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Database searching identified (n = 13,542)
   PubMed (n = 3,770)
  Cochrane (n = 779)
  EMBASE (n = 4,217)
  Web of science (n = 3,738)
   PsycINFO (n = 1,038)
Metabolomics databases identified (n = 208)
  HMDB (n = 16)
  MetaboLights (n = 9)
  Metabolomics Workbench (n = 5)
  MetabolomeXchange (n = 15)
  Omics Discovery Index (n = 163)
Hand searches (n = 777)
   Full-text articles reviewed (n = 1,762)
  Studies included in MENDA (n = 527)
Studies excluded (n = 481)
 Animal studies (n = 216)
 Magnetic resonance spectroscopy studies (n = 182)
 Other tissues than plasma/serum (n = 32)
 Depressive symptom (n = 18)
 With comorbidities (n = 10)
 No control of interest (n = 10)
 Secondary analysis (n = 6)
 Unable to extract any data (n = 5)
 No diagnosis available (n = 1)
 Other language (n = 1)
 Studies included in this research (n = 46)
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