

Appendix 1. Summary of results sorted by format of implementation of TBIs

	Outcomes		
Comparisons	Post-treatment Depression severity	Follow-up Depression severity	Dropouts
TBIs as stand-alone interventions			
TBI vs f2f treatment (n=6)	N.S.	N.S.	N.S.
TBI vs Treatment as usual (n=12)	Favours TBI group*	Favours TBI group	No data
TBI vs attention placebo (n=12)	Favours TBI group*	Favours TBI group	N.S.*
TBI vs waiting list (n=20)	Favours TBI group*	Favours TBI group*	N.S.
TBI vs no-treatment control (n=3)	N.S.*	No data	N.S.**
TBI vs TBI (n=21)	Not pooled	Not pooled	Not pooled
Other comparisons (n=2)	Not pooled	Not pooled	Not pooled
TBIs within blended treatments			
Non-inferiority trials (n=3)	N.S.	N.S.	N.S.*
Superiority trials (n=8)	Favours TBI group*	N.S.	No data
TBIs within collaborative care approaches			
Collaborative care trials with TBIs vs usual care (n=3)	Favours TBI group	Favours TBI group	No data
TBIs within stepped care approaches			
TBI vs waiting list as a first step in a stepped care approach (n=1); Stepped care approach incorporating different TBIs vs TBI alone (n=1)	Not pooled	Not pooled	Not pooled

Note. N.S. = not statistically significant; TBI = technology-based psychological intervention; *substantial statistical heterogeneity ($I^2 \geq 50\%$); **results are based on data from one study.