33) 0.83	
Publication year (continuous)		-0.01 (0.01) 0.38	0.00 (0.02) 0.79	-0.07 (0.07) 0.33	-0.02 (0.04) 0.53	-0.00 (0.01) 0.89	-0.01 (0.02) 0.73	0.02 (0.08) 0.78
Western vs non Western country		0.42 (0.43) 0.33	-0.17 (0.57) 0.77	-0.93 (0.82) 0.26		-0.06 (0.44) 0.89	0.02 (0.09) 0.78	
Risk of bias (continuous)		0.20 (0.12) 0.08	-0.04 (0.14) 0.78	0.38 (0.35) 0.28	0.02 (0.20) 0.92	-0.15 (0.12) 0.20	0.01 (0.11) 0.93	

**eAppendix M. Sensitivity Analyses: Only Studies With Low Risk of Bias**

Contrast		Network meta-analyses		Pairwise meta-analyses				I <sup>2</sup>	95% CI	Tau <sup>2</sup>	Egger (p)
		SMD	95% CI	N	SMD	95% CI					
Individual vs	Group	-0.08	-0.35~0.19	1	0.29	-0.32~0.90	a)	a)	a)	a)	
	GSH	0.03	-0.23~0.29	0							
	Telephone	0.09	-0.28~0.46	1	-0.14	-0.37~0.09	a)	a)	a)	a)	
	USH	<u>0.29</u>	0.05~0.54	0							
	WL	<u>0.73</u>	0.48~0.98	2	<u>-0.70</u>	-1.15~-0.25	0	a)	0.00	a)	
	CAU	<u>0.42</u>	0.24~0.60	13	<u>-0.42</u>	-0.58~-0.26	36	0~66	0.03	0.74	
	Placebo	0.41	-0.06~0.88	2	<u>-0.40</u>	-0.68~-0.11	0	a)		a)	
Group vs	GSH	0.12	-0.13~0.36	0							
	Telephone	0.17	-0.24~0.58	0							
	USH	<u>0.37</u>	0.13~0.61	1	-0.06	-0.34~0.22	a)	a)	a)	a)	
	WL	<u>0.81</u>	0.58~1.04	6	<u>-1.00</u>	-1.49~-0.50	88	75~93	0.31	0.11	
	CAU	<u>0.50</u>	0.29~0.72	5	<u>-0.42</u>	-0.71~-0.13	73	0~87	0.08	0.74	
	Placebo	0.49	-0.05~1.04	0							
GSH vs	Telephone	0.06	-0.34~0.45	0							
	USH	<u>0.26</u>	0.07~0.45	5	<u>-0.37</u>	-0.55~-0.18	17	0~70	0.01	0.55	
	WL	<u>0.69</u>	0.54~0.85	17	<u>-0.68</u>	-0.90~-0.46	73	52~82	0.15	0.30	
	CAU	<u>0.39</u>	0.19~0.59	5	<u>-0.50</u>	-0.85~-0.15	65	0~85	0.09	<u>0.05</u>	
	Placebo	0.38	-0.16~0.92	0							
Telephone vs	USH	0.20	-0.19~0.59	0							
	WL	<u>0.64</u>	0.26~1.02	1	<u>-0.69</u>	-1.06~-0.31	a)	a)	a)	a)	
	CAU	0.33	-0.04~0.70	1	<u>-0.35</u>	-0.71~0.01	a)	a)	a)	a)	
	Placebo	0.32	-0.28~0.92	0							
USH vs	WL	<u>0.44</u>	0.26~0.61	8	<u>-0.42</u>	-0.55~-0.29	0	0~56	0.00	0.88	
	CAU	0.13	-0.05~0.30	8	-0.14	-0.30~0.02	62	0~81	0.03	<u>0.01</u>	
	Placebo	0.12	-0.41~0.65	0							
WL vs	CAU	<u>-0.31</u>	-0.50~-0.11	0							
	Placebo	-0.32	-0.85~0.22	0							
CAU	Placebo	0.01	-0.51~0.50	0							

a) This cannot be calculated when the number of studies is smaller than 3



**eAppendix N. Sensitivity Analyses: Outliers Excluded**

Contrast		Network meta-analyses		Pairwise meta-analyses					Tau <sup>2</sup>	Egger (p)
		SMD	95% CI	N	SMD	95% CI	I <sup>2</sup>	95% CI		
Individual vs	Group	0.00	-0.14~0.15	7	<u>-0.32</u>	-0.63~-0.00	24	0~68	0.04	0.56
	GSH	0.12	-0.03~0.27	3	<u>-0.22</u>	-0.76~-0.32	24	0~79	0.05	0.08
	Telephone	0.10	-0.12~0.31	4	-0.04	-0.30~0.22	16	0~73	0.01	0.13
	USH	<u>0.42</u>	0.25~0.58	0						
	WL	<u>0.91</u>	0.77~1.05	17	<u>-1.05</u>	-1.32~-0.78	53	4~72	0.16	<u>0.002</u>
	CAU	<u>0.52</u>	0.41~0.63	28	<u>-0.45</u>	-0.57~-0.34	28	0~54	0.02	<u>0.39</u>
	Placebo	<u>0.41</u>	-0.01~0.83	2	<u>-0.40</u>	-0.68~-0.11	0	a)	0.00	a)
Group vs	GSH	0.11	-0.04~0.27	4	0.19	-0.11~0.49	0	0~68	0.00	0.71
	Telephone	0.09	-0.14~0.33	0						
	USH	<u>0.41</u>	0.24~0.58	1	-0.06	-0.34~0.22	a)	a)	a)	a)
	WL	<u>0.91</u>	0.76~1.05	12	<u>-1.23</u>	-1.59~-0.87	78	58~86	0.28	0.05
	CAU	<u>0.52</u>	0.39~0.64	17	<u>-0.55</u>	-0.76~-0.36	70	46~80	0.11	<u>0.05</u>
	Placebo	0.40	-0.04~0.85	0						
	GSH vs	Telephone	-0.02	-0.26~0.22	0					
USH		<u>0.30</u>	0.15~0.45	5	<u>-0.37</u>	-0.55~-0.18	17	0~70	0.01	0.55
WL		<u>0.79</u>	0.68~0.91	28	<u>-0.71</u>	-0.83~-0.59	29	0~55	0.03	<u>0.02</u>
CAU		0.40	0.27~0.53	8	<u>-0.56</u>	-0.82~-0.30	79	52~88	0.10	0.19
Placebo		0.29	-0.16~0.74	0						
Telephone vs	USH	<u>0.32</u>	0.08~0.56	0						
	WL	<u>0.81</u>	0.58~1.04	1	<u>-0.69</u>	-1.06~-0.31	a)	a)	a)	a)
	CAU	<u>0.42</u>	0.21~0.63	5	<u>-0.42</u>	-0.61~-0.23	25	0~72	0.01	0.27
	Placebo	0.31	-0.16~0.79	0						
USH vs	WL	<u>0.50</u>	0.36~0.64	10	<u>-0.52</u>	-0.64~-0.41	3	0~54	0.00	0.11
	CAU	0.10	-0.04~0.24	9	-0.14	-0.29~0.02	57	0~78	0.03	<u>0.02</u>
	Placebo	-0.01	-0.46~0.45	0						
WL vs	CAU	<u>-0.39</u>	-0.52~-0.27	0						
	Placebo	<u>-0.50</u>	-0.95~-0.06	0						
CAU	Placebo	-0.11	-0.55~0.33	0						

a)

This cannot be calculated when the number of studies is smaller than 3.

**eAppendix O.** Sensitivity Analyses: Non-internet-based Guided and Unguided Interventions Excluded

Contrast		Network meta-analyses		Pairwise meta-analyses					Tau <sup>2</sup>	Egger (p)
		SMD	95% CI	N	SMD	95% CI	I <sup>2</sup>	95% CI		
Individual vs	Group	-0.15	-0.39~0.10	5	-0.39	-0.82~0.03	43	0~78	0.10	0.62
	GSH	0.22	-0.08~0.52	0						
	Telephone	-0.02	-0.41~0.37	4	-0.04	-0.30~0.22	16	0~73	0.01	0.13
	USH	<u>0.46</u>	0.13~0.78	0						
	WL	<u>1.02</u>	0.78~1.27	14	<u>-1.00</u>	-1.26~-0.73	48	0~79	0.12	<u>0.004</u>
	CAU	<u>0.61</u>	0.42~0.80	30	<u>-0.52</u>	-0.65~-0.39	51	18~67	0.07	0.22
	Placebo	<u>0.42</u>	-0.39~1.23	2	<u>-0.40</u>	-0.68~-0.11	0	a)	0.00	a)
Group vs	GSH	<u>0.37</u>	0.08~0.66	2	0.20	-0.17~0.56	0	a)	0.00	a)
	Telephone	0.13	-0.29~0.55	0						
	USH	<u>0.60</u>	0.28~0.92	1	-0.06	-0.34~0.22				
	WL	<u>1.17</u>	0.93~1.41	15	<u>-1.47</u>	-1.92~-1.02	93	91~95	0.67	<u>0.004</u>
	CAU	<u>0.75</u>	0.54~0.96	21	<u>-0.83</u>	-1.12~-0.54	88	84~91	0.39	<u>0.003</u>
	Placebo	0.57	-0.28~1.41	0						
	GSH vs	Telephone	-0.24	-0.69~0.21	0					
USH		0.23	-0.09~0.56	4	<u>-0.26</u>	-0.45~-0.07	0	0~68	0.00	0.51
WL		<u>0.80</u>	0.58~1.02	22	<u>-0.72</u>	-0.92~-0.53	75	61~83	0.16	<u>0.06</u>
CAU		<u>0.39</u>	0.11~0.66	5	<u>-0.45</u>	-0.66~-0.24	52	0~80	0.03	<u>0.04</u>
Placebo		0.20	-0.66~1.06	0						
Telephone vs	USH	<u>0.47</u>	0.01~0.94	0						
	WL	<u>1.04</u>	0.62~1.46	1	<u>-0.69</u>	-1.06~-0.31	a)	a)	a)	a)
	CAU	<u>0.63</u>	0.25~1.00	6	<u>-0.63</u>	-1.06~-0.19	87	71~92	0.25	0.85
	Placebo	0.44	-0.46~1.33	0						
USH vs	WL	<u>0.57</u>	0.29~0.85	9	<u>-0.49</u>	-0.63~-0.35	30	0~67	0.01	0.51
	CAU	0.15	-0.14~0.45	7	-0.17	-0.36~0.02	68	0~83	0.04	<u>0.01</u>
	Placebo	-0.04	-0.91~0.83	0						
WL vs	CAU	<u>-0.42</u>	-0.65~-0.18	0						
	Placebo	-0.61	-1.45~0.24	0						
CAU	Placebo	-0.19	-1.02~0.64	0						

a)

This cannot be calculated when the number of studies is smaller than 3.

**eAppendix P. Sensitivity Analyses of Acceptability: Non-internet-based Guided and Unguided Interventions Excluded**

Contrast		Network meta-analyses		Pairwise meta-analyses						
		RR	95% CI	N	RR	95% CI	I <sup>2</sup>	95% CI	Tau <sup>2</sup>	Egger (p)
Individual vs	Group	1.02	0.78~1.34	3	1.28	0.63~2.61	0	0~73	0.00	0.60
	GSH	<u>1.41</u>	1.04~1.92	0						
	Telephone	0.97	0.70~1.34	4	0.97	0.50~1.89	73	0~88	0.23	0.89
	USH	1.13	0.84~1.52	0						
	WL	0.87	0.66~1.14	10	0.83	0.54~1.28	0	0~53	0.00	0.29
	CAU	1.02	0.84~1.24	28	1.01	0.82~1.24	17	0~48	0.04	0.46
	Placebo	<u>1.92</u>	1.08~3.39	2	2.29	0.65~8.04	86	a)	0.71	a)
Group vs	GSH	<u>1.38</u>	1.03~1.85	0						
	Telephone	0.95	0.65~1.40	0						
	USH	1.11	0.84~1.47	1	0.79	0.56~1.12				
	WL	0.85	0.67~1.09	11	0.95	0.67~1.35	37	0~68	0.10	0.18
	CAU	1.00	0.81~1.25	16	0.99	0.79~1.24	10	0~51	0.02	0.16
	Placebo	<u>1.88</u>	1.00~3.55	0						
	GSH vs	Telephone	0.69	0.45~1.04	0					
USH		0.80	0.61~1.06	4	0.66	0.39~1.11	0	0~68	0.00	0.66
WL		<u>0.62</u>	0.50~0.76	22	<u>0.67</u>	0.51~0.89	44	0~65	0.14	0.77
CAU		<u>0.73</u>	0.56~0.95	4	<u>0.63</u>	0.39~1.00	54	0~83	0.11	0.59
Placebo		1.36	0.71~2.59	0						
Telephone vs	USH	1.17	0.78~1.75	0						
	WL	0.90	0.61~1.33	1	0.19	0.02~1.61	a)	a)	a)	a)
	CAU	1.06	0.76~1.47	6	1.12	0.79~1.61	0	0~61	0.00	0.33
	Placebo	<u>1.98</u>	1.03~3.83	0						
USH vs	WL	<u>0.77</u>	0.61~0.96	9	<u>0.70</u>	0.52~0.93	53	0~76	0.09	0.91
	CAU	0.90	0.70~1.16	5	1.02	0.84~1.25	0	0~64	0.00	0.77
	Placebo	1.70	0.89~3.22	0						
WL vs	CAU	1.18	0.93~1.49	0						
	Placebo	<u>2.20</u>	1.17~4.14	0						
CAU	Placebo	<u>1.88</u>	1.03~3.42	0						

a) This cannot be calculated when the number of studies is smaller than 3.