

## Depression in adults

### [Supplement B2] Forest plots for treatment of a new episode of less severe depression

*NICE guideline CG90 (update)*

*Evidence review supplement*

*November 2021*

*Draft for consultation*

*This evidence review supplement was developed by the National Guideline Alliance which is a part of the Royal College of Obstetricians and Gynaecologists*



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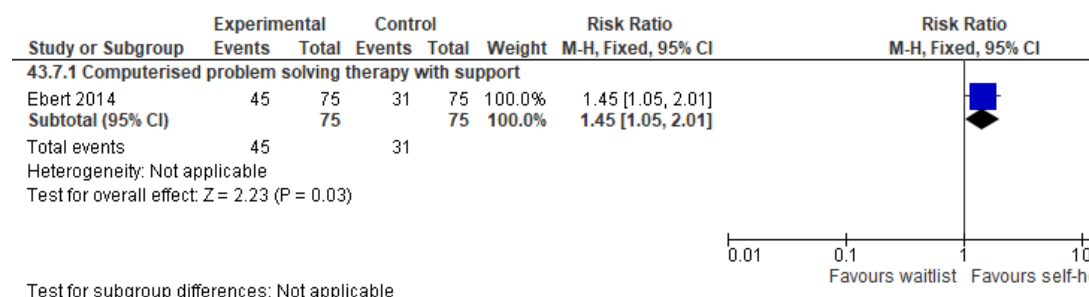
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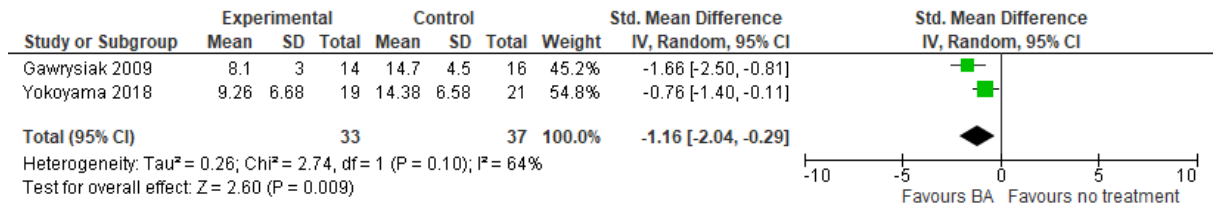
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# 1 Forest plots for the treatment of a new episode of less severe depression

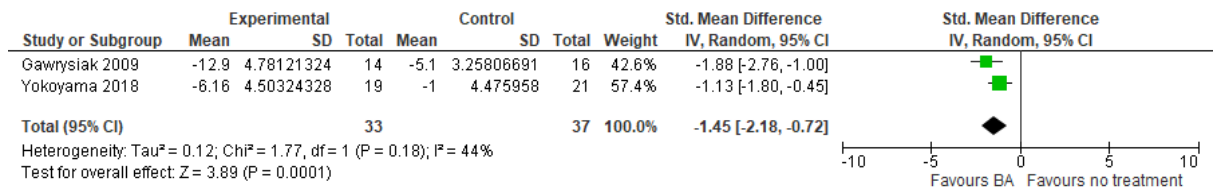
## 2 Less severe: Behavioural activation (BA) individual versus no treatment

### 3 Figure 1: Depression symptomatology endpoint



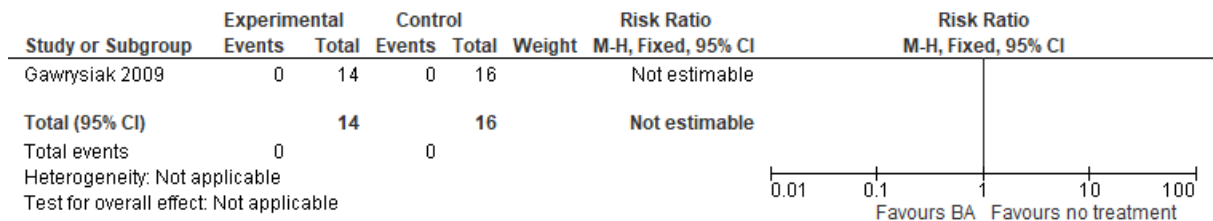
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### 6 Figure 2: Depression symptomatology change score



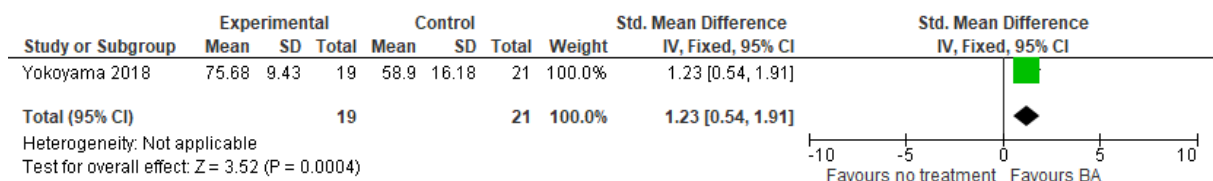
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### 8 Figure 3: Discontinuation (any reason)



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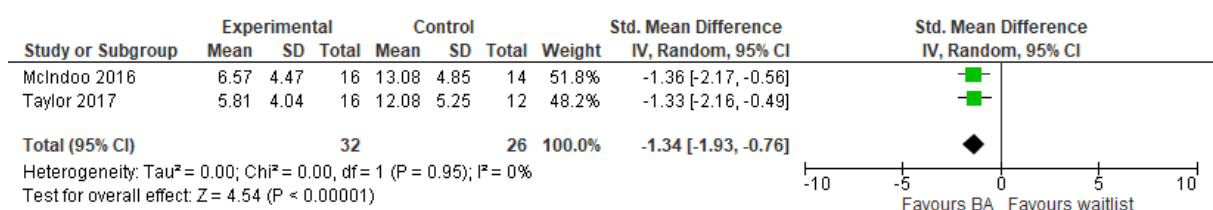
### 10 Figure 4: Quality of life endpoint



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## 12 Less severe: Behavioural activation (BA) individual versus waitlist

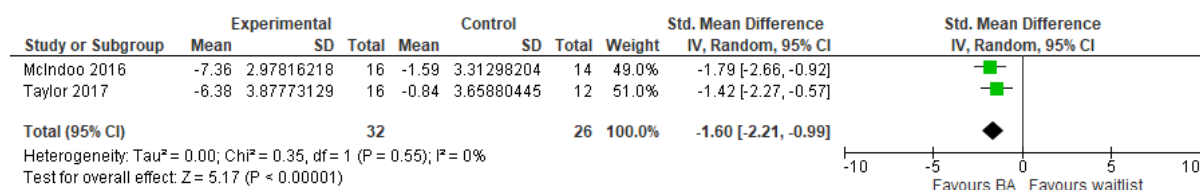
### 13 Figure 5: Depression symptomatology endpoint



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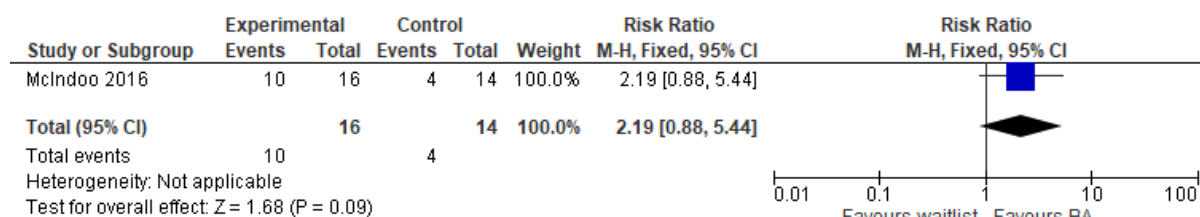
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2 **Figure 6: Depression symptomatology change score**



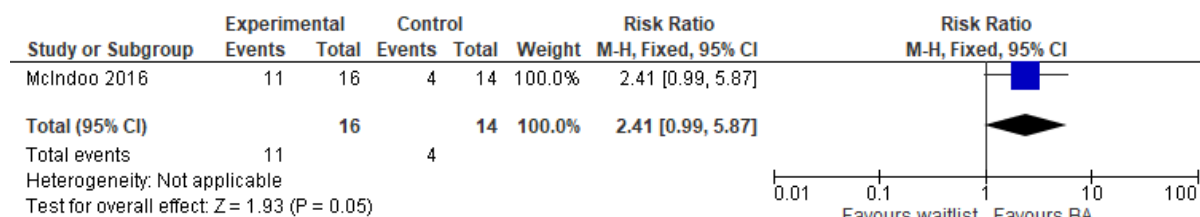
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4 **Figure 7: Remission ITT**



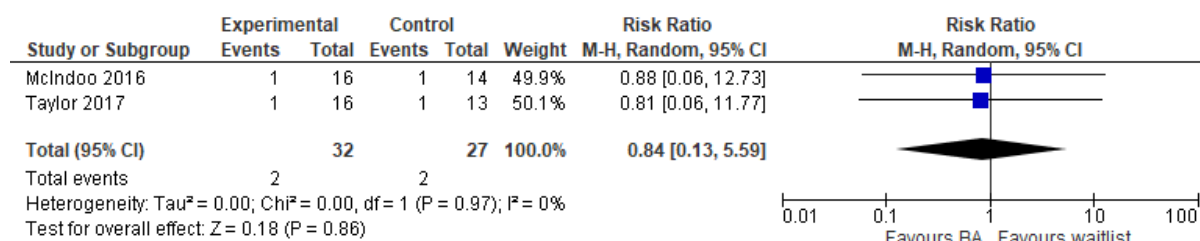
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6 **Figure 8: Response ITT**



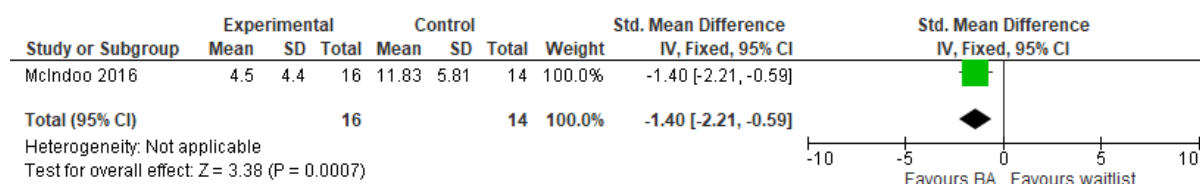
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8 **Figure 9: Discontinuation (any reason)**



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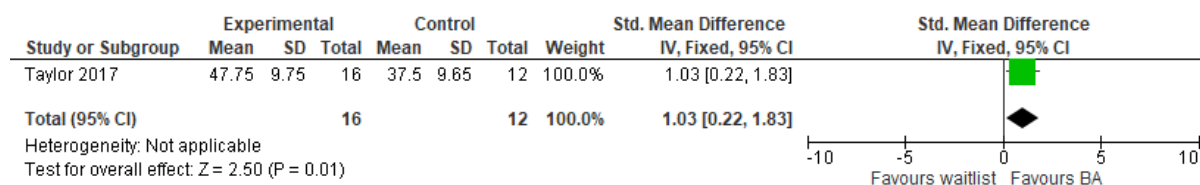
10 **Figure 10: Depression symptomatology at 1-month follow-up**



11



1 **Figure 11: Quality of life endpoint**

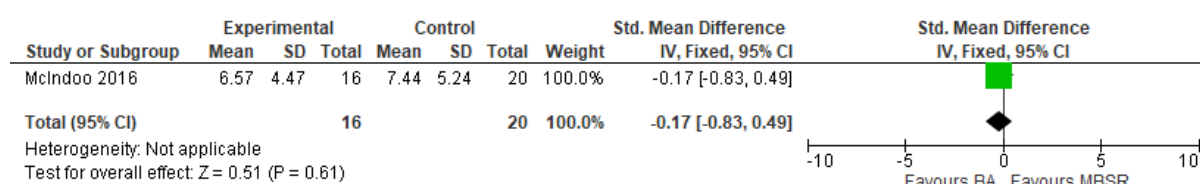


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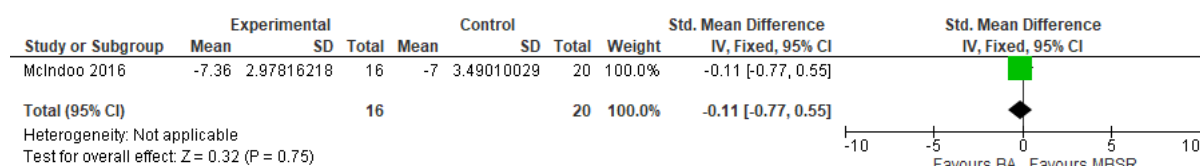
4 **Less severe: Behavioural activation (BA) individual versus mindfulness-based**  
5 **stress reduction (MBSR) individual**

6 **Figure 12: Depression symptomatology endpoint**



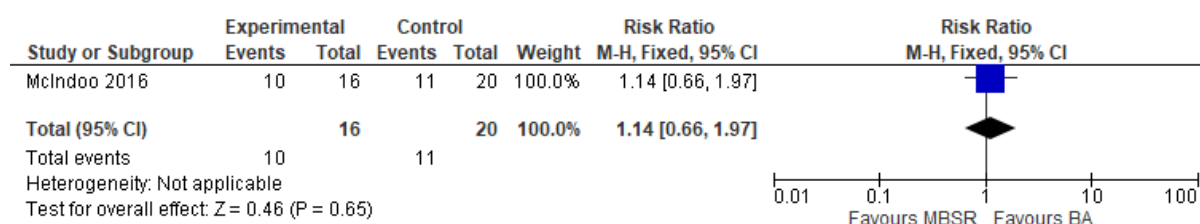
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8 **Figure 13: Depression symptomatology change score**



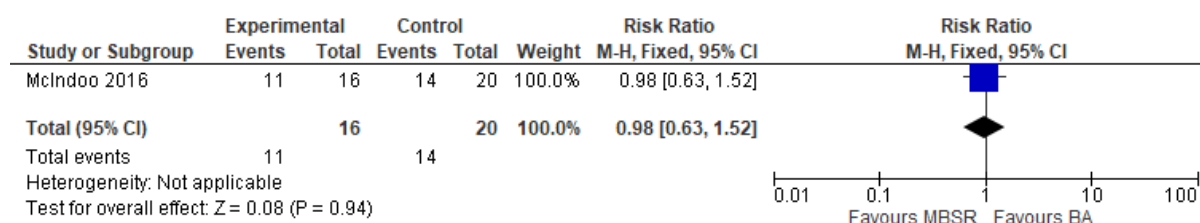
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10 **Figure 14: Remission (ITT)**



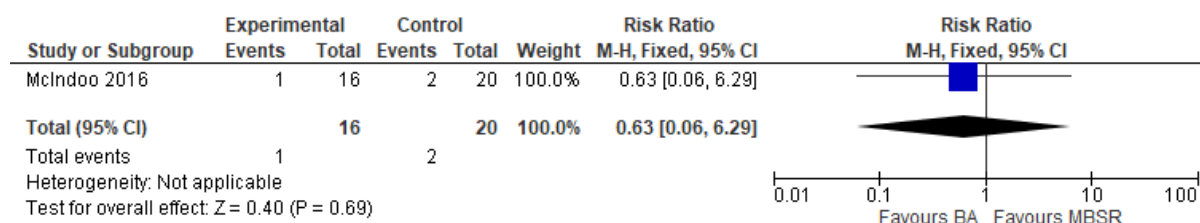
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12 **Figure 15: Response (ITT)**



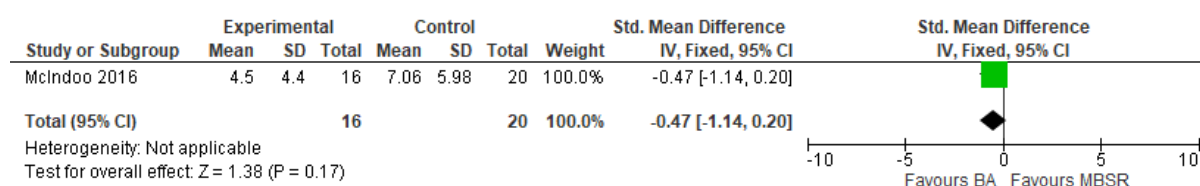
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1 **Figure 16: Discontinuation (any reason)**



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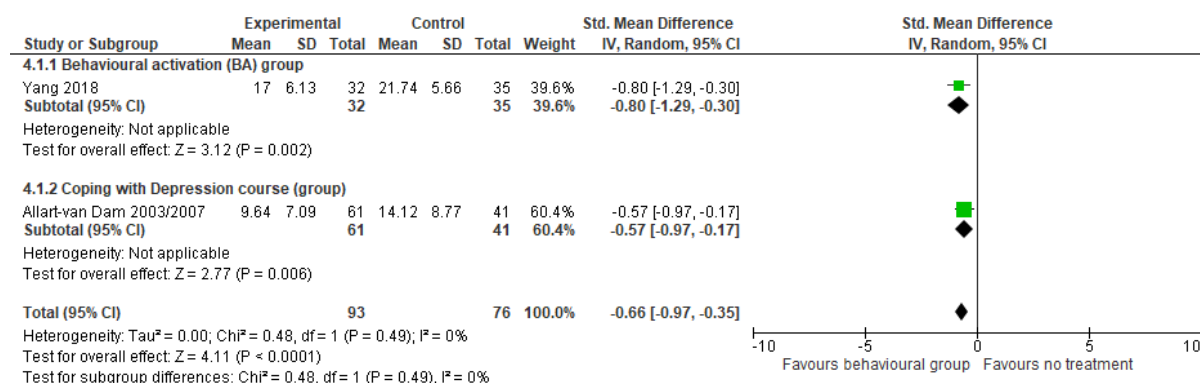
3 **Figure 17: Depression symptomatology at 1-month follow-up**



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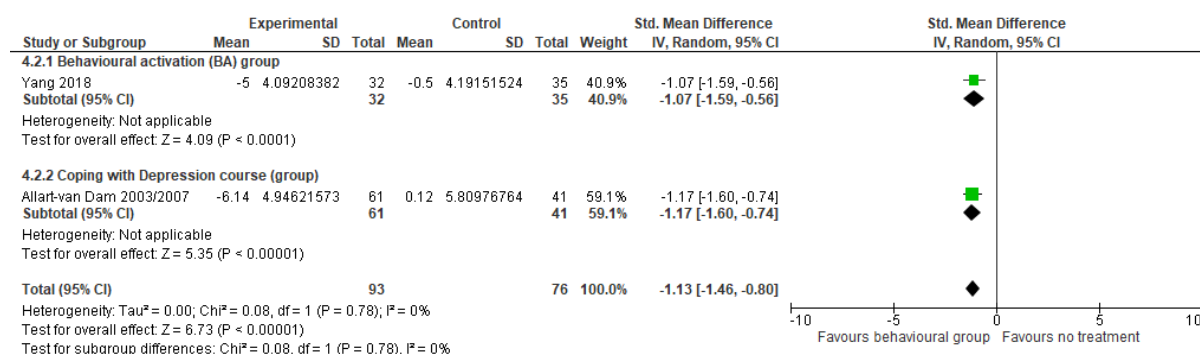
5 **Less severe: Behavioural therapies group versus no treatment**

6 **Figure 18: Depression symptomatology at endpoint**



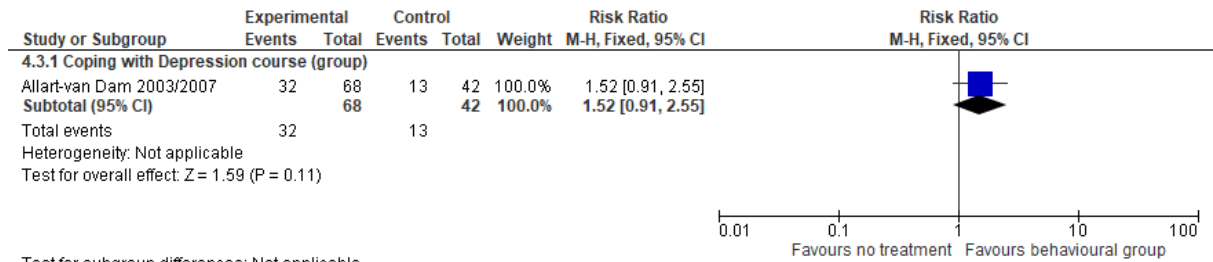
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8 **Figure 19: Depression symptomatology change score**



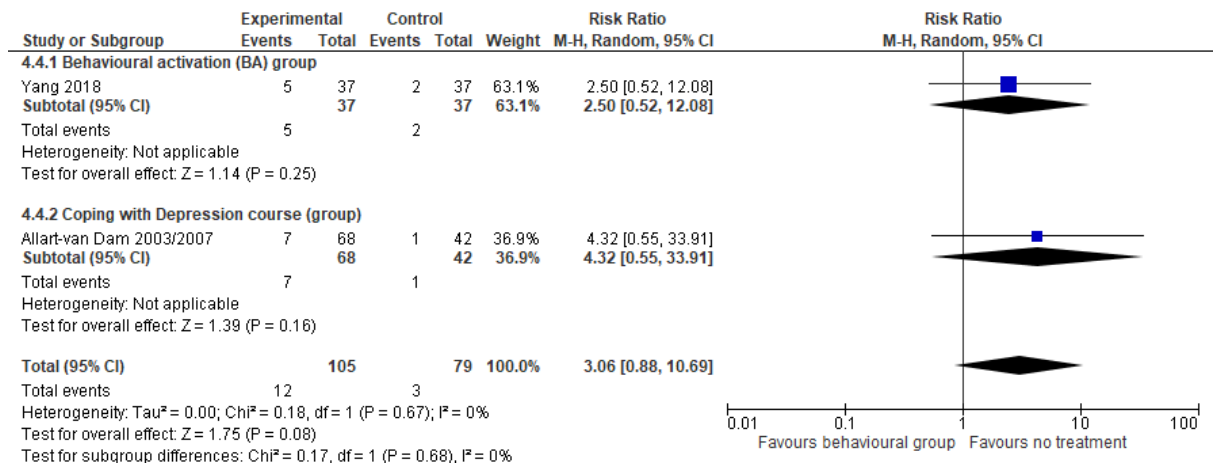
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1 **Figure 20: Remission (ITT)**



2 Test for subgroup differences: Not applicable

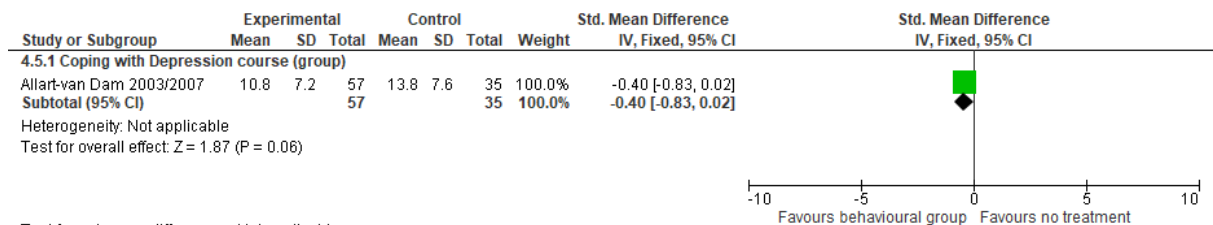
3 **Figure 21: Discontinuation (any reason)**



4 Test for subgroup differences: Chi<sup>2</sup> = 0.17, df = 1 (P = 0.68), I<sup>2</sup> = 0%

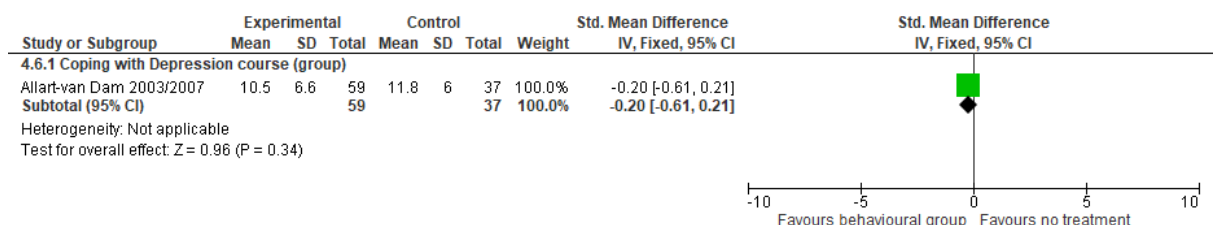
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6 **Figure 22: Depression symptomatology at 6-month follow-up**



7 Test for subgroup differences: Not applicable

8 **Figure 23: Depression symptomatology at 12-month follow-up**

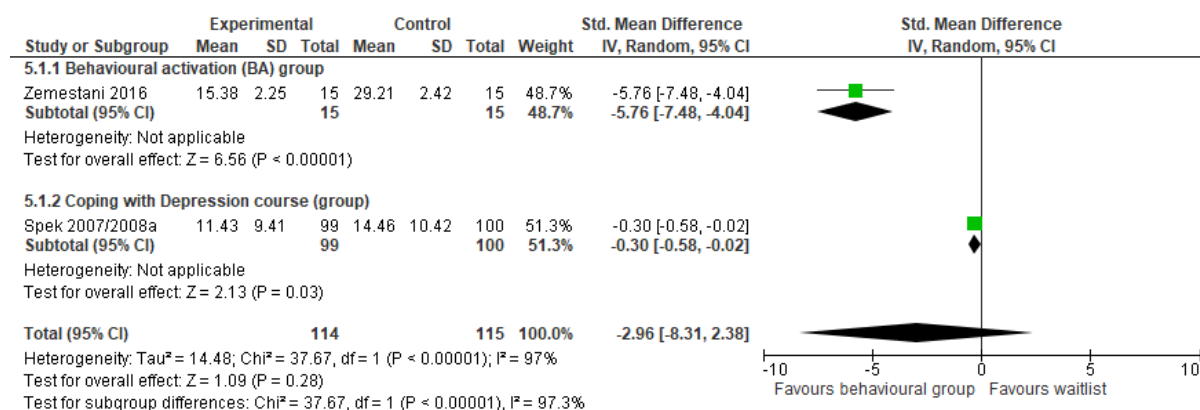


9 Test for subgroup differences: Not applicable

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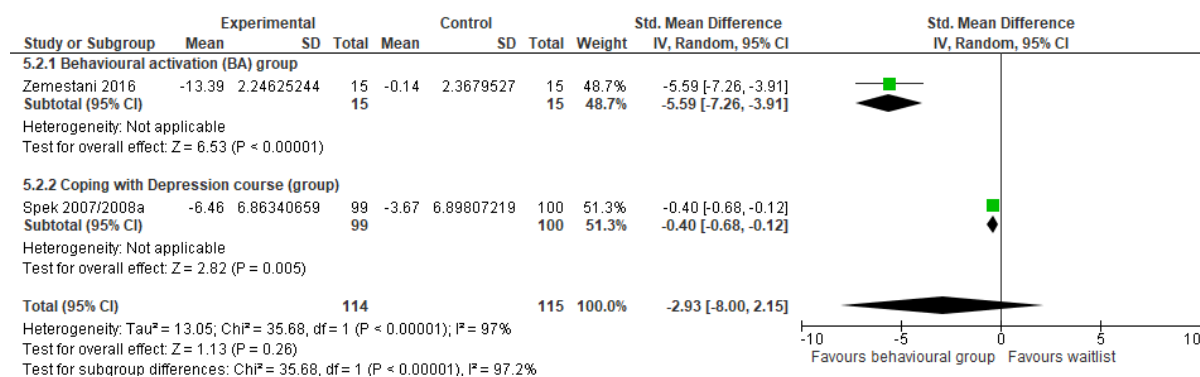
## 1 Less severe: Behavioural therapies group versus waitlist

### 2 Figure 24: Depression symptomatology endpoint



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### 4 Figure 25: Depression symptomatology change score

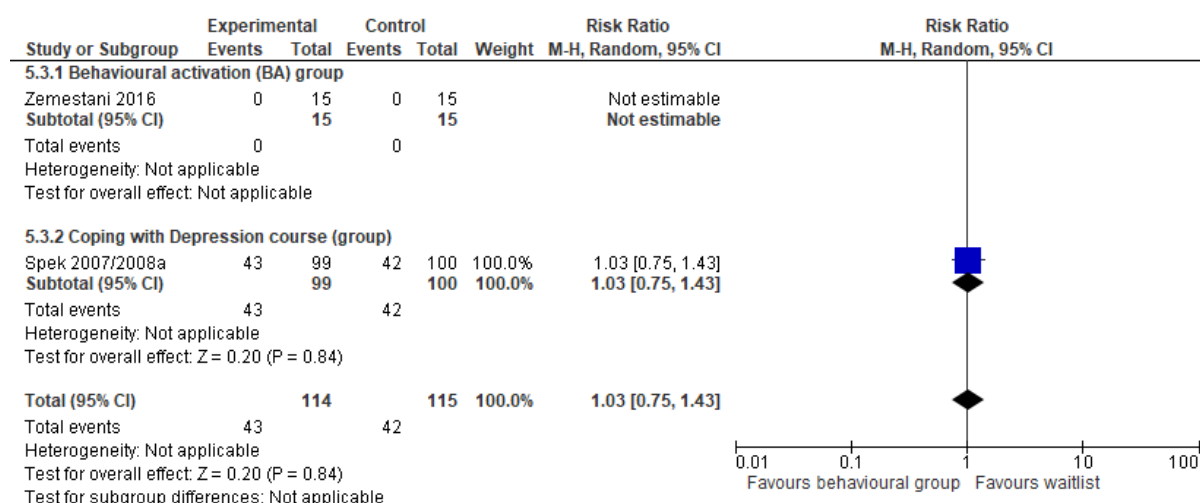


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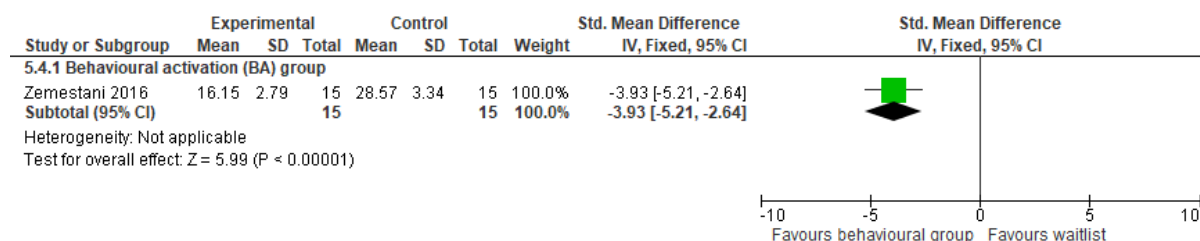
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### 8 Figure 26: Discontinuation (any reason)



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1 **Figure 27: Depression symptomatology at 3-month follow-up**

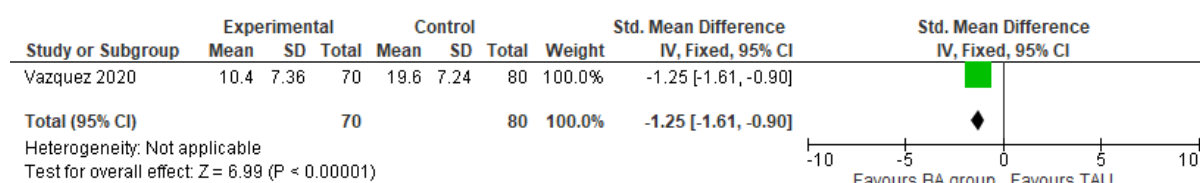


2 Test for subgroup differences: Not applicable

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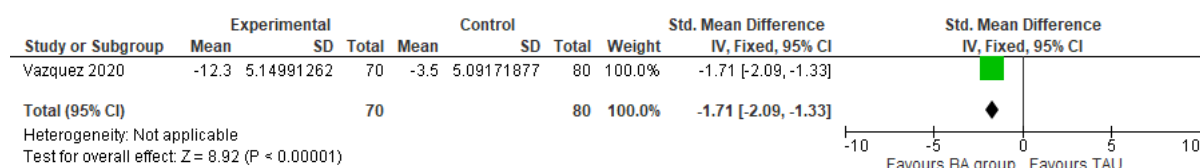
4 **Less severe: Behavioural activation (BA) group versus TAU**

5 **Figure 28: Depression symptomatology endpoint**



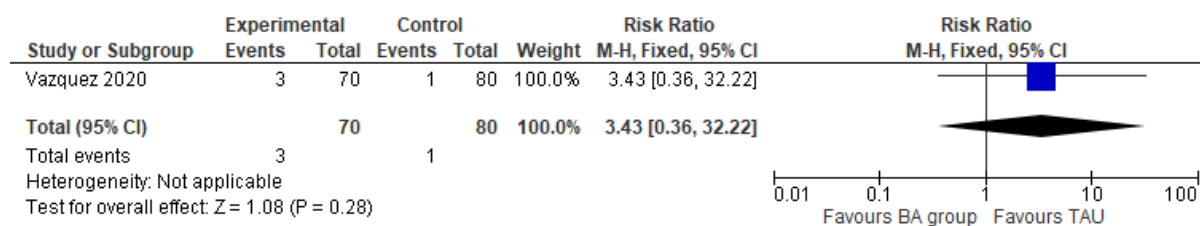
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7 **Figure 29: Depression symptomatology change score**



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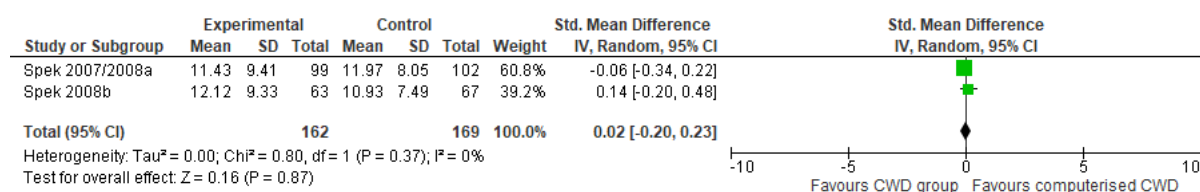
9 **Figure 30: Discontinuation (any reason)**



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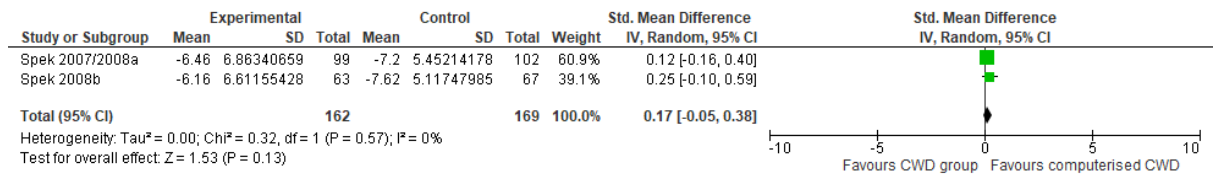
11 **Less severe: Coping with Depression course (group) versus computerised**  
12 **Coping with Depression course**

13 **Figure 31: Depression symptomatology endpoint**



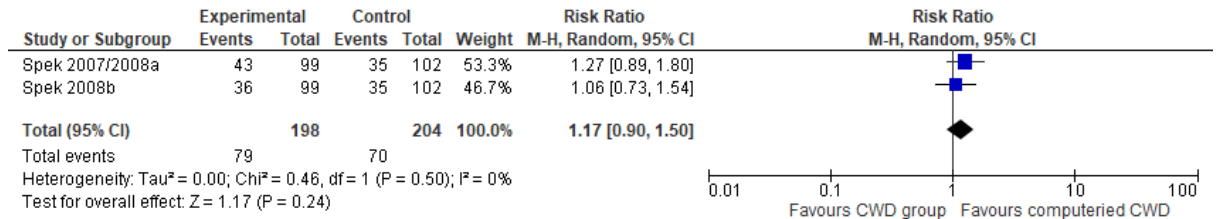
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1 **Figure 32: Depression symptomatology change score**



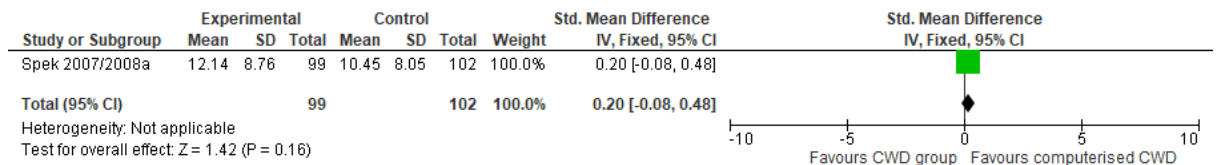
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3 **Figure 33: Discontinuation (any reason)**



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5 **Figure 34: Depression symptomatology at 10-month follow-up**



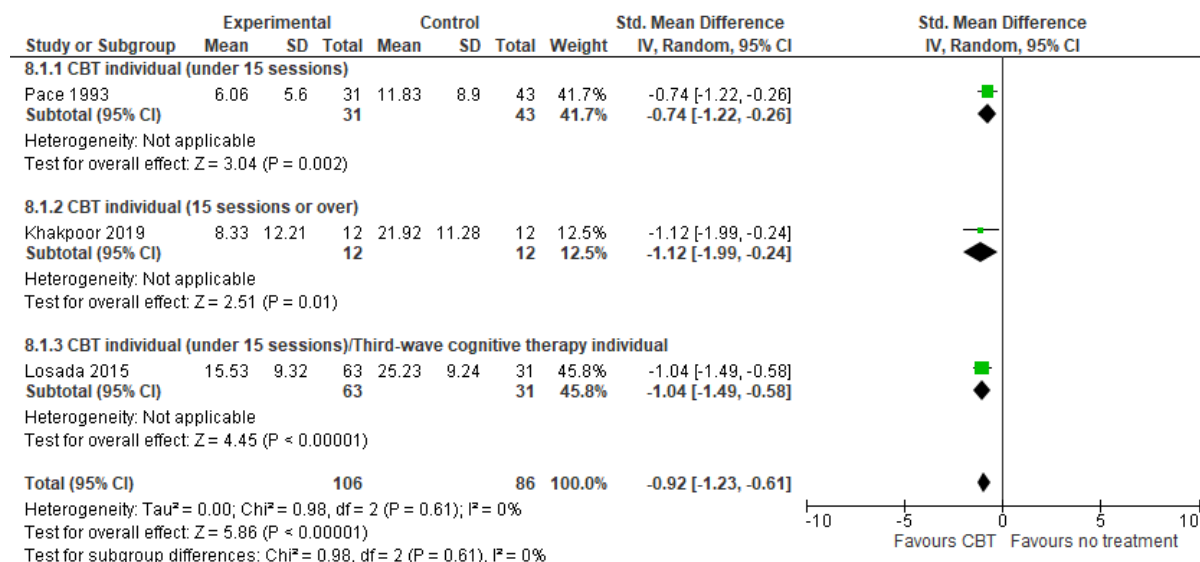
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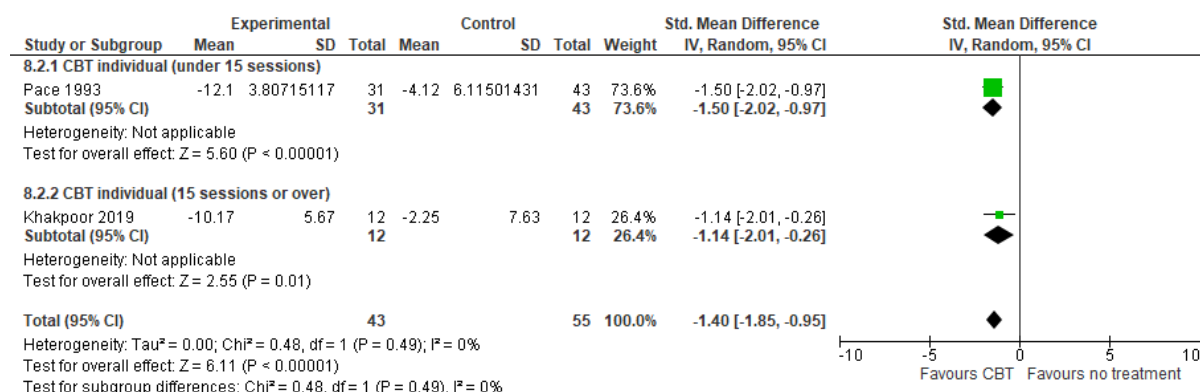
1 **Less severe: Cognitive and cognitive behavioural therapies individual versus no**  
2 **treatment**

3 **Figure 35: Depression symptomatology endpoint**



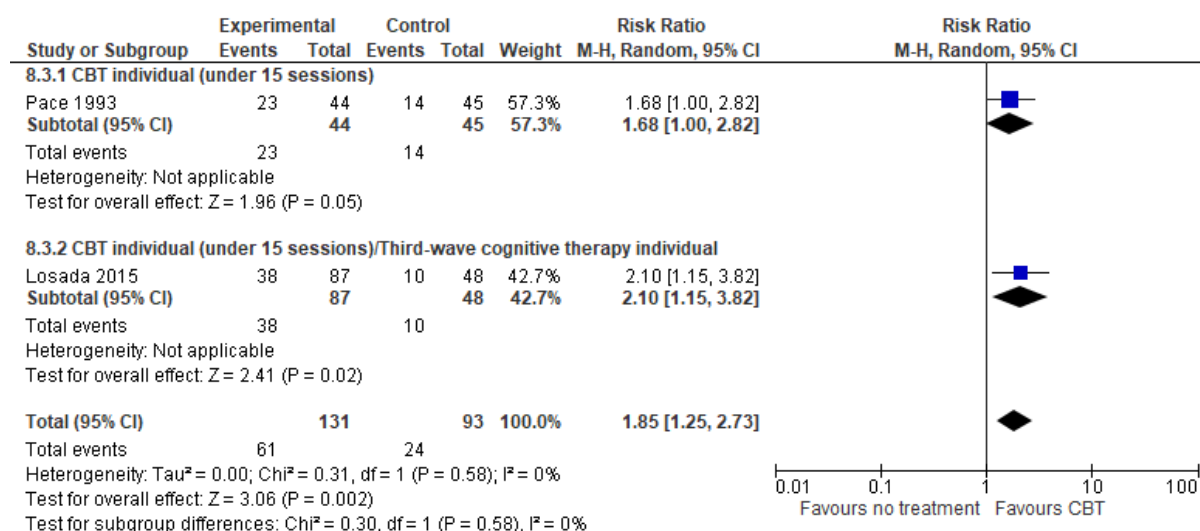
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5 **Figure 36: Depression symptomatology change score**



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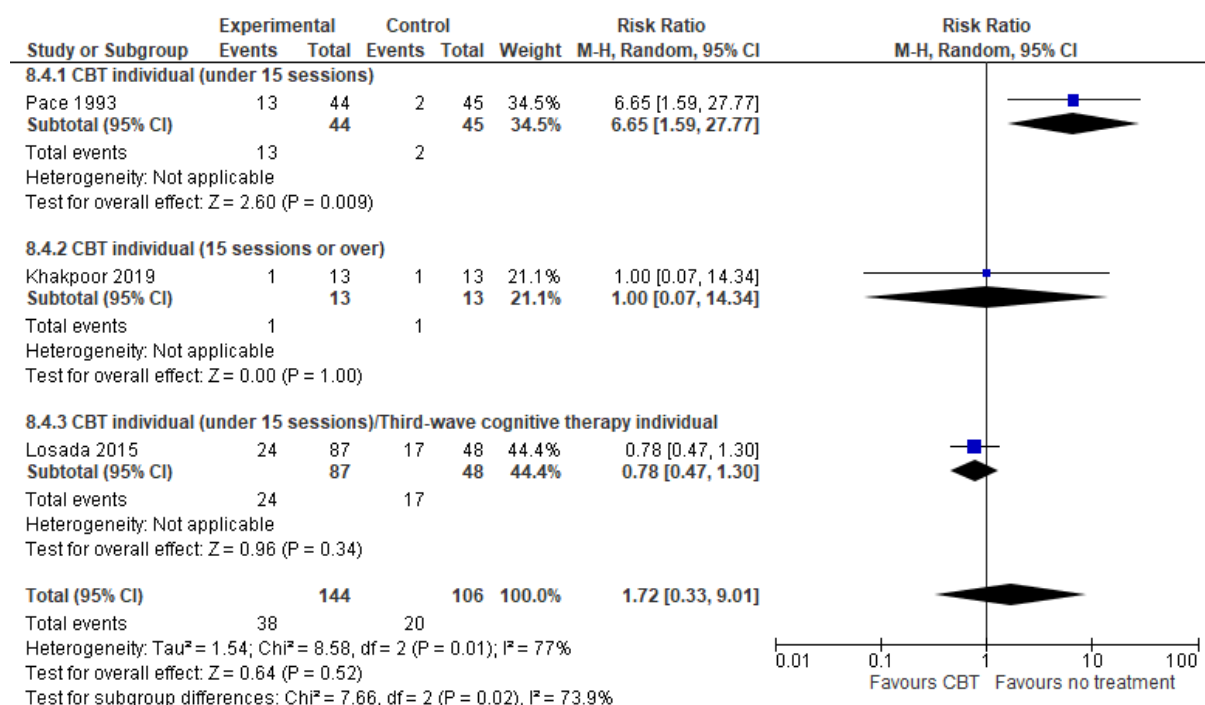
7 **Figure 37: Remission (ITT)**



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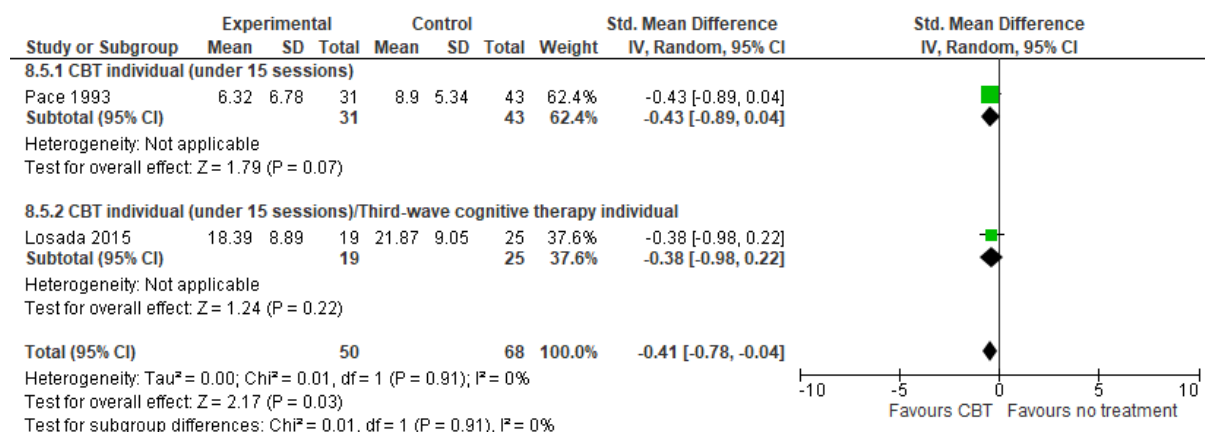
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2 **Figure 38: Discontinuation (any reason)**



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4 **Figure 39: Depression symptomatology at 1-6 month follow-up**



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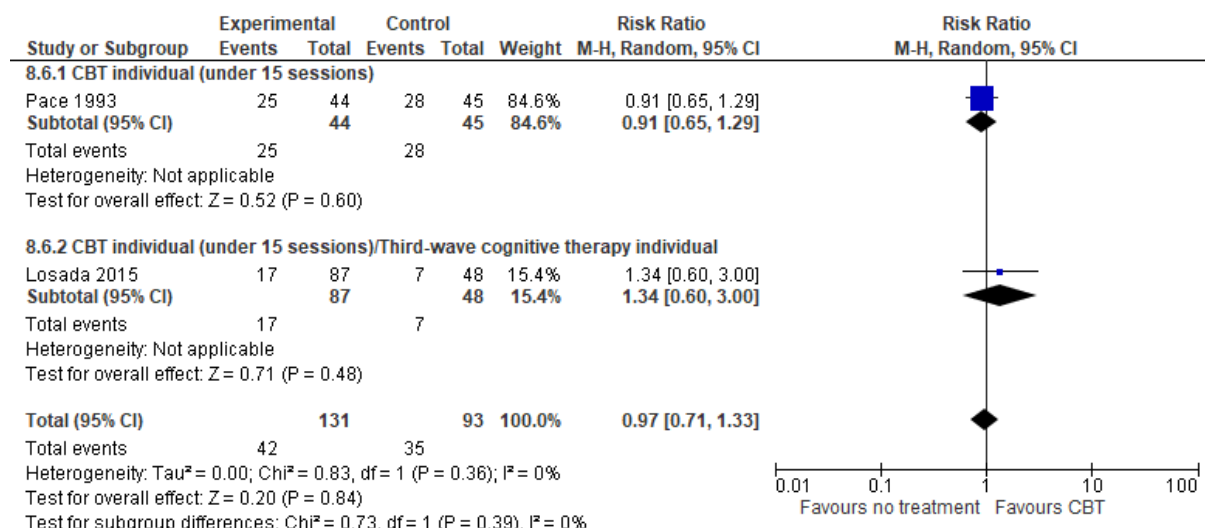
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3 **Figure 40: Remission at 1-6 month follow-up (ITT)**

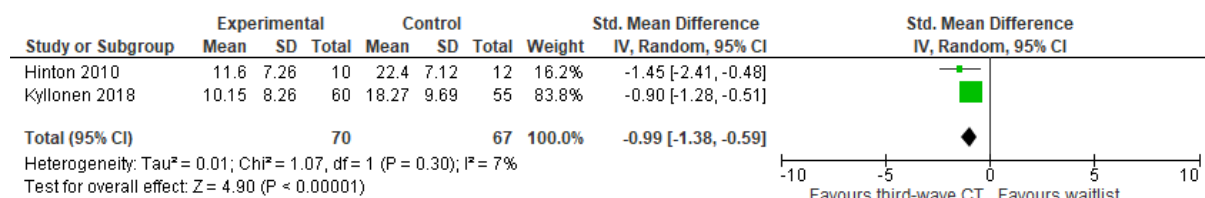


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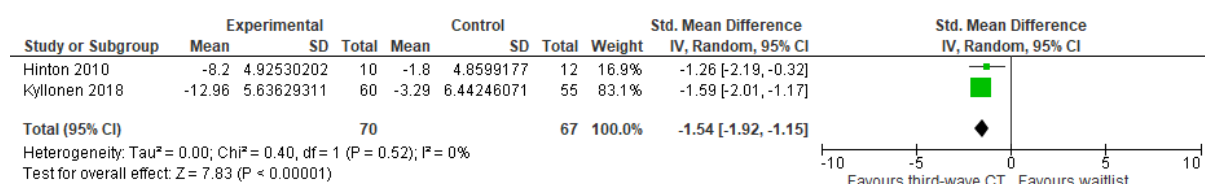
6 **Less severe: Third-wave cognitive therapy individual versus waitlist**

7 **Figure 41: Depression symptomatology endpoint**



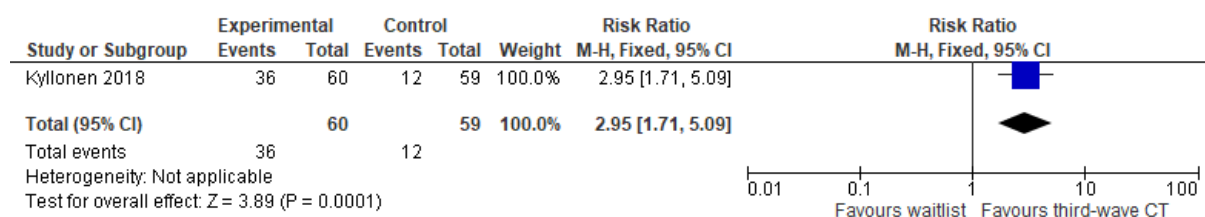
8

9 **Figure 42: Depression symptomatology change score**



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11 **Figure 43: Remission (ITT)**



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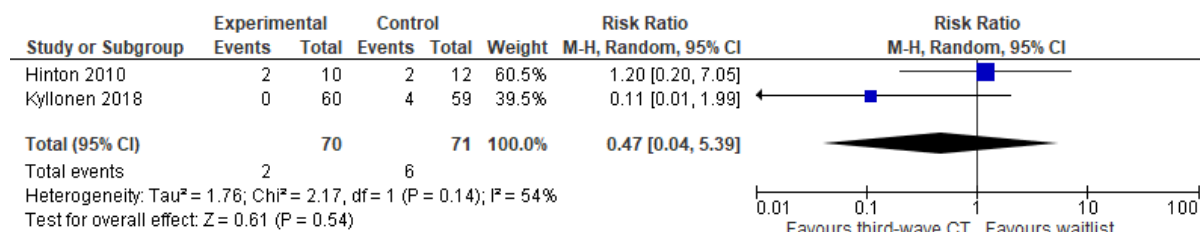
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4 **Figure 44: Discontinuation (any reason)**

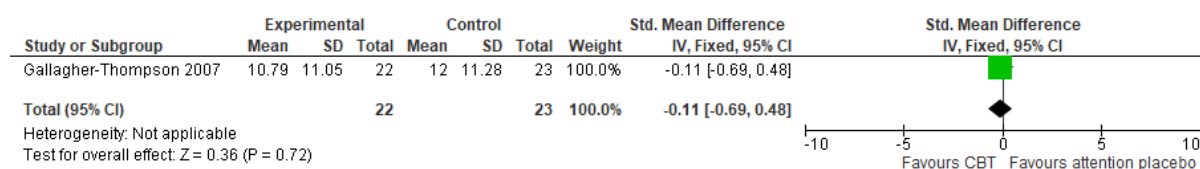


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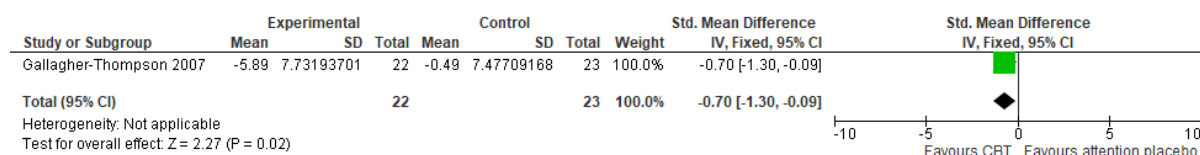
7 **Less severe: CBT individual (under 15 sessions) versus attention placebo**

8 **Figure 45: Depression symptomatology endpoint**



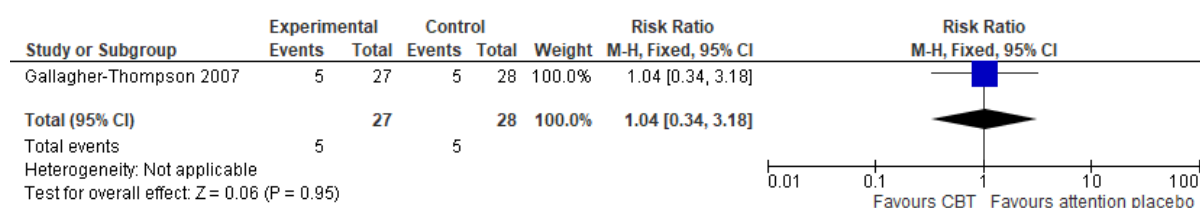
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10 **Figure 46: Depression symptomatology change score**



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12 **Figure 47: Discontinuation (any reason)**

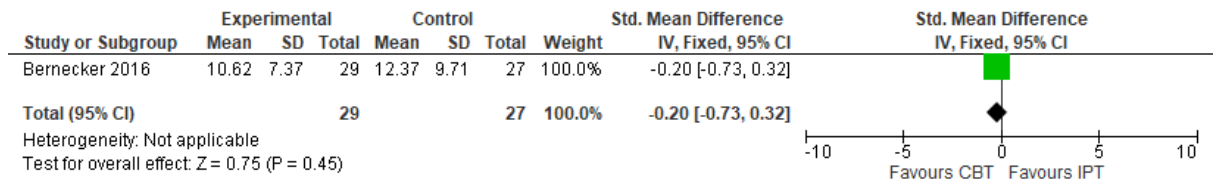


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1 **Less severe: CBT individual (15 sessions or over) versus IPT**

2 **Figure 48: Depression symptomatology endpoint**

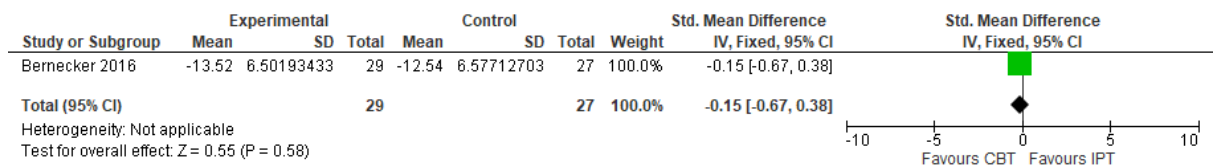


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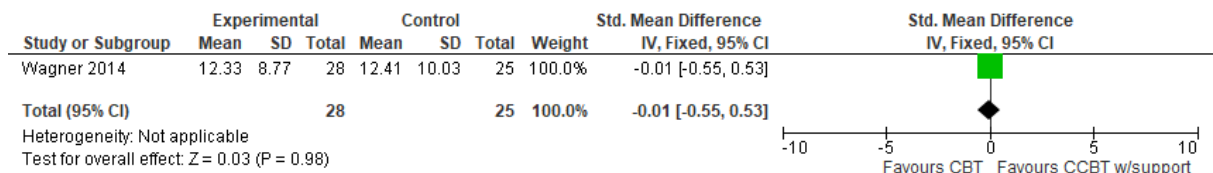
6 **Figure 49: Depression symptomatology change score**



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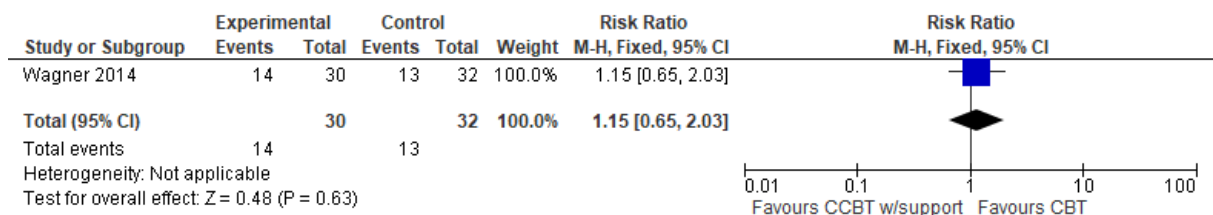
8 **Less severe: CBT individual (under 15 sessions) versus computerised-CBT (CCBT) with support**

10 **Figure 50: Depression symptomatology endpoint**



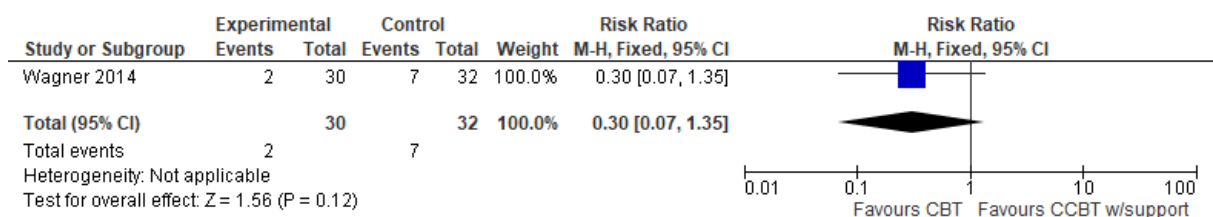
11

12 **Figure 51: Remission (ITT)**



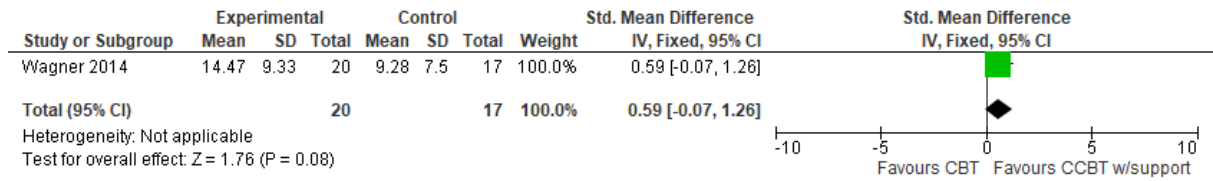
13

14 **Figure 52: Discontinuation (any reason)**



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1 **Figure 53: Depression symptomatology at 3-month follow-up**



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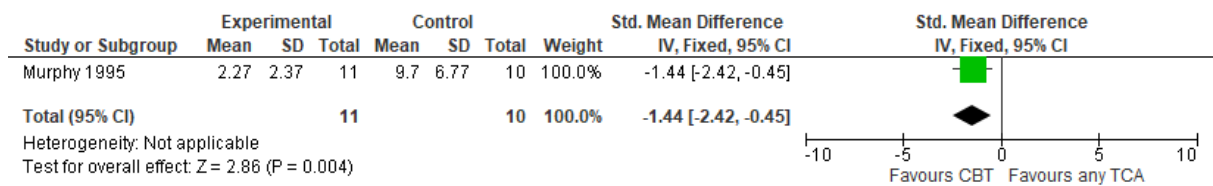
3 **Figure 54: Remission at 3-month follow-up (ITT)**



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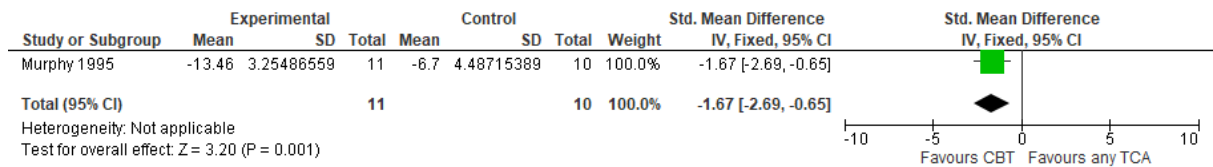
5 **Less severe: CBT individual (15 sessions or over) versus any TCA**

6 **Figure 55: Depression symptomatology endpoint**



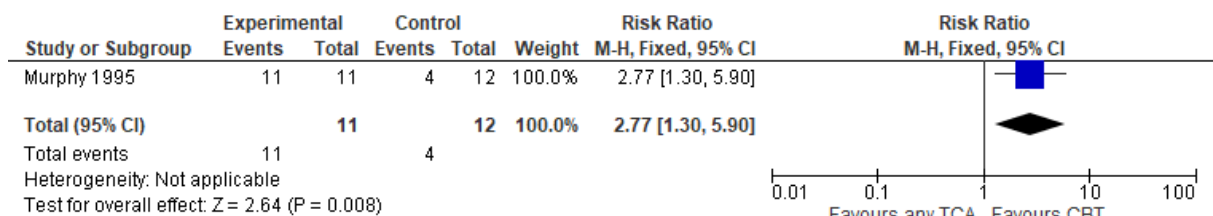
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8 **Figure 56: Depression symptomatology change score**



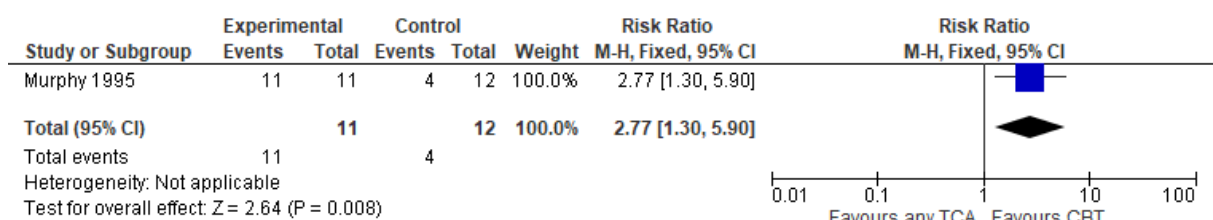
9

10 **Figure 57: Remission (ITT)**



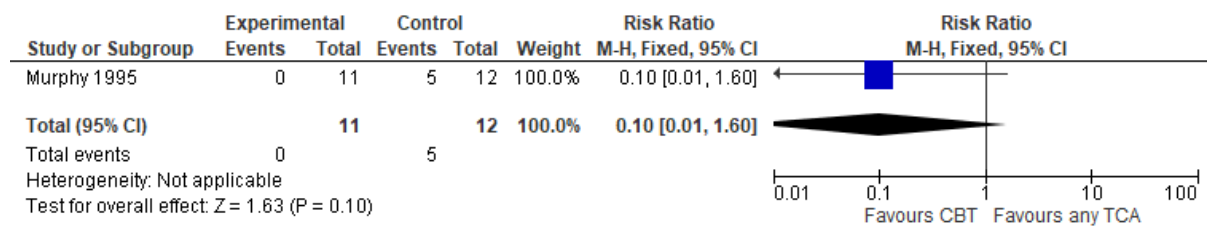
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12 **Figure 58: Response (ITT)**



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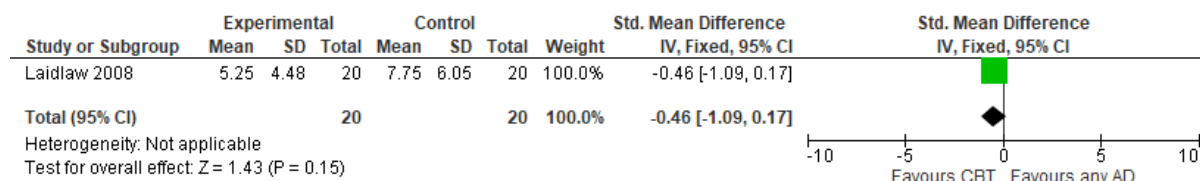
1 **Figure 59: Discontinuation (any reason)**



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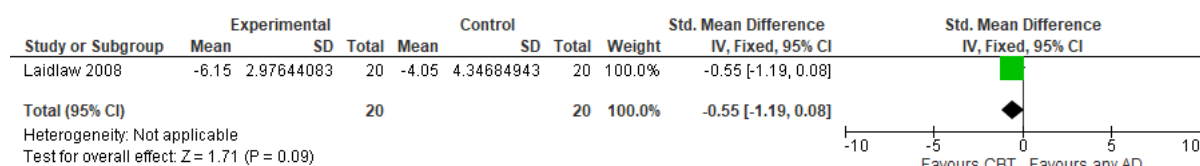
## 1 Less severe: CBT individual (15 sessions or over) versus any AD

### 2 Figure 60: Depression symptomatology endpoint



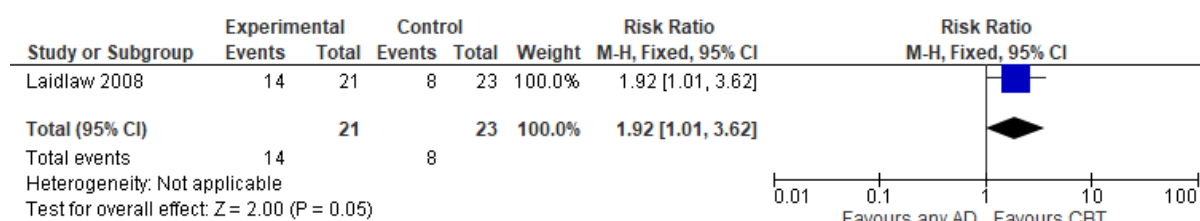
3

### 4 Figure 61: Depression symptomatology change score



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### 6 Figure 62: Remission (ITT)



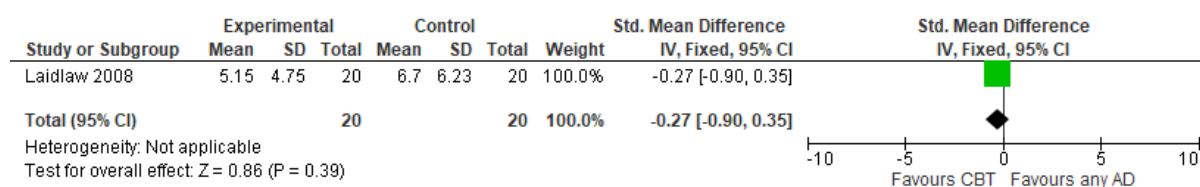
7

### 8 Figure 63: Discontinuation (any reason)



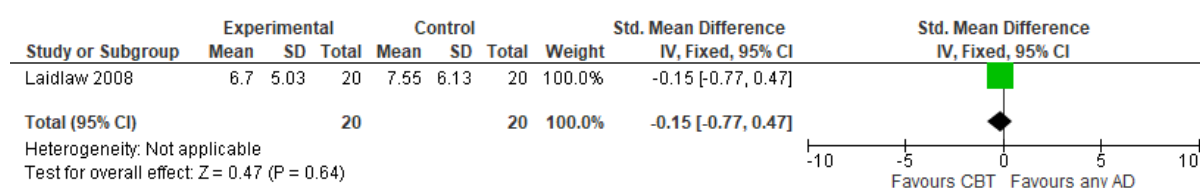
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### 10 Figure 64: Depression symptomatology at 3-month follow-up



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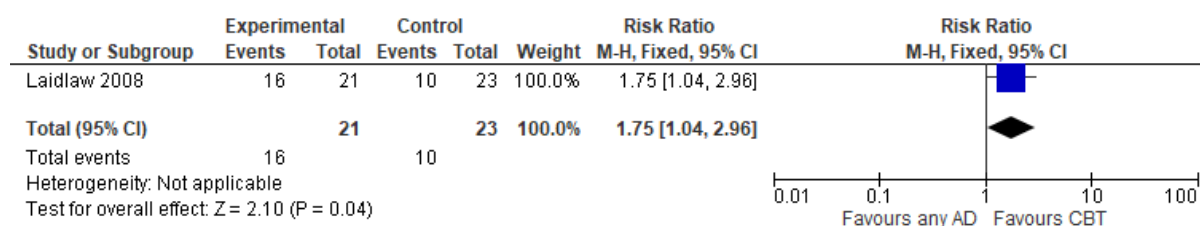
### 12 Figure 65: Depression symptomatology at 6-month follow-up



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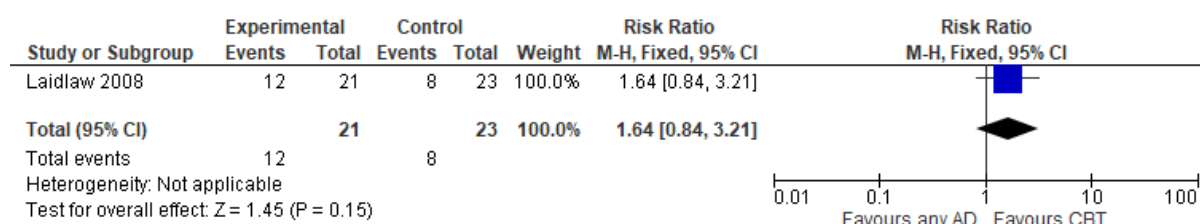
1

2 **Figure 66: Remission at 3-month follow-up (ITT)**



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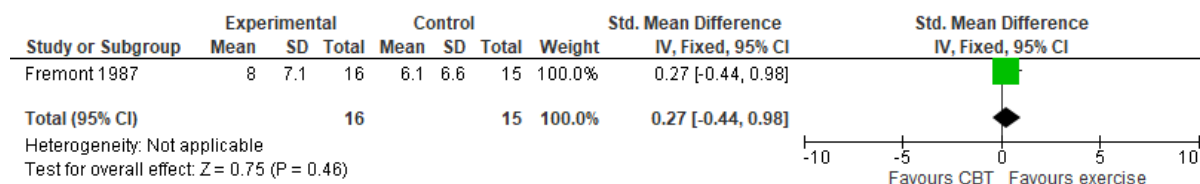
4 **Figure 67: Remission at 6-month follow-up (ITT)**



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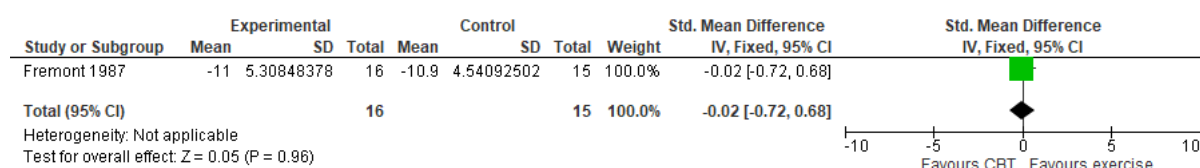
6 **Less severe: CBT individual (under 15 sessions) versus supervised high intensity**  
7 **exercise group**

8 **Figure 68: Depression symptomatology endpoint**



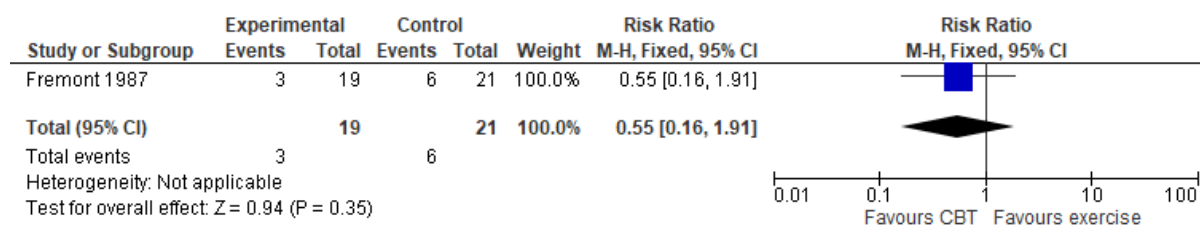
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10 **Figure 69: Depression symptomatology change score**



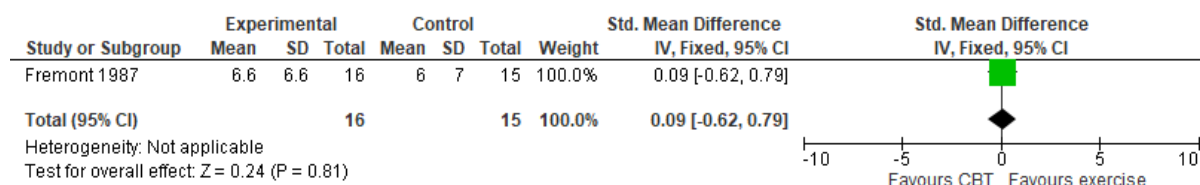
11

12 **Figure 70: Discontinuation (any reason)**



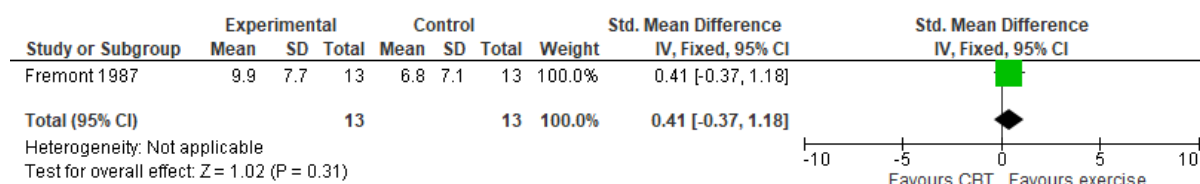
13

1 **Figure 71: Depression symptomatology at 2-month follow-up**



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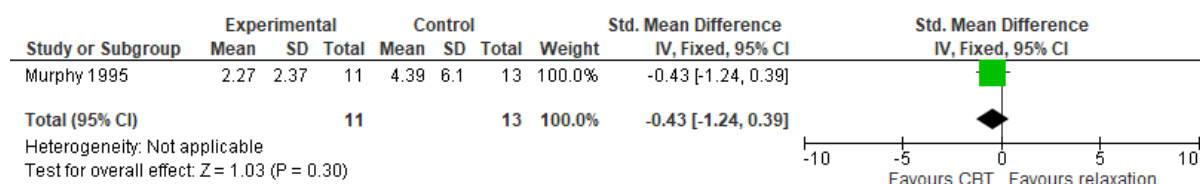
3 **Figure 72: Depression symptomatology at 4-month follow-up**



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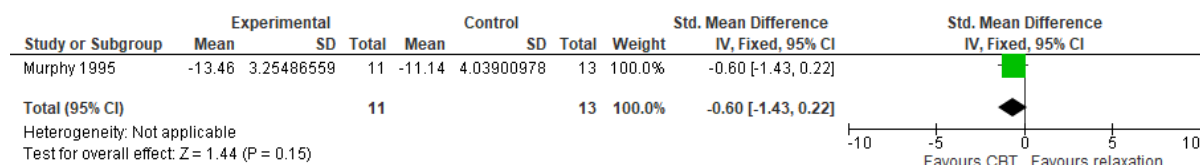
5 **Less severe: CBT individual (15 sessions or over) versus progressive muscle**  
6 **relaxation individual**

7 **Figure 73: Depression symptomatology endpoint**



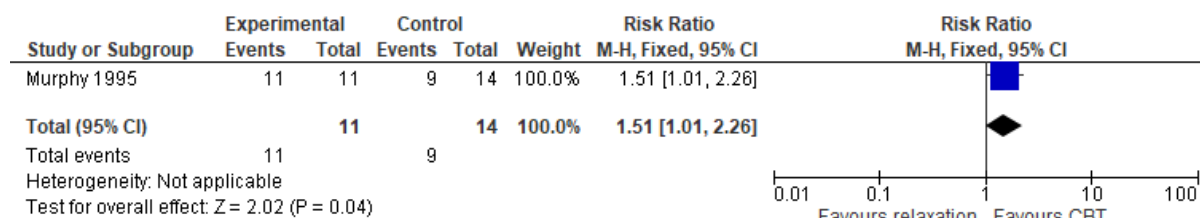
8

9 **Figure 74: Depression symptomatology change score**



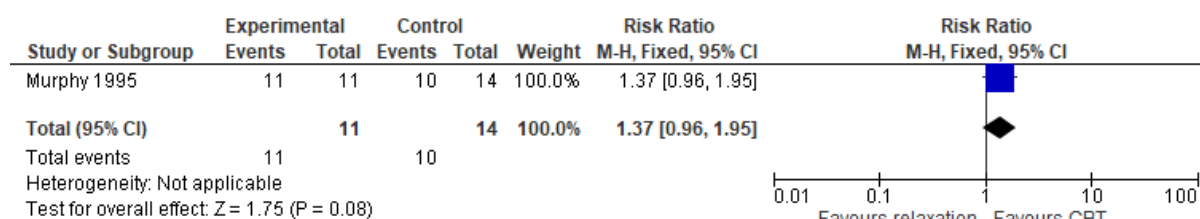
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11 **Figure 75: Remission (ITT)**



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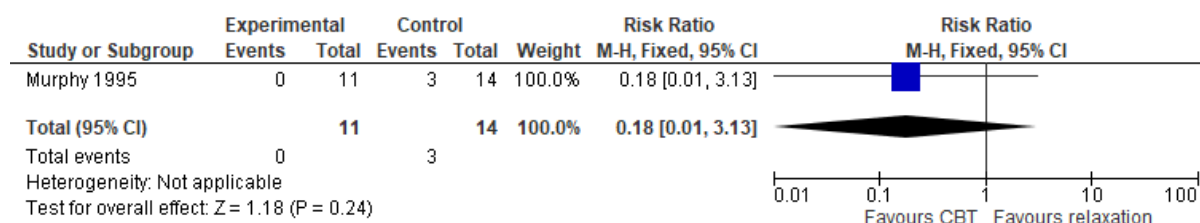
13 **Figure 76: Response (ITT)**



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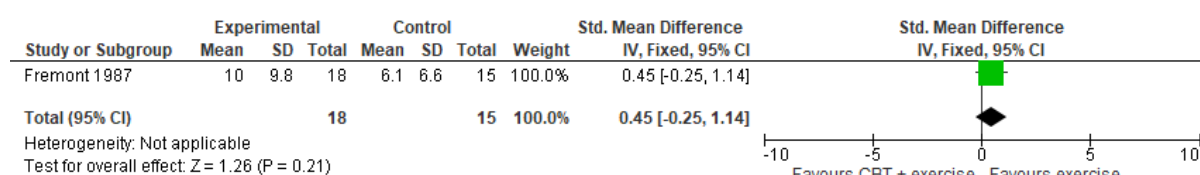
1 **Figure 77: Discontinuation (any reason)**



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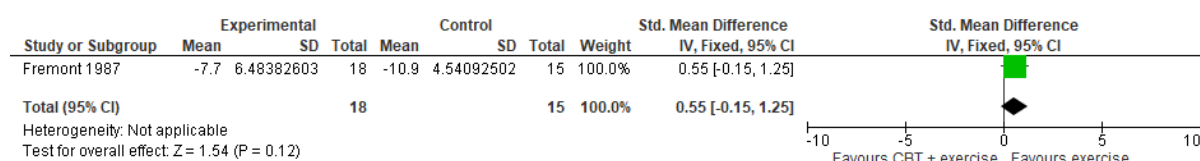
3 **Less severe: CBT individual (under 15 sessions) + supervised high intensity**  
4 **exercise group versus supervised high intensity exercise group**

5 **Figure 78: Depression symptomatology endpoint**



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7 **Figure 79: Depression symptomatology change score**



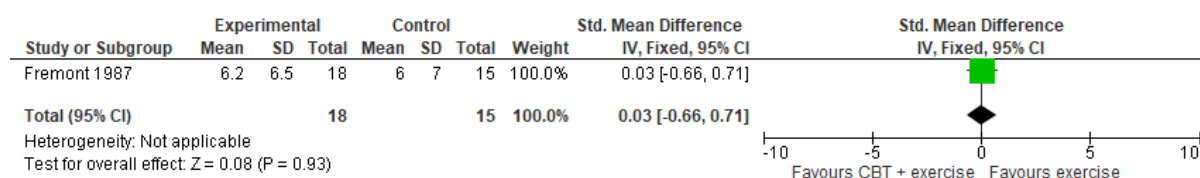
8

9 **Figure 80: Discontinuation (any reason)**



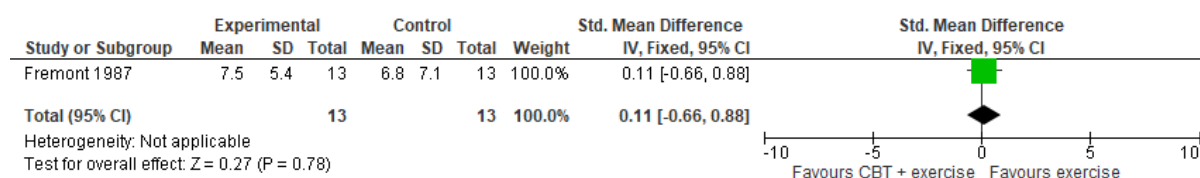
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11 **Figure 81: Depression symptomatology at 2-month follow-up**



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13 **Figure 82: Depression symptomatology at 4-month follow-up**

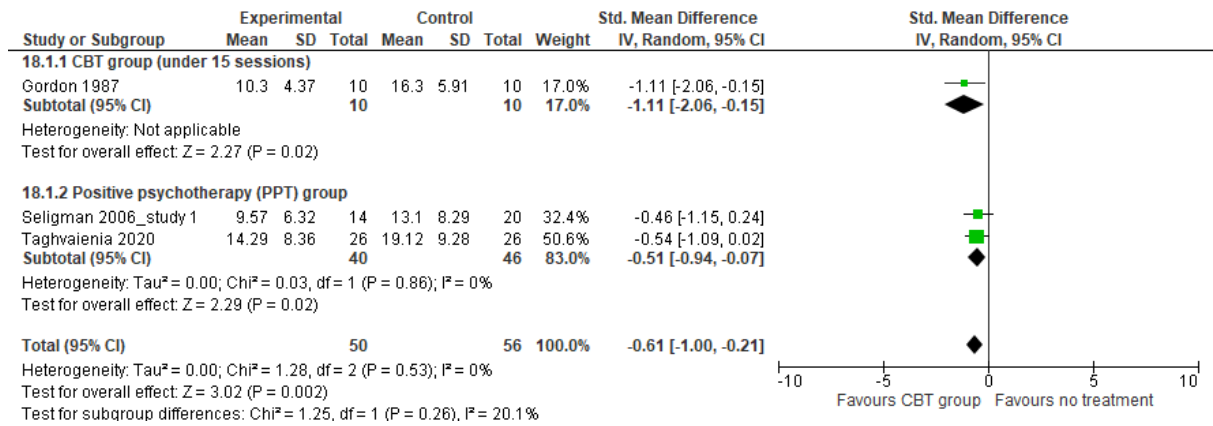


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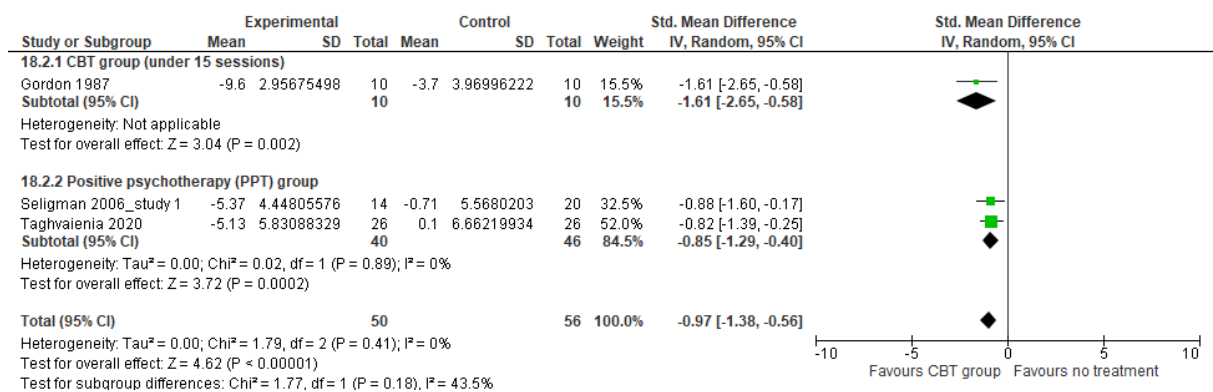
1 **Less severe: Cognitive and cognitive behavioural therapies group versus no**  
2 **treatment**

3 **Figure 83: Depression symptomatology endpoint**



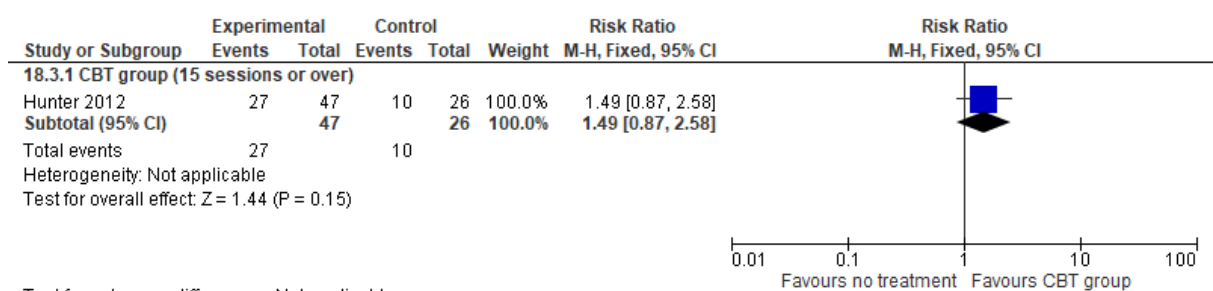
4

5 **Figure 84: Depression symptomatology change score**



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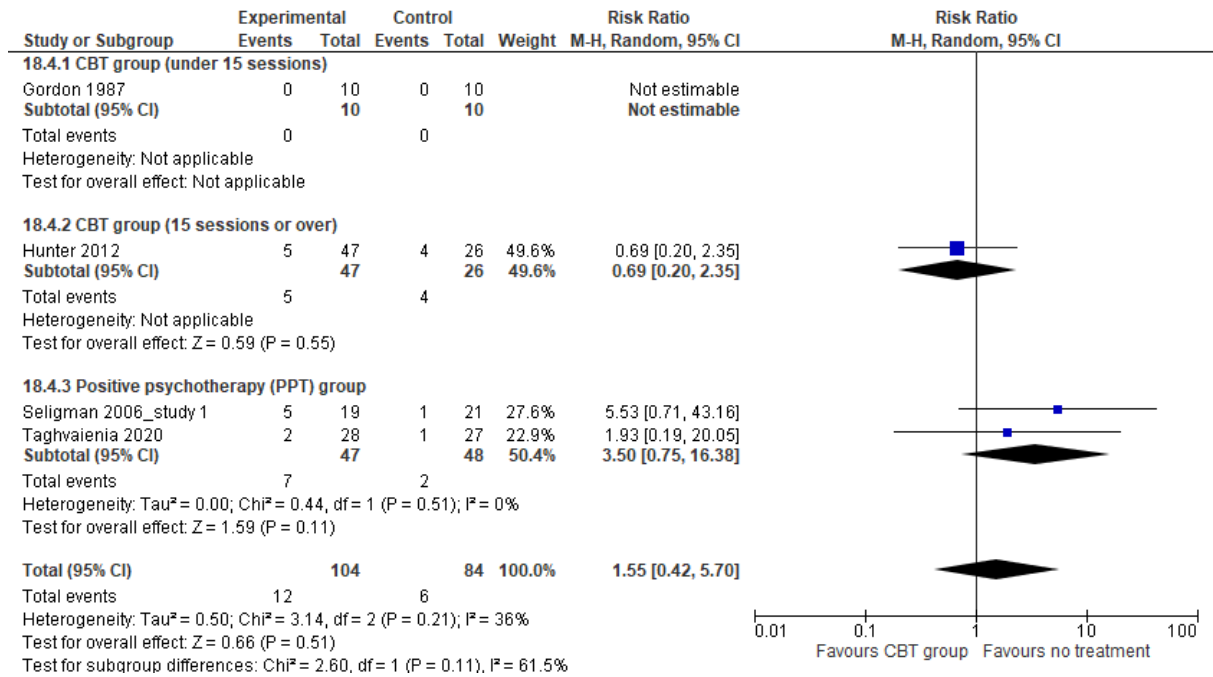
7 **Figure 85: Remission (ITT)**



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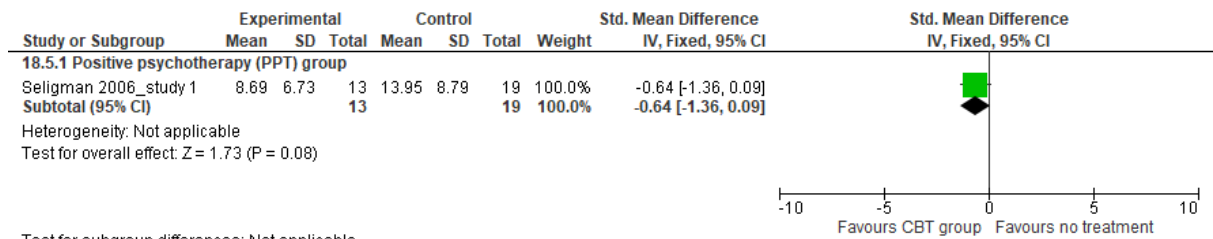
Test for subgroup differences: Not applicable

1 **Figure 86: Discontinuation (any reason)**



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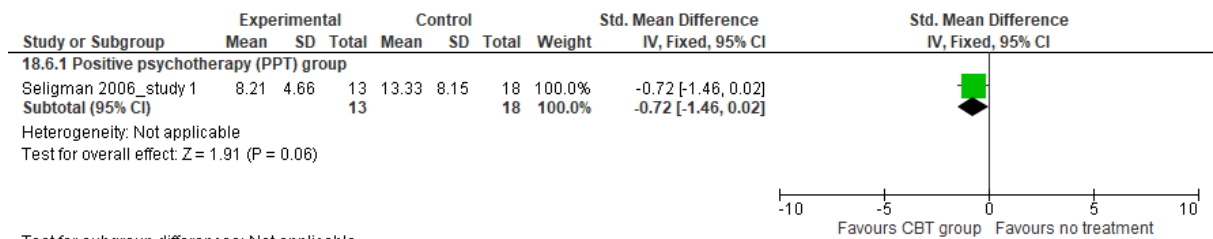
3 **Figure 87: Depression symptomatology at 3-month follow-up**



4

Test for subgroup differences: Not applicable

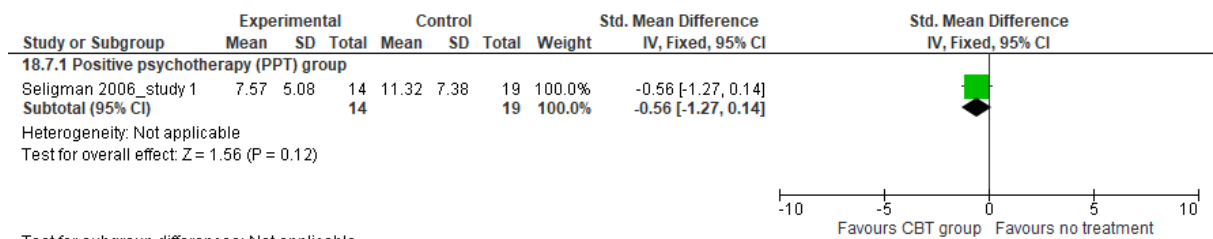
5 **Figure 88: Depression symptomatology at 6-month follow-up**



6

Test for subgroup differences: Not applicable

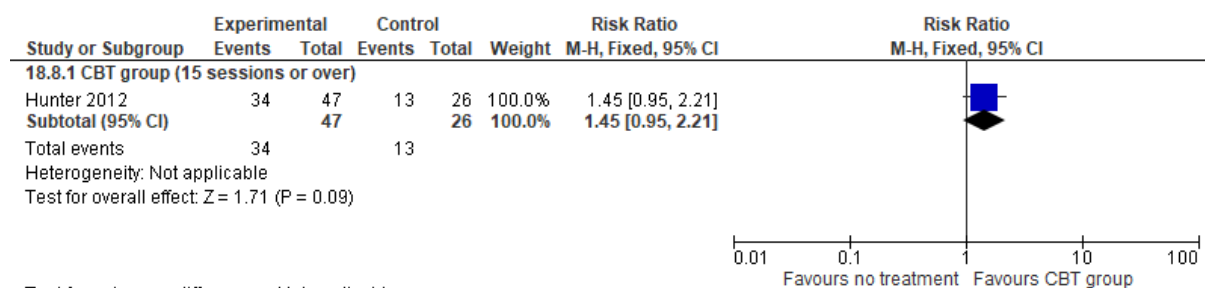
7 **Figure 89: Depression symptomatology at 12-month follow-up**



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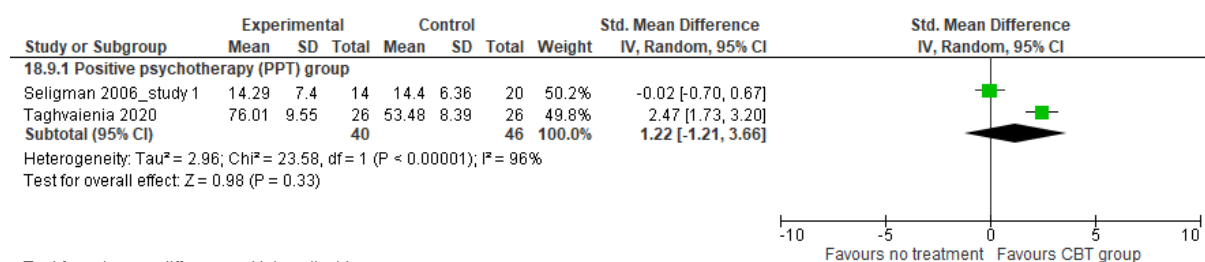
Test for subgroup differences: Not applicable

1 **Figure 90: Remission at 3-month follow-up (ITT)**



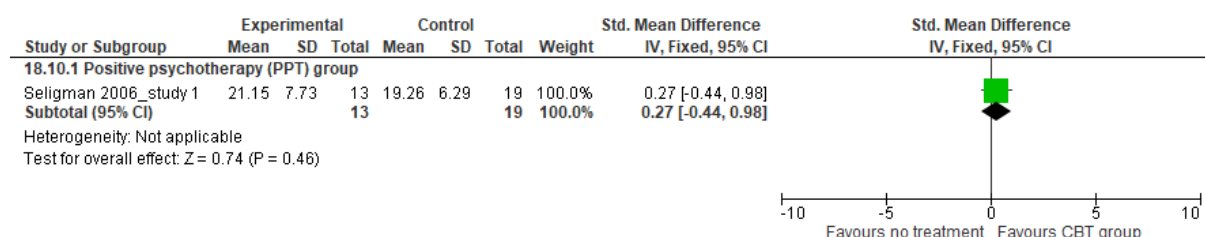
2 Test for subgroup differences: Not applicable

3 **Figure 91: Quality of life endpoint**



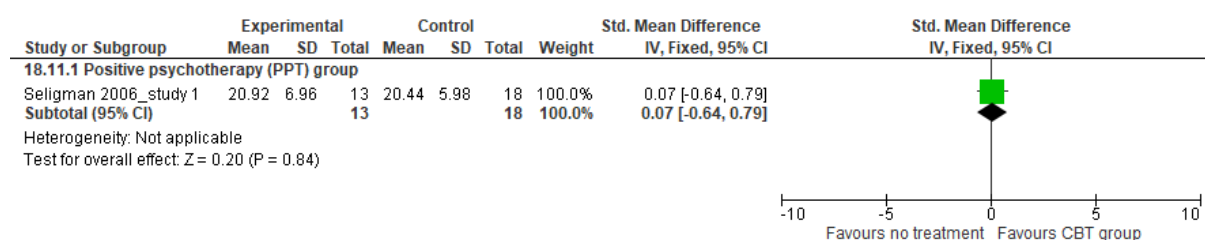
4 Test for subgroup differences: Not applicable

5 **Figure 92: Quality of life at 3-month follow-up**



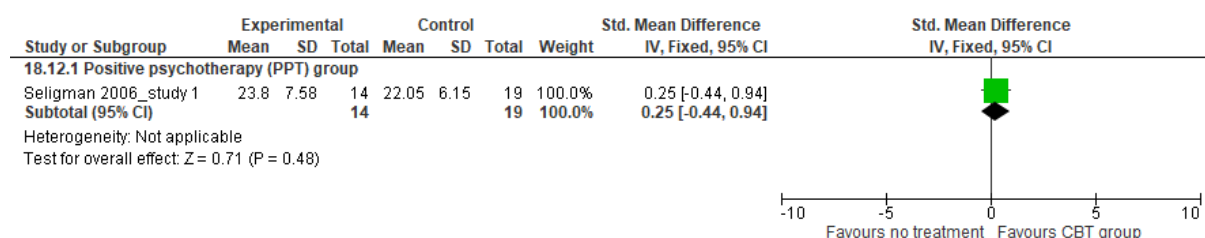
6 Test for subgroup differences: Not applicable

7 **Figure 93: Quality of life at 6-month follow-up**



8 Test for subgroup differences: Not applicable

9 **Figure 94: Quality of life at 12-month follow-up**



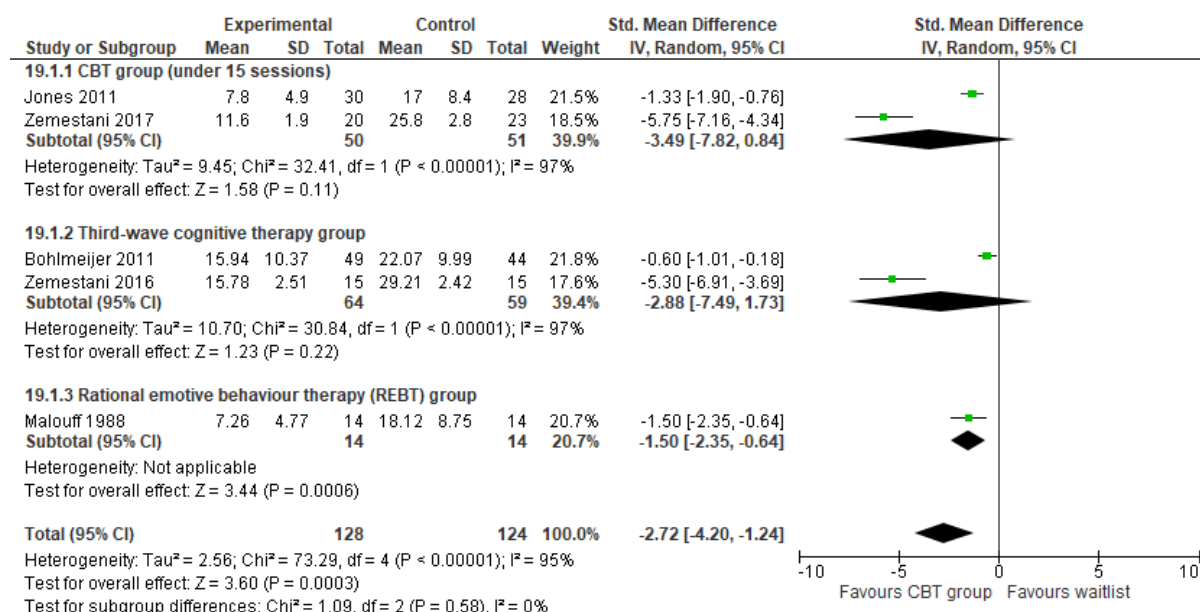
10 Test for subgroup differences: Not applicable

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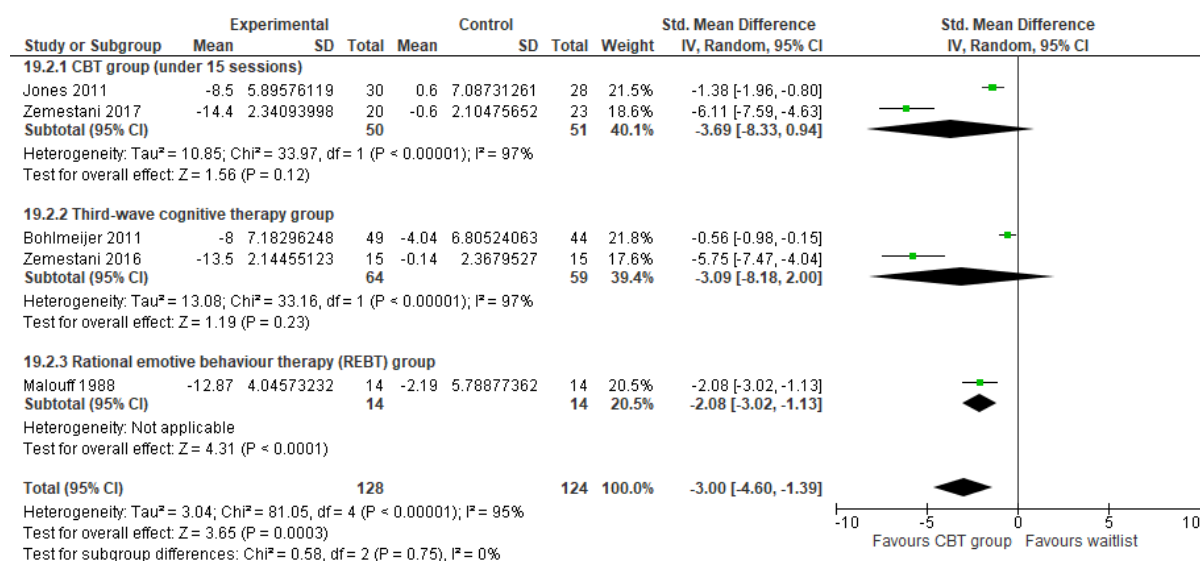
## 1 Less severe: Cognitive and cognitive behavioural therapies group versus waitlist

### 2 Figure 95: Depression symptomatology endpoint



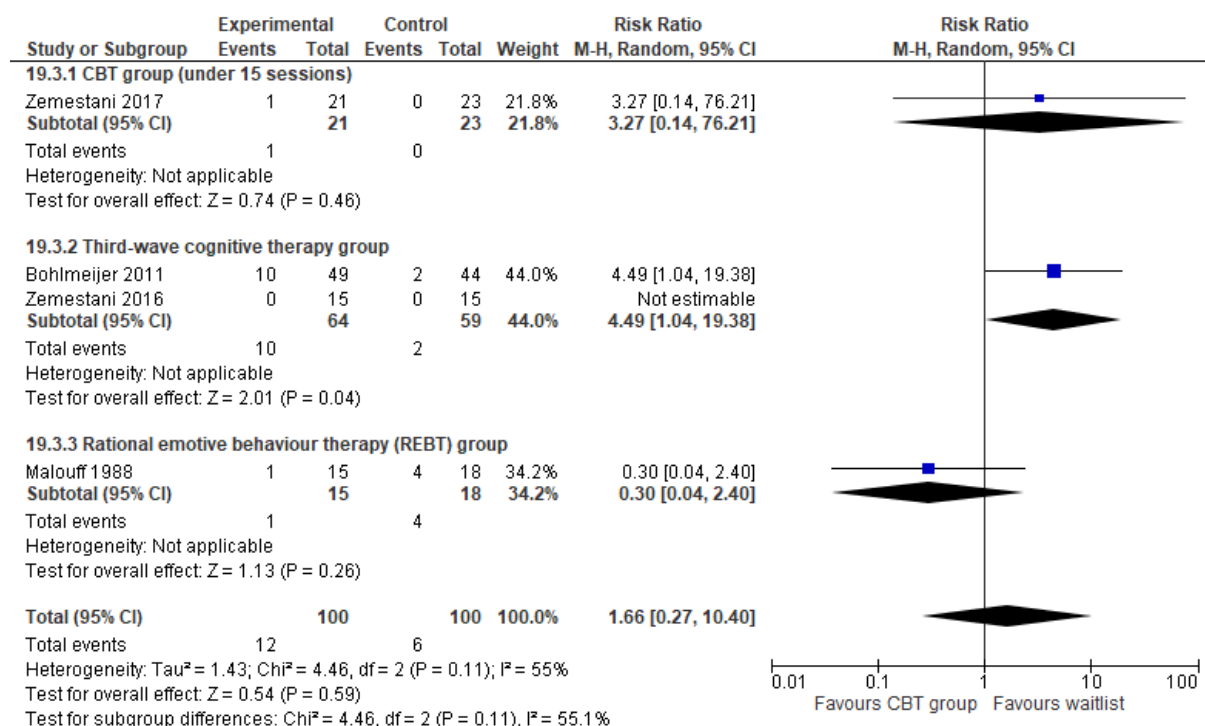
3

### 4 Figure 96: Depression symptomatology change score



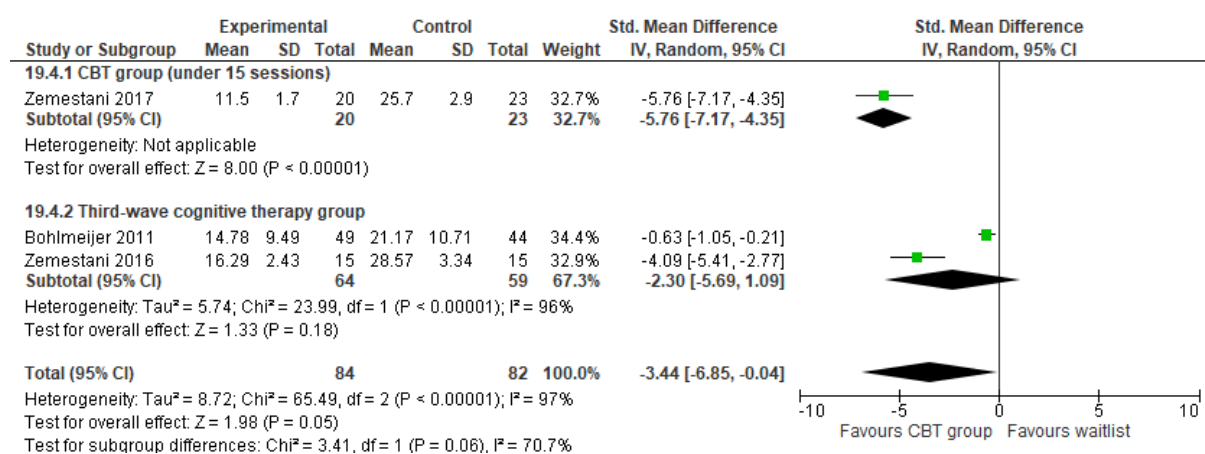
5

1 **Figure 97: Discontinuation (any reason)**



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3 **Figure 98: Depression symptomatology at 3-month follow-up**



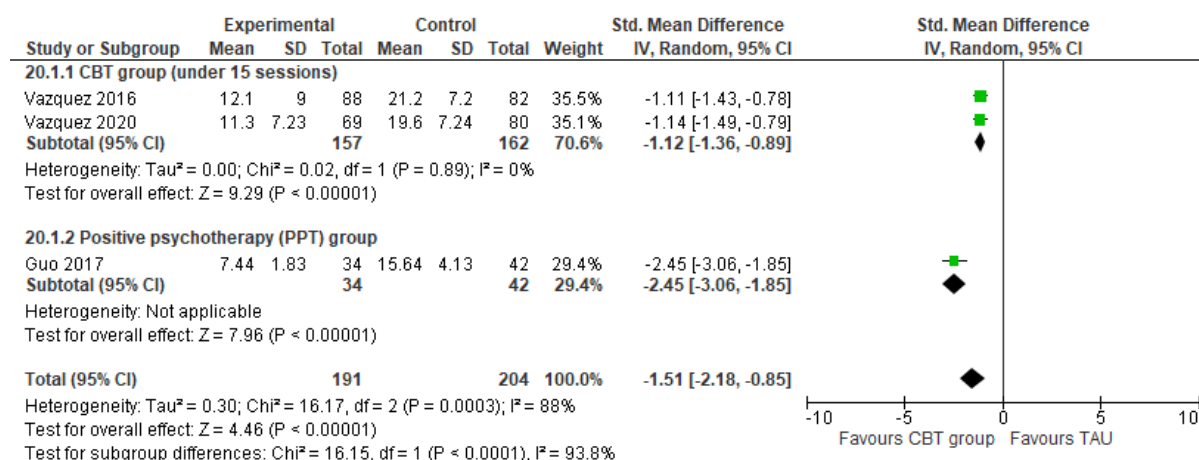
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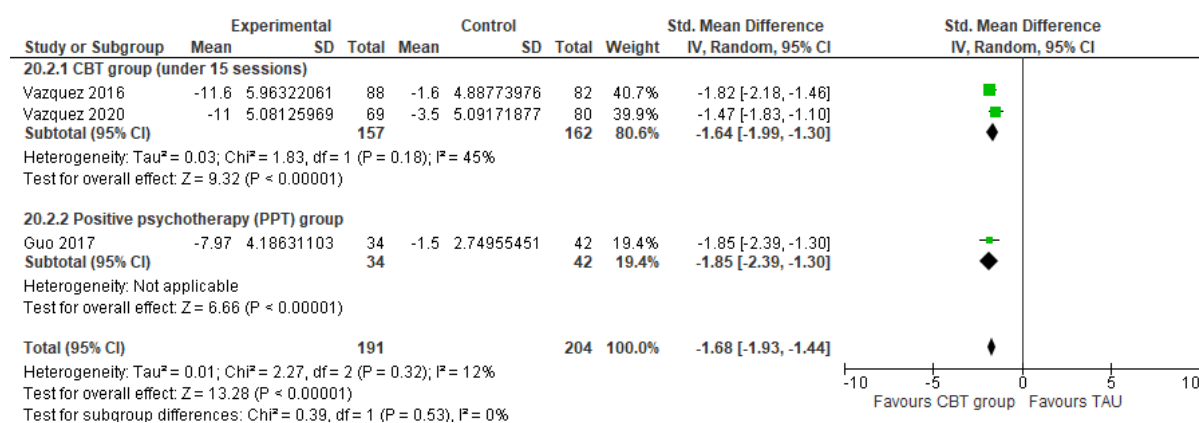
## 1 Less severe: Cognitive and cognitive behavioural therapies group versus TAU

### 2 Figure 99: Depression symptomatology endpoint



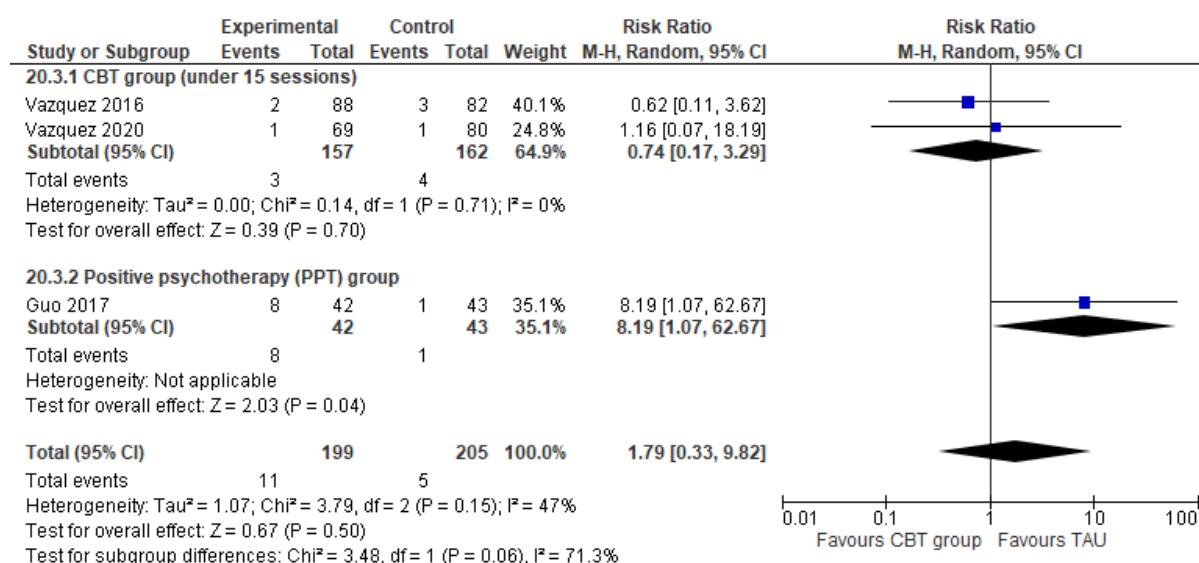
3

### 4 Figure 100: Depression symptomatology change score



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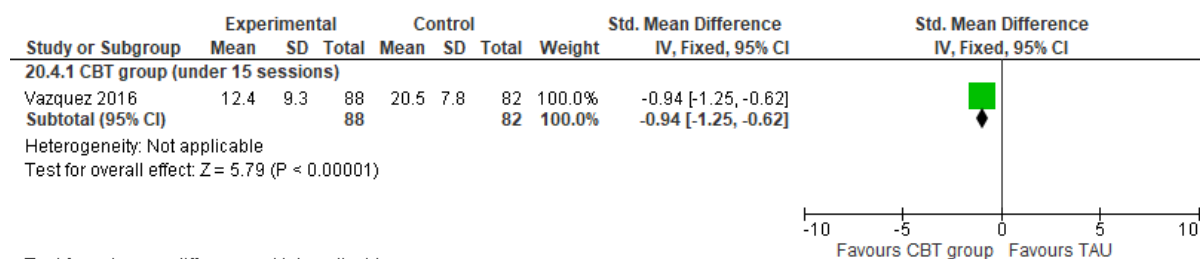
### 6 Figure 101: Discontinuation (any reason)



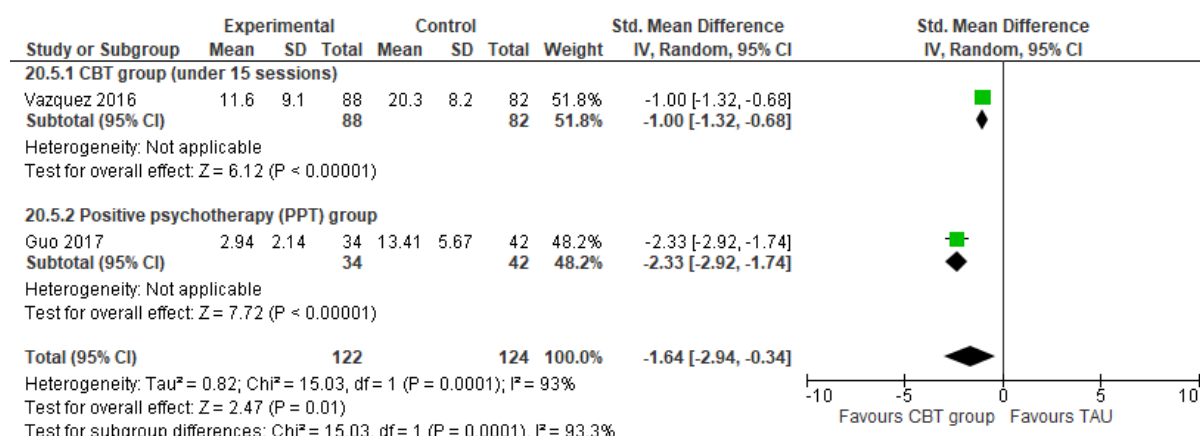
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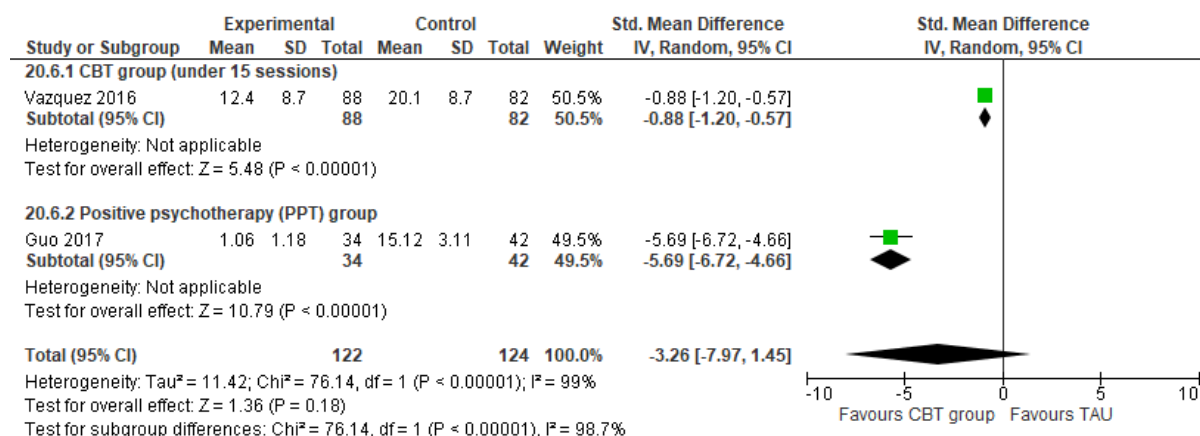
1 **Figure 102: Depression symptomatology at 1-month follow-up**



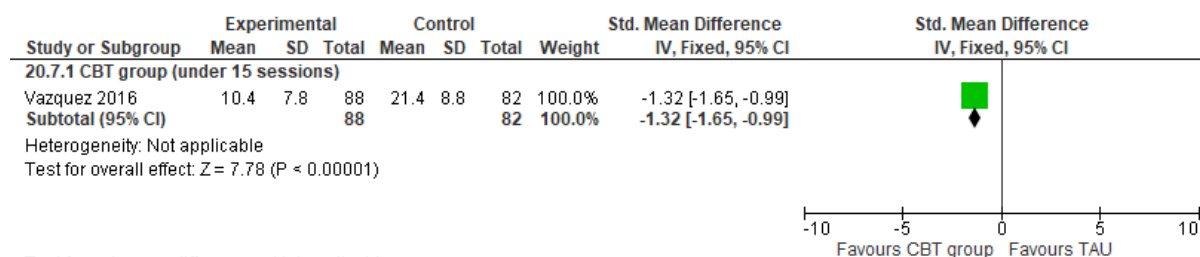
3 **Figure 103: Depression symptomatology at 3-month follow-up**



5 **Figure 104: Depression symptomatology at 6-month follow-up**



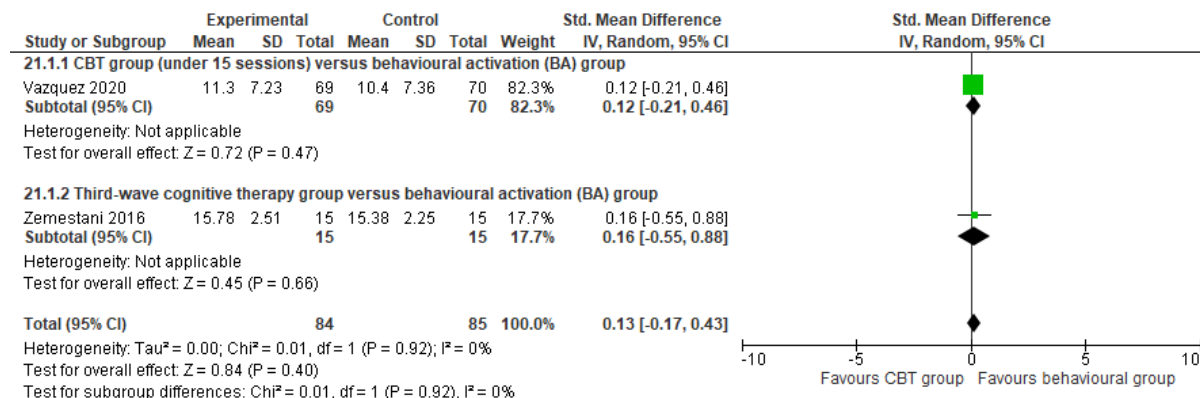
7 **Figure 105: Depression symptomatology at 12-month follow-up**



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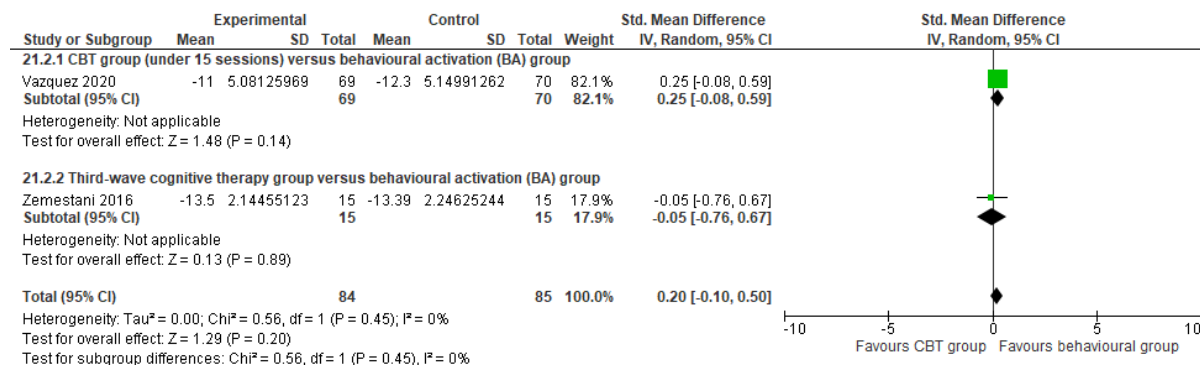
1 **Less severe: Cognitive and cognitive behavioural therapies group versus**  
2 **behavioural therapies group**

3 **Figure 106: Depression symptomatology endpoint**



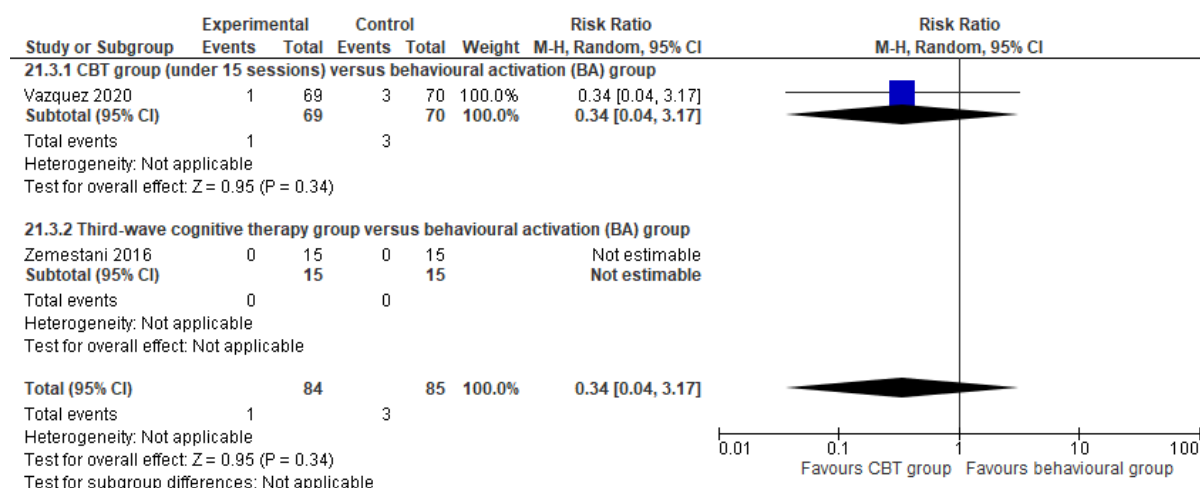
4

5 **Figure 107: Depression symptomatology change score**



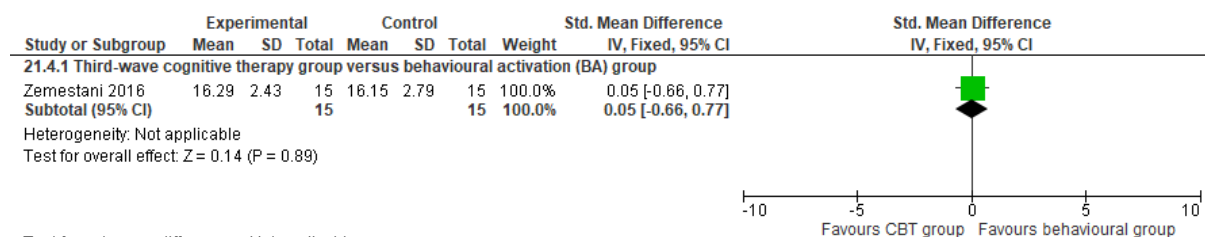
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7 **Figure 108: Discontinuation (any reason)**



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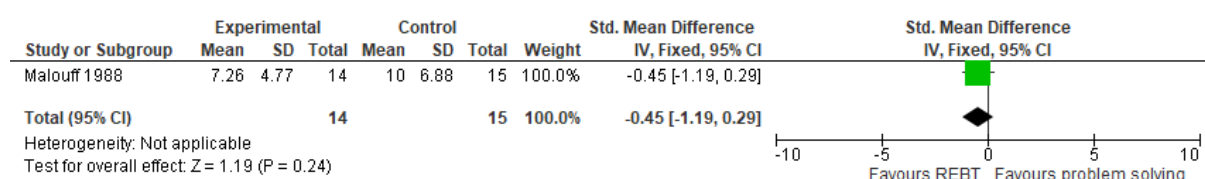
1 **Figure 109: Depression symptomatology at 3-month follow-up**



2 Test for subgroup differences: Not applicable

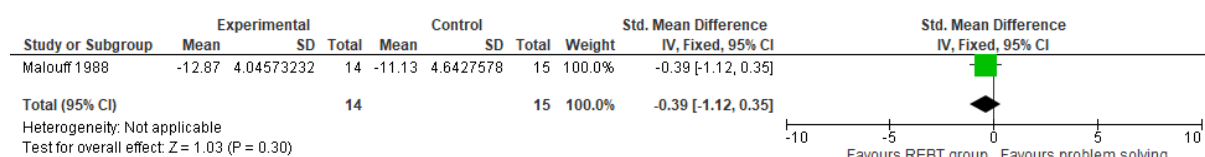
3 **Less severe: Rational emotive behaviour therapy (REBT) group versus problem solving group**

5 **Figure 110: Depression symptomatology endpoint**



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7 **Figure 111: Depression symptomatology change score**



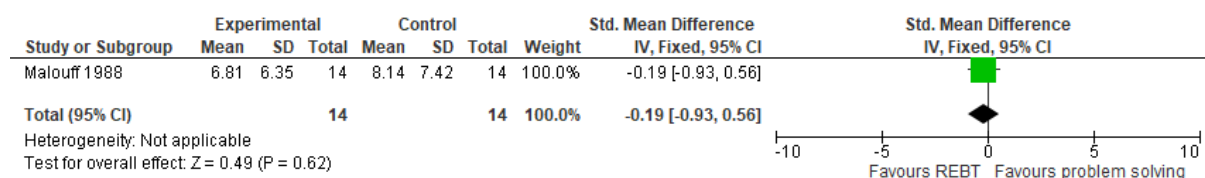
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9 **Figure 112: Discontinuation (any reason)**



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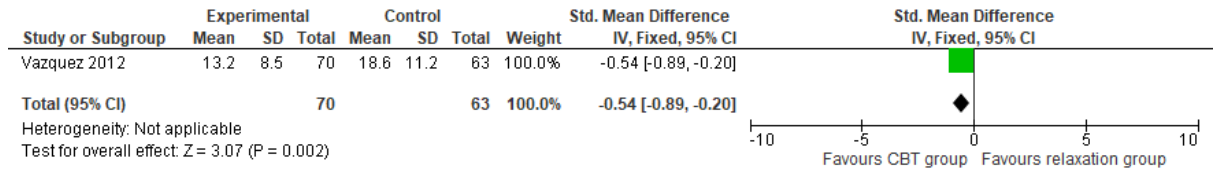
11 **Figure 113: Depression symptomatology at 1-month follow-up**



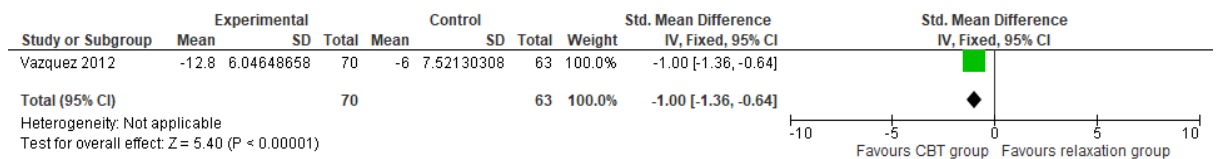
12

1 **Less severe: CBT group (under 15 sessions) versus progressive muscle**  
2 **relaxation group**

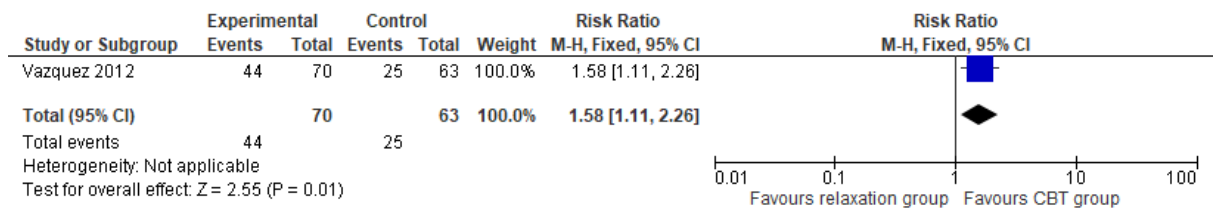
3 **Figure 114: Depression symptomatology endpoint**



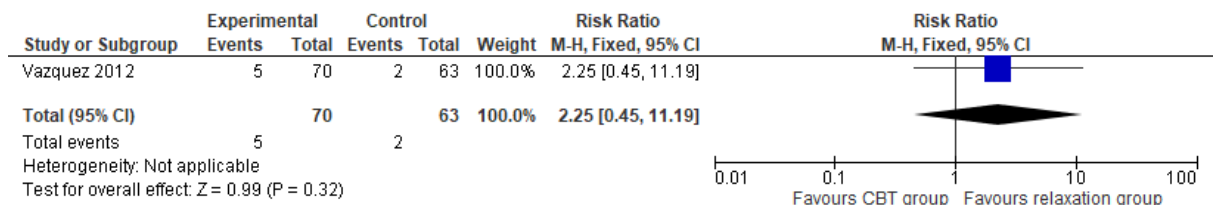
5 **Figure 115: Depression symptomatology change score**



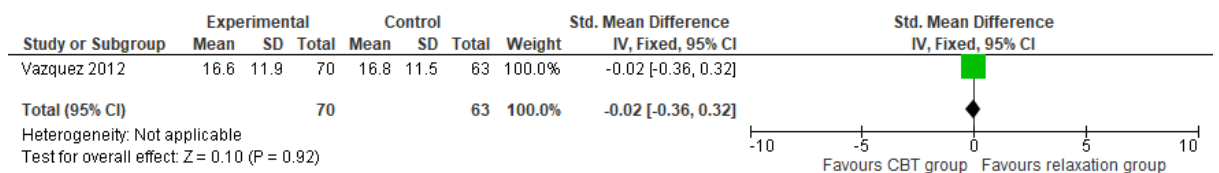
7 **Figure 116: Remission (ITT)**



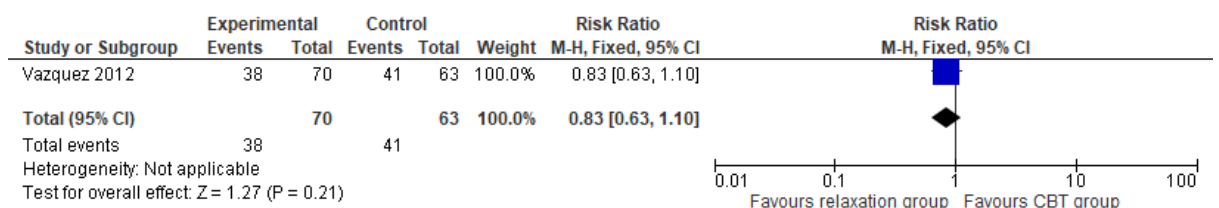
9 **Figure 117: Discontinuation (any reason)**



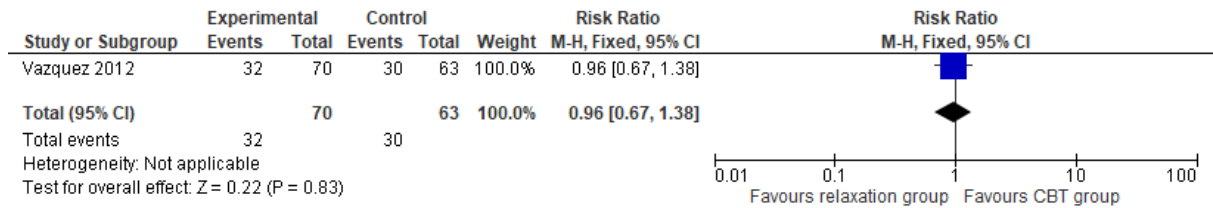
11 **Figure 118: Depression symptomatology at 3-month follow-up**



13 **Figure 119: Remission at 3-month follow-up (ITT)**



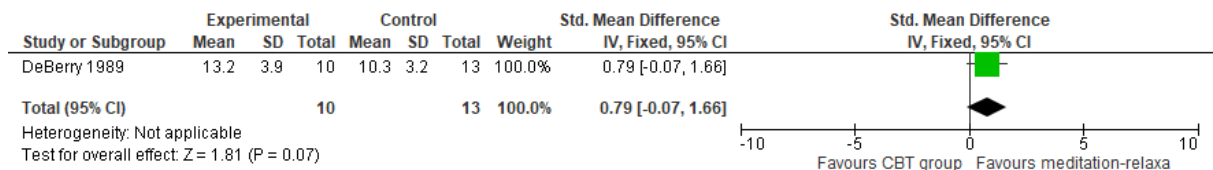
1 **Figure 120: Remission at 6-month follow-up (ITT)**



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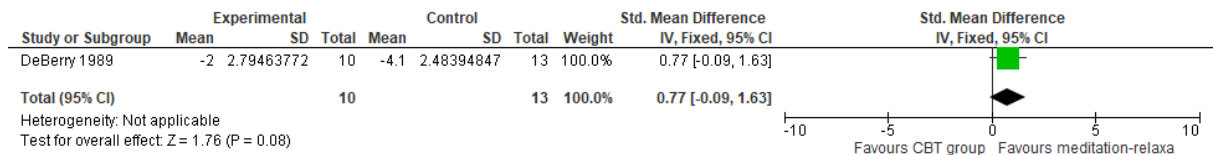
3 **Less severe: CBT group (15 sessions or over) versus meditation-relaxation group**

4 **Figure 121: Depression symptomatology endpoint**



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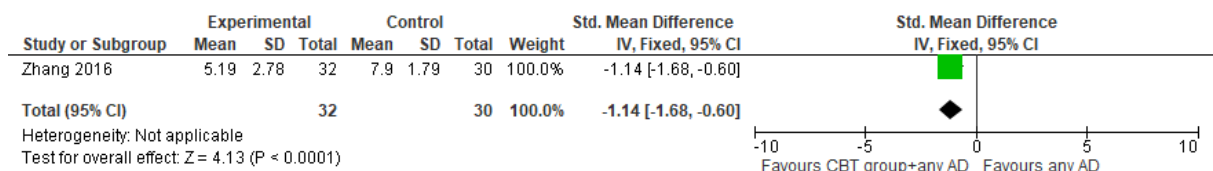
6 **Figure 122: Depression symptomatology change score**



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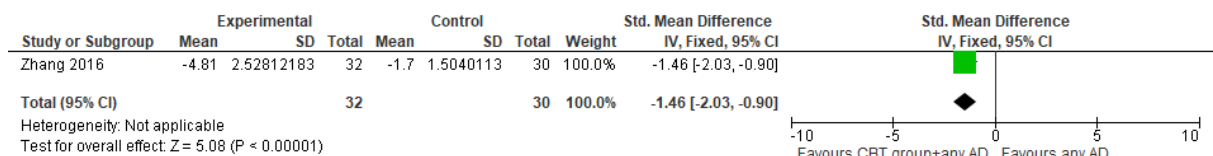
8 **Less severe: CBT group (under 15 sessions) + any AD versus any AD**

9 **Figure 123: Depression symptomatology endpoint**



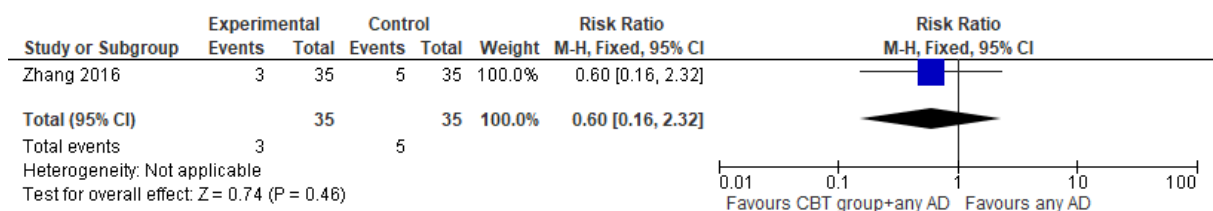
10

11 **Figure 124: Depression symptomatology change score**



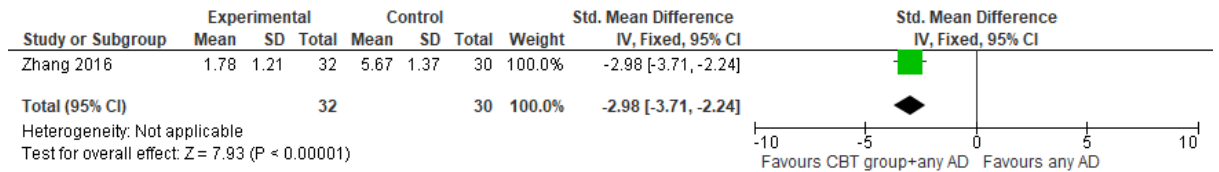
12

13 **Figure 125: Discontinuation (any reason)**



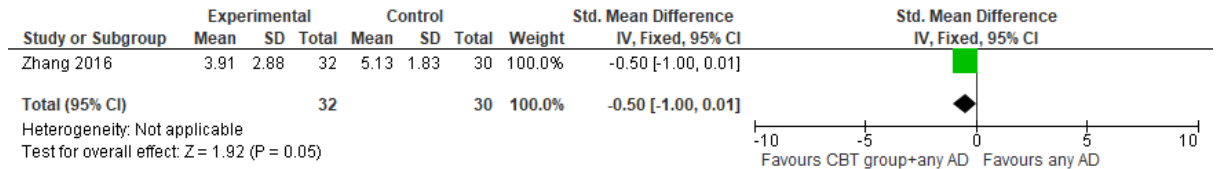
14

1 **Figure 126: Depression symptomatology at 12-month follow-up**



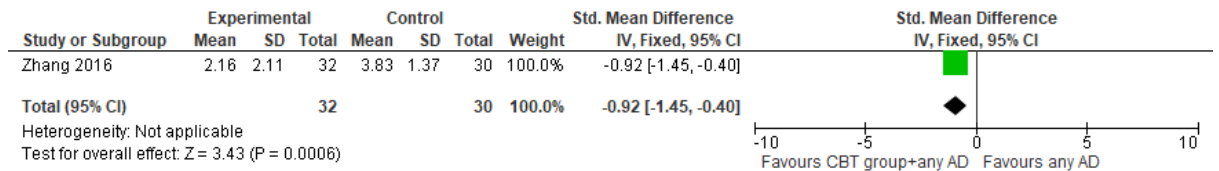
2

3 **Figure 127: Functional impairment endpoint**



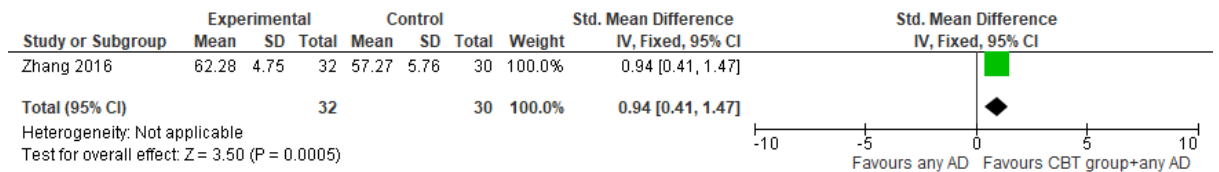
4

5 **Figure 128: Functional impairment at 12-month follow-up**



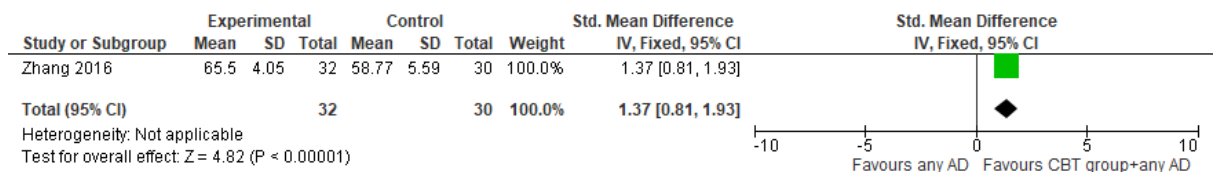
6

7 **Figure 129: Quality of life physical health component endpoint**



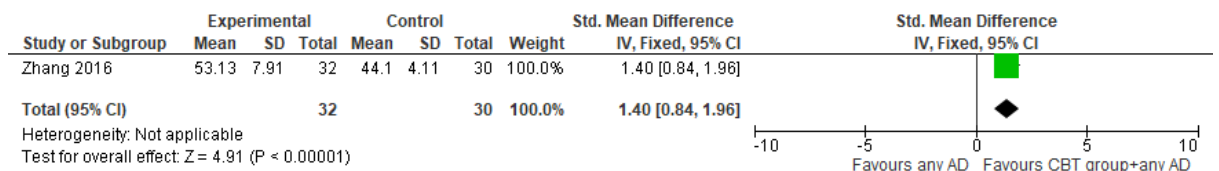
8

9 **Figure 130: Quality of life physical health component at 12-month follow-up**



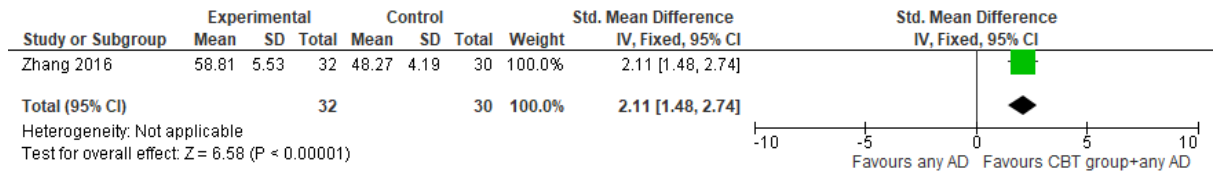
10

11 **Figure 131: Quality of life mental health component endpoint**



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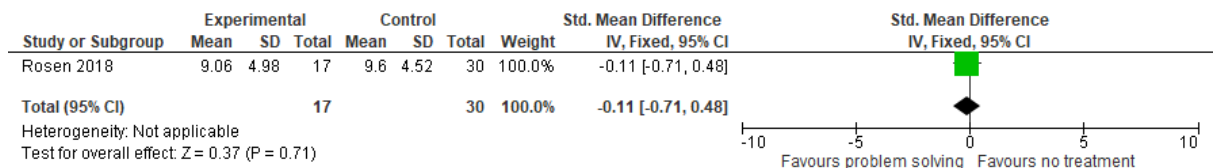
1 **Figure 132: Quality of life mental health component at 12-month follow-up**



2

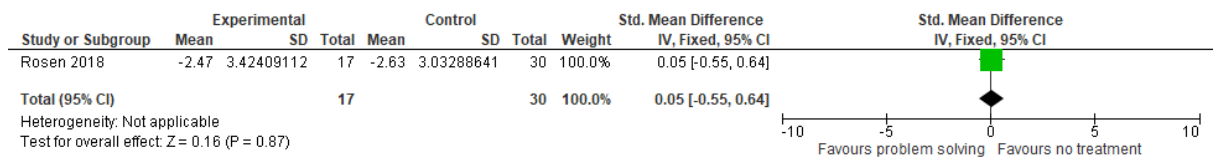
3 **Less severe: Problem solving individual versus no treatment**

4 **Figure 133: Depression symptomatology endpoint**



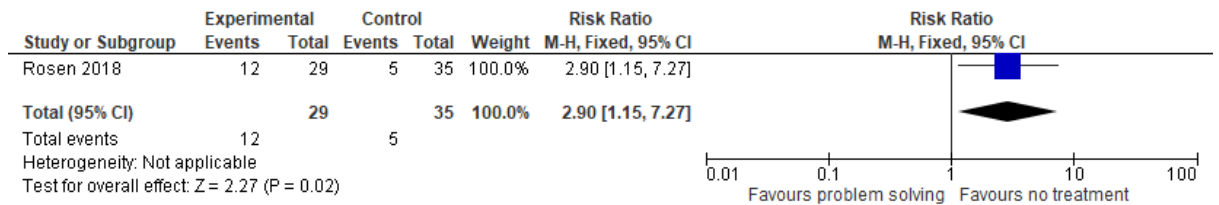
5

6 **Figure 134: Depression symptomatology change score**



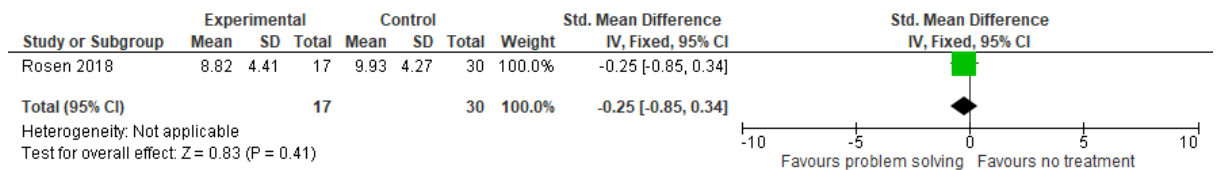
7

8 **Figure 135: Discontinuation (any reason)**



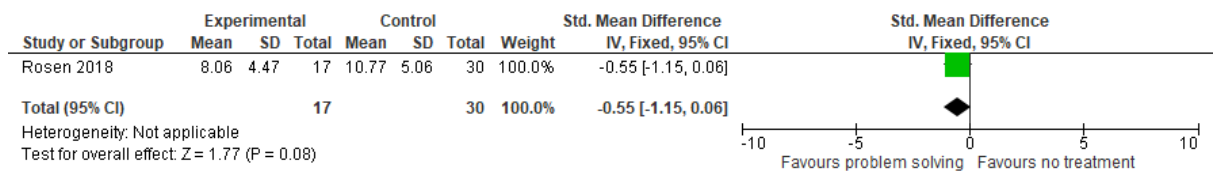
9

10 **Figure 136: Depression symptomatology at 2-month follow-up**



11

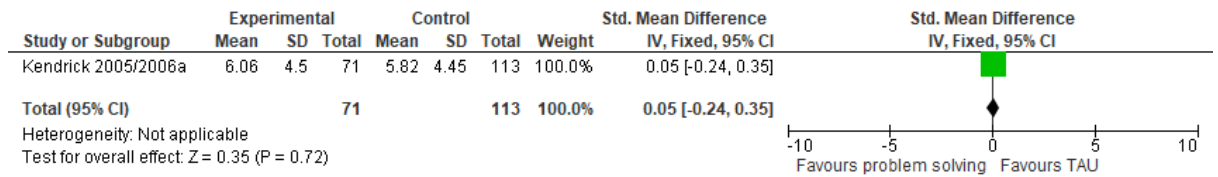
12 **Figure 137: Depression symptomatology at 5-month follow-up**



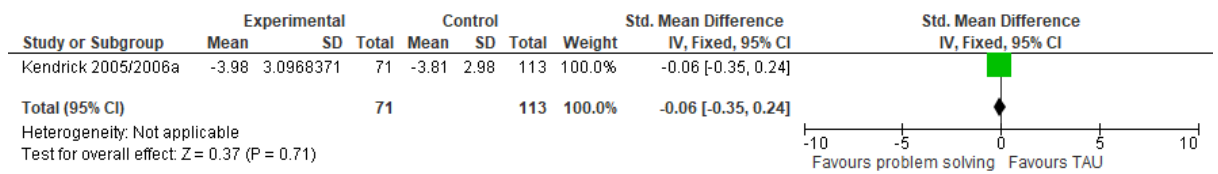
13

## 1 Less severe: Problem solving individual versus TAU

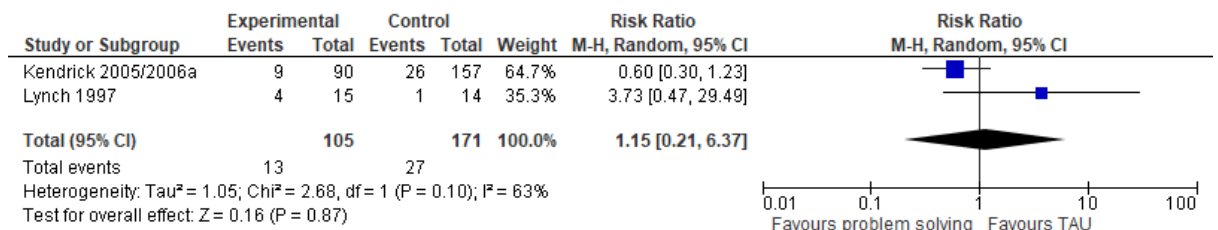
### 2 Figure 138: Depression symptomatology endpoint



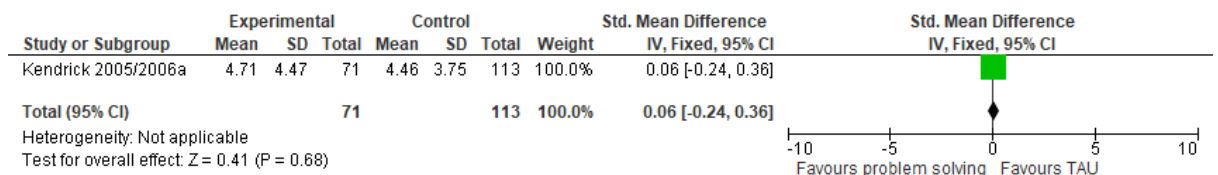
### 3 Figure 139: Depression symptomatology change score



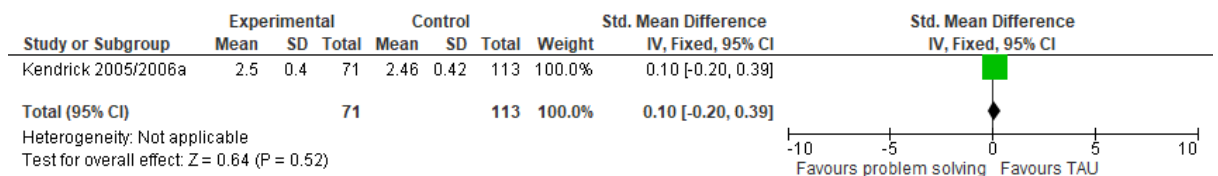
### 4 Figure 140: Discontinuation (any reason)



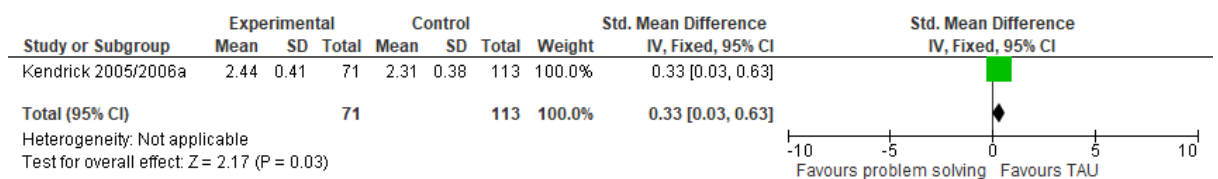
### 5 Figure 141: Depression symptomatology at 4-month follow-up



### 6 Figure 142: Interpersonal problems endpoint

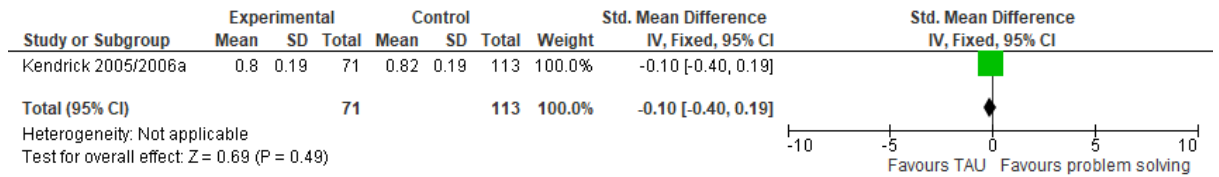


### 7 Figure 143: Interpersonal problems at 4-month follow-up



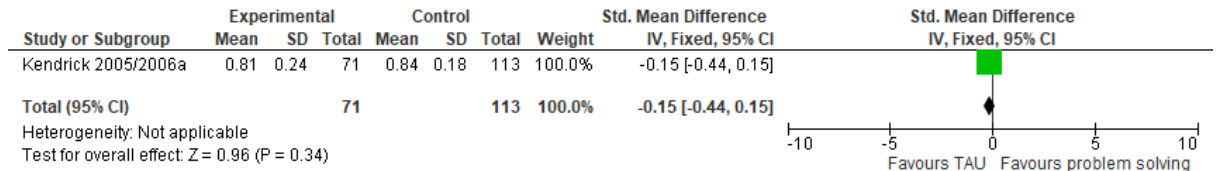


1 **Figure 144: Quality of life endpoint**



2

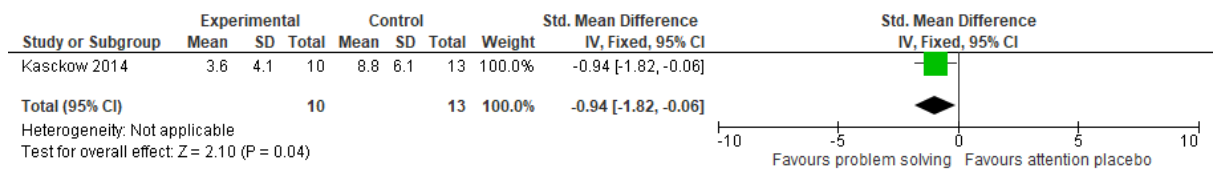
3 **Figure 145: Quality of life at 4-month follow-up**



4

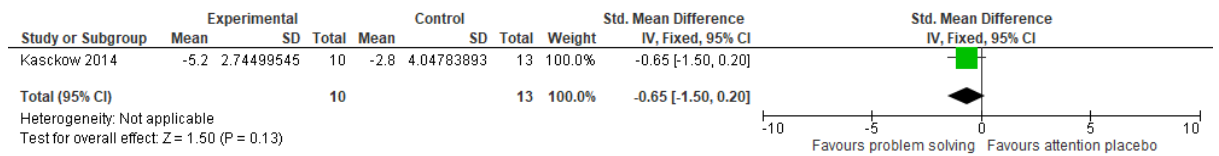
5 **Less severe: Problem solving individual versus attention placebo**

6 **Figure 146: Depression symptomatology endpoint**



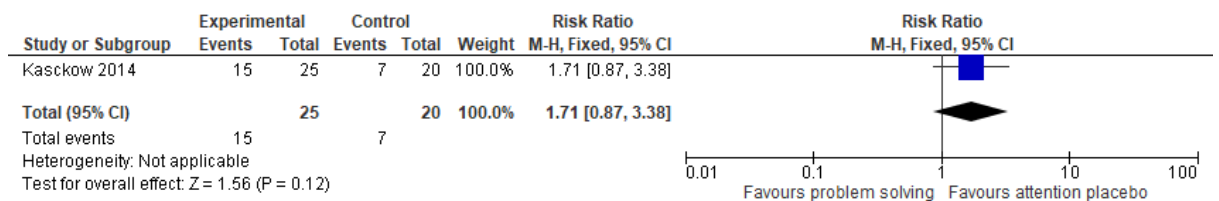
7

8 **Figure 147: Depression symptomatology change score**



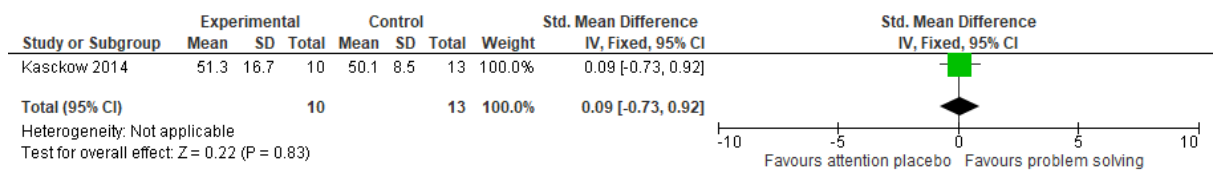
9

10 **Figure 148: Discontinuation (any reason)**



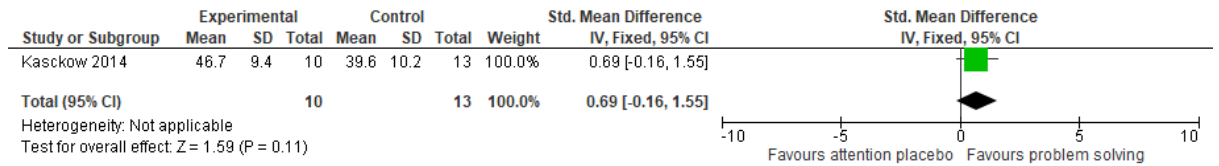
11

12 **Figure 149: Quality of life mental health component endpoint**



13

1 **Figure 150: Quality of life physical health component endpoint**

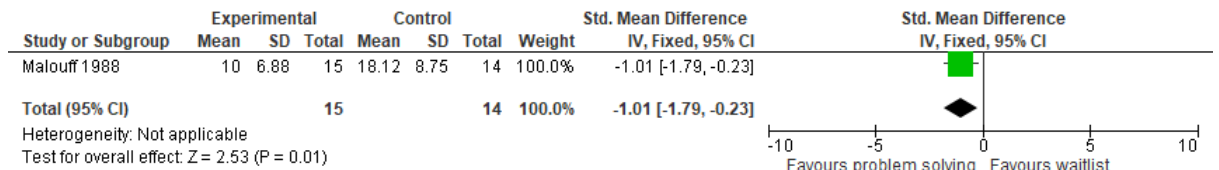


2

3 **Less severe: Problem solving group versus waitlist**

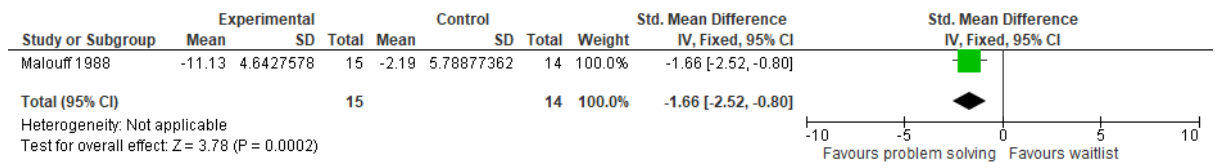
4

5 **Figure 151: Depression symptomatology endpoint**



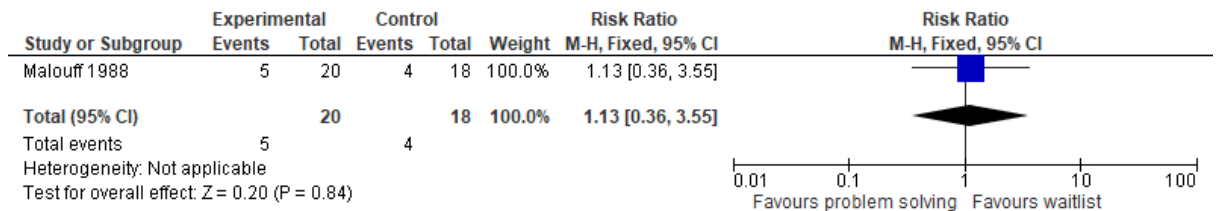
6

7 **Figure 152: Depression symptomatology change score**



8

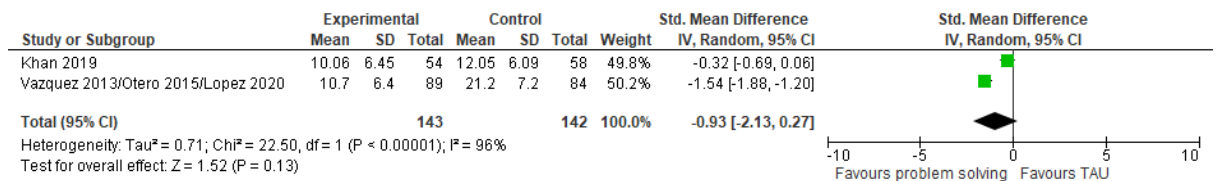
9 **Figure 153: Discontinuation (any reason)**



10

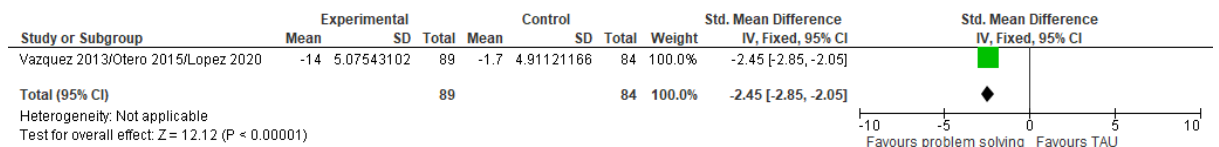
11 **Less severe: Problem solving group versus TAU**

12 **Figure 154: Depression symptomatology endpoint**



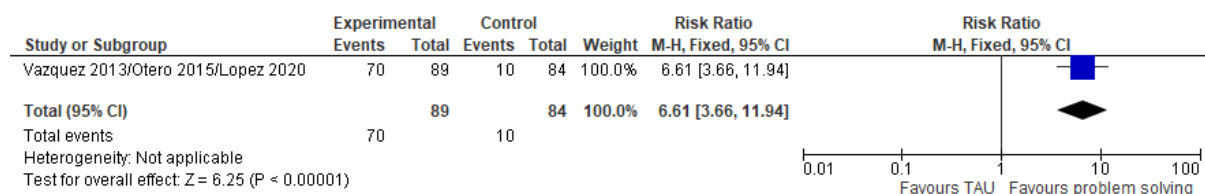
13

14 **Figure 155: Depression symptomatology change score**



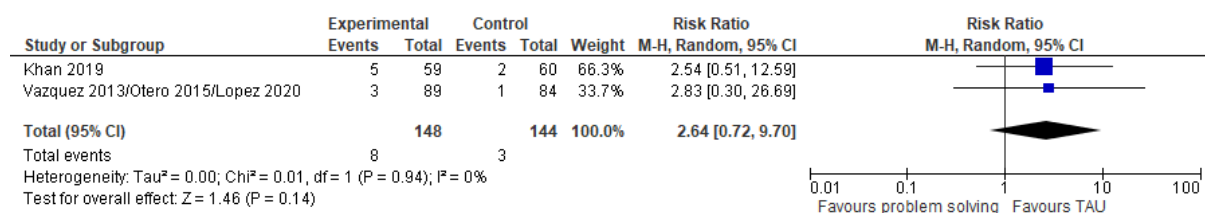
15

1 **Figure 156: Remission (ITT)**



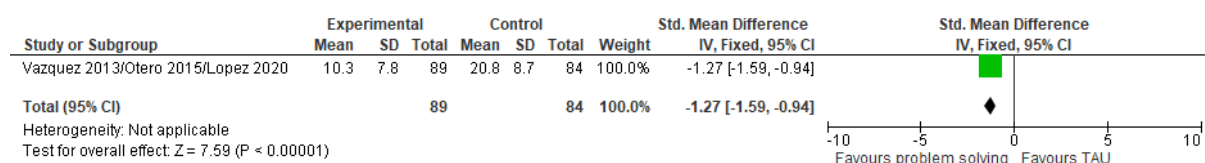
2

3 **Figure 157: Discontinuation (any reason)**



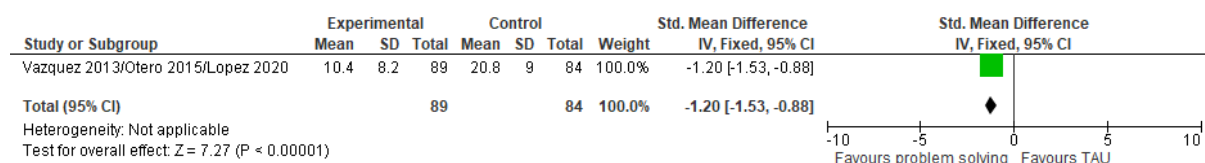
4

5 **Figure 158: Depression symptomatology at 1-month follow-up**



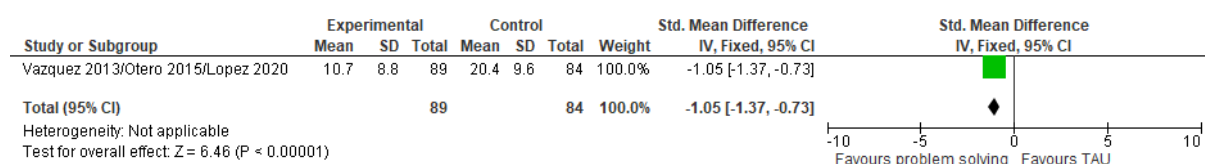
6

7 **Figure 159: Depression symptomatology at 3-month follow-up**



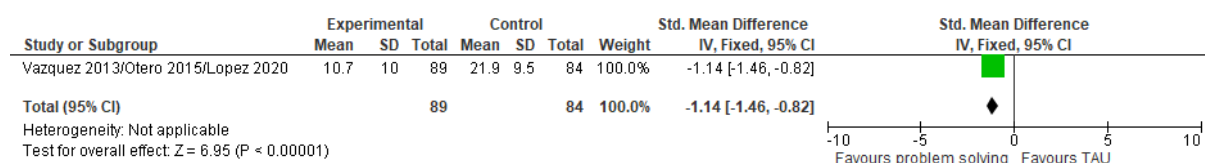
8

9 **Figure 160: Depression symptomatology at 6-month follow-up**



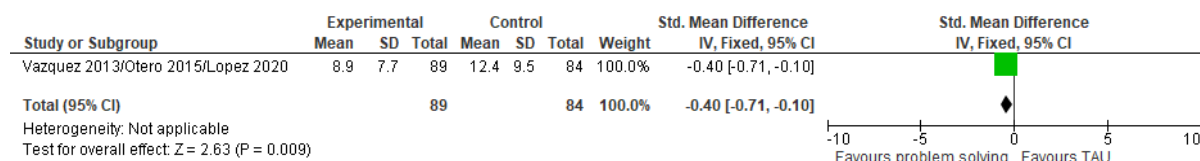
10

11 **Figure 161: Depression symptomatology at 12-month follow-up**



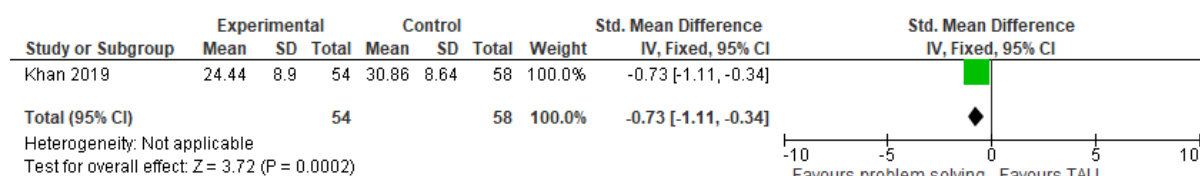
12

1 **Figure 162: Depression symptomatology at 8-year follow-up**



2

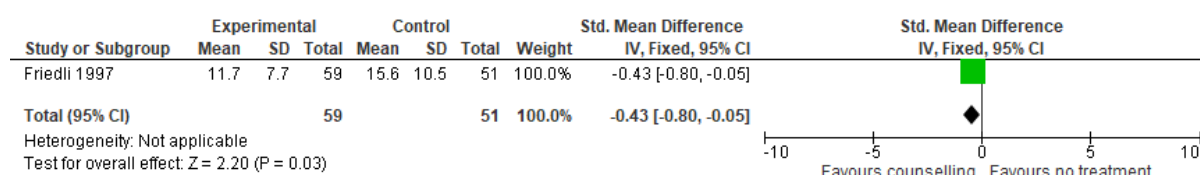
3 **Figure 163: Functional impairment endpoint**



4

5 **Less severe: Counselling versus no treatment**

6 **Figure 164: Depression symptomatology endpoint**



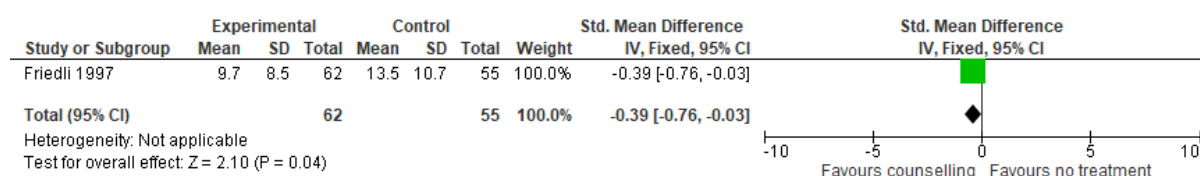
7

8 **Figure 165: Discontinuation (any reason)**



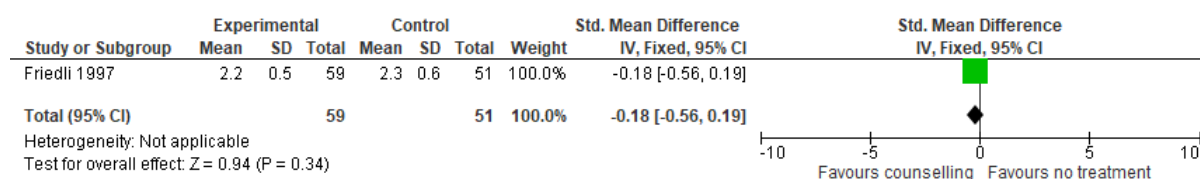
9

10 **Figure 166: Depression symptomatology at 6-month follow-up**



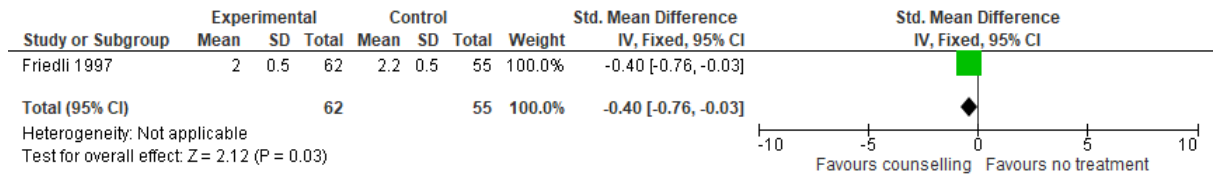
11

12 **Figure 167: Interpersonal problems endpoint**



13

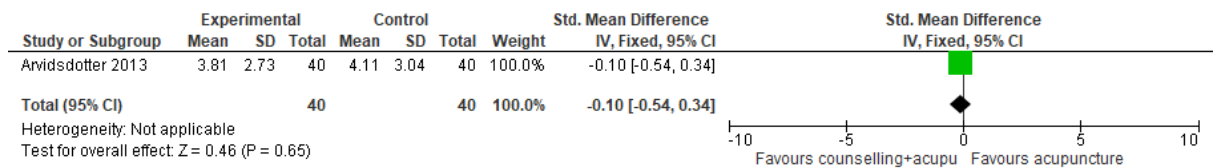
1 **Figure 168: Interpersonal problems at 6-month follow-up**



2

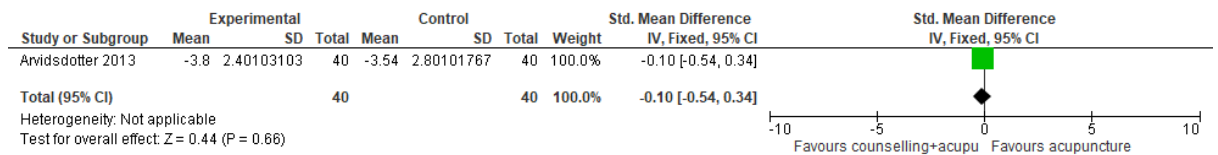
3 **Less severe: Counselling + traditional acupuncture versus traditional**  
4 **acupuncture**

5 **Figure 169: Depression symptomatology endpoint**



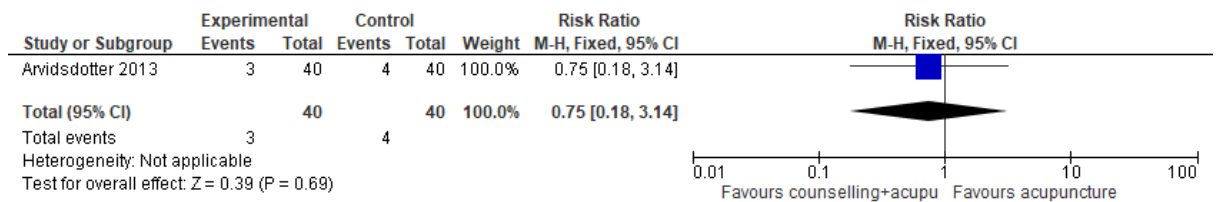
6

7 **Figure 170: Depression symptomatology change score**



8

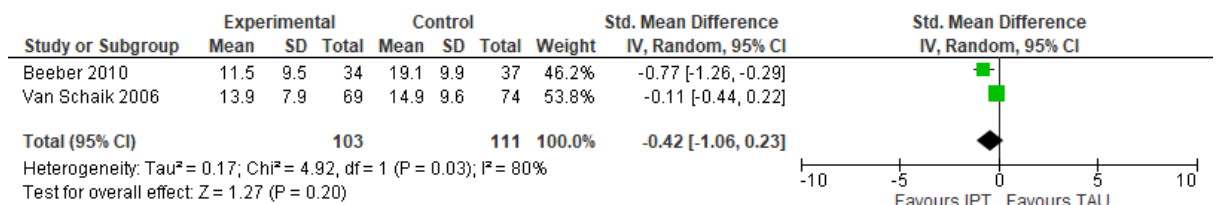
9 **Figure 171: Discontinuation (any reason)**



10

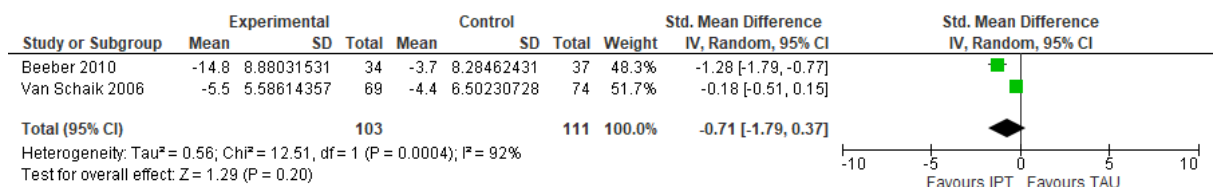
11 **Less severe: IPT versus TAU**

12 **Figure 172: Depression symptomatology endpoint**



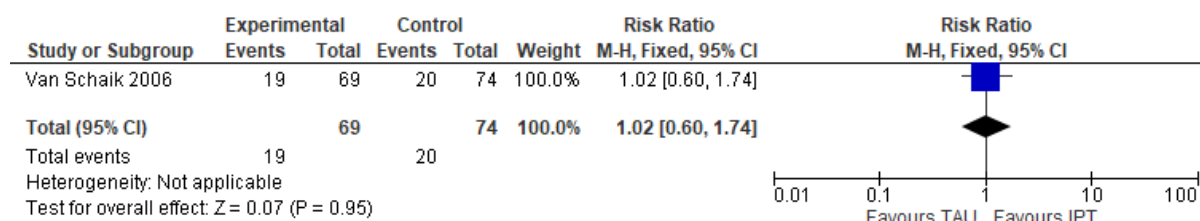
13

14 **Figure 173: Depression symptomatology change score**



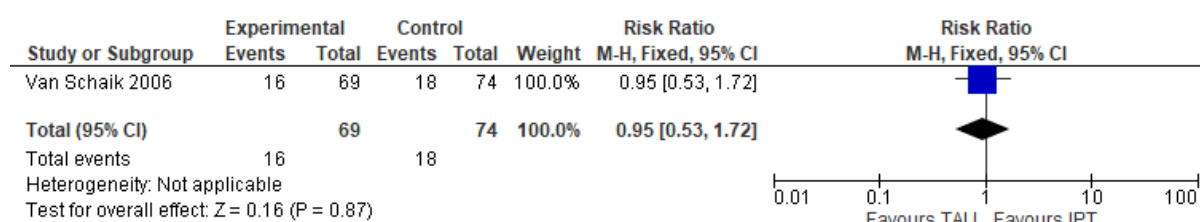
15

1 **Figure 174: Remission (ITT)**



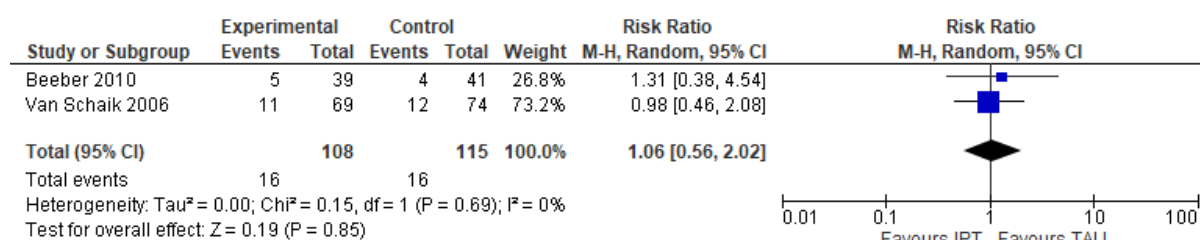
2

3 **Figure 175: Response (ITT)**



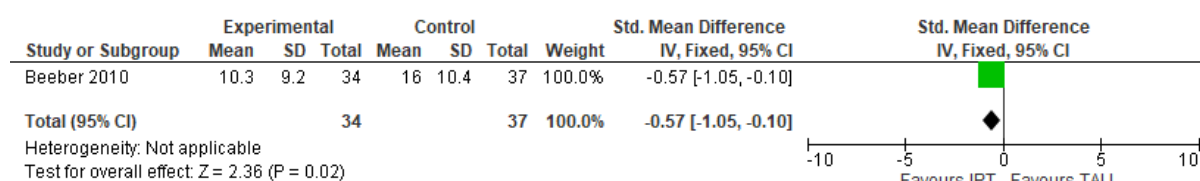
4

5 **Figure 176: Discontinuation (any reason)**



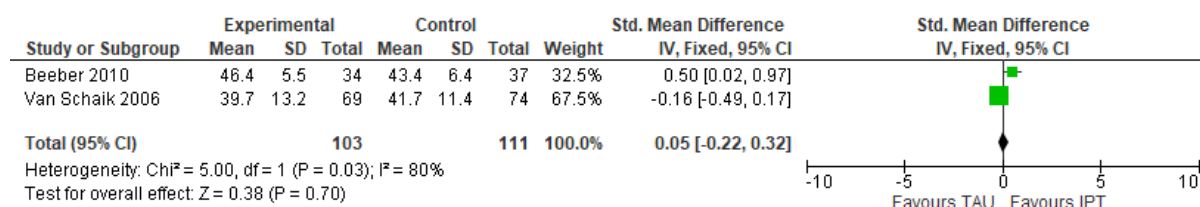
6

7 **Figure 177: Depression symptomatology at 1-month follow-up**



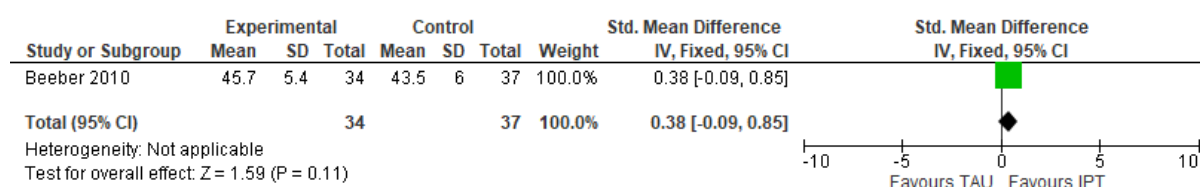
8

9 **Figure 178: Quality of life physical health component endpoint**



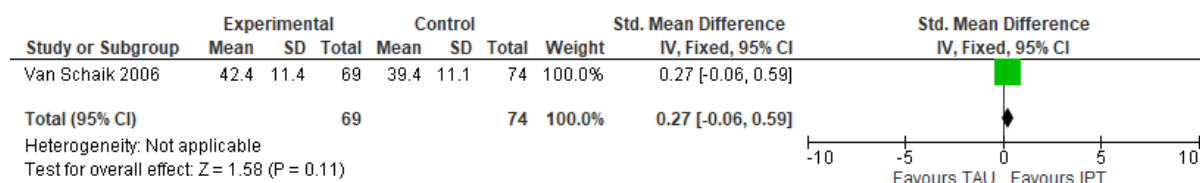
10

11 **Figure 179: Quality of life physical health component at 1-month follow-up**



12

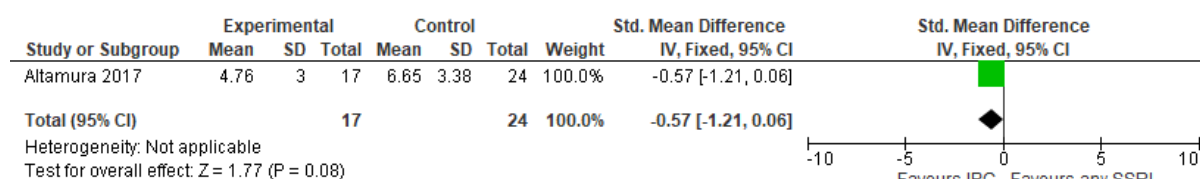
1 **Figure 180: Quality of life mental health component endpoint**



2

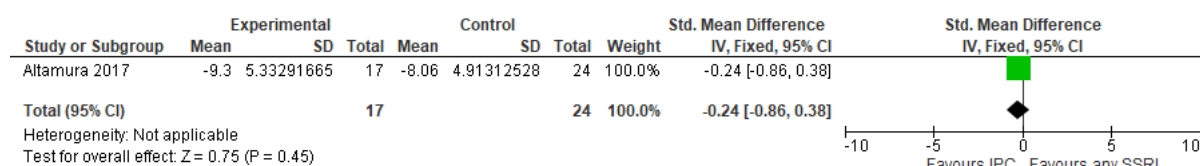
3 **Less severe: Interpersonal counselling individual versus any SSRI**

4 **Figure 181: Depression symptomatology at endpoint**



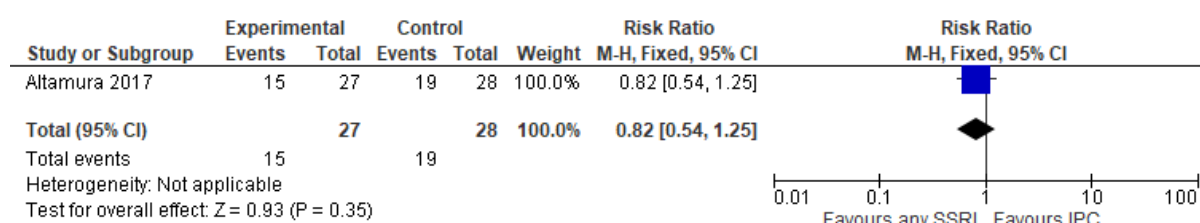
5

6 **Figure 182: Depression symptomatology change score**



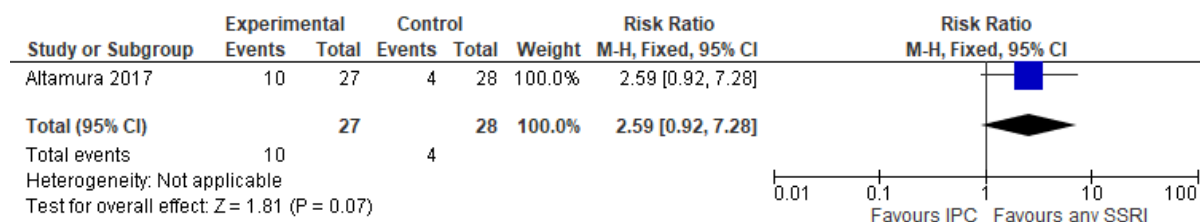
7

8 **Figure 183: Remission (ITT)**



9

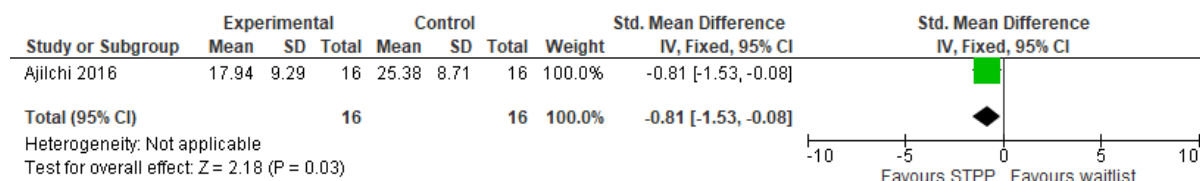
10 **Figure 184: Discontinuation (any reason)**



11

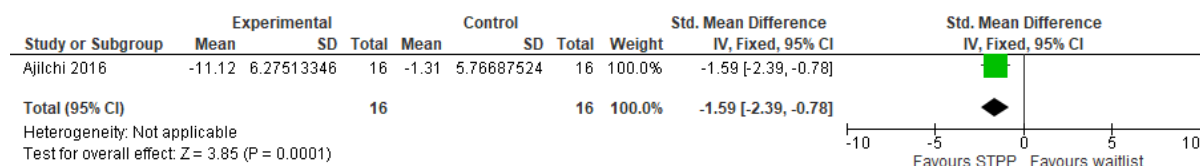
1 **Less severe: Short-term psychodynamic psychotherapy individual versus waitlist**

2 **Figure 185: Depression symptomatology at endpoint**



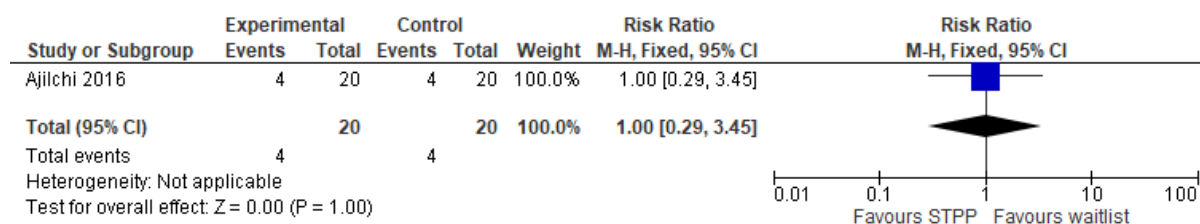
3

4 **Figure 186: Depression symptomatology change score**



5

6 **Figure 187: Discontinuation (any reason)**

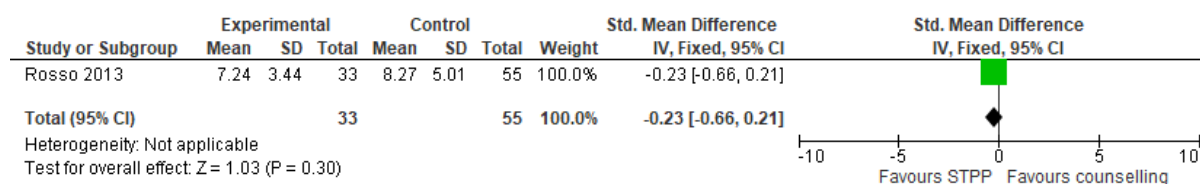


7

8

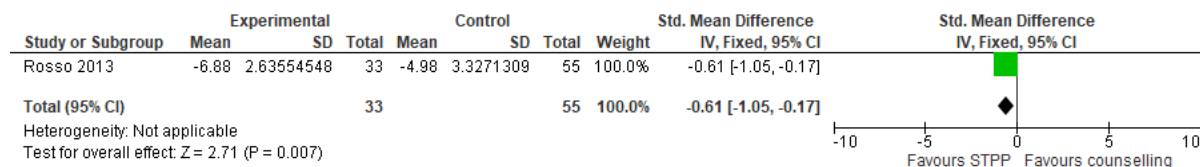
9 **Less severe: Short-term psychodynamic psychotherapy individual versus**  
10 **counselling**

11 **Figure 188: Depression symptomatology endpoint**



12

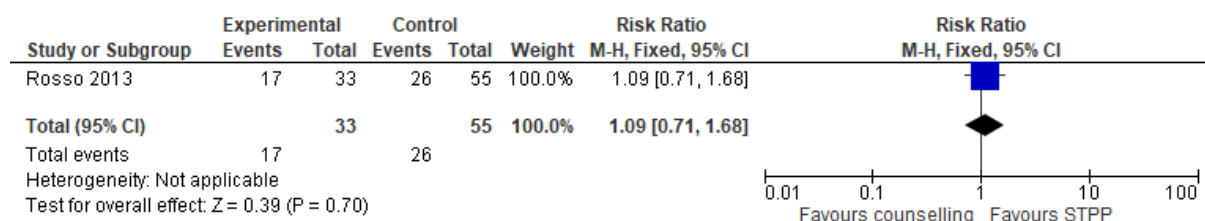
13 **Figure 189: Depression symptomatology change score**



14

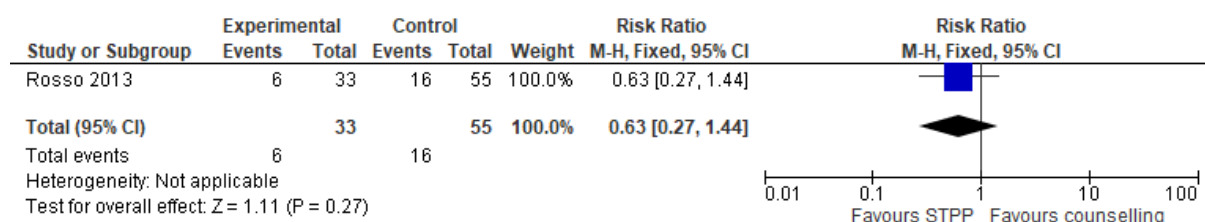


1 **Figure 190: Remission (ITT)**



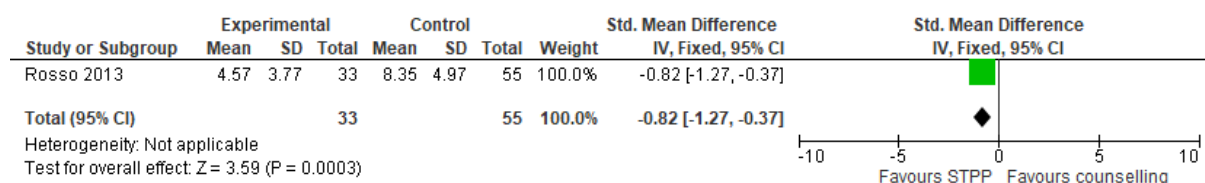
2

3 **Figure 191: Discontinuation (any reason)**



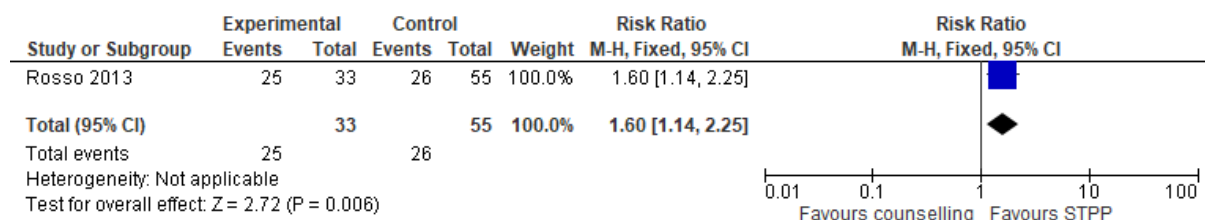
4

5 **Figure 192: Depression symptomatology at 6-month follow-up**



6

7 **Figure 193: Remission at 6-month follow-up (ITT)**

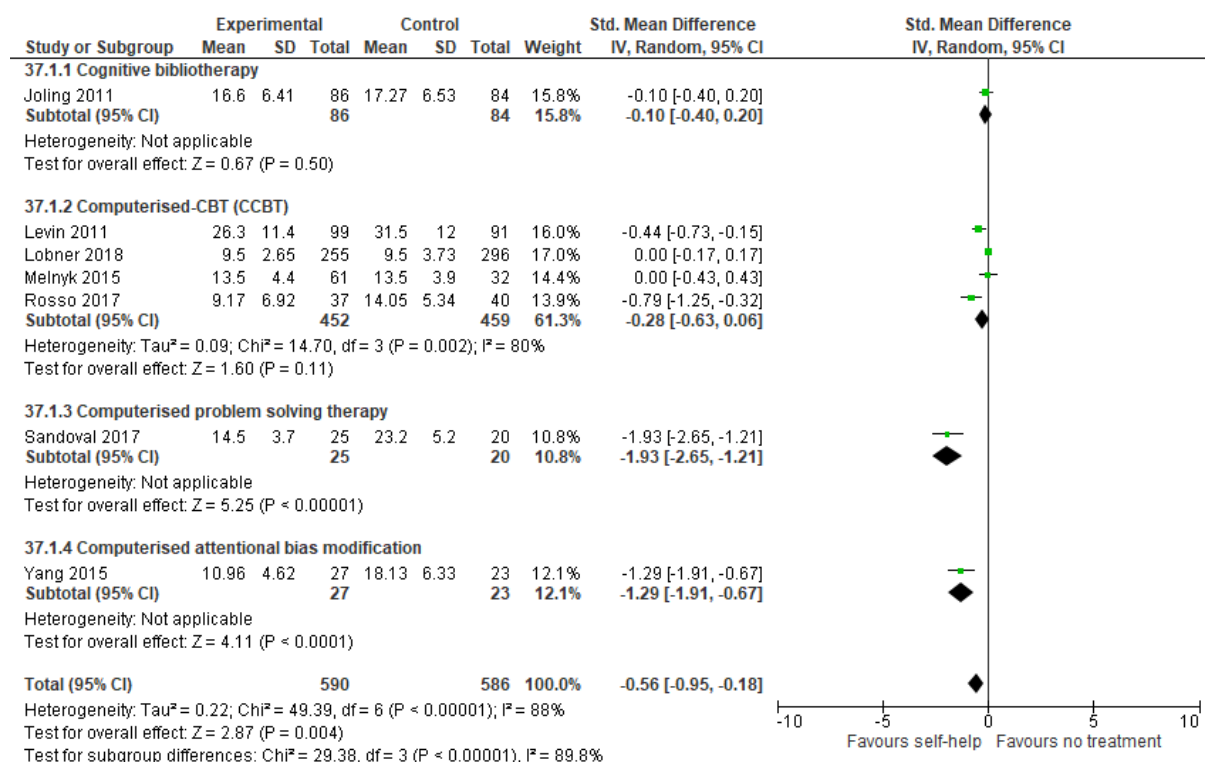


8

9

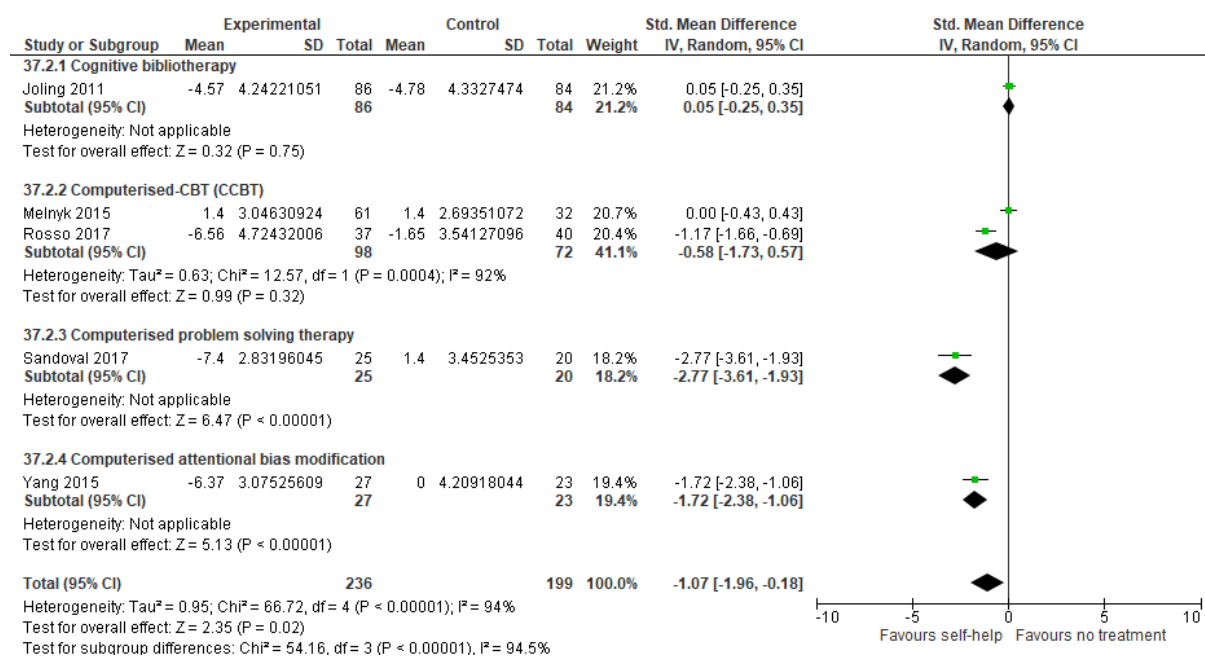
## 1 Less severe: Self-help versus no treatment

### 2 Figure 194: Depression symptomatology endpoint



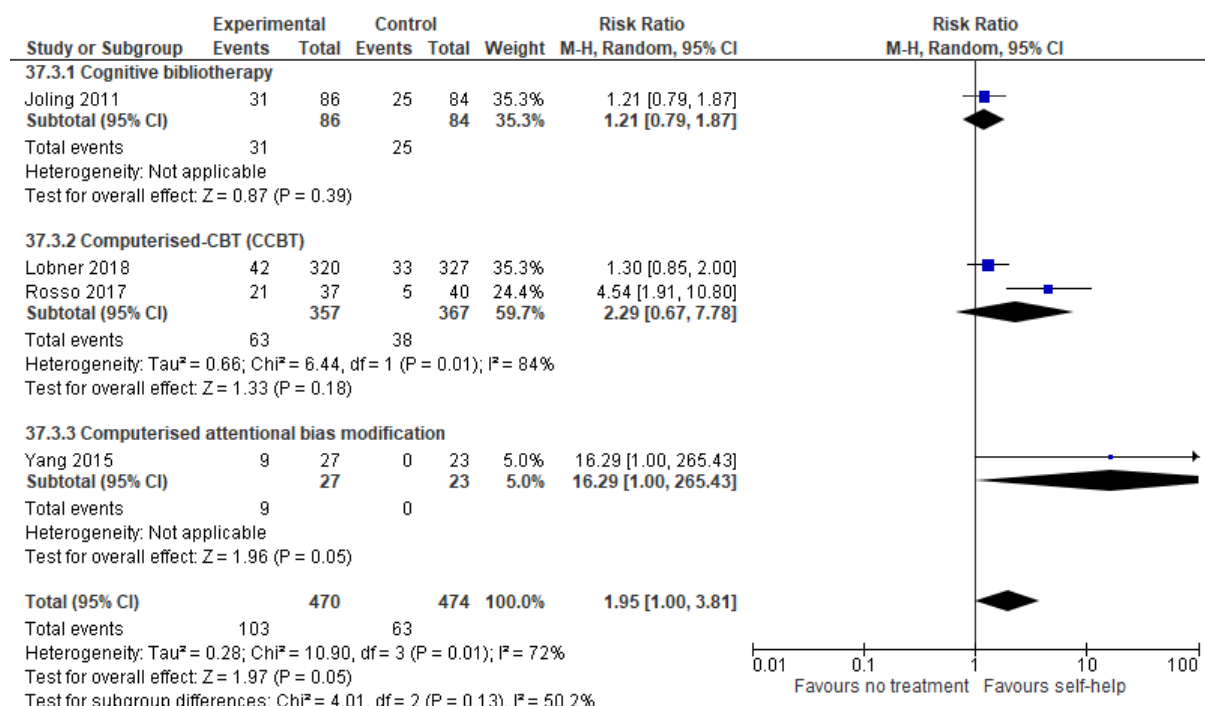
3 Test for subgroup differences: Chi<sup>2</sup> = 29.38, df = 3 (P < 0.00001), I<sup>2</sup> = 89.8%

### 4 Figure 195: Depression symptomatology change score



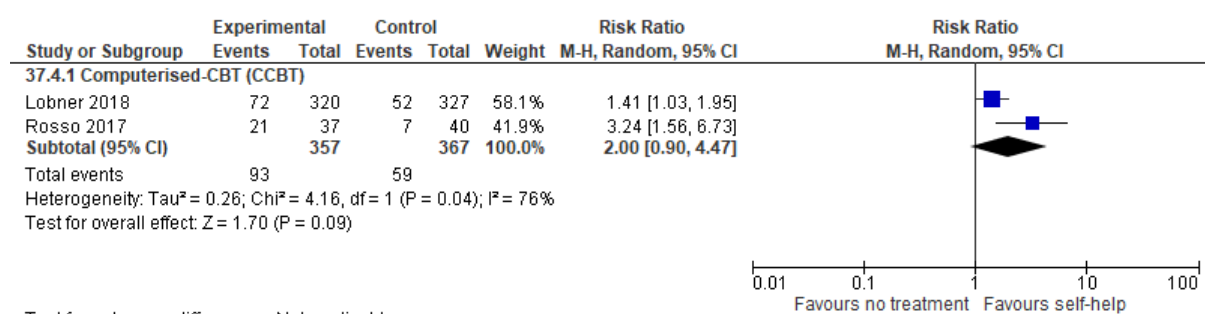
5 Test for subgroup differences: Chi<sup>2</sup> = 54.16, df = 3 (P < 0.00001), I<sup>2</sup> = 94.5%

1 **Figure 196: Remission (ITT)**



2

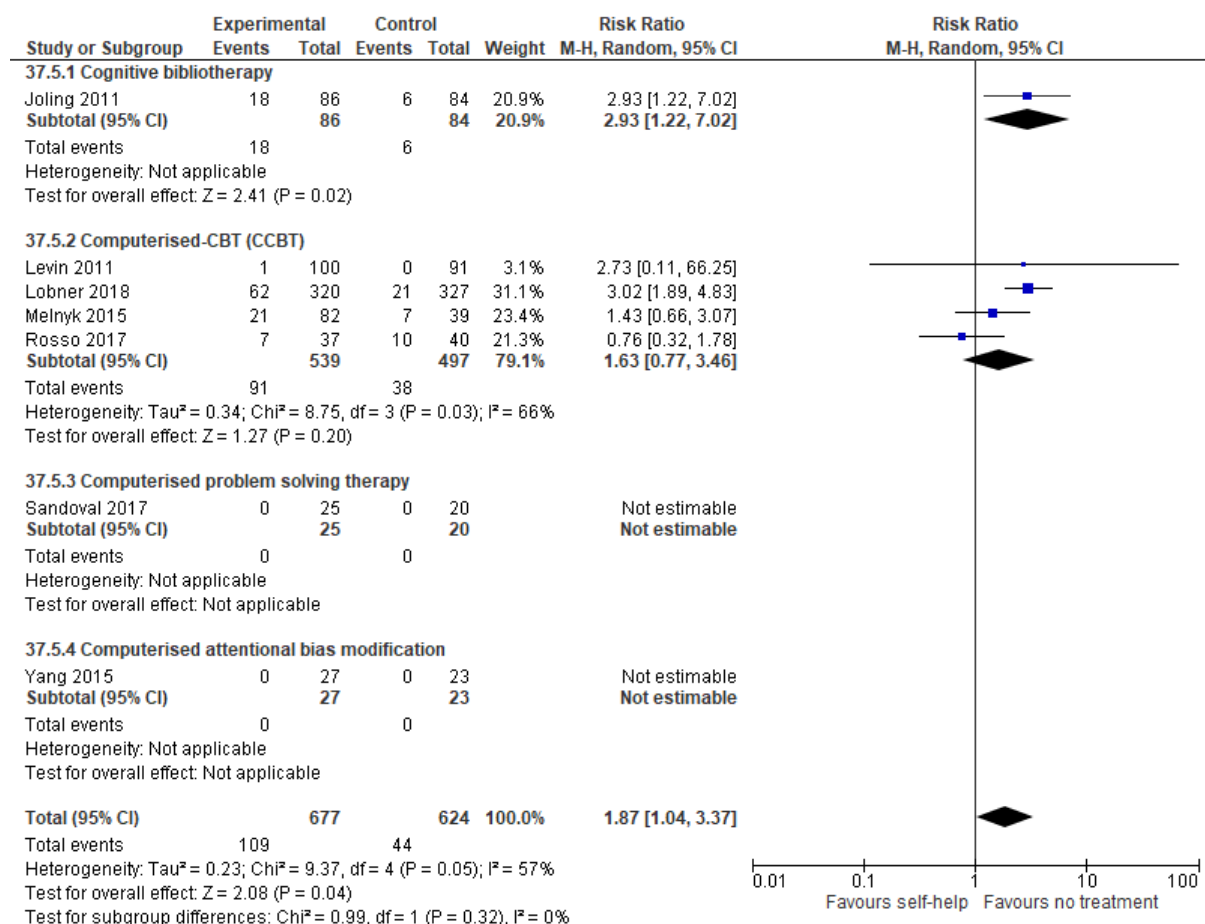
3 **Figure 197: Response (ITT)**



4

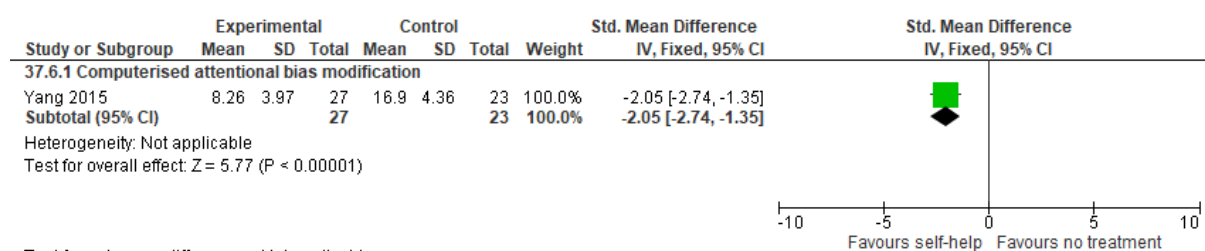
Test for subgroup differences: Not applicable

1 **Figure 198: Discontinuation (any reason)**



2

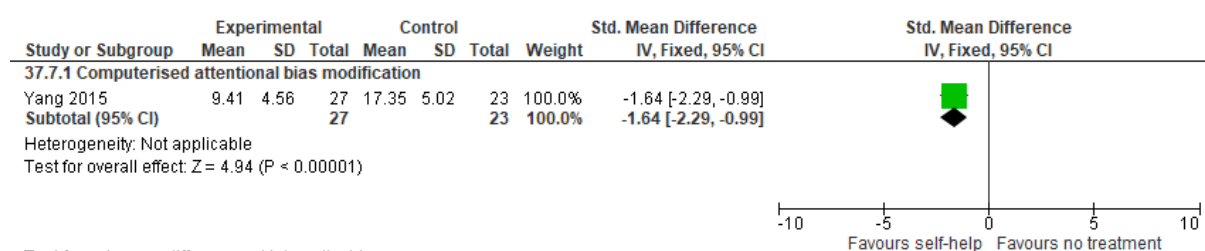
3 **Figure 199: Depression symptomatology at 1-month follow-up**



4

Test for subgroup differences: Not applicable

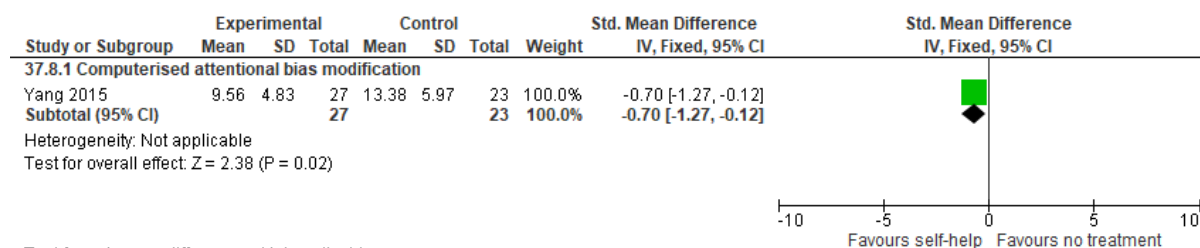
5 **Figure 200: Depression symptomatology at 2-month follow-up**



6

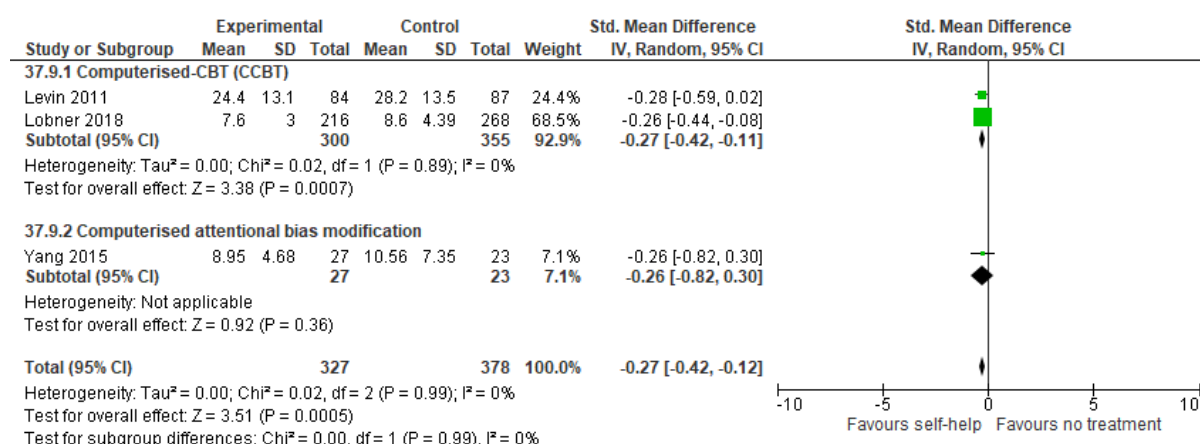
Test for subgroup differences: Not applicable

1 **Figure 201: Depression symptomatology at 3-month follow-up**



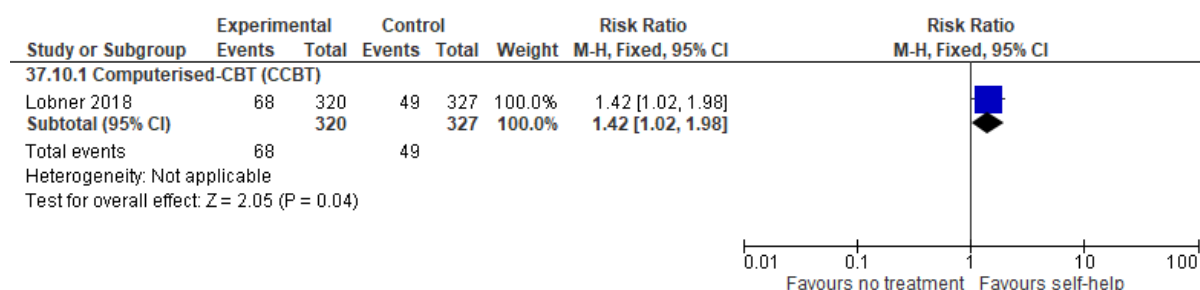
2 Test for subgroup differences: Not applicable

3 **Figure 202: Depression symptomatology at 5-7 month follow-up**



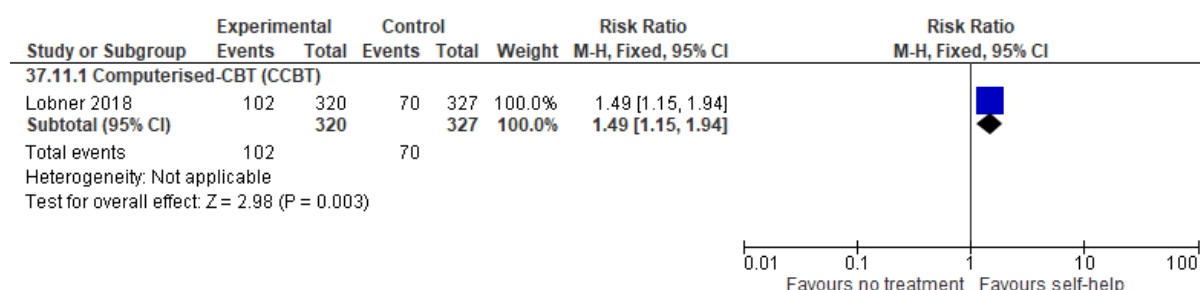
4 Test for subgroup differences: Chi<sup>2</sup> = 0.00, df = 1 (P = 0.99), I<sup>2</sup> = 0%

5 **Figure 203: Remission at 5-month follow-up (ITT)**



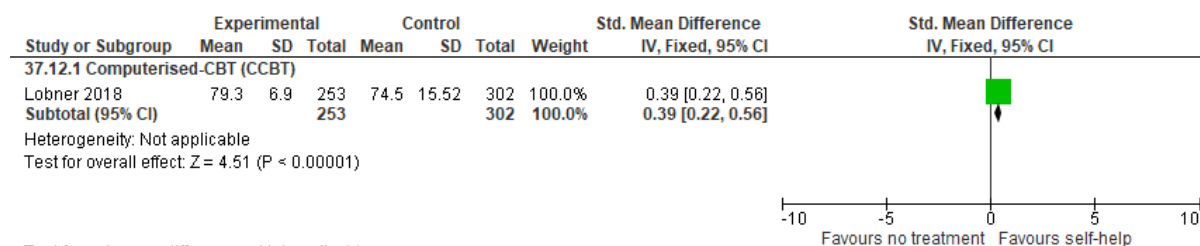
6 Test for subgroup differences: Not applicable

7 **Figure 204: Response at 5-month follow-up (ITT)**



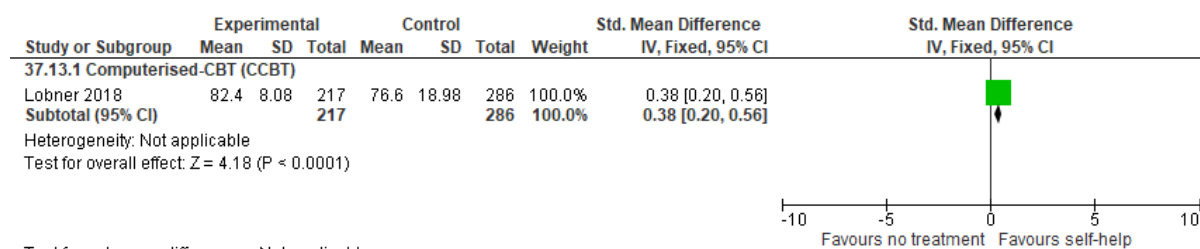
8 Test for subgroup differences: Not applicable

1 **Figure 205: Quality of life endpoint**



2 Test for subgroup differences: Not applicable

3 **Figure 206: Quality of life at 5-month follow-up**

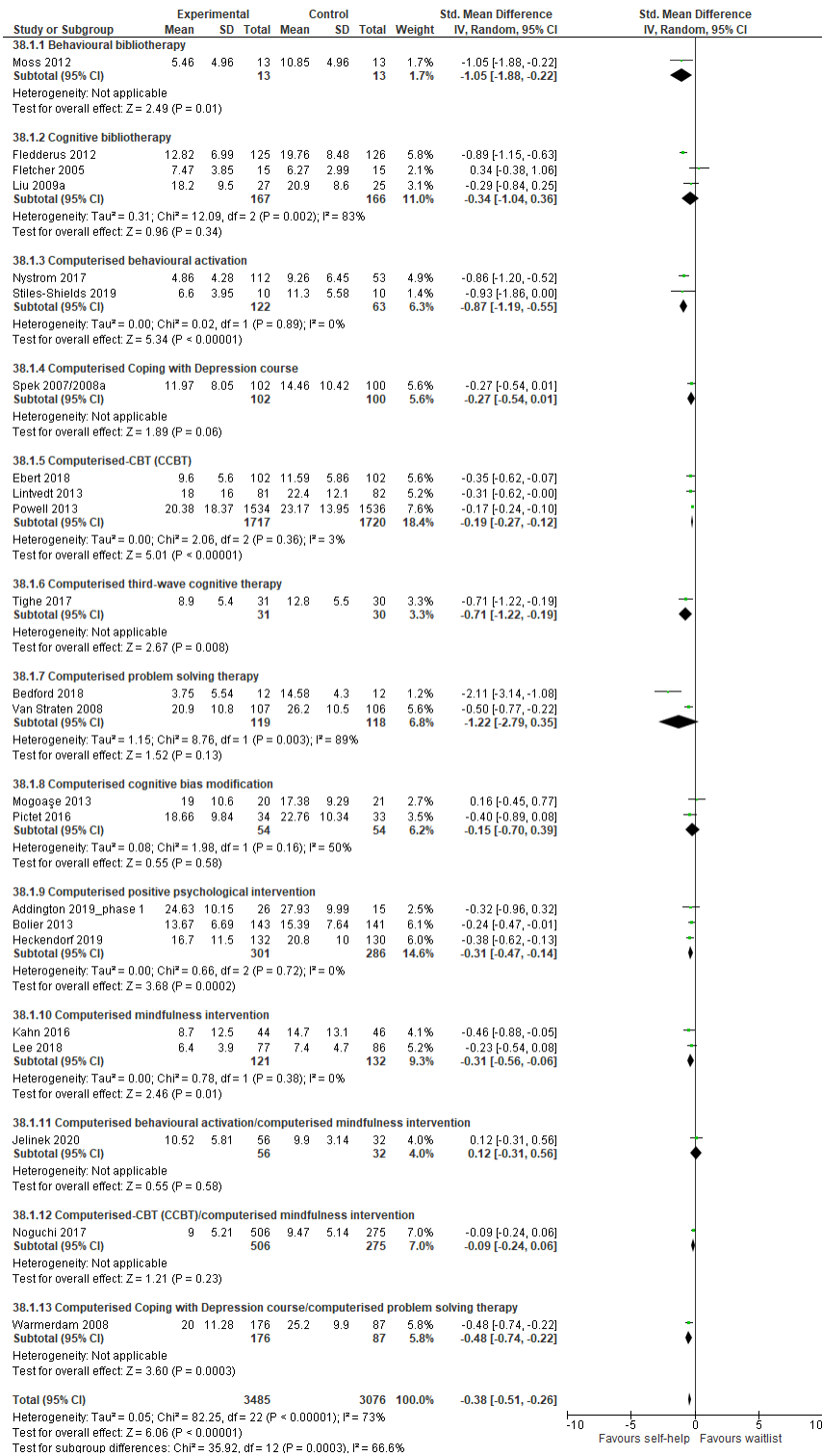


4 Test for subgroup differences: Not applicable

5

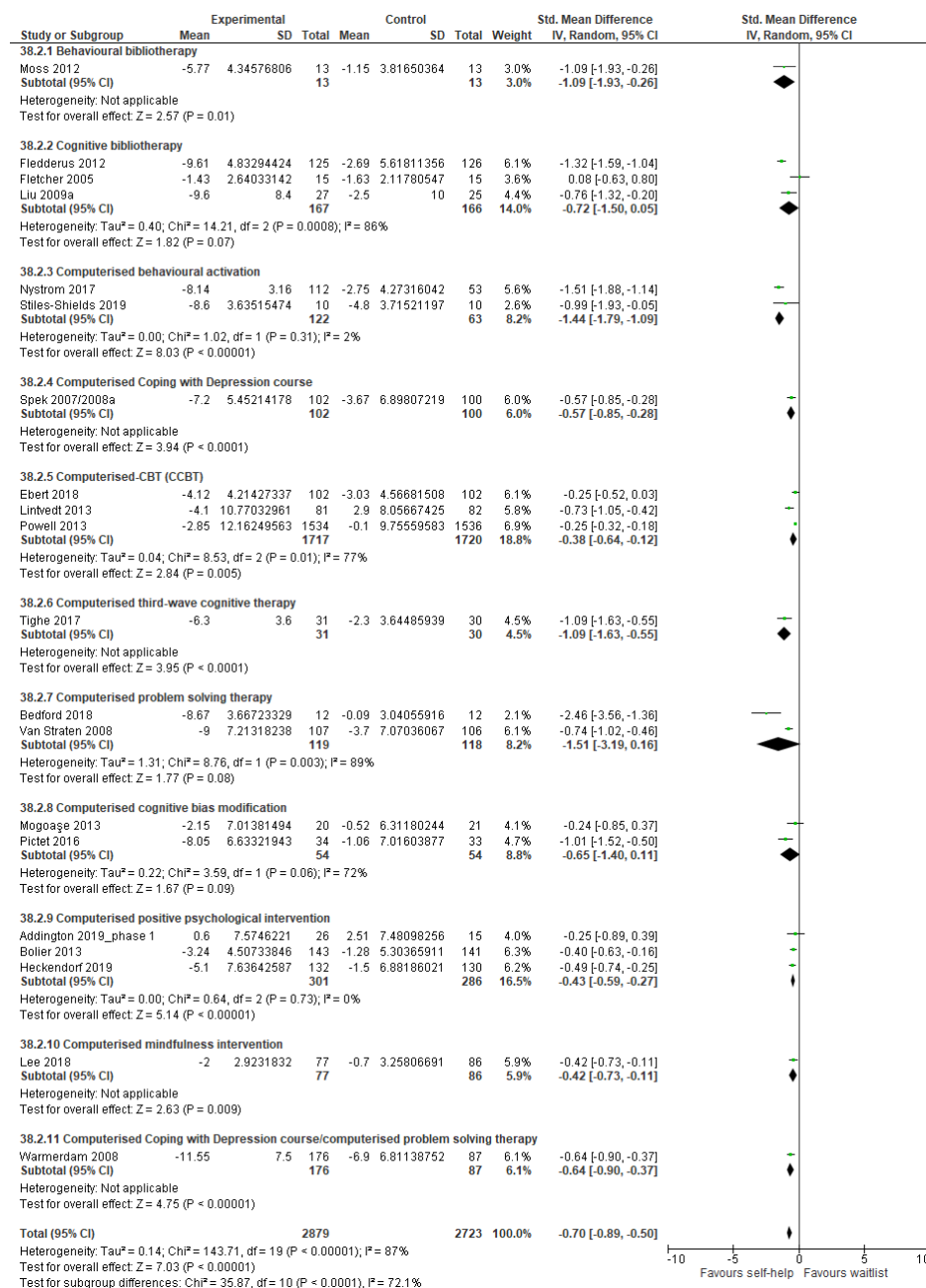
## 1 Less severe: Self-help versus waitlist

### 2 Figure 207: Depression symptomatology endpoint



3  
4

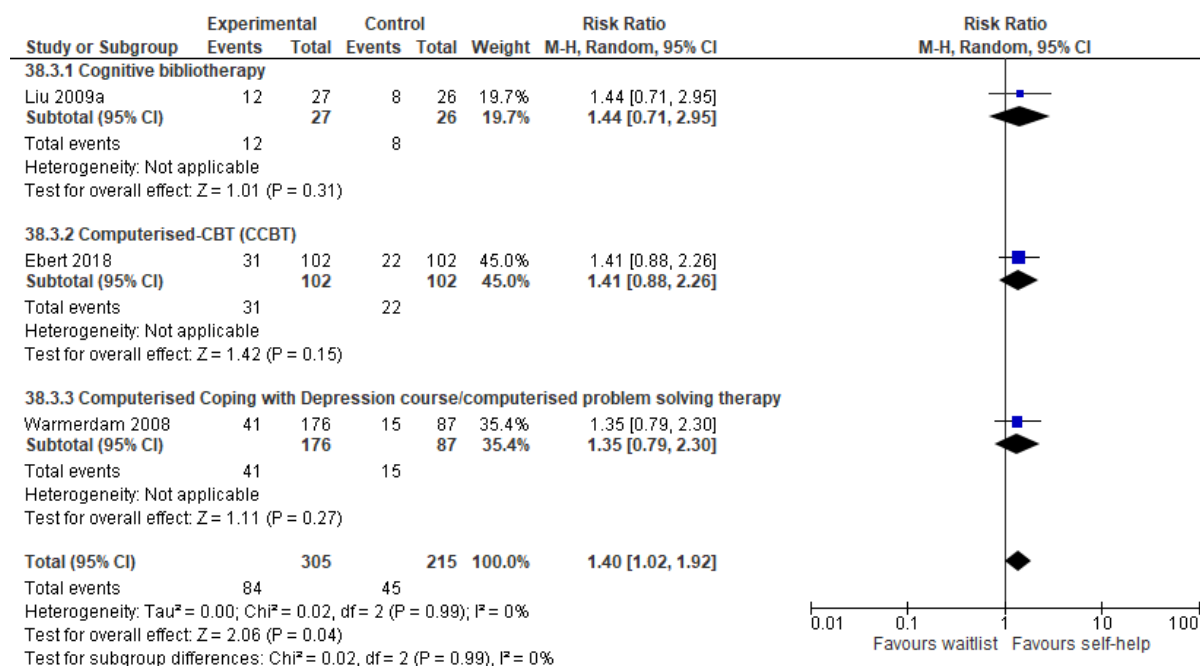
1 **Figure 208: Depression symptomatology change score**



2  
3

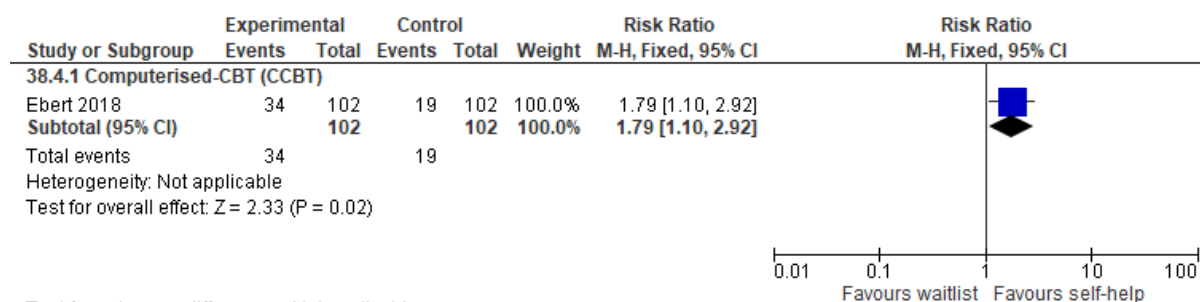


1 **Figure 209: Remission (ITT)**



2

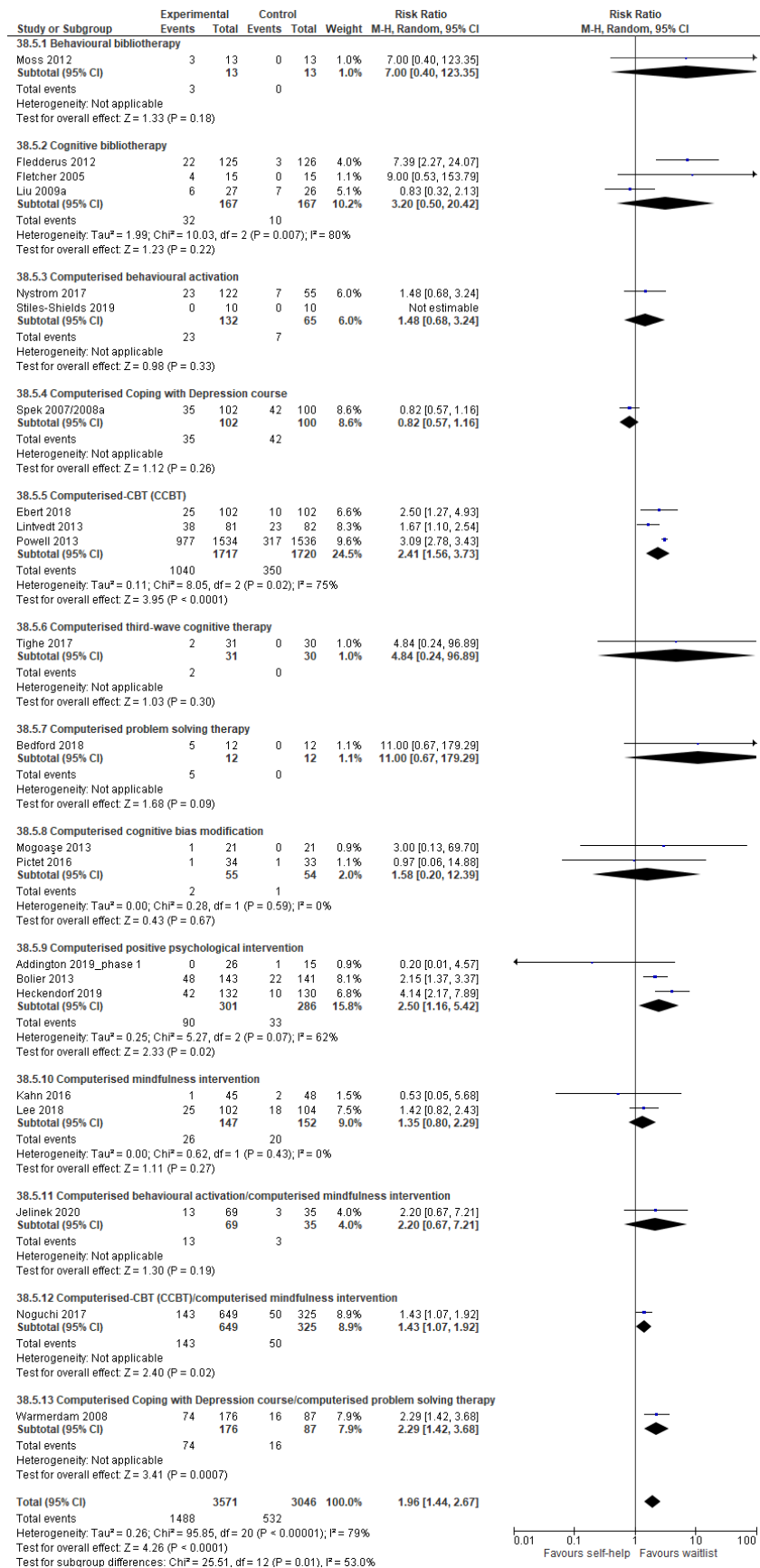
3 **Figure 210: Response (ITT)**



4

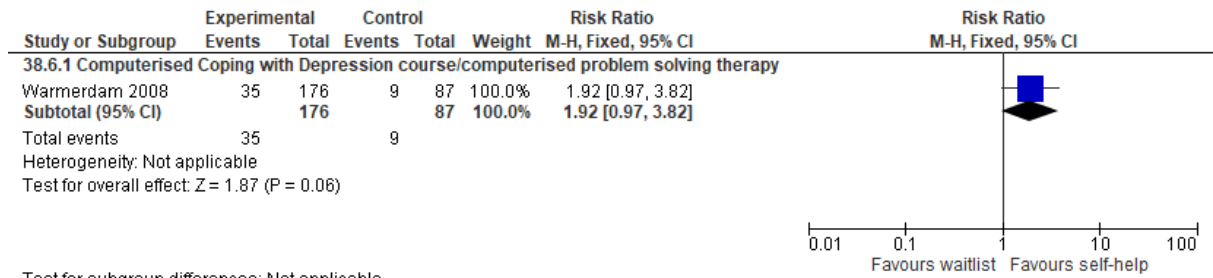
Test for subgroup differences: Not applicable

1 **Figure 211: Discontinuation (any reason)**



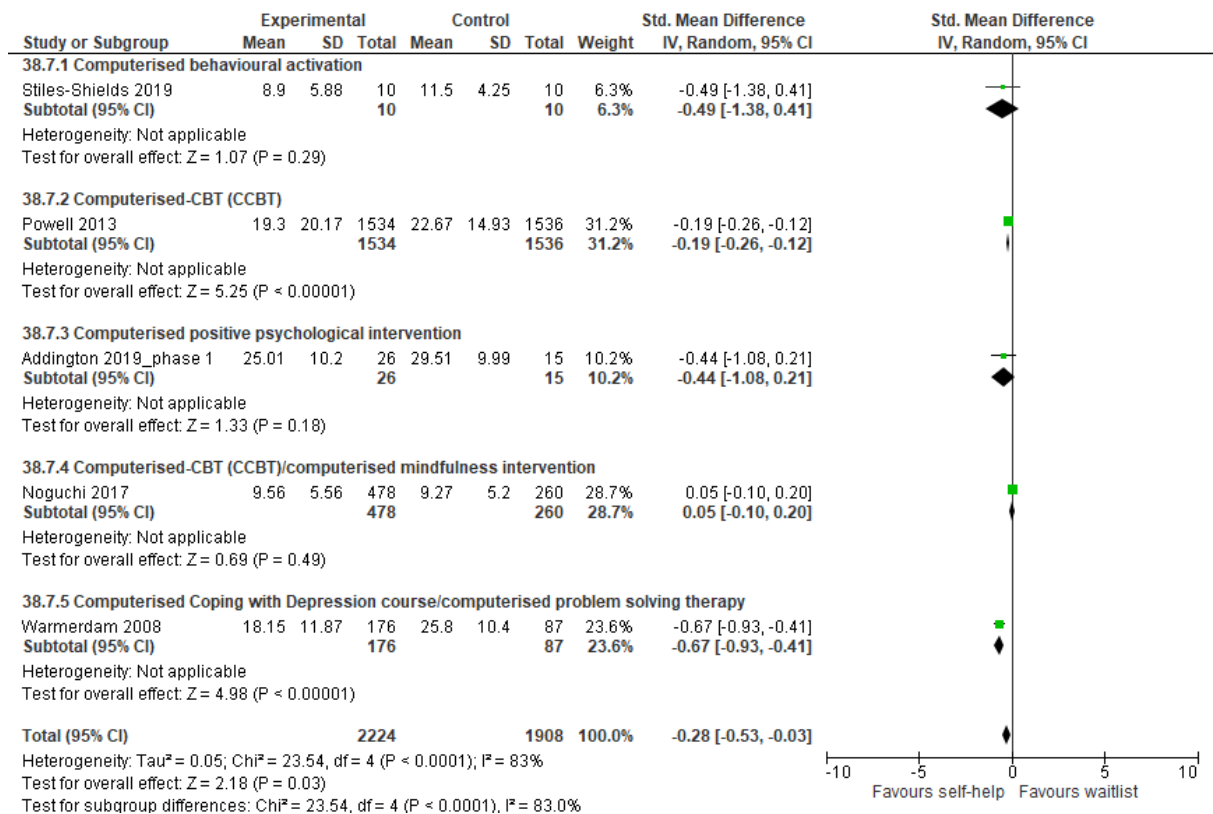
2  
3

1 **Figure 212: Remission at 1-month follow-up (ITT)**



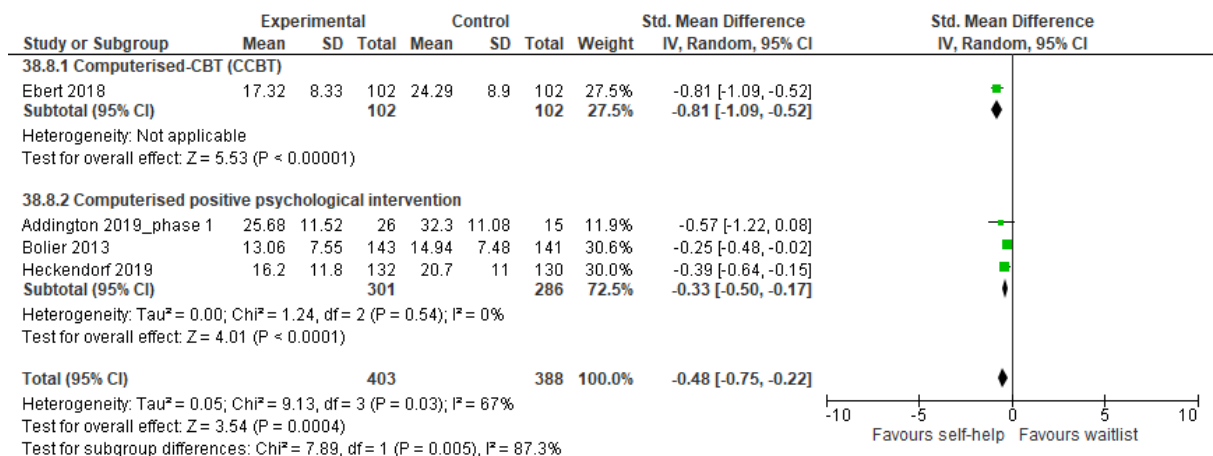
2 Test for subgroup differences: Not applicable

3 **Figure 213: Depression symptomatology at 1-month follow-up**



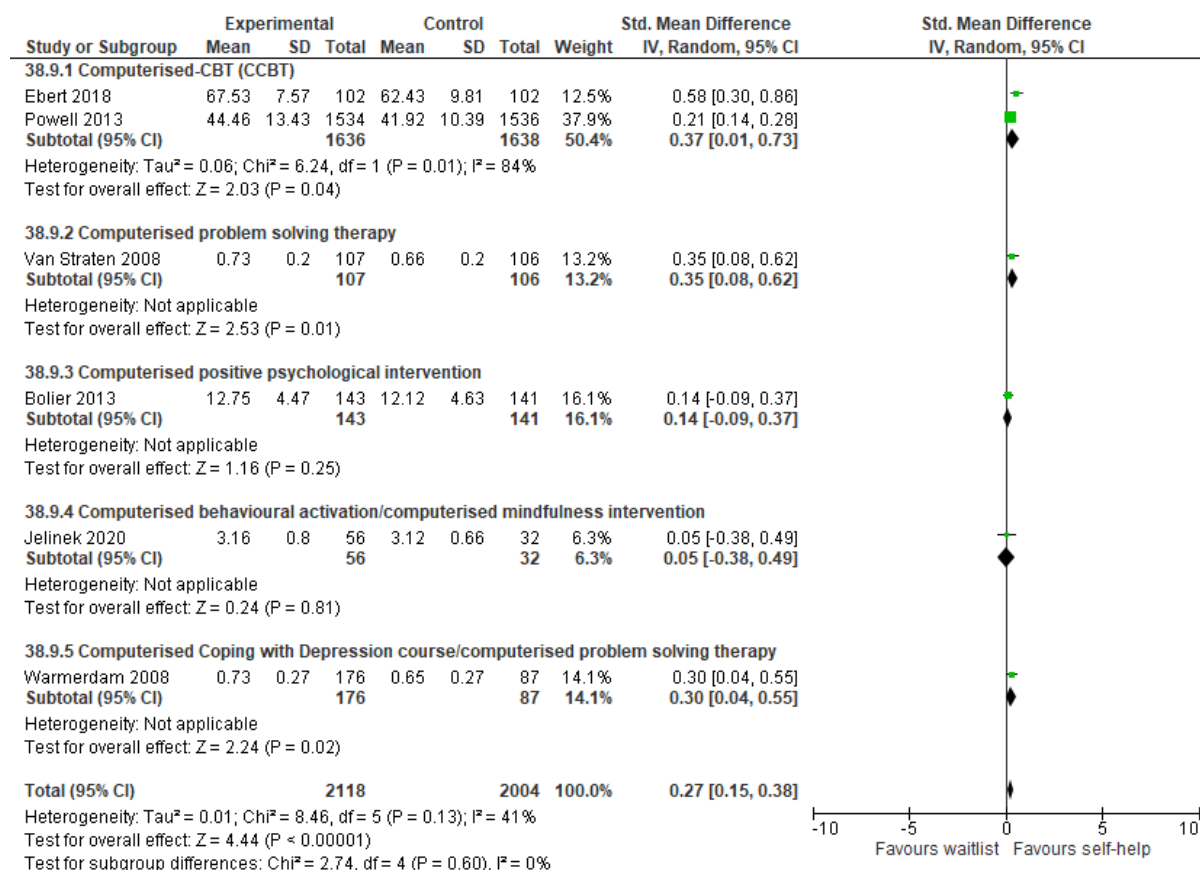
4 Test for subgroup differences: Chi<sup>2</sup> = 23.54, df = 4 (P < 0.0001), I<sup>2</sup> = 83.0%

5 **Figure 214: Depression symptomatology at 3-4 month follow-up**

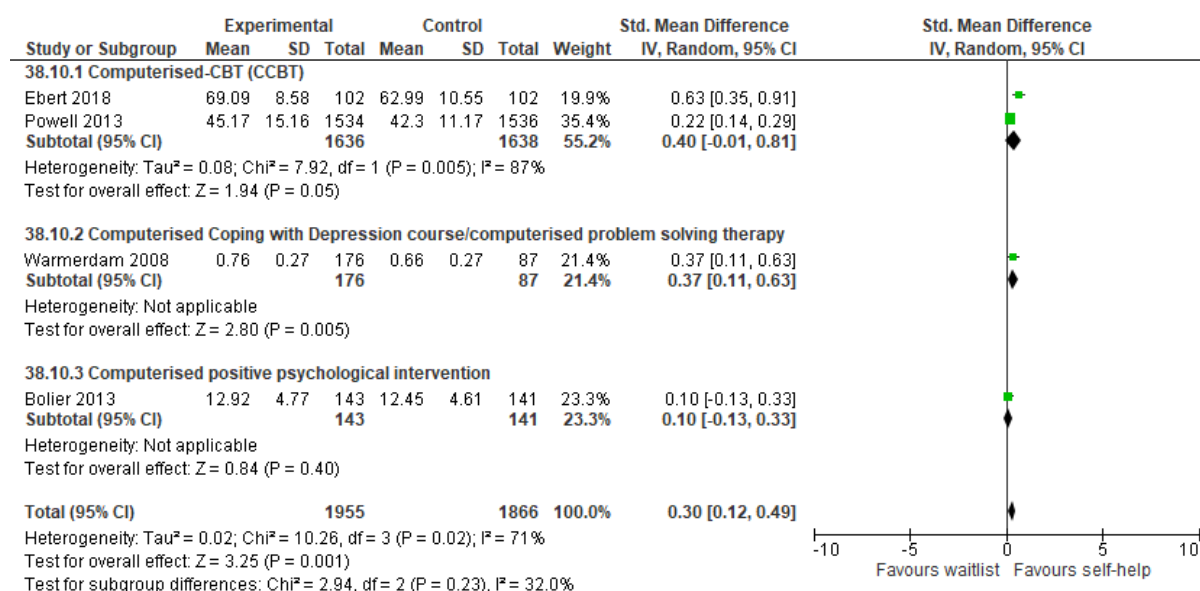


6 Test for subgroup differences: Chi<sup>2</sup> = 7.89, df = 1 (P = 0.005), I<sup>2</sup> = 87.3%

1 **Figure 215: Quality of life endpoint**

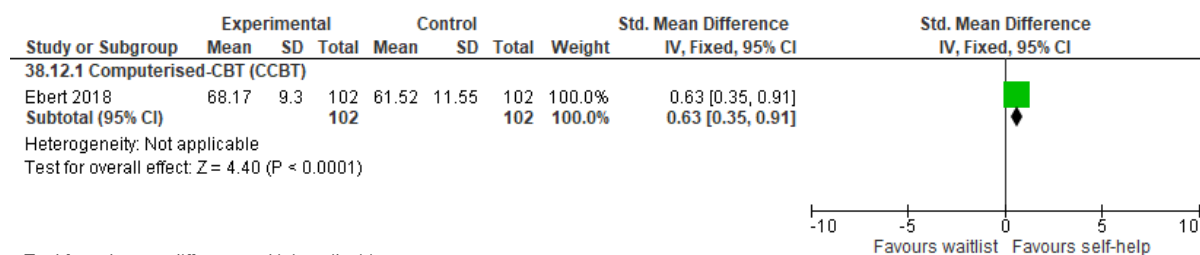


3 **Figure 216: Quality of life at 1-4 month follow-up**



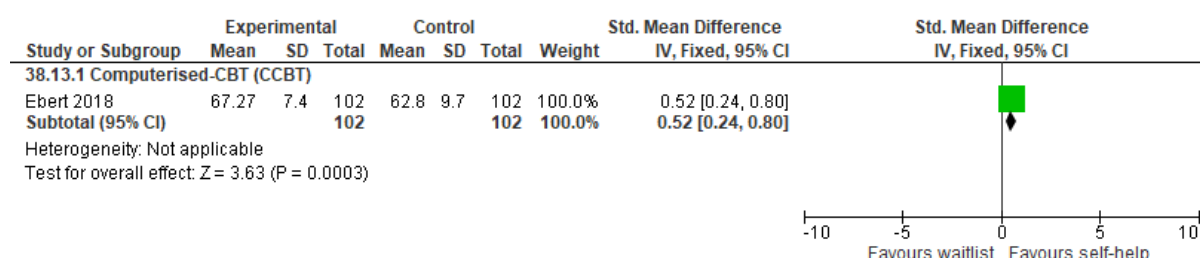
4

1 **Figure 217: Quality of life physical health component endpoint**



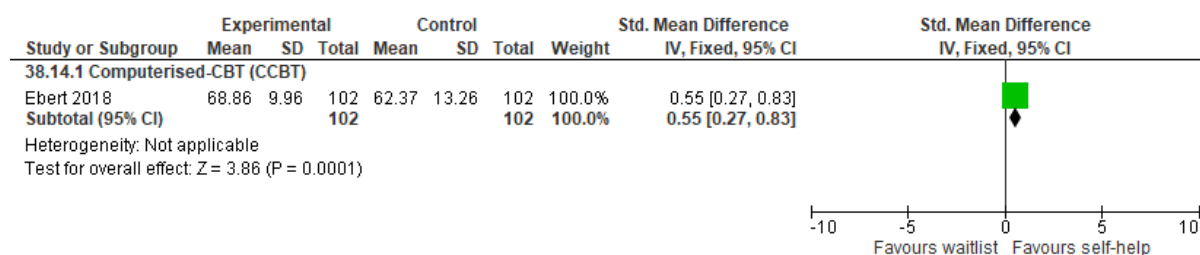
2 Test for subgroup differences: Not applicable

3 **Figure 218: Quality of life mental health component endpoint**



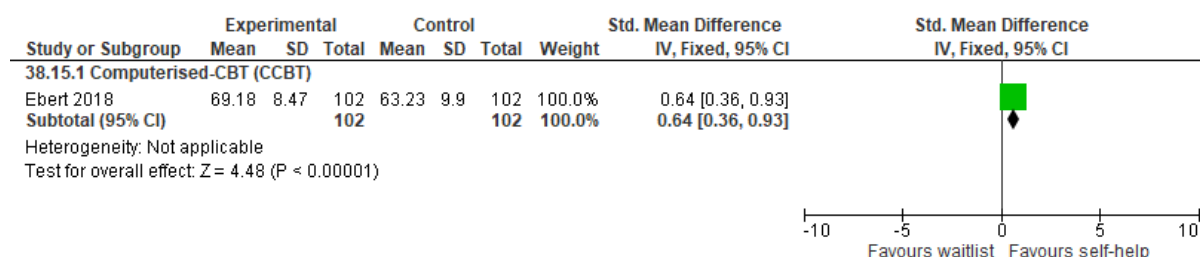
4 Test for subgroup differences: Not applicable

5 **Figure 219: Quality of life physical health component at 3-month follow-up**



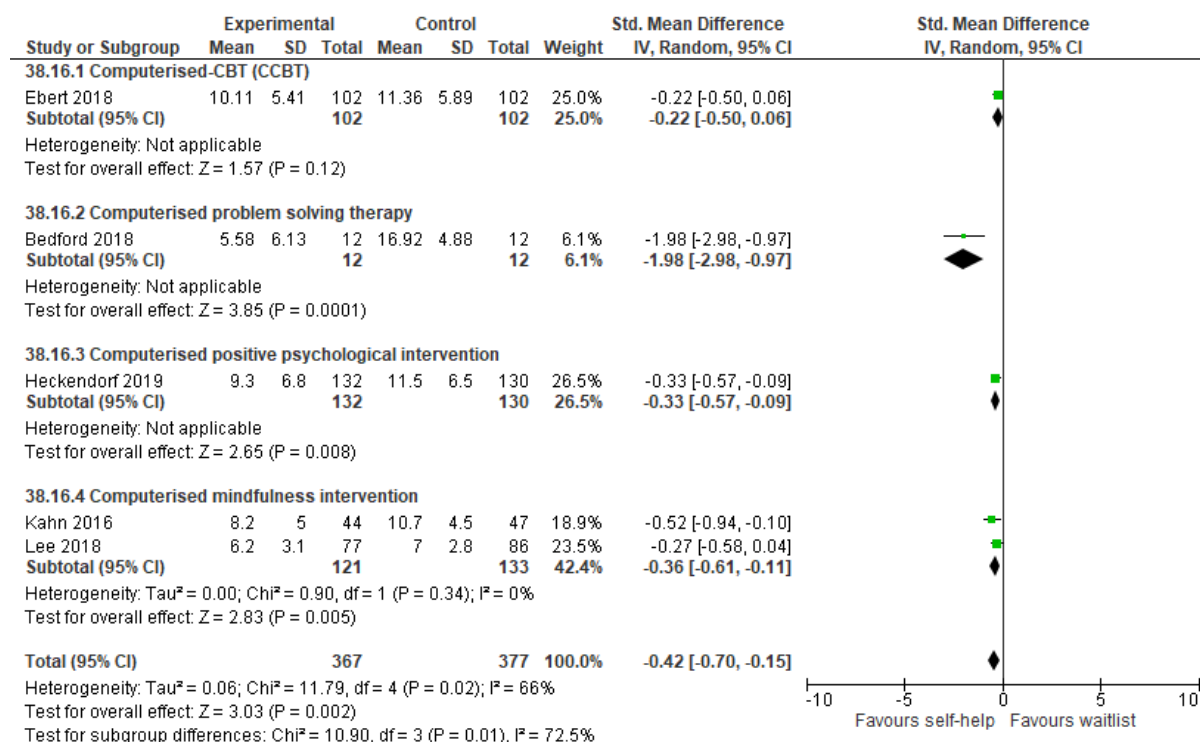
6 Test for subgroup differences: Not applicable

7 **Figure 220: Quality of life mental health component at 3-month follow-up**



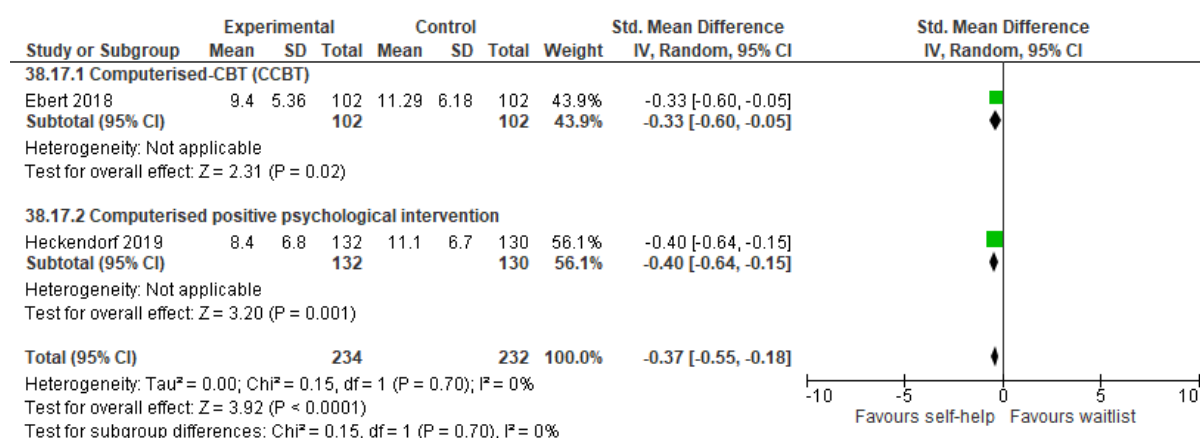
8 Test for subgroup differences: Not applicable

1 **Figure 221: Sleeping difficulties endpoint**



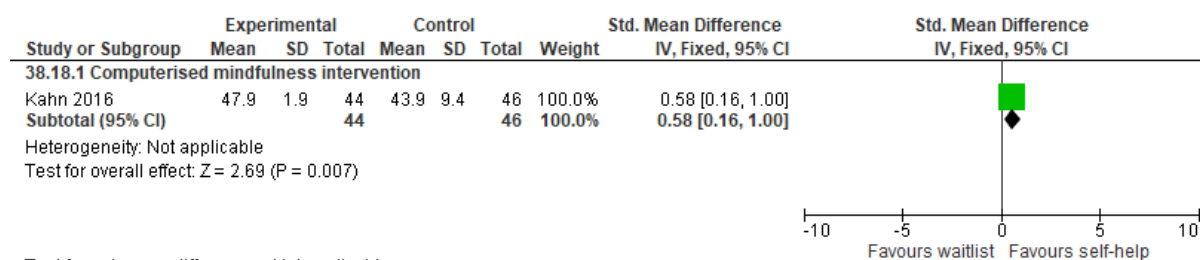
2

3 **Figure 222: Sleeping difficulties at 3-month follow-up**



4

5 **Figure 223: Interpersonal functioning endpoint**



6

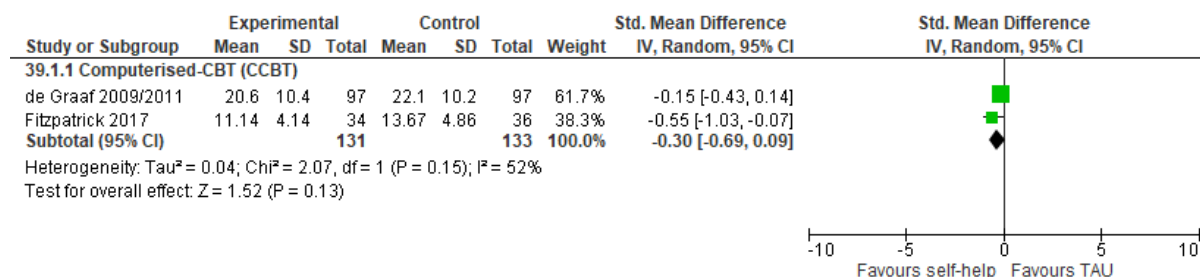
7

8

Test for subgroup differences: Not applicable

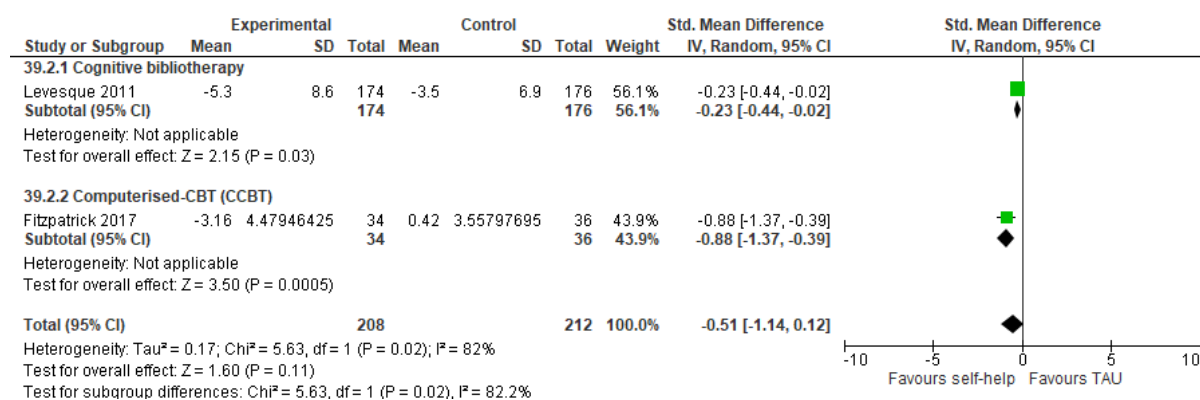
## 1 Less severe: Self-help versus TAU

### 2 Figure 224: Depression symptomatology endpoint



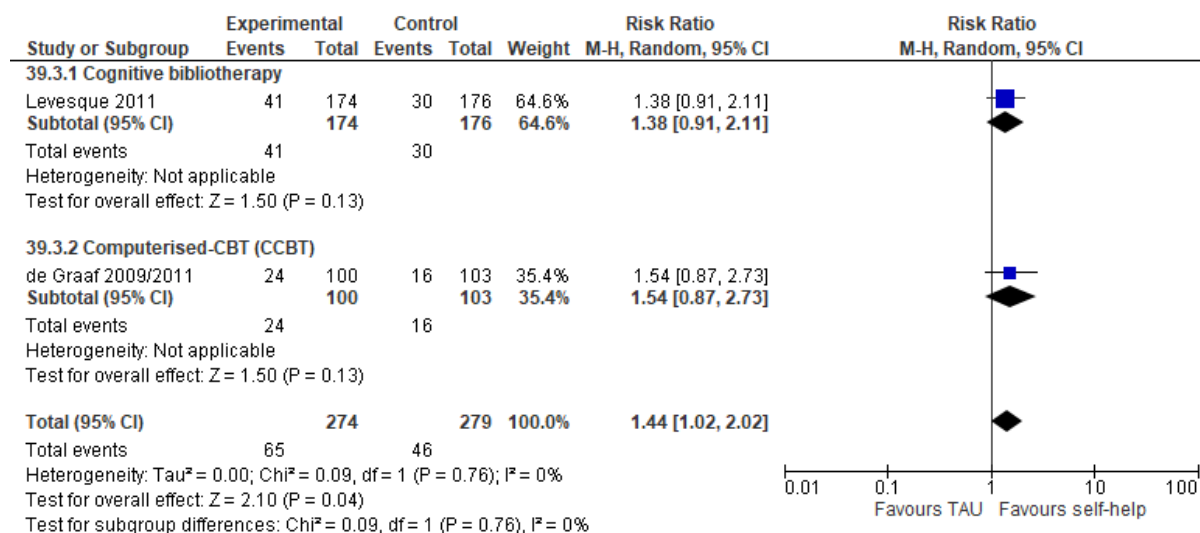
3 Test for subgroup differences: Not applicable

### 4 Figure 225: Depression symptomatology change score



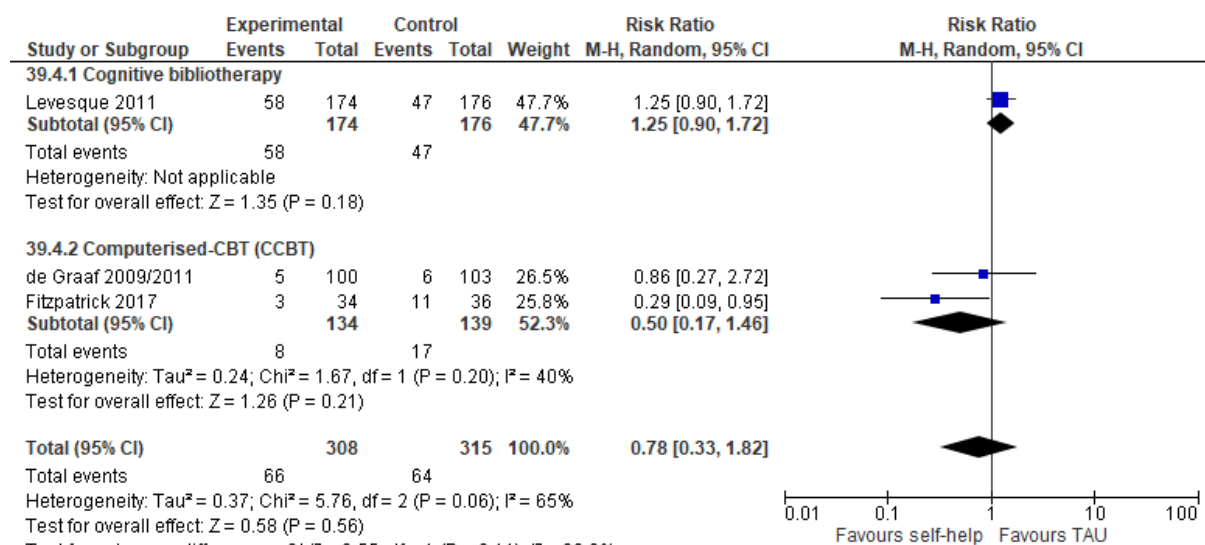
5 Test for subgroup differences: Chi<sup>2</sup> = 5.63, df = 1 (P = 0.02), I<sup>2</sup> = 82.2%

### 6 Figure 226: Remission (ITT)



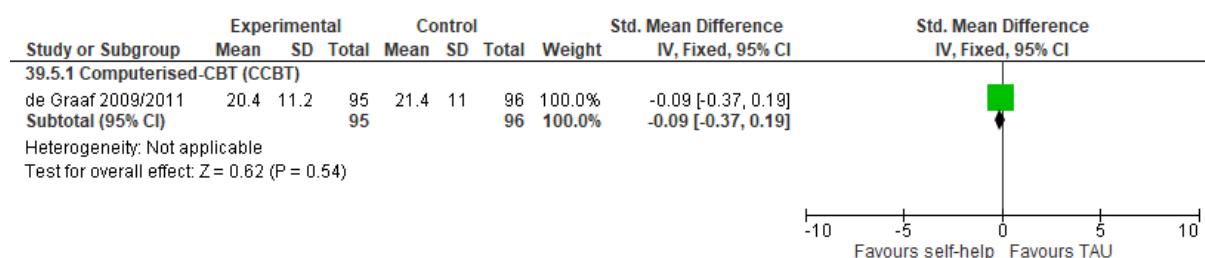
7 Test for subgroup differences: Chi<sup>2</sup> = 0.09, df = 1 (P = 0.76), I<sup>2</sup> = 0%

1 **Figure 227: Discontinuation (any reason)**



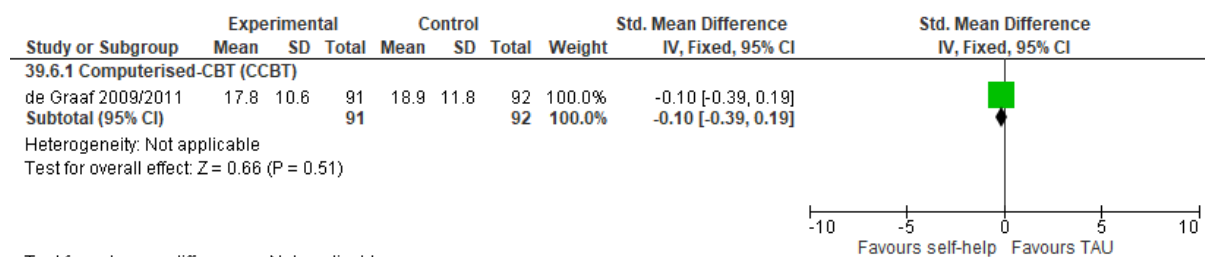
2 Test for subgroup differences: Chi<sup>2</sup> = 2.55, df = 1 (P = 0.11), I<sup>2</sup> = 60.8%

3 **Figure 228: Depression symptomatology at 1-month follow-up**



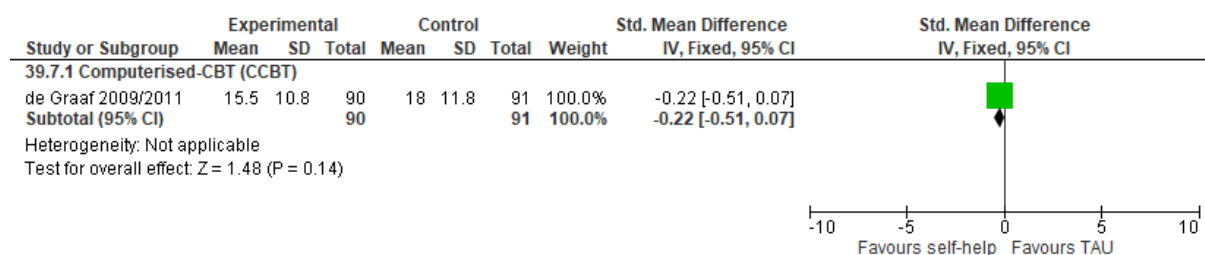
4 Test for subgroup differences: Not applicable

5 **Figure 229: Depression symptomatology at 4-month follow-up**



6 Test for subgroup differences: Not applicable

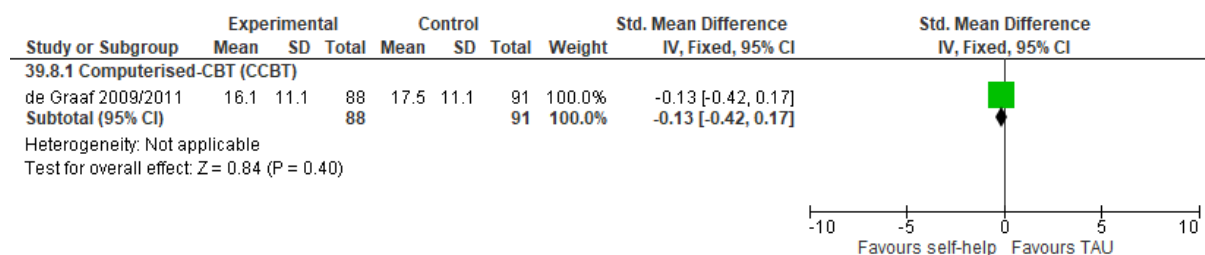
7 **Figure 230: Depression symptomatology at 7-month follow-up**



8 Test for subgroup differences: Not applicable

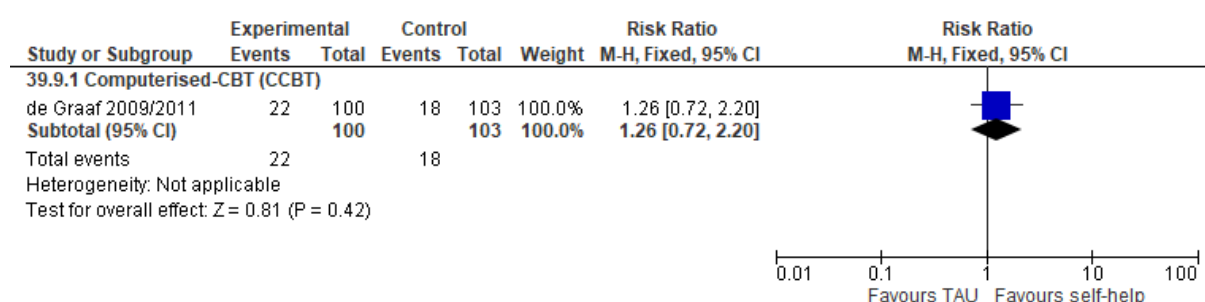


1 **Figure 231: Depression symptomatology at 10-month follow-up**



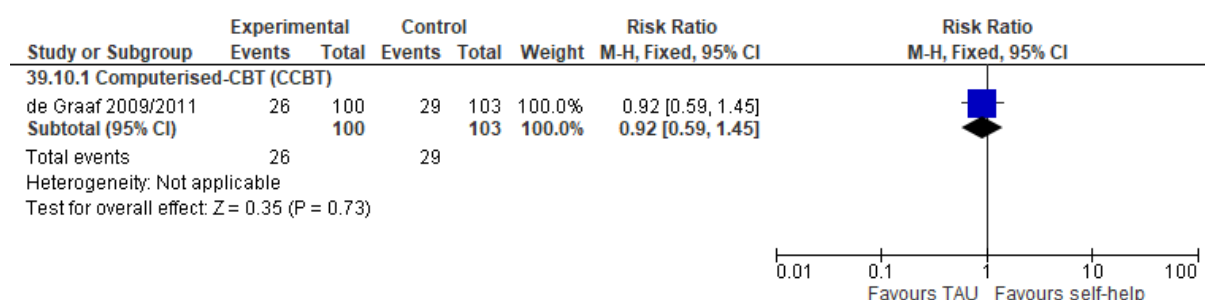
2 Test for subgroup differences: Not applicable

3 **Figure 232: Remission at 1-month follow-up (ITT)**



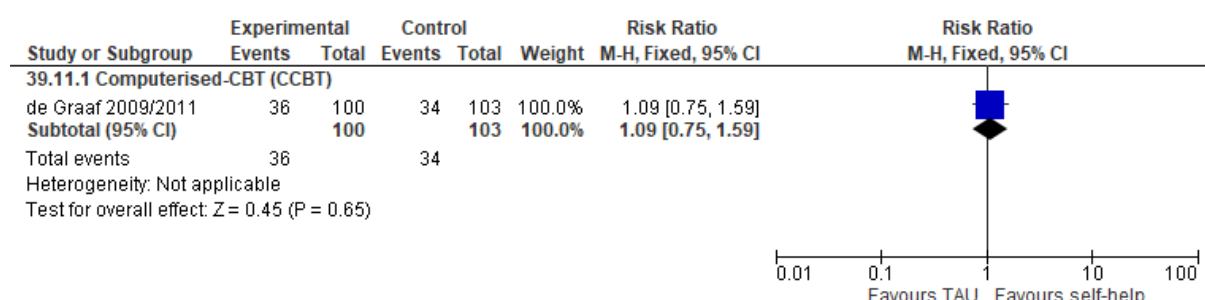
4 Test for subgroup differences: Not applicable

5 **Figure 233: Remission at 4-month follow-up (ITT)**



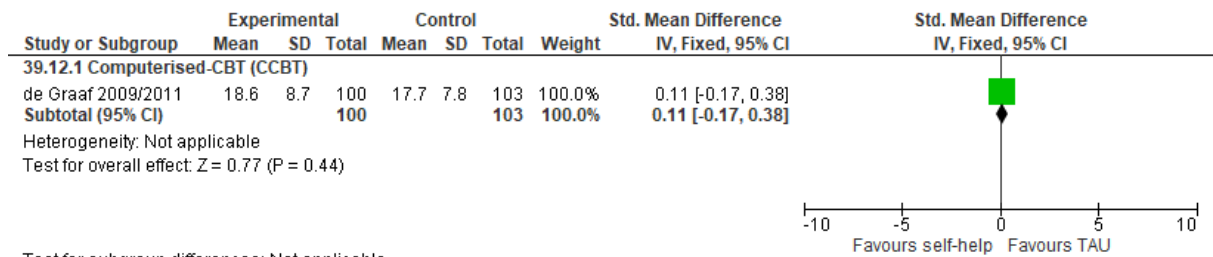
6 Test for subgroup differences: Not applicable

7 **Figure 234: Remission at 10-month follow-up (ITT)**



8 Test for subgroup differences: Not applicable

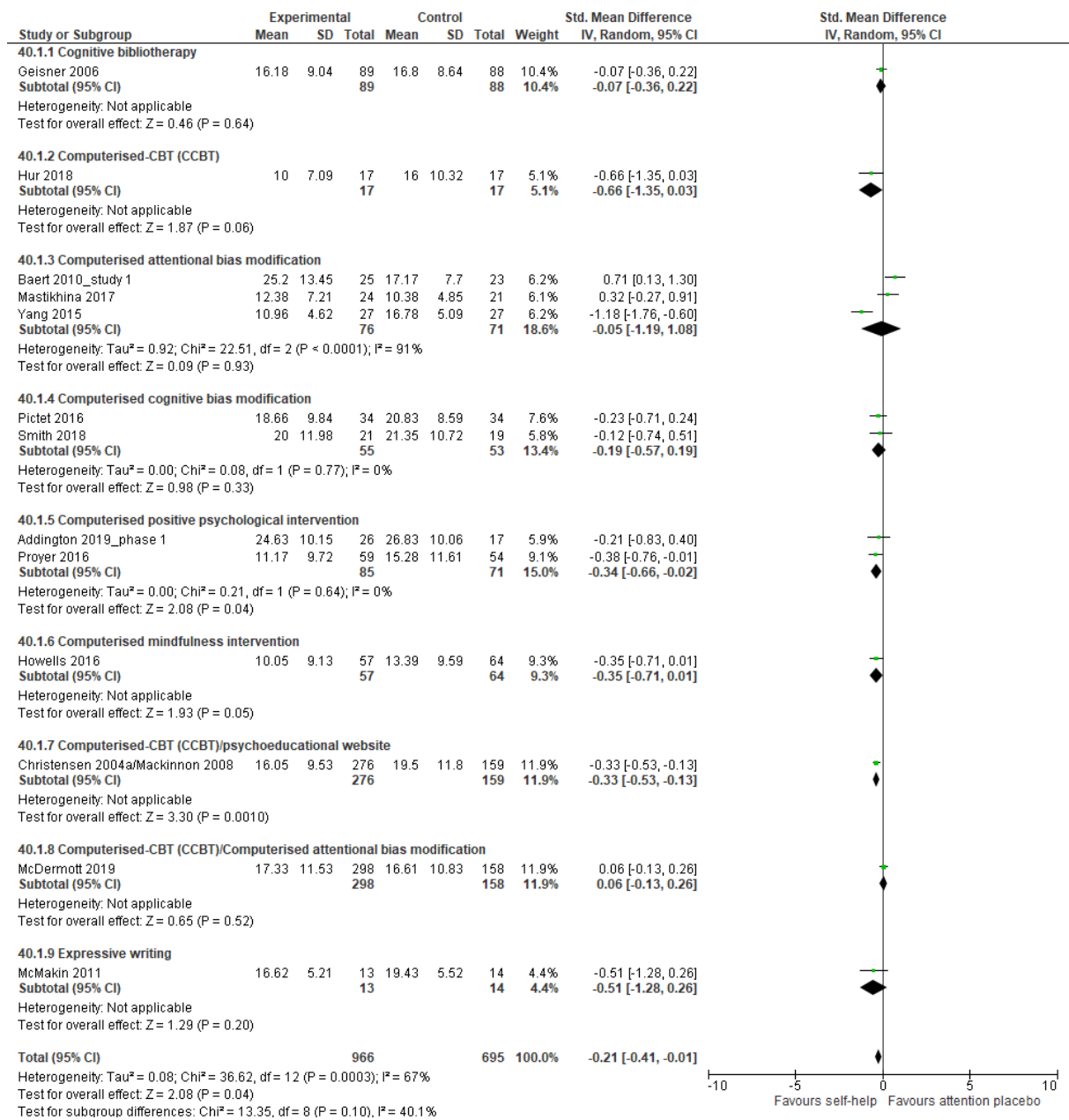
1 **Figure 235: Functional impairment at 1-month follow-up**



2 Test for subgroup differences: Not applicable

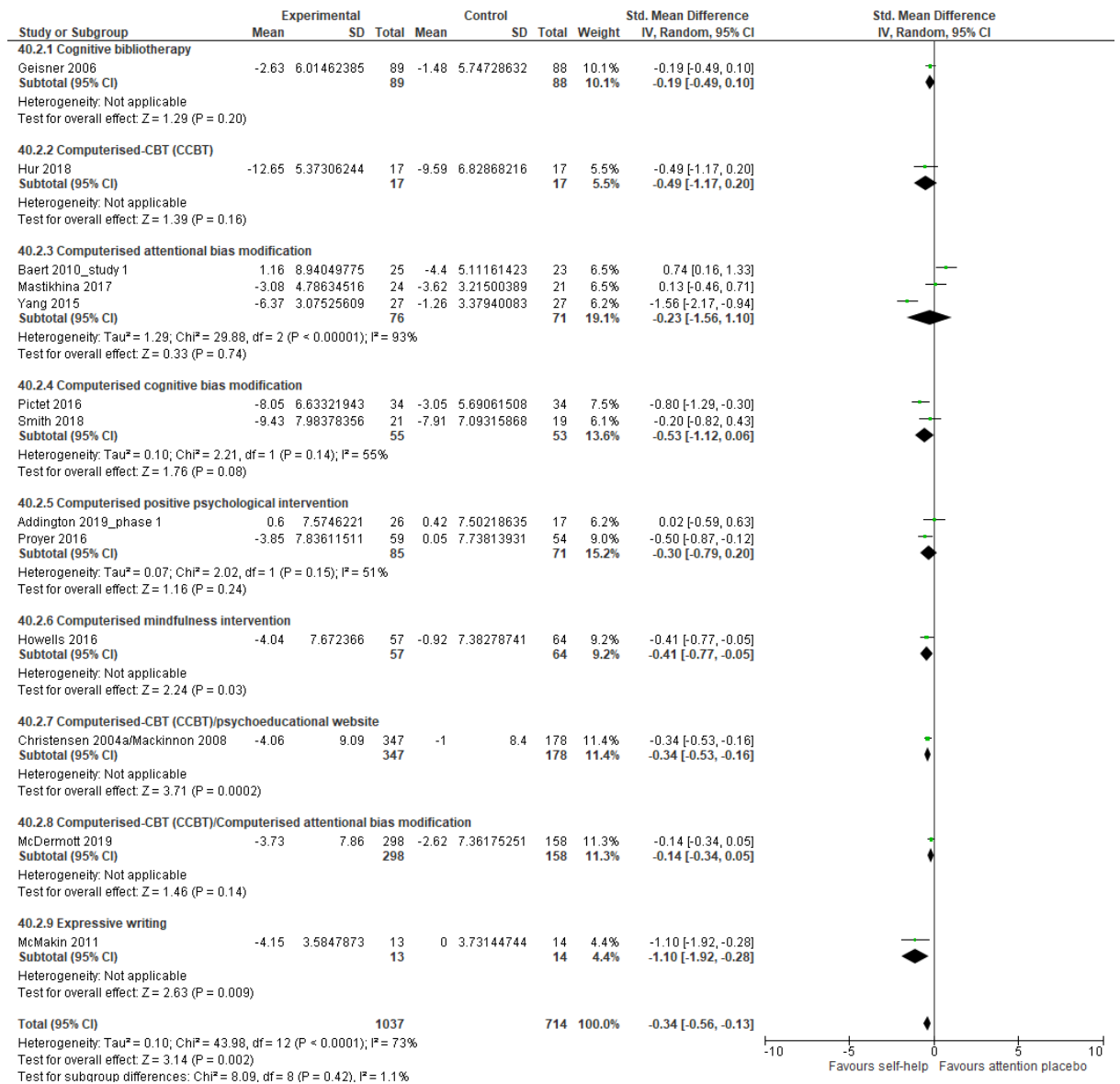
3 **Less severe: Self-help versus attention placebo**

4 **Figure 236: Depression symptomatology endpoint**



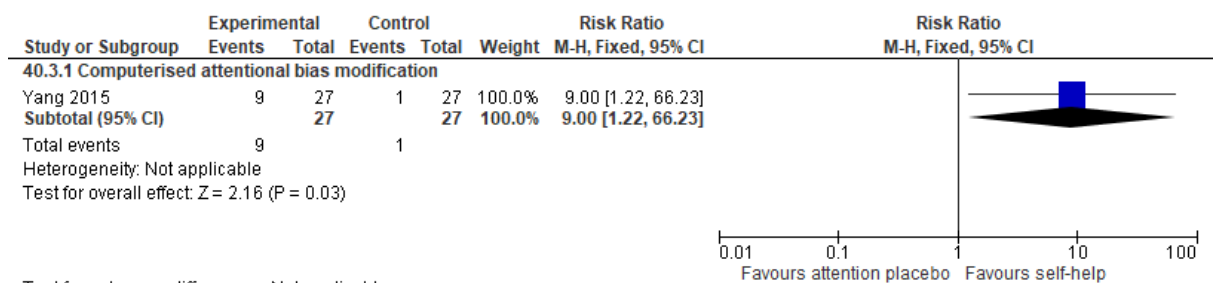
5

1 **Figure 237: Depression symptomatology change score**



2

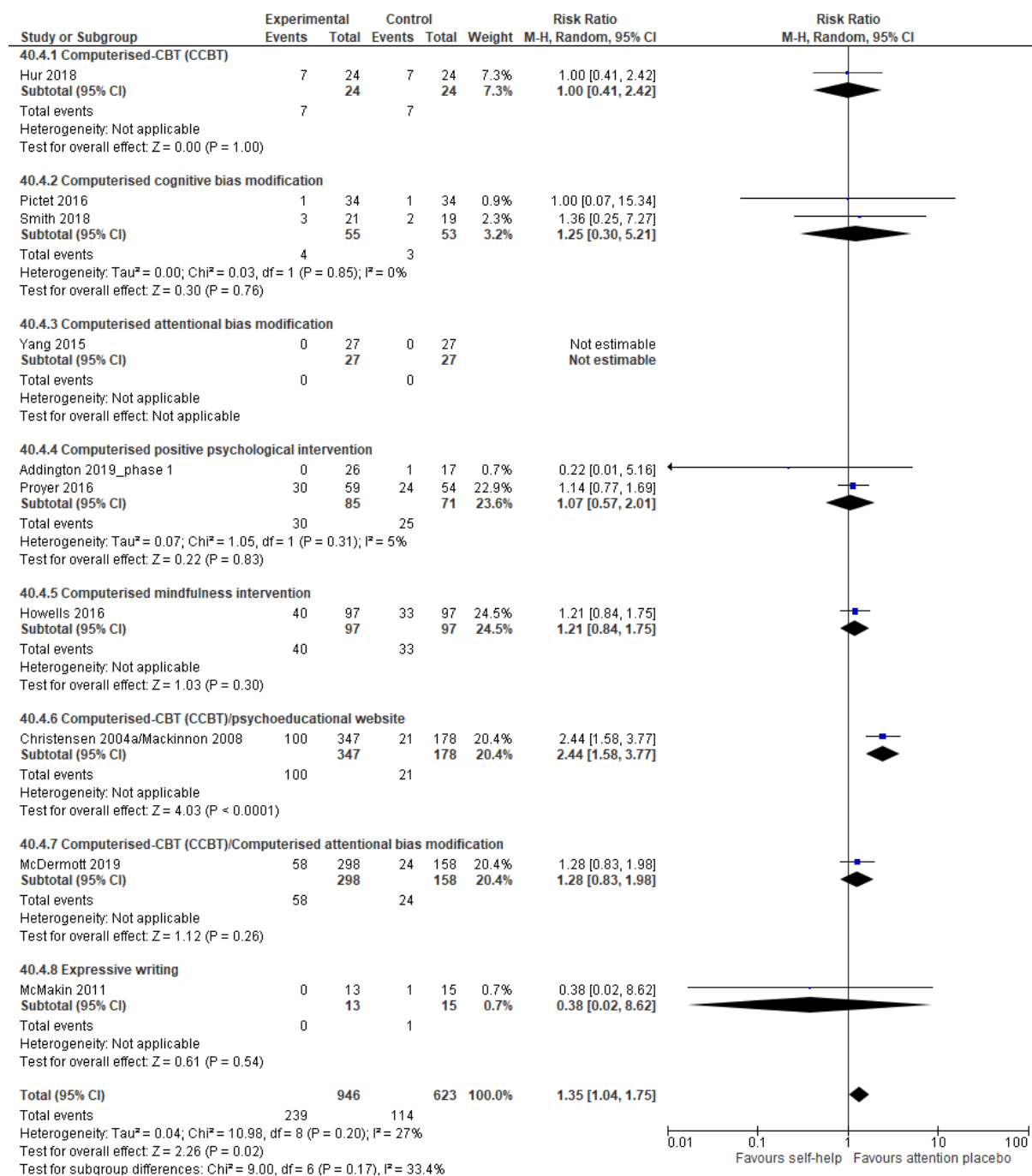
3 **Figure 238: Remission (ITT)**



4

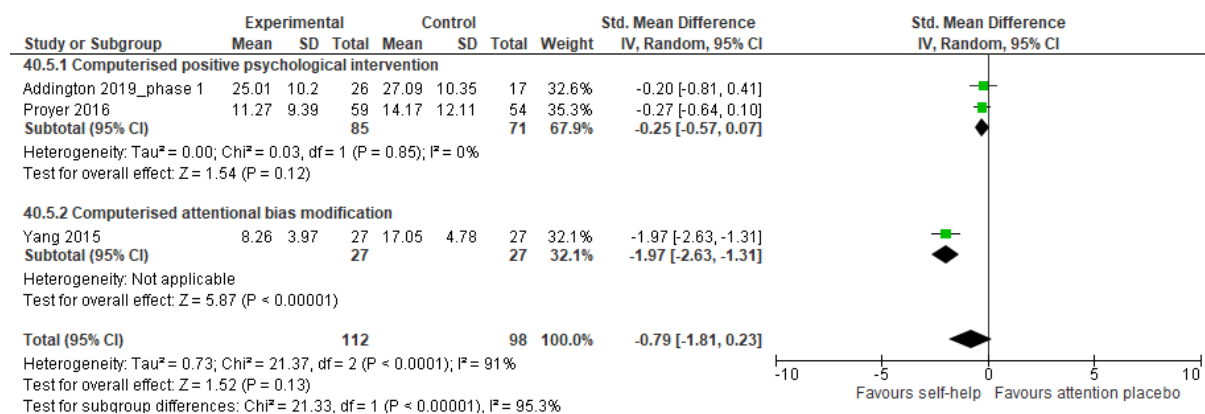
Test for subgroup differences: Not applicable

1 **Figure 239: Discontinuation (any reason)**



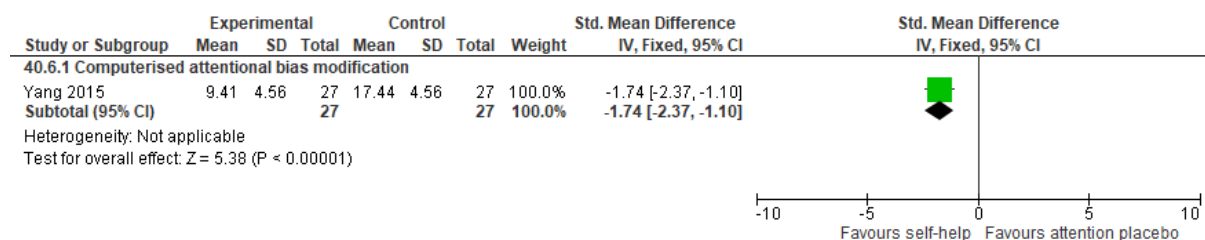
2

1 **Figure 240: Depression symptomatology at 1-month follow-up**



2

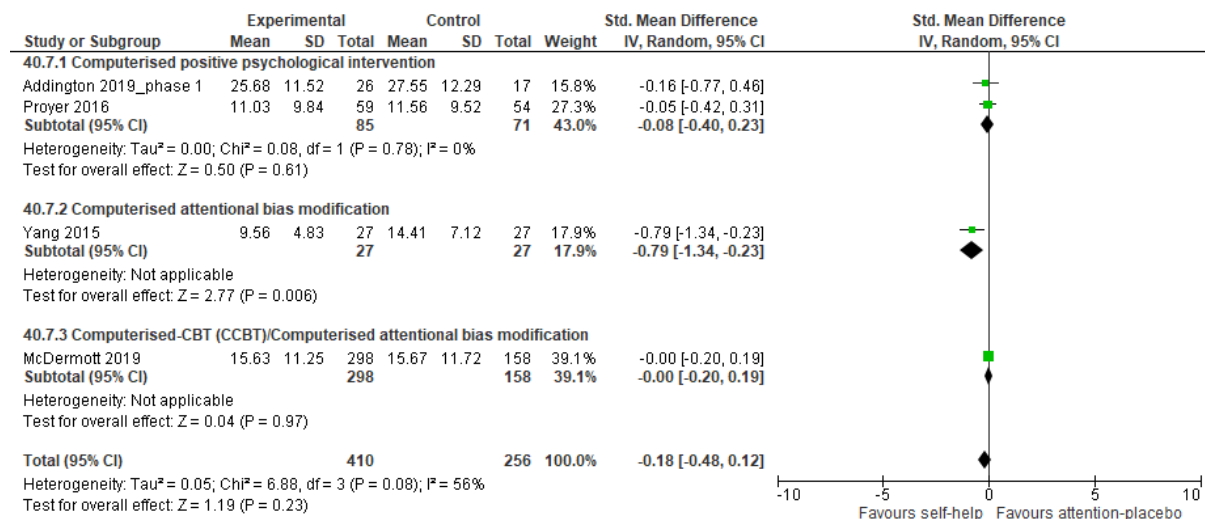
3 **Figure 241: Depression symptomatology at 2-month follow-up**



4

Test for subgroup differences: Not applicable

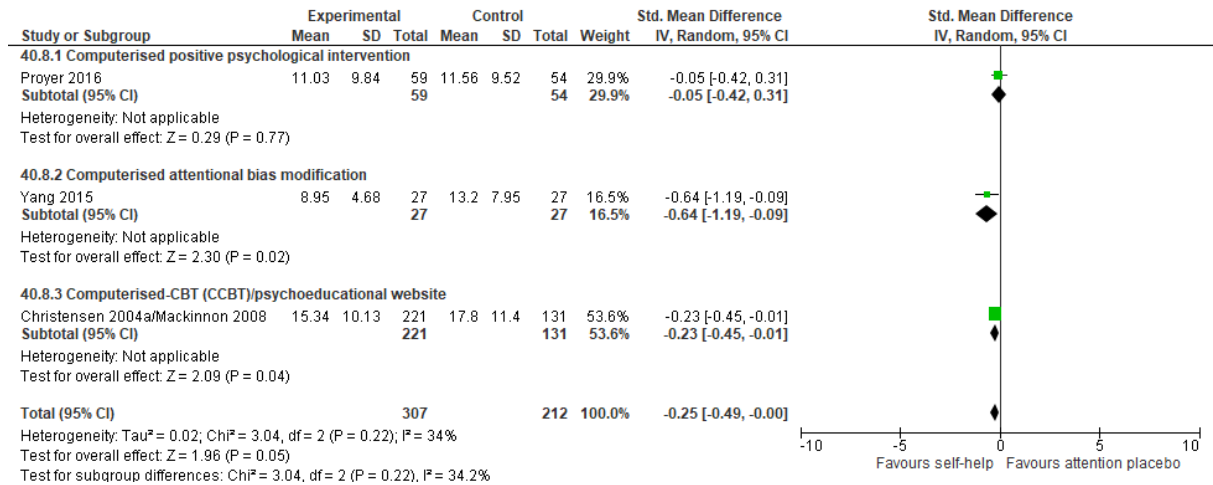
5 **Figure 242: Depression symptomatology at 3-4 month follow-up**



6

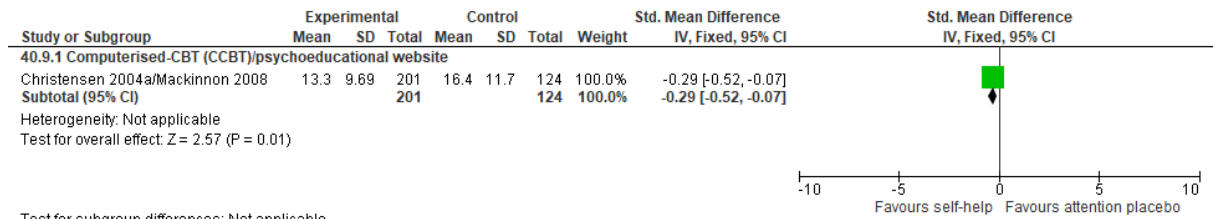
Test for subgroup differences: Chi<sup>2</sup> = 6.80, df = 2 (P = 0.03), I<sup>2</sup> = 70.6%

1 **Figure 243: Depression symptomatology at 6-7 month follow-up**



2

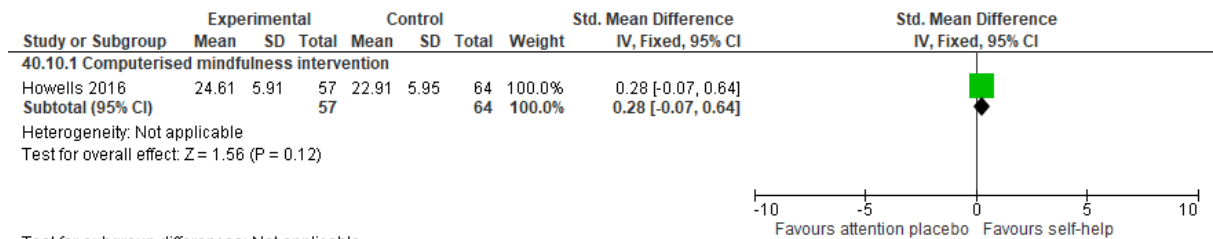
3 **Figure 244: Depression symptomatology at 12-month follow-up**



4

Test for subgroup differences: Not applicable

5 **Figure 245: Quality of life endpoint**



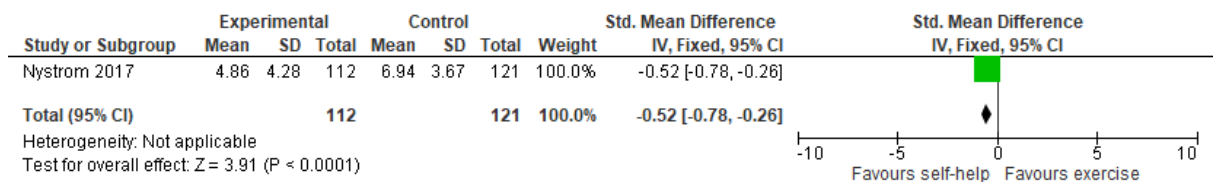
6

Test for subgroup differences: Not applicable

7

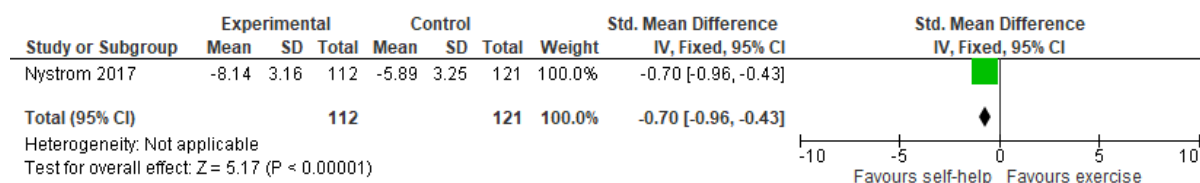
8 **Less severe: Computerised behavioural activation versus unsupervised low**  
9 **intensity exercise individual**

10 **Figure 246: Depression symptomatology endpoint**



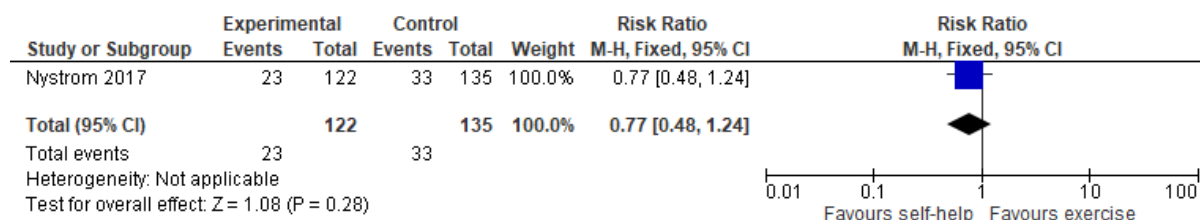
11

1 **Figure 247: Depression symptomatology change score**



2

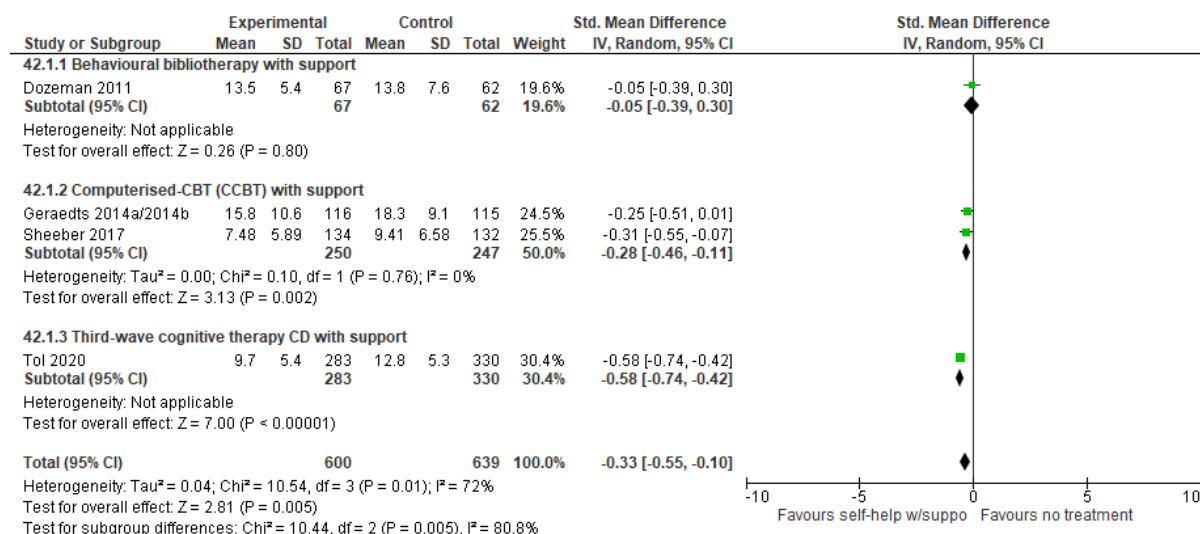
3 **Figure 248: Discontinuation (any reason)**



4

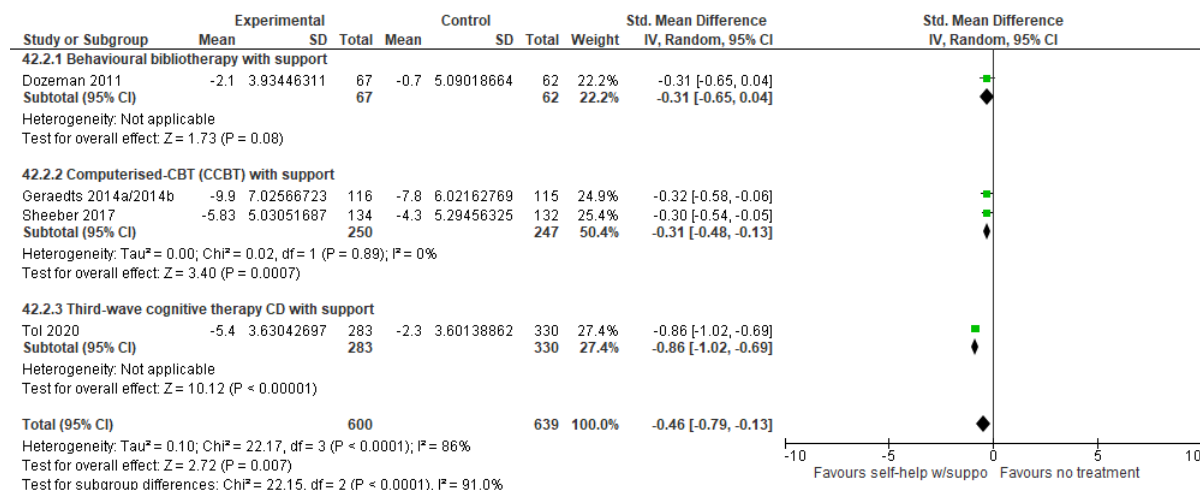
5 **Less severe: Self-help with support versus no treatment**

6 **Figure 249: Depression symptomatology endpoint**



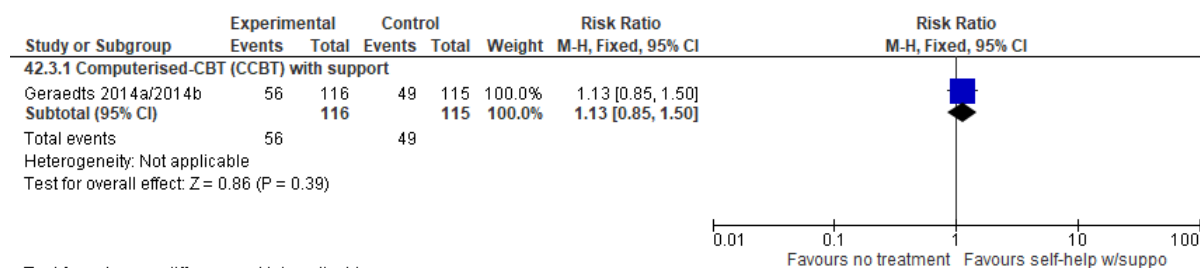
7

8 **Figure 250: Depression symptomatology change score**



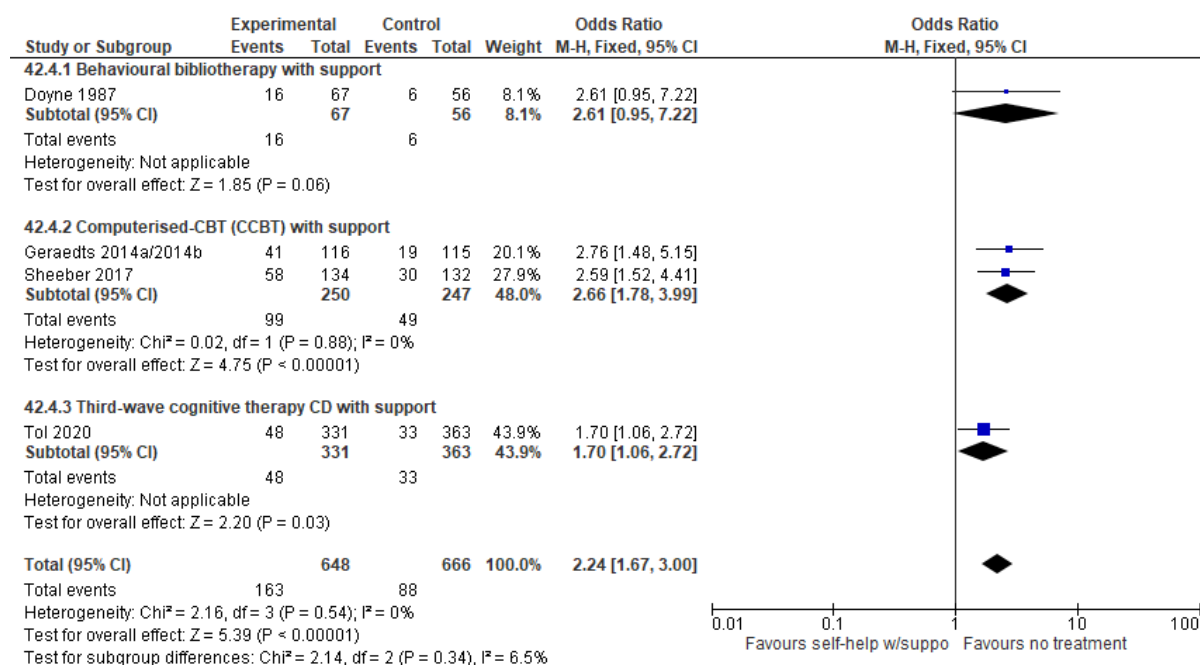
9

1 **Figure 251: Remission (ITT)**



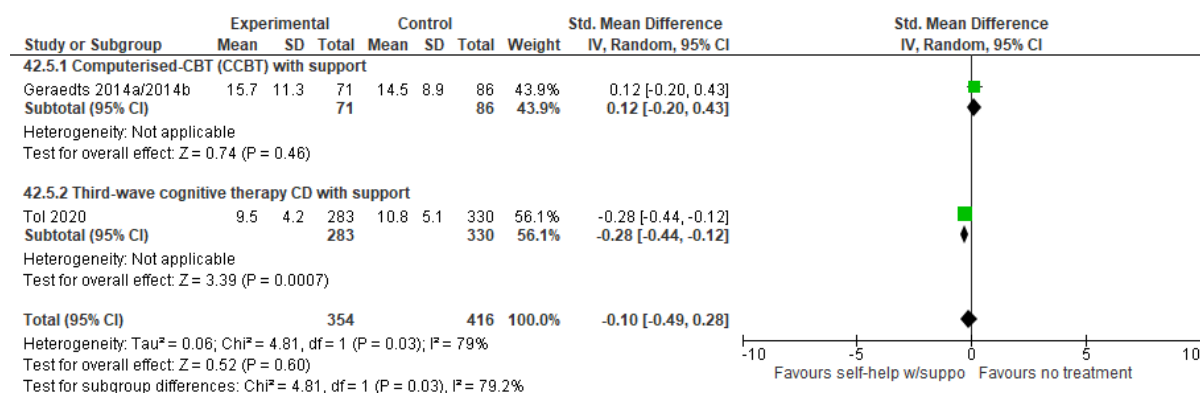
2 Test for subgroup differences: Not applicable

3 **Figure 252: Discontinuation (any reason)**



4 Test for subgroup differences: Chi<sup>2</sup> = 2.14, df = 2 (P = 0.34), I<sup>2</sup> = 6.5%

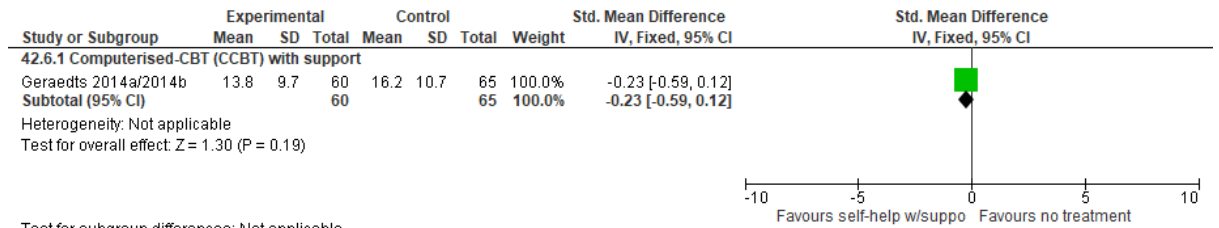
5 **Figure 253: Depression symptomatology at 3-4 month follow-up**



6 Test for subgroup differences: Chi<sup>2</sup> = 4.81, df = 1 (P = 0.03), I<sup>2</sup> = 79.2%

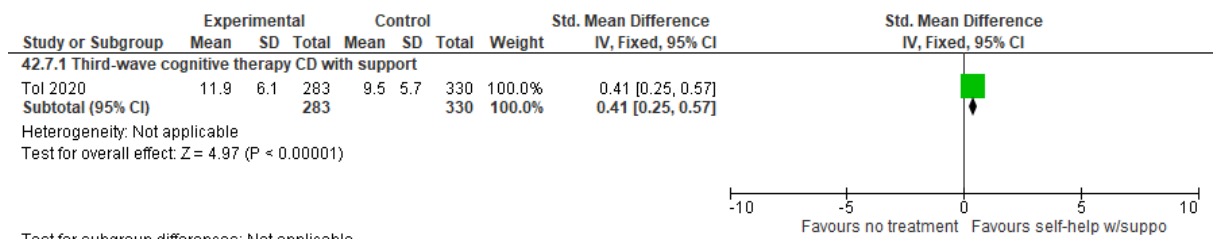


1 **Figure 254: Depression symptomatology at 10-month follow-up**



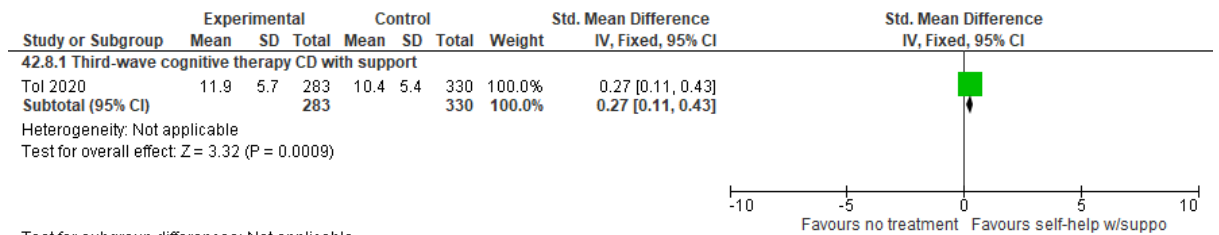
2 Test for subgroup differences: Not applicable

3 **Figure 255: Quality of life endpoint**



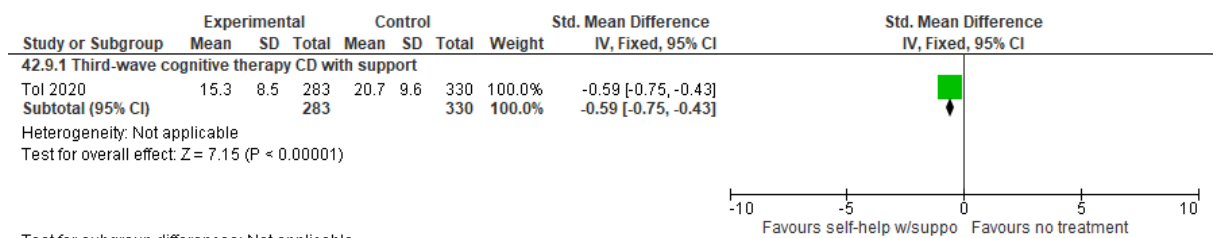
4 Test for subgroup differences: Not applicable

5 **Figure 256: Quality of life at 3-month follow-up**



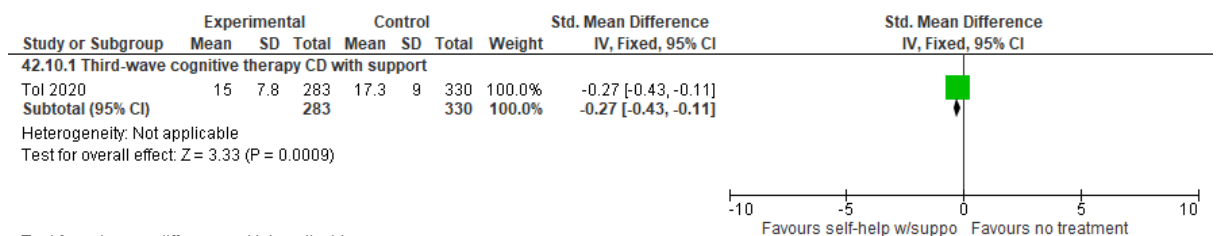
6 Test for subgroup differences: Not applicable

7 **Figure 257: Functional impairment endpoint**



8 Test for subgroup differences: Not applicable

9 **Figure 258: Functional impairment at 3-month follow-up**



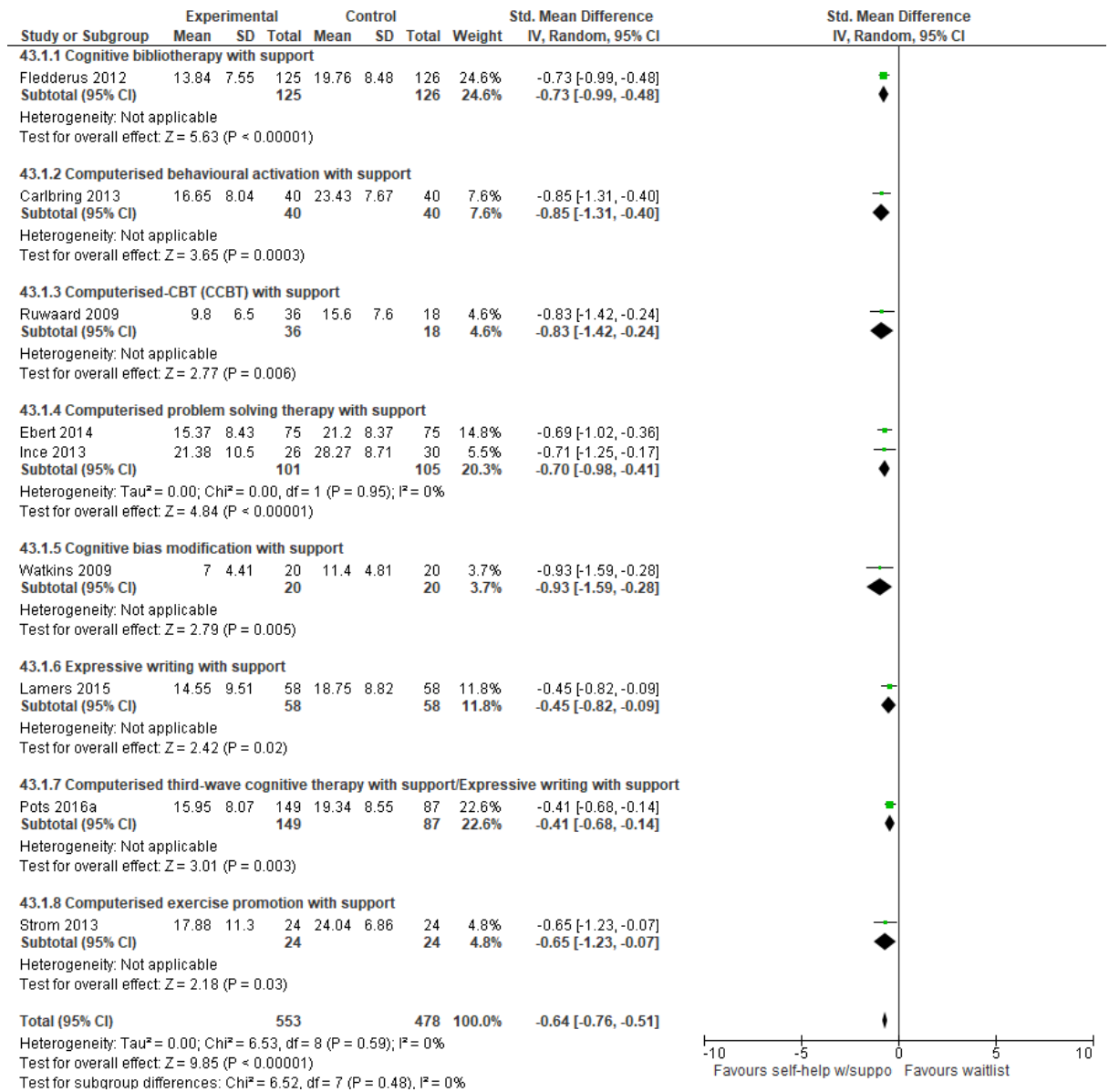
10 Test for subgroup differences: Not applicable

11

12

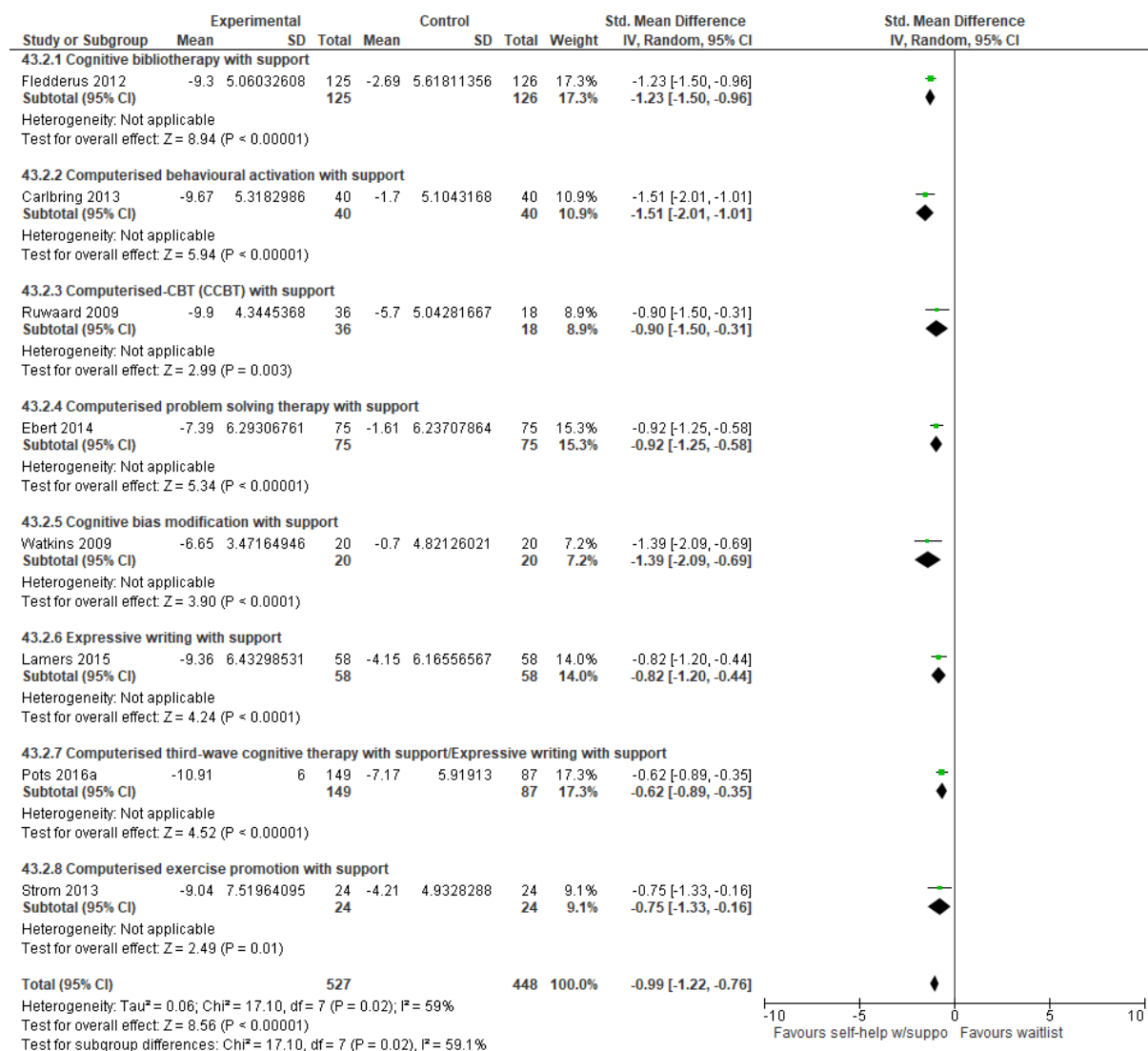
## 1 Less severe: Self-help with support versus waitlist

### 2 Figure 259: Depression symptomatology endpoint



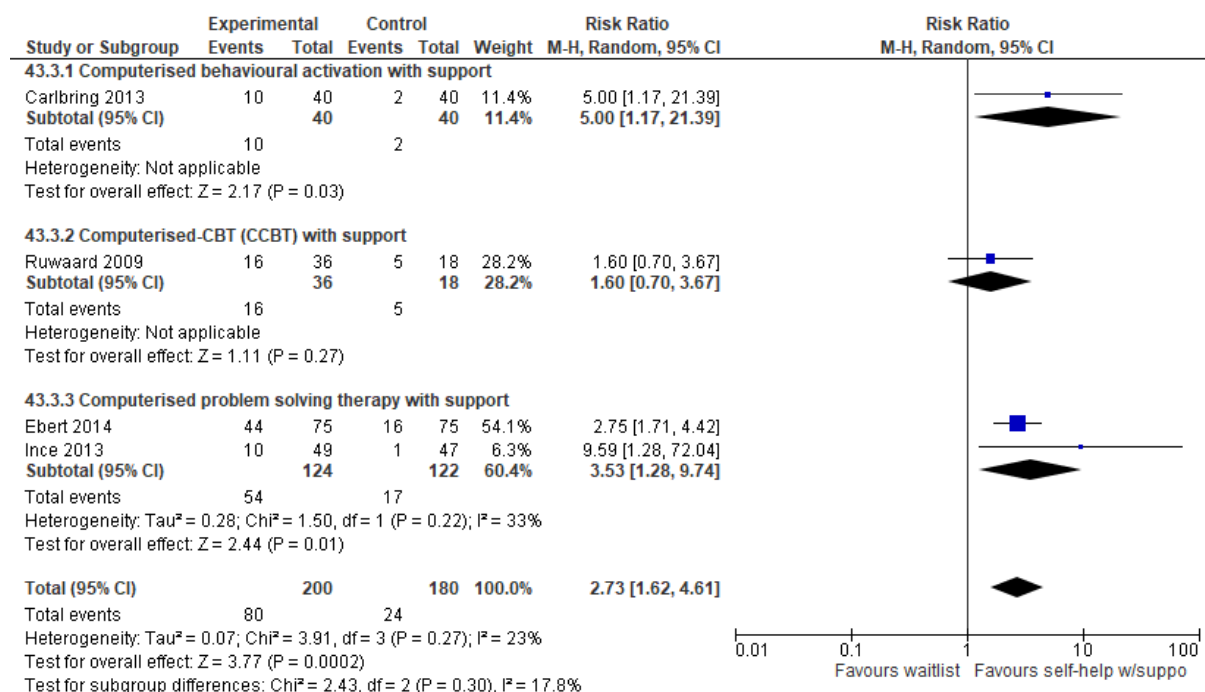
3

1 **Figure 260: Depression symptomatology change score**



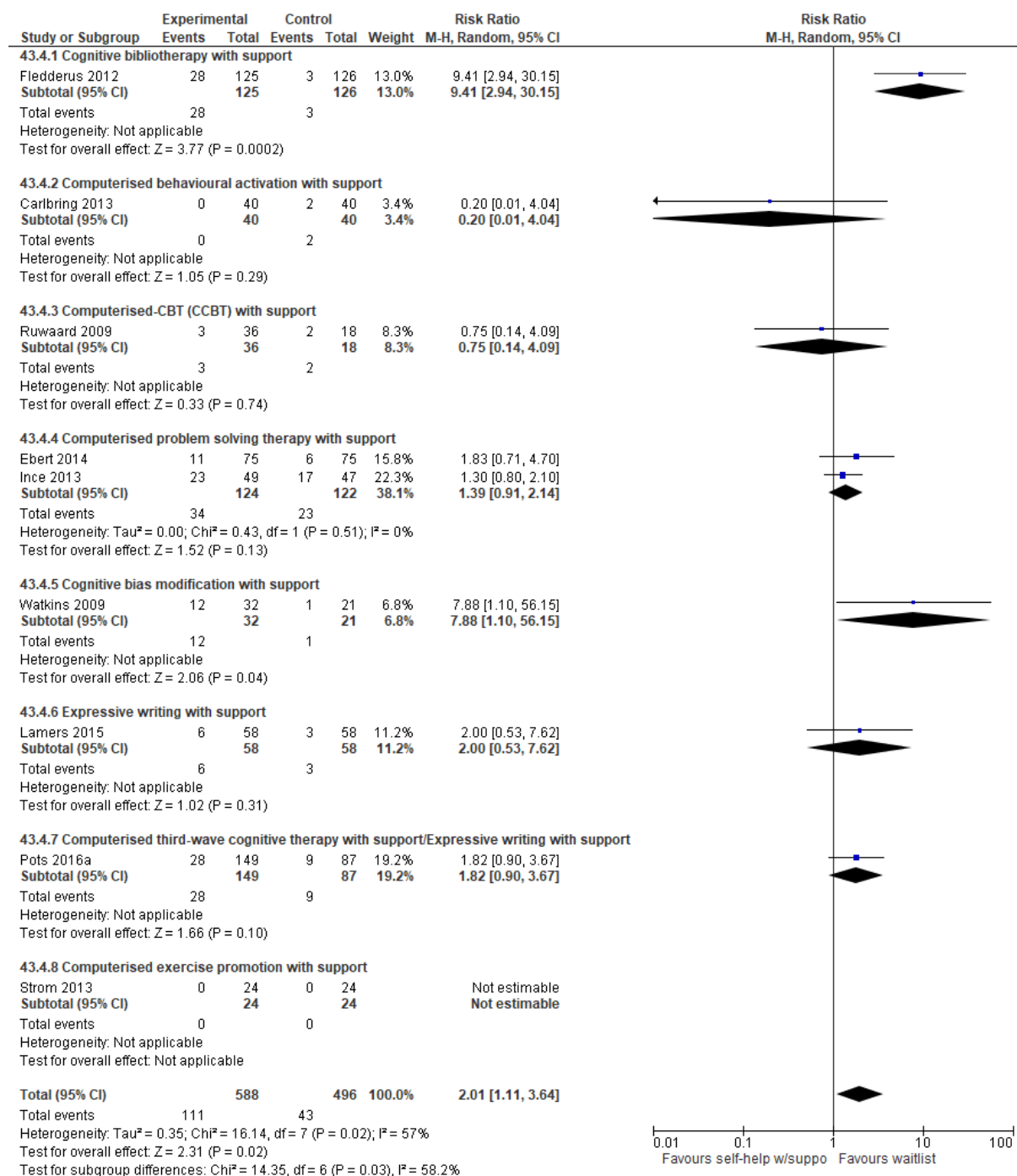
2

1 **Figure 261: Remission (ITT)**



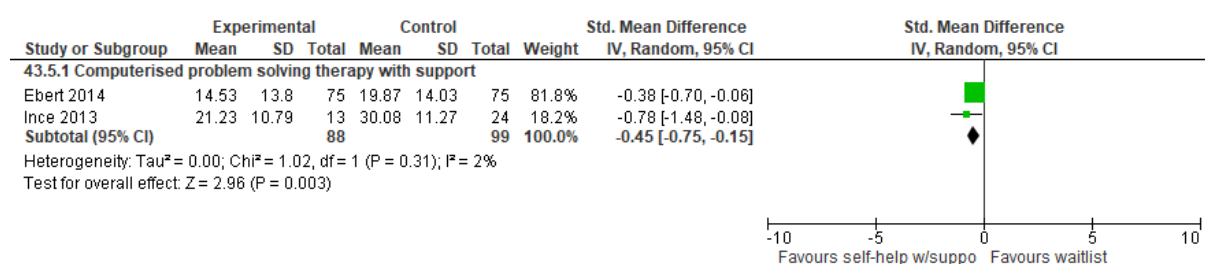
2

1 **Figure 262: Discontinuation (any reason)**



2

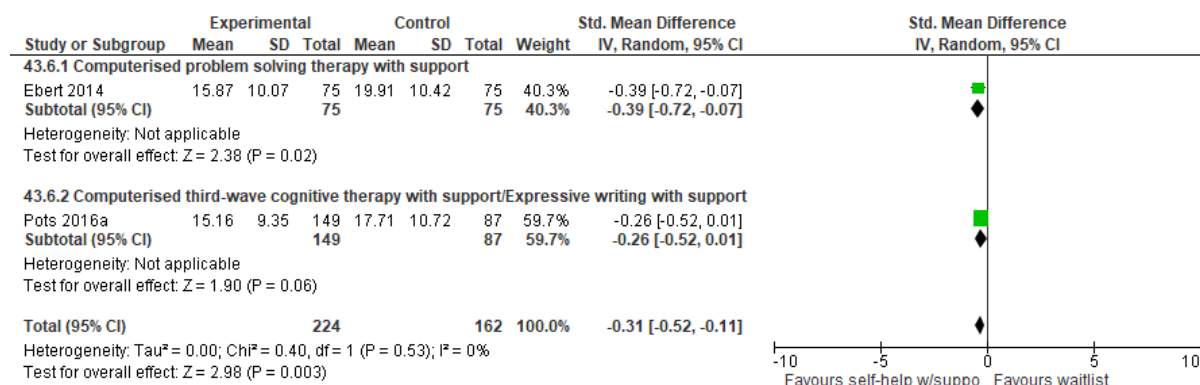
3 **Figure 263: Depression symptomatology at 1-2 month follow-up**



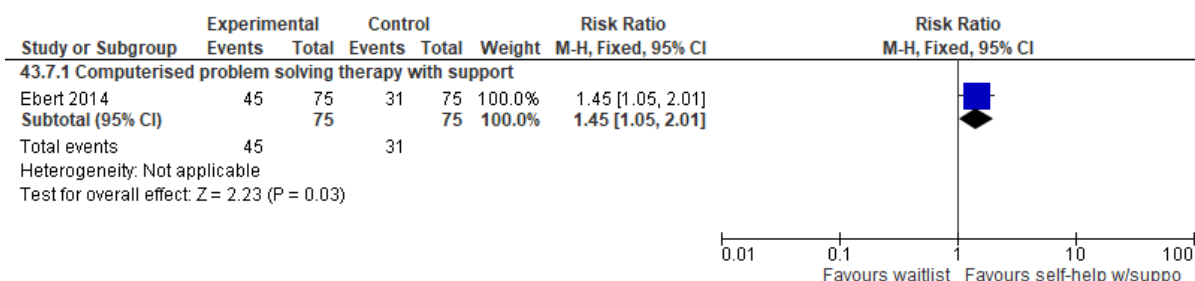
4

Test for subgroup differences: Not applicable

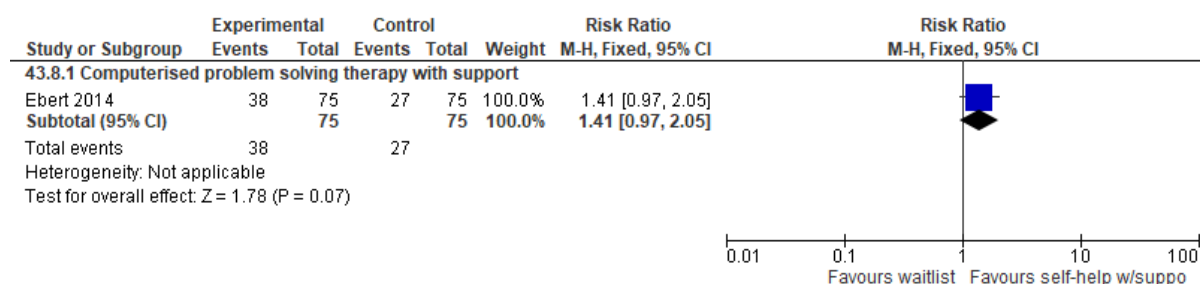
1 **Figure 264: Depression symptomatology at 3-4 month follow-up**



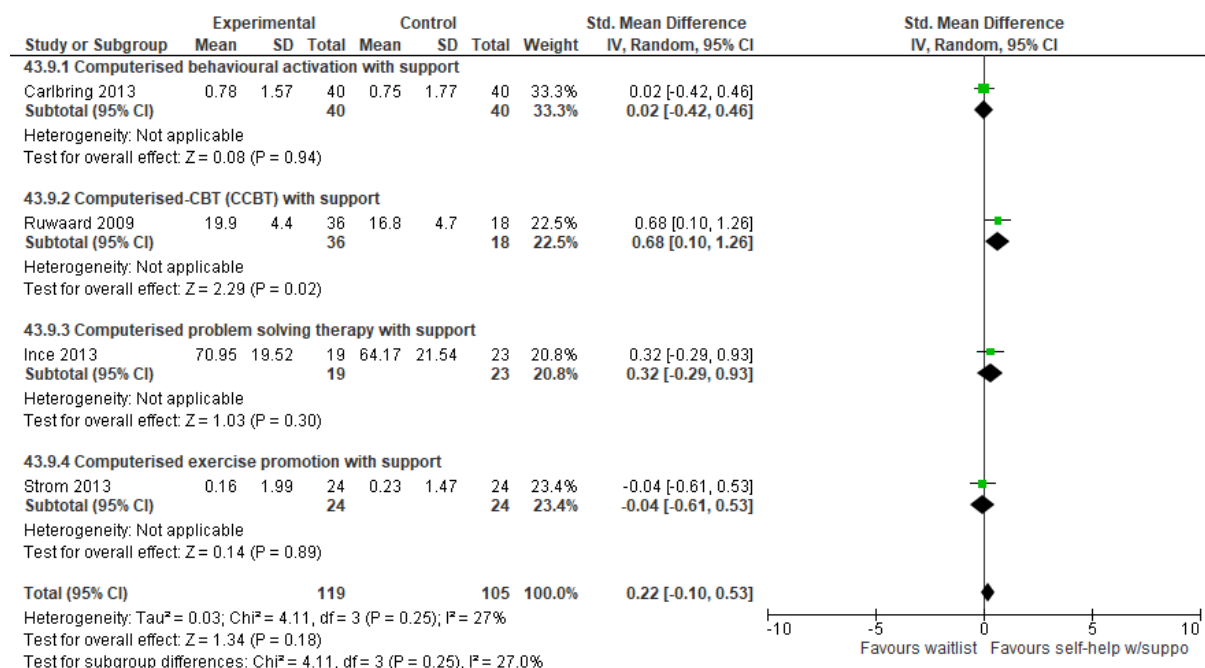
3 **Figure 265: Remission at 1-month follow-up (ITT)**



5 **Figure 266: Remission at 4-month follow-up (ITT)**

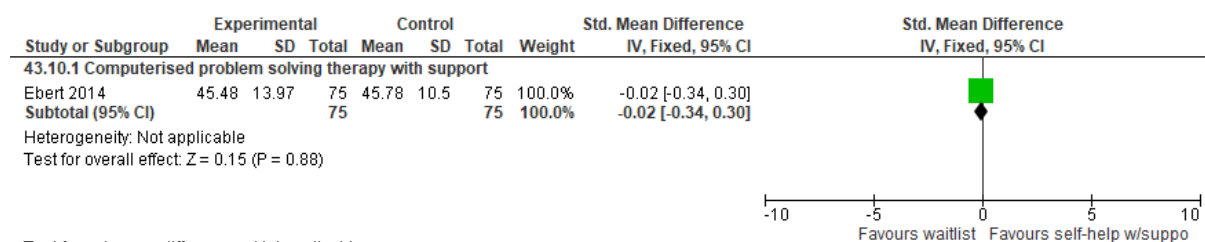


1 **Figure 267: Quality of life endpoint**



2

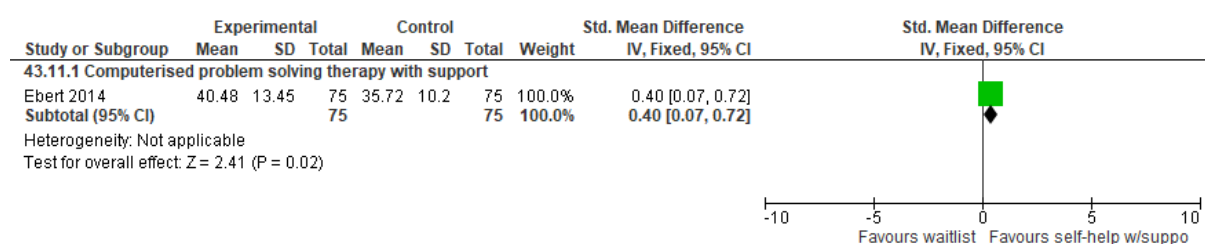
3 **Figure 268: Quality of life physical health component endpoint**



4

Test for subgroup differences: Not applicable

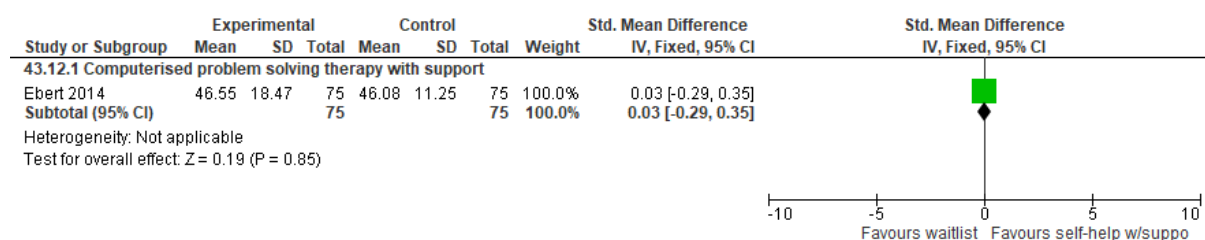
5 **Figure 269: Quality of life mental health component endpoint**



6

Test for subgroup differences: Not applicable

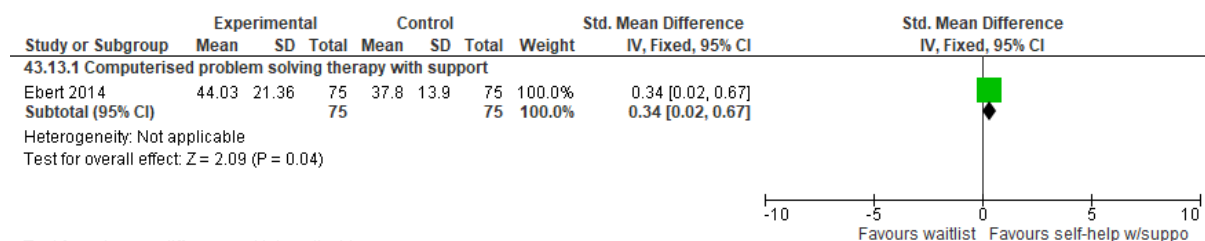
7 **Figure 270: Quality of life physical health component at 1-month follow-up**



8

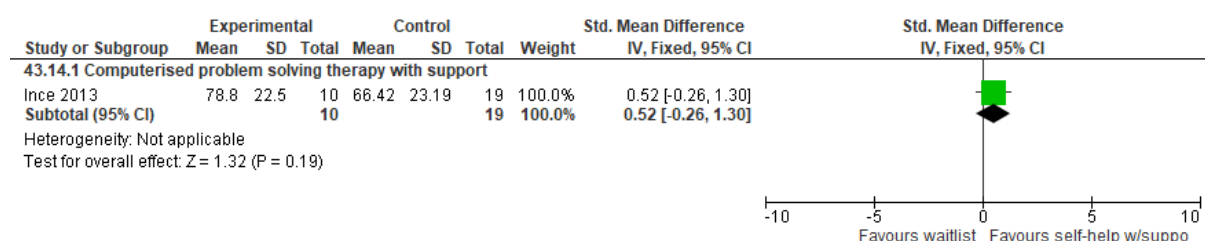
Test for subgroup differences: Not applicable

1 **Figure 271: Quality of life mental health component at 1-month follow-up**



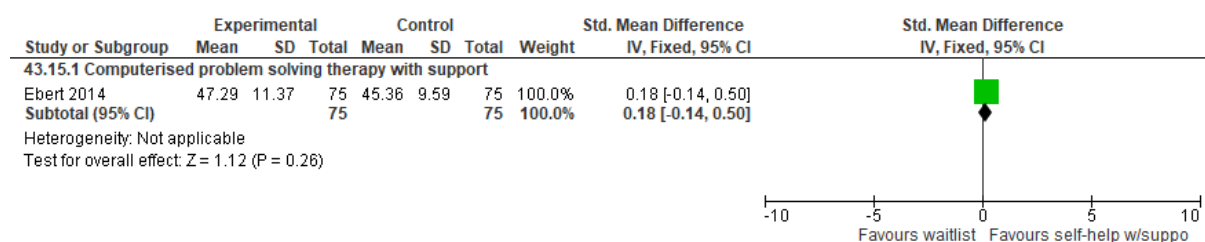
2 Test for subgroup differences: Not applicable

3 **Figure 272: Quality of life at 2-month follow-up**



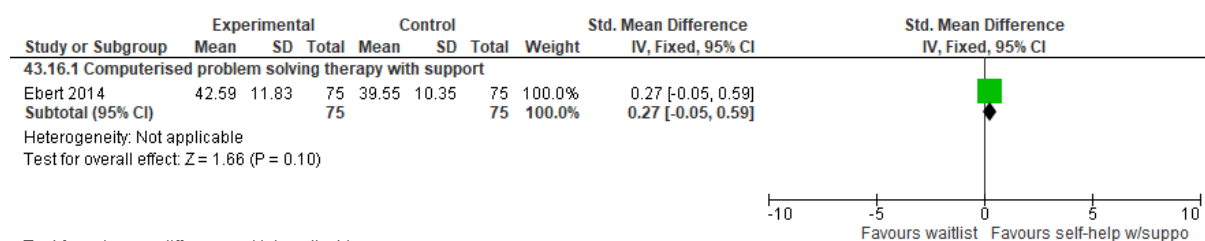
4 Test for subgroup differences: Not applicable

5 **Figure 273: Quality of life physical health component at 4-month follow-up**



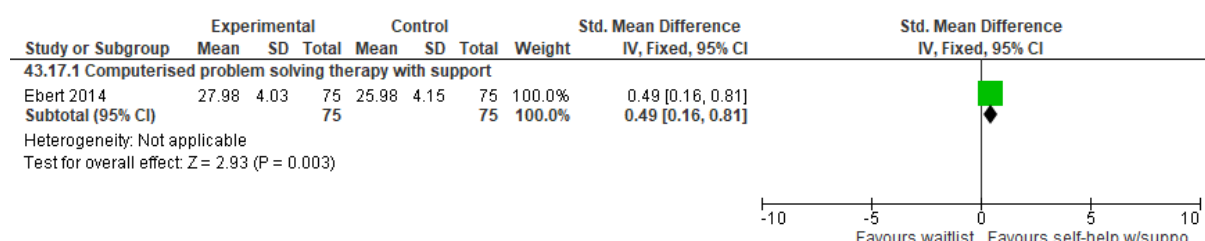
6 Test for subgroup differences: Not applicable

7 **Figure 274: Quality of life mental health component at 4-month follow-up**



8 Test for subgroup differences: Not applicable

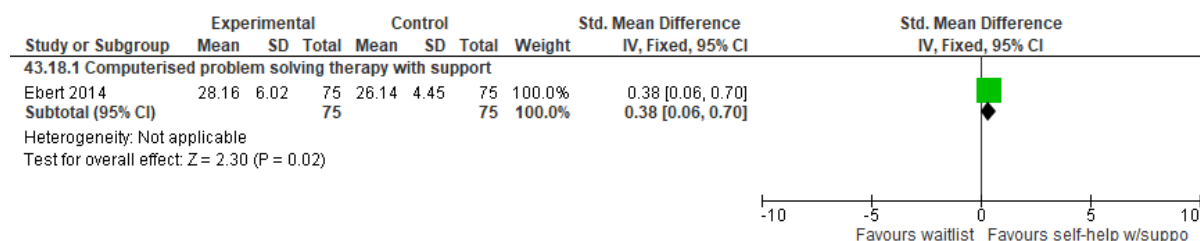
9 **Figure 275: Global functioning endpoint**



10 Test for subgroup differences: Not applicable

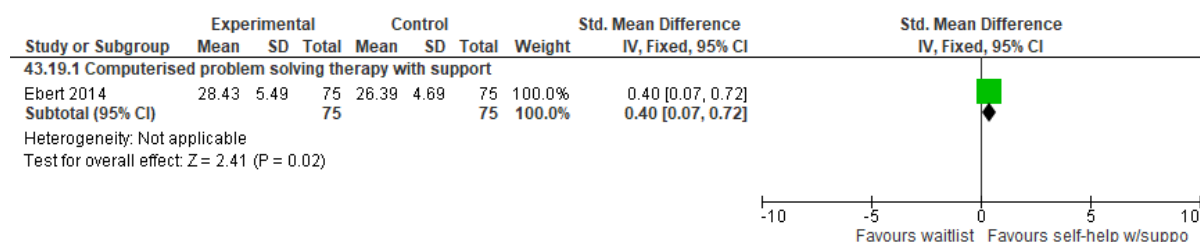


1 **Figure 276: Global functioning at 1-month follow-up**



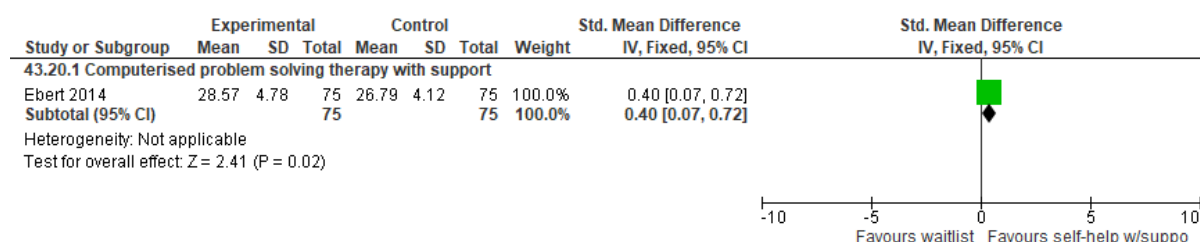
2 Test for subgroup differences: Not applicable

3 **Figure 277: Global functioning at 4-month follow-up**



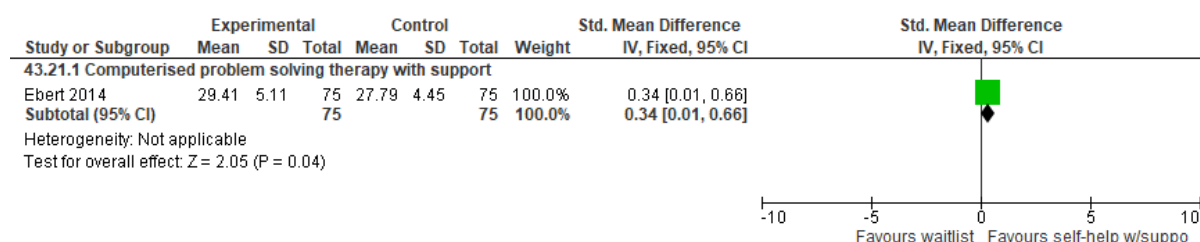
4 Test for subgroup differences: Not applicable

5 **Figure 278: Employment (work-related self-efficacy) endpoint**



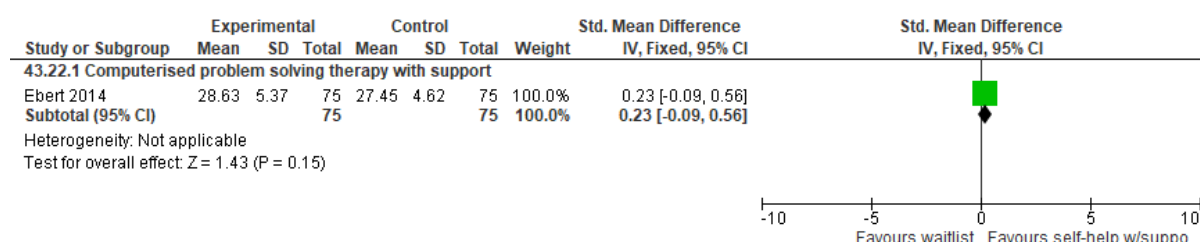
6 Test for subgroup differences: Not applicable

7 **Figure 279: Employment (work-related self-efficacy) at 1-month follow-up**



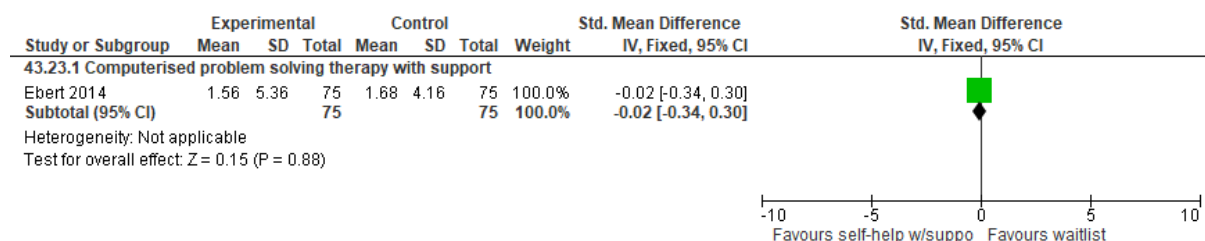
8 Test for subgroup differences: Not applicable

9 **Figure 280: Employment (work-related self-efficacy) at 4-month follow-up**



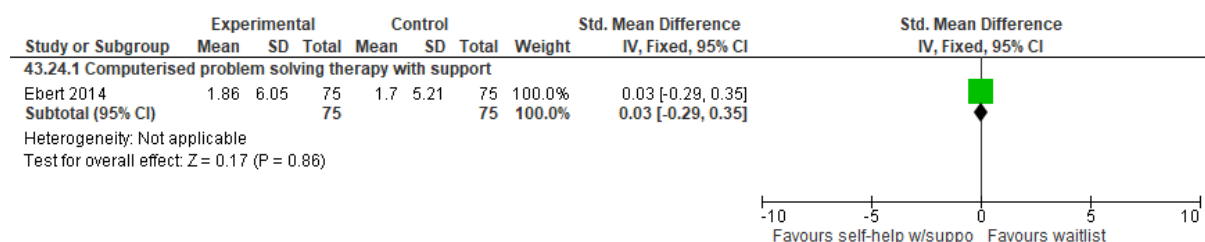
10 Test for subgroup differences: Not applicable

1 **Figure 281: Days on sick leave (during past 4 weeks) endpoint**



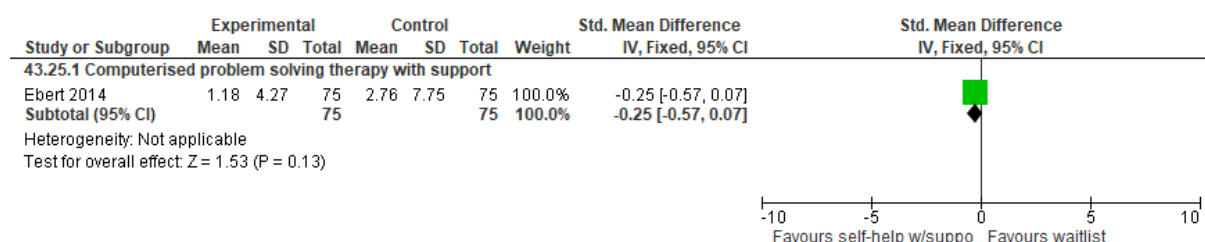
2 Test for subgroup differences: Not applicable

3 **Figure 282: Days on sick leave (during past 4 weeks) at 1-month follow-up**



4 Test for subgroup differences: Not applicable

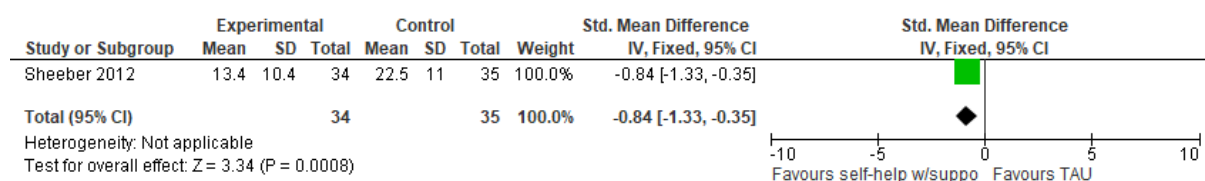
5 **Figure 283: Days on sick leave (during past 4 weeks) at 4-month follow-up**



6 Test for subgroup differences: Not applicable

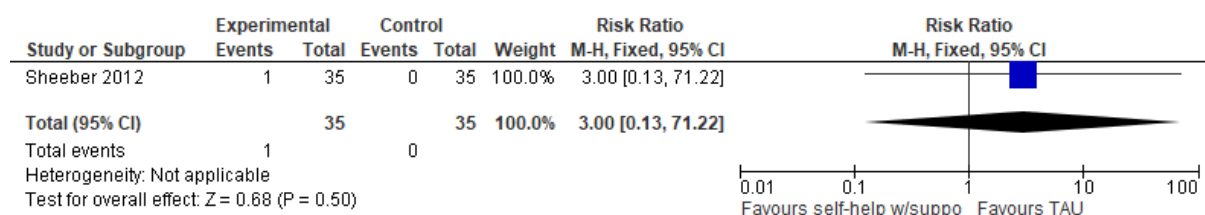
7 **Less severe: Computerised Coping with Depression course with support versus**  
8 **TAU**

9 **Figure 284: Depression symptomatology endpoint**



10

11 **Figure 285: Discontinuation (any reason)**

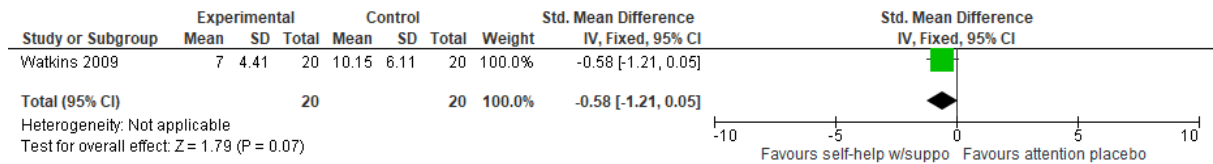


12

13

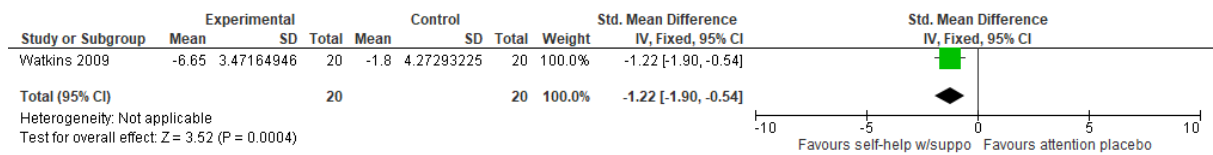
1 **Less severe: Cognitive bias modification with support versus attention placebo**

2 **Figure 286: Depression symptomatology endpoint**



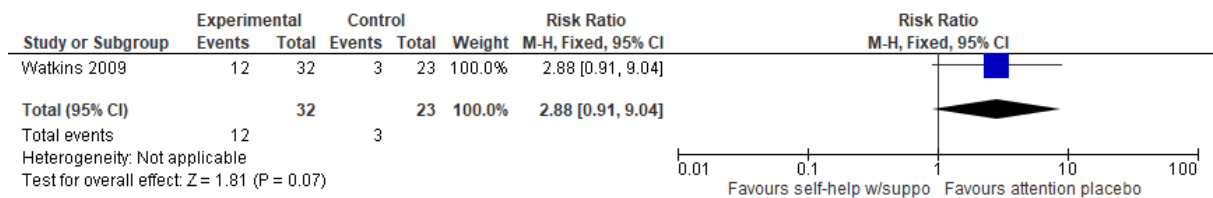
3

4 **Figure 287: Depression symptomatology change score**



5

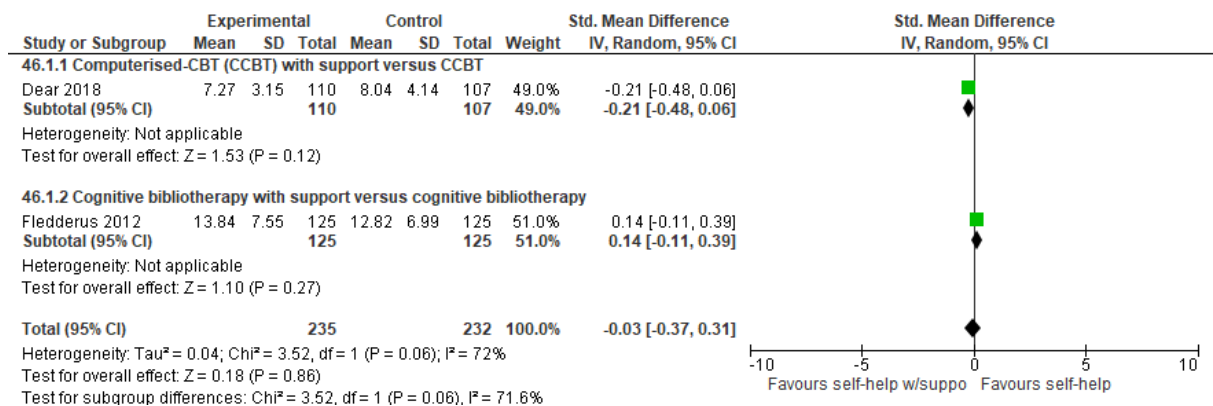
6 **Figure 288: Discontinuation (any reason)**



7

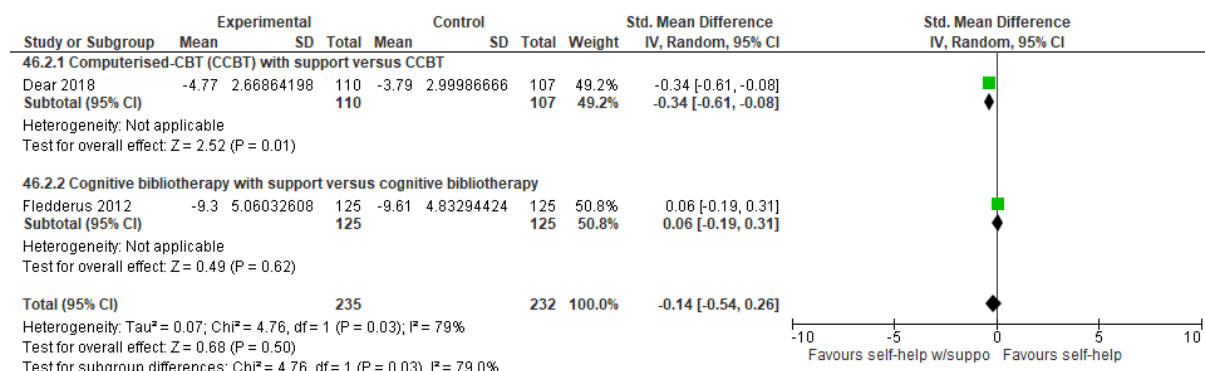
8 **Less severe: Self-help with support versus self-help**

9 **Figure 289: Depression symptomatology endpoint**



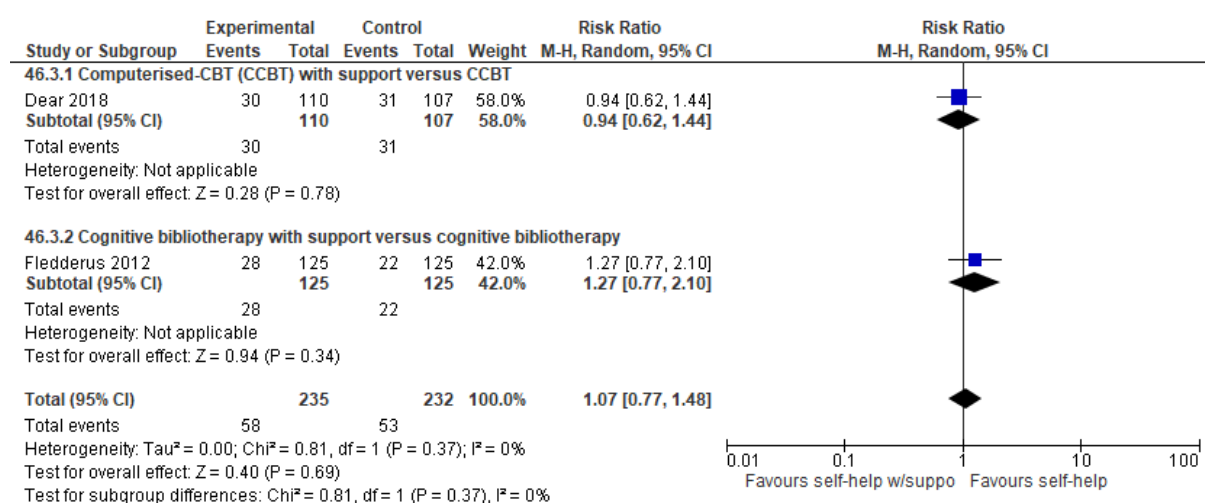
10

1 **Figure 290: Depression symptomatology change score**



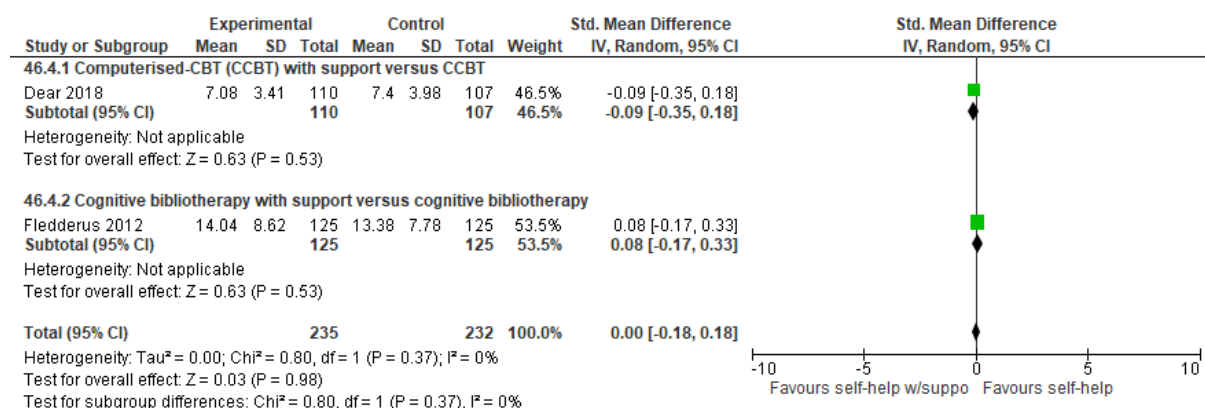
2

3 **Figure 291: Discontinuation (any reason)**



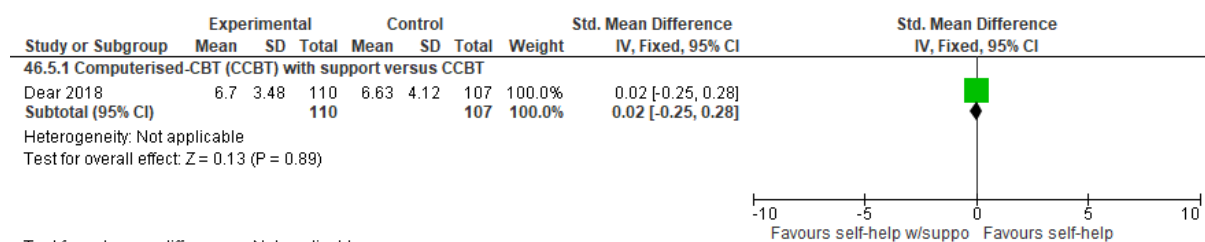
4

5 **Figure 292: Depression symptomatology at 3-month follow-up**



6

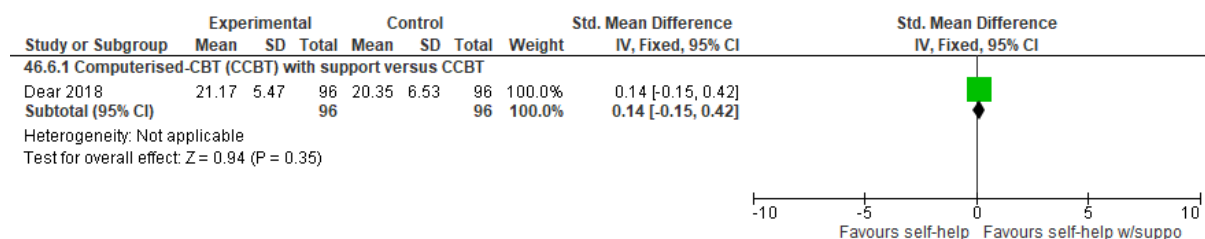
7 **Figure 293: Depression symptomatology at 12-month follow-up**



8

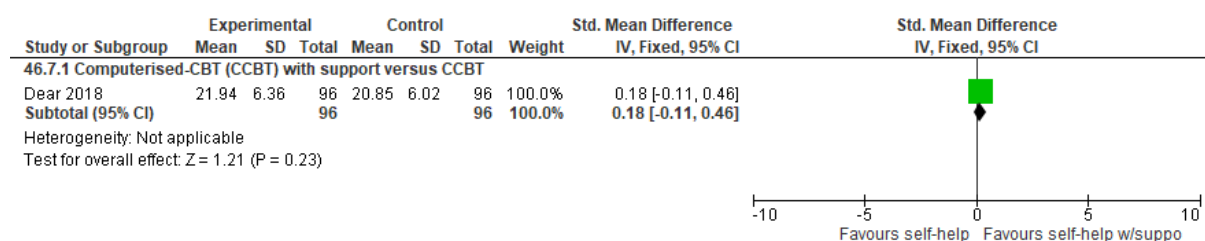
Test for subgroup differences: Not applicable

1 **Figure 294: Quality of life endpoint**



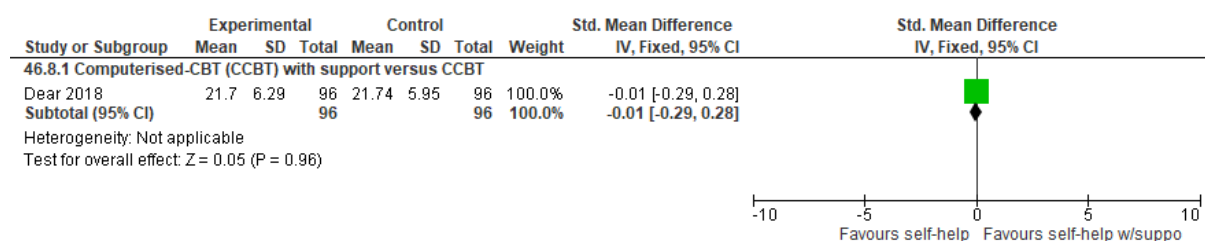
2 Test for subgroup differences: Not applicable

3 **Figure 295: Quality of life at 3-month follow-up**



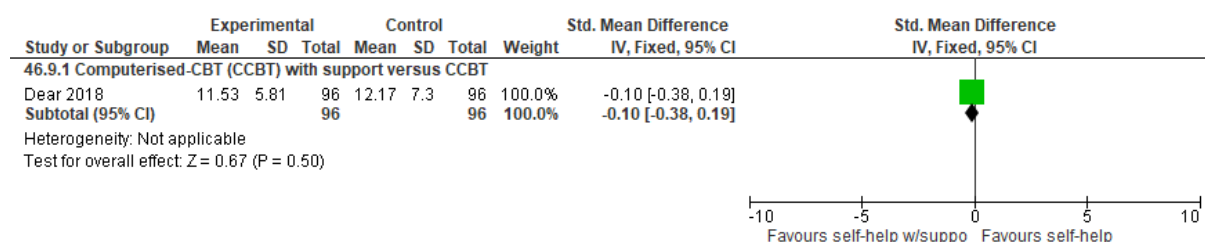
4 Test for subgroup differences: Not applicable

5 **Figure 296: Quality of life at 12-month follow-up**



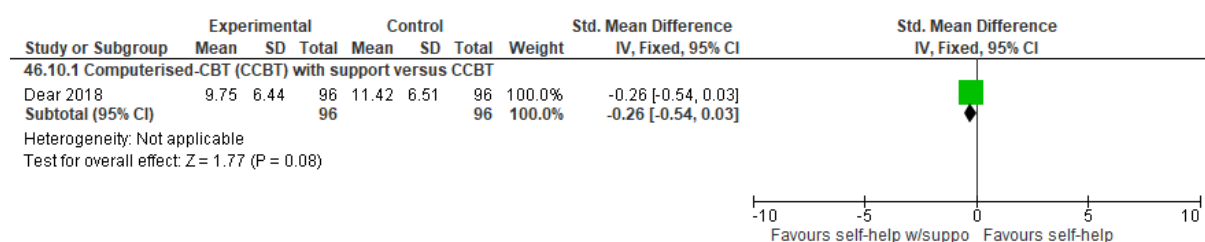
6 Test for subgroup differences: Not applicable

7 **Figure 297: Functional impairment at endpoint**



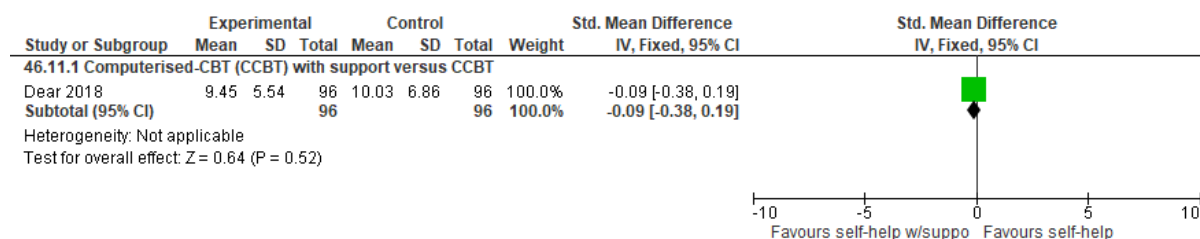
8 Test for subgroup differences: Not applicable

9 **Figure 298: Functional impairment at 3-month follow-up**



10 Test for subgroup differences: Not applicable

1 **Figure 299: Functional impairment at 12-month follow-up**

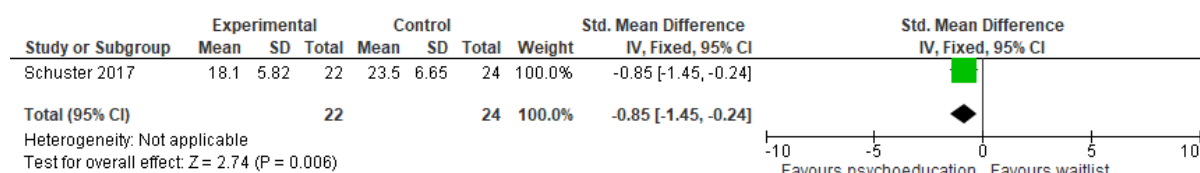


2 Test for subgroup differences: Not applicable

3 **Less severe: Psychoeducation group versus waitlist**

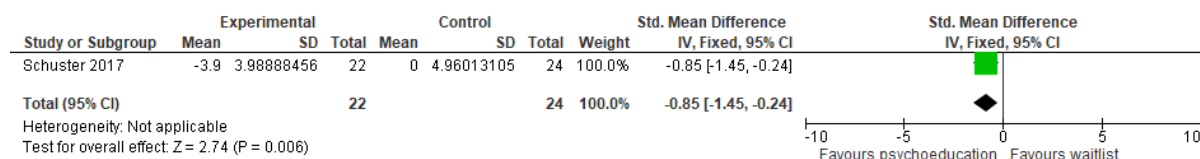
4

5 **Figure 300: Depression symptomatology endpoint**



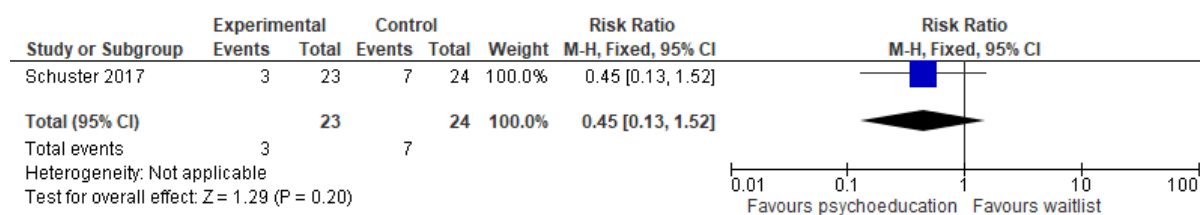
6

7 **Figure 301: Depression symptomatology change score**



8

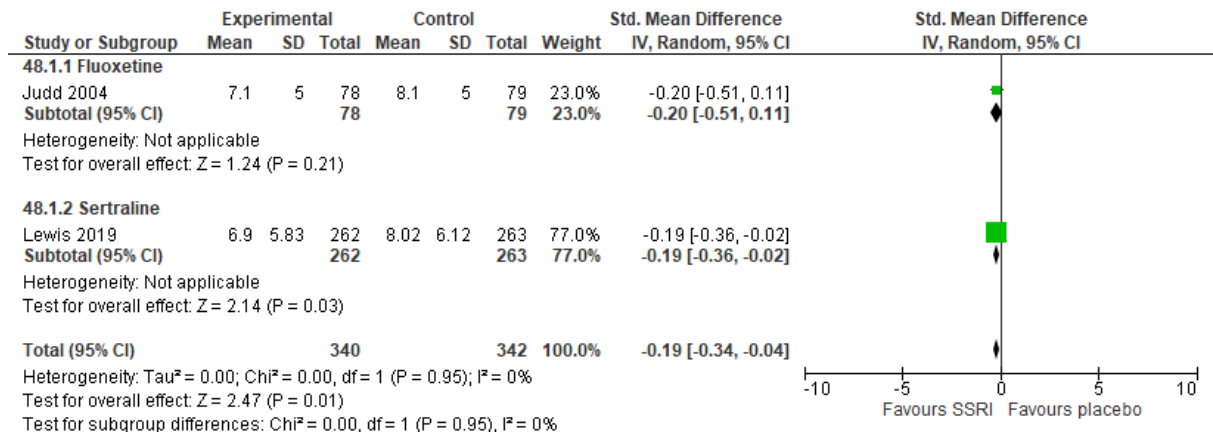
9 **Figure 302: Discontinuation (any reason)**



10

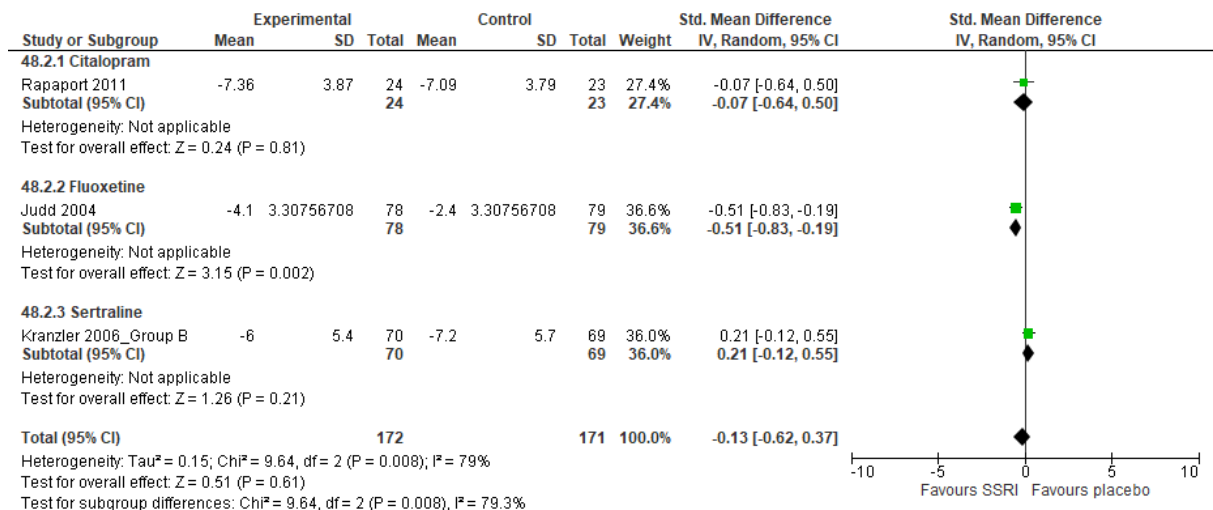
1 Less severe: SSRIs versus placebo

2 Figure 303: Depression symptomatology endpoint



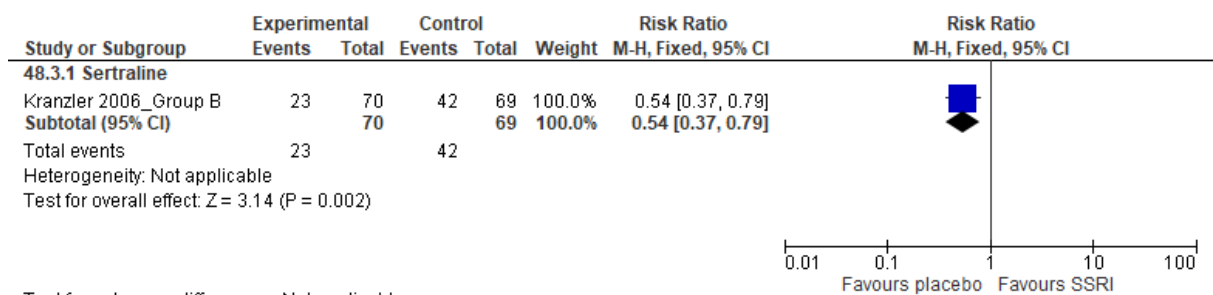
3

4 Figure 304: Depression symptomatology change score



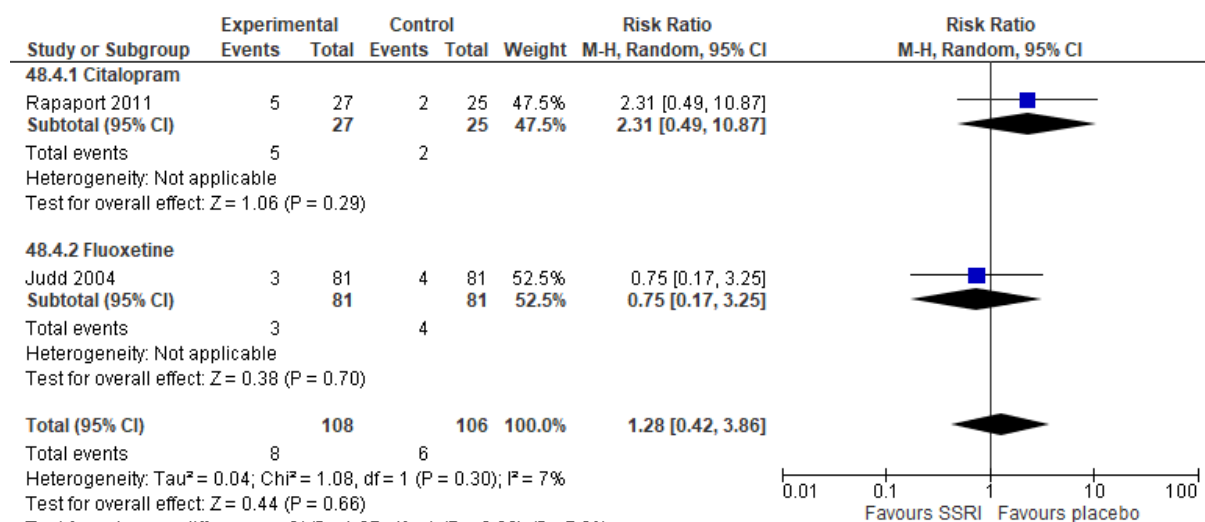
5

6 Figure 305: Response (ITT)



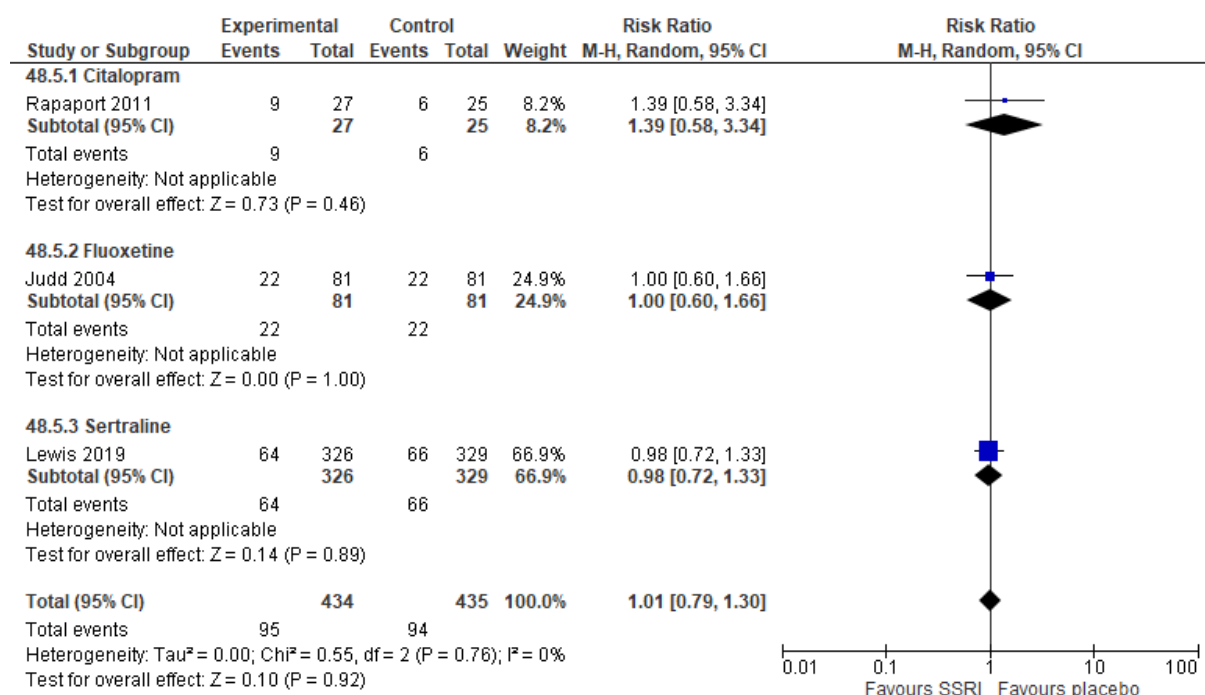
7 Test for subgroup differences: Not applicable

1 **Figure 306: Discontinuation due to SE**



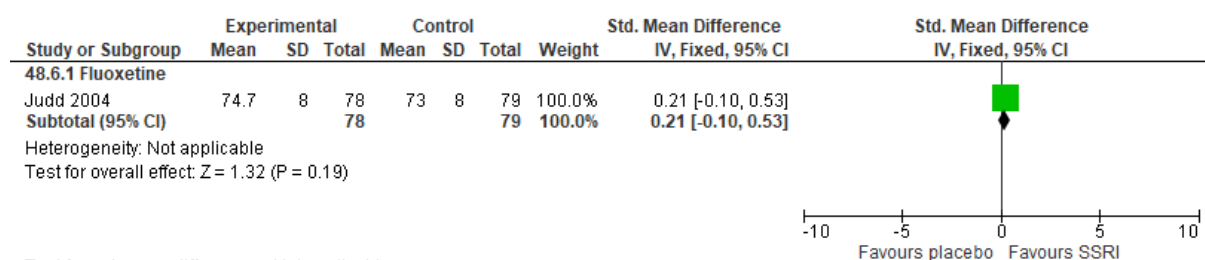
2 Test for subgroup differences: Chi<sup>2</sup> = 1.07, df = 1 (P = 0.30), I<sup>2</sup> = 7.0%

3 **Figure 307: Discontinuation (any reason including SE)**



4 Test for subgroup differences: Chi<sup>2</sup> = 0.55, df = 2 (P = 0.76), I<sup>2</sup> = 0%

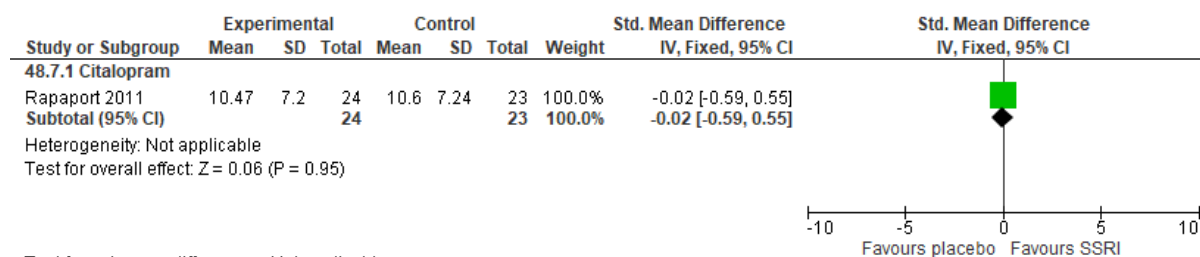
5 **Figure 308: Global functioning endpoint**



6 Test for subgroup differences: Not applicable

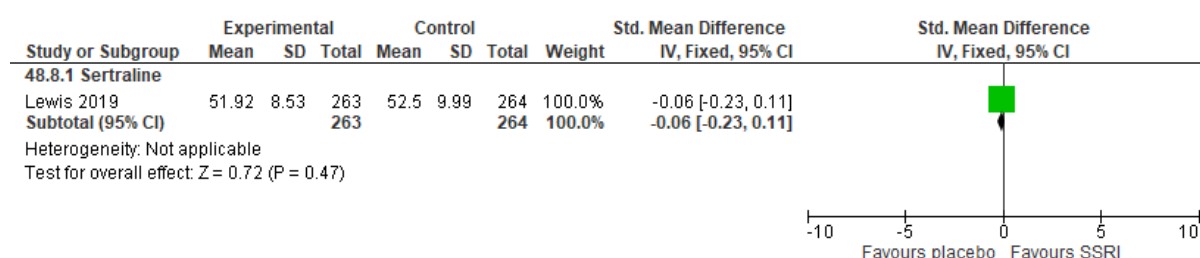


1 **Figure 309: Global functioning change score**



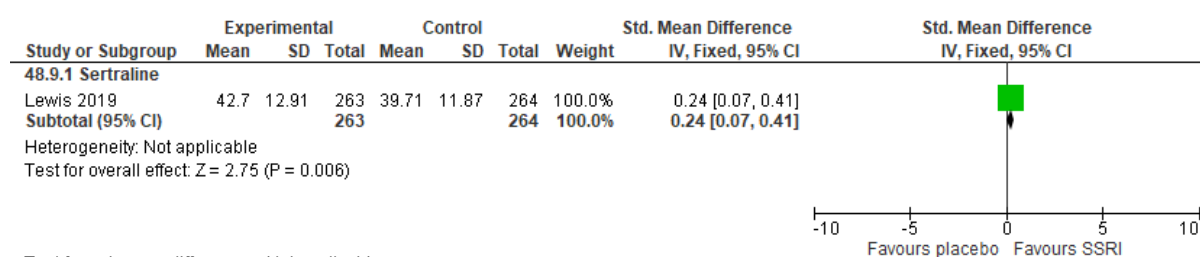
2 Test for subgroup differences: Not applicable

3 **Figure 310: Quality of life physical health component endpoint**



4 Test for subgroup differences: Not applicable

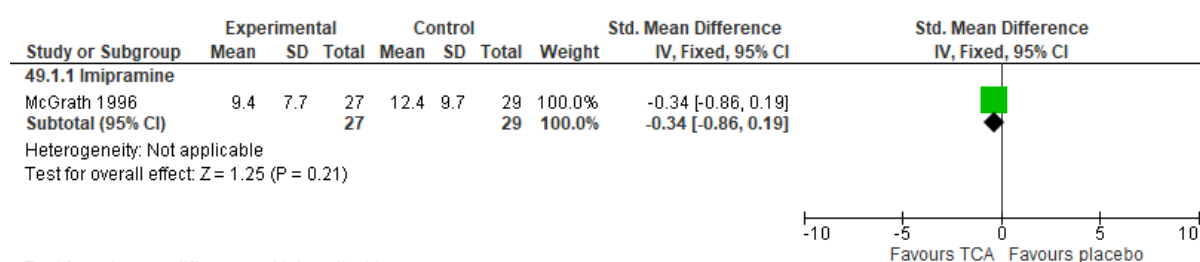
5 **Figure 311: Quality of life mental health component endpoint**



6 Test for subgroup differences: Not applicable

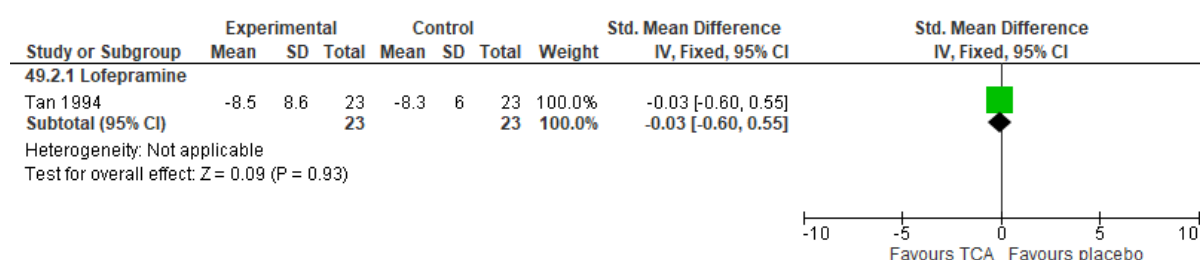
7 **Less severe: TCAs versus placebo**

8 **Figure 312: Depression symptomatology endpoint**



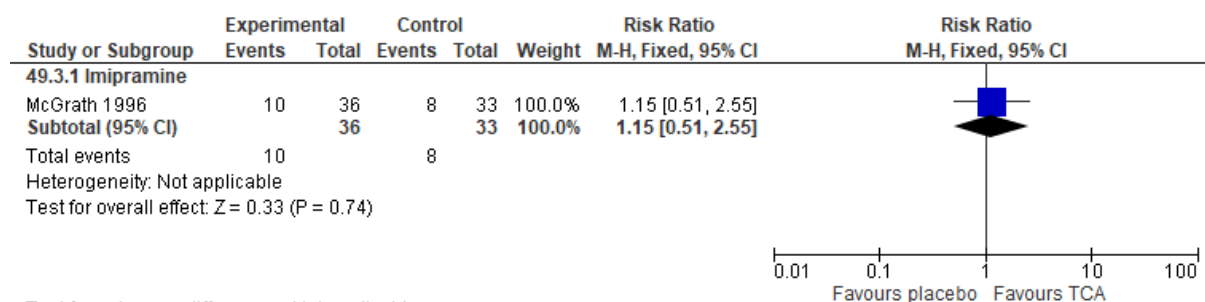
9 Test for subgroup differences: Not applicable

10 **Figure 313: Depression symptomatology change score**



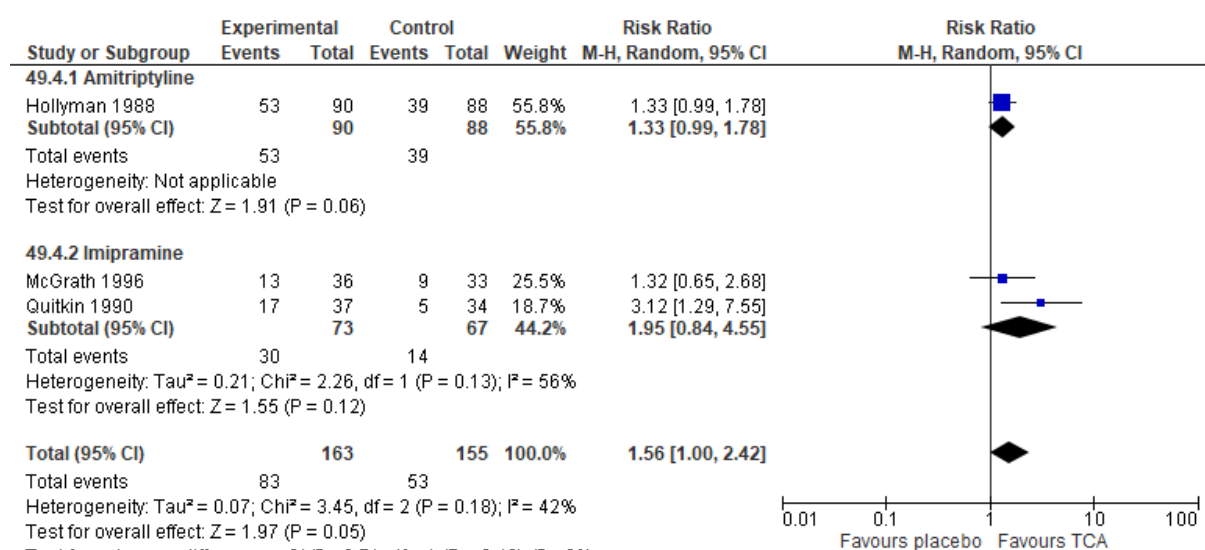
11 Test for subgroup differences: Not applicable

1 **Figure 314: Remission (ITT)**



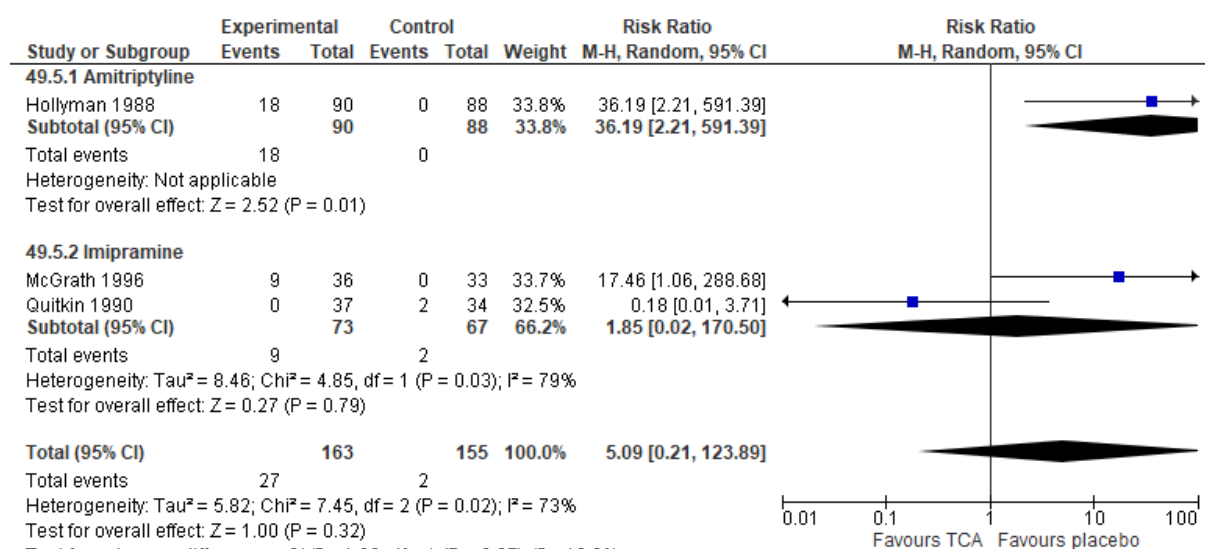
2 Test for subgroup differences: Not applicable

3 **Figure 315: Response (ITT)**



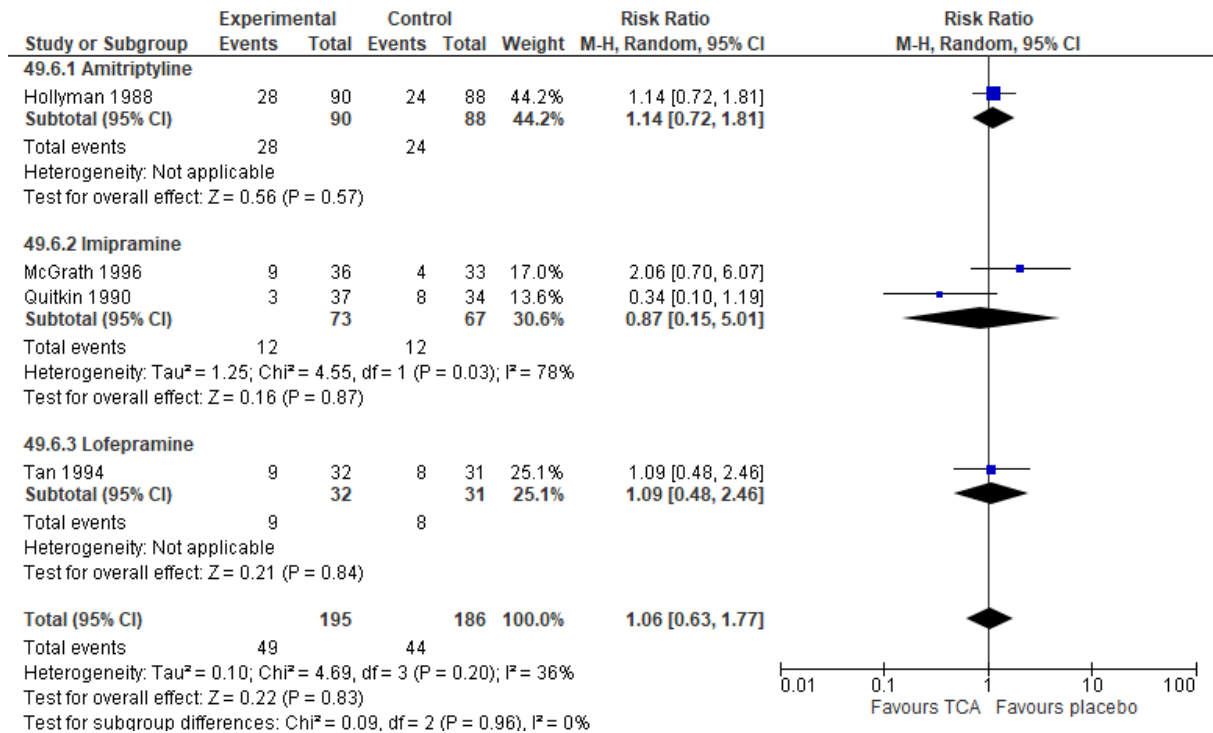
4 Test for subgroup differences: Chi<sup>2</sup> = 0.71, df = 1 (P = 0.40), I<sup>2</sup> = 0%

5 **Figure 316: Discontinuation due to SE**



6 Test for subgroup differences: Chi<sup>2</sup> = 1.20, df = 1 (P = 0.27), I<sup>2</sup> = 16.8%

1 **Figure 317: Discontinuation (any reason including SE)**

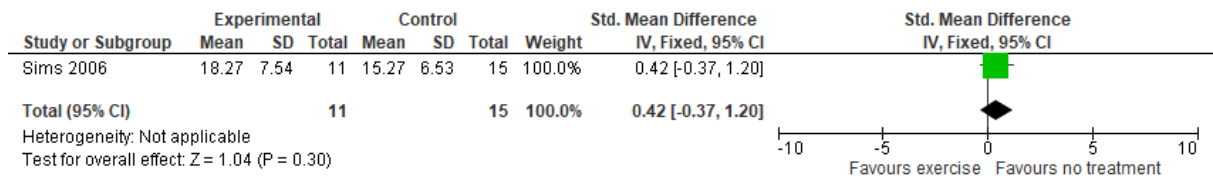


2

3

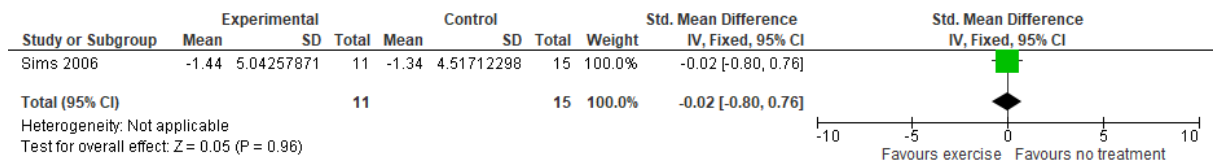
4 **Less severe: Supervised high intensity exercise individual versus no treatment**

5 **Figure 318: Depression symptomatology endpoint**



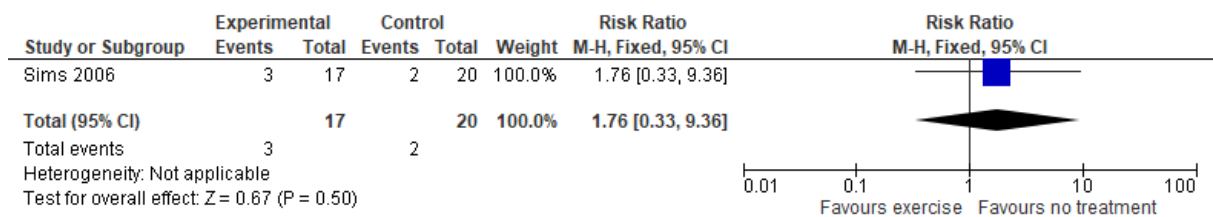
6

7 **Figure 319: Depression symptomatology change score**



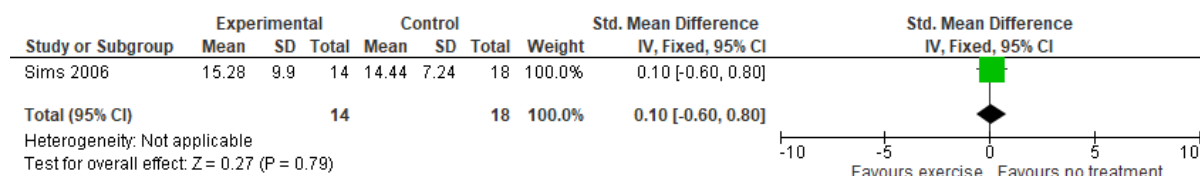
8

9 **Figure 320: Discontinuation (any reason)**



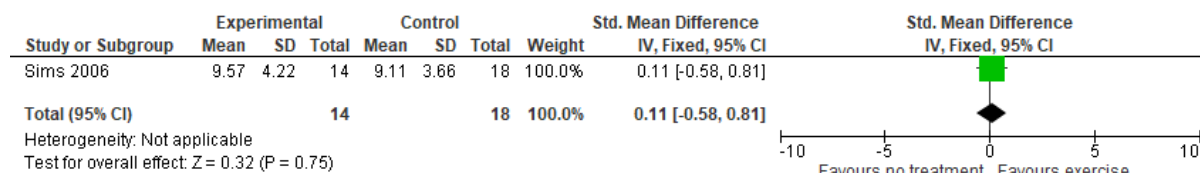
10

1 **Figure 321: Depression symptomatology at 6-month follow-up**



2

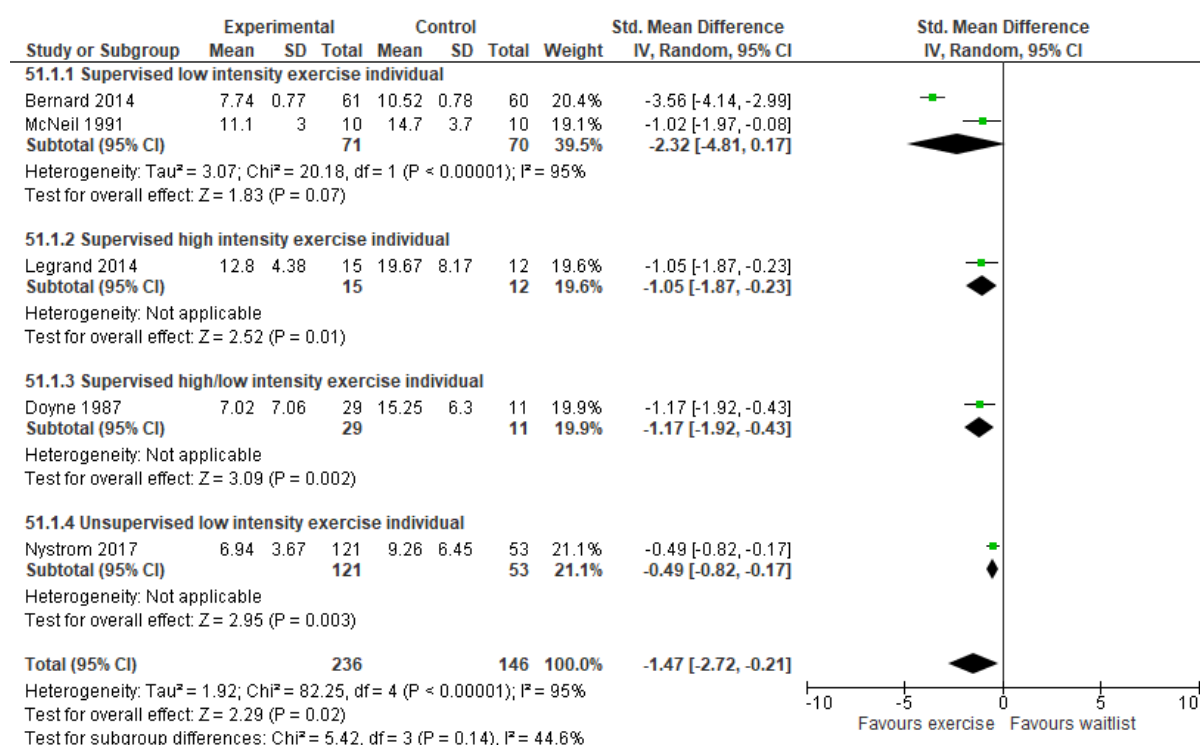
3 **Figure 322: Quality of life at 6-month follow-up**



4

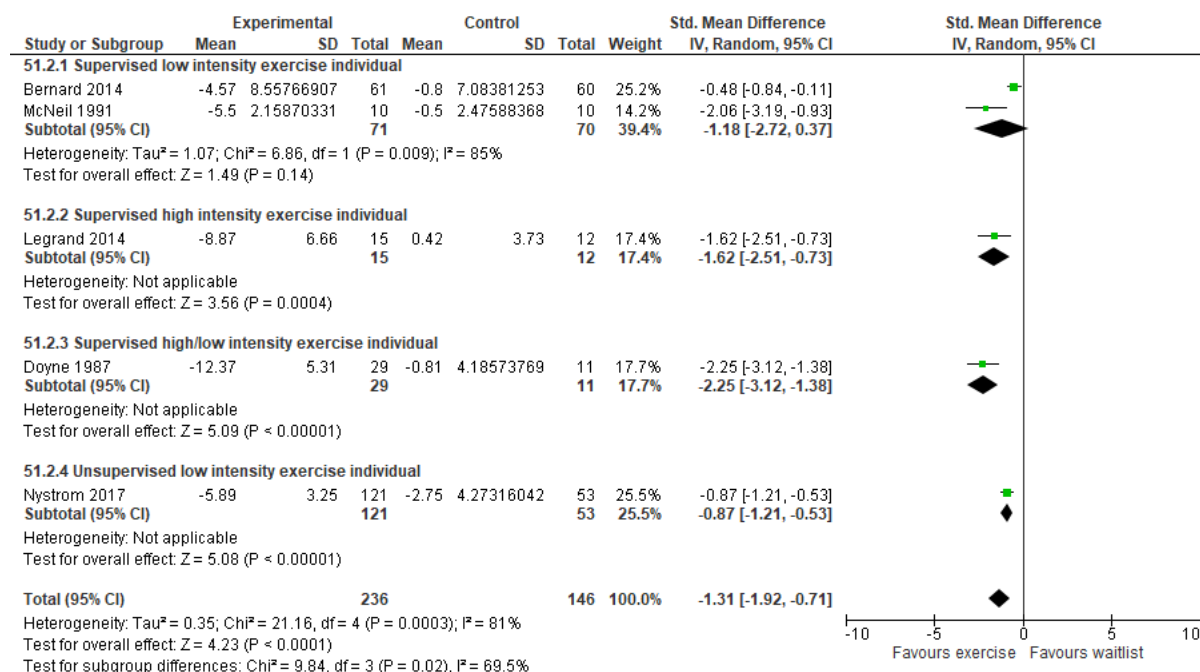
5 **Less severe: Exercise individual versus waitlist**

6 **Figure 323: Depression symptomatology endpoint**



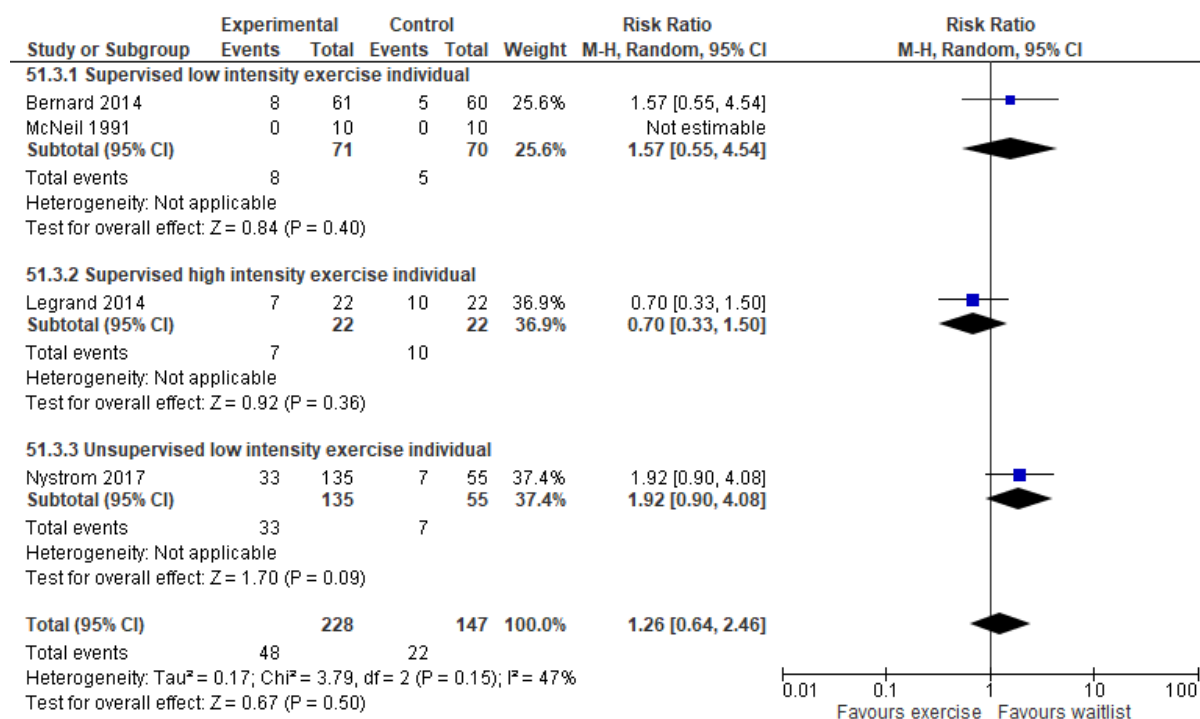
7

1 **Figure 324: Depression symptomatology change score**



2

3 **Figure 325: Discontinuation (any reason)**



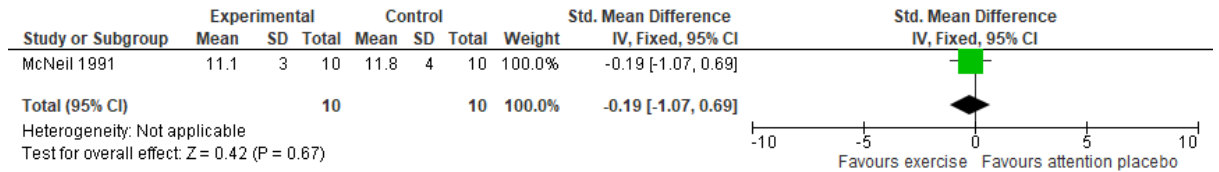
4

5

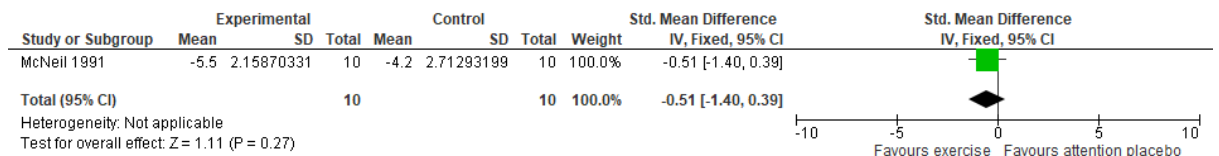
6

1 **Less severe: Supervised low intensity exercise individual versus attention placebo**

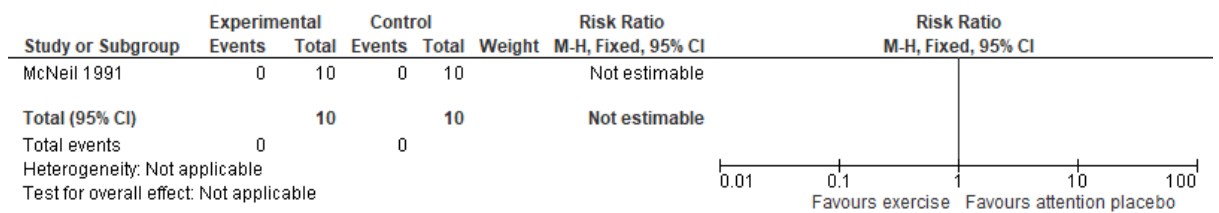
3 **Figure 326: Depression symptomatology endpoint**



5 **Figure 327: Depression symptomatology change score**

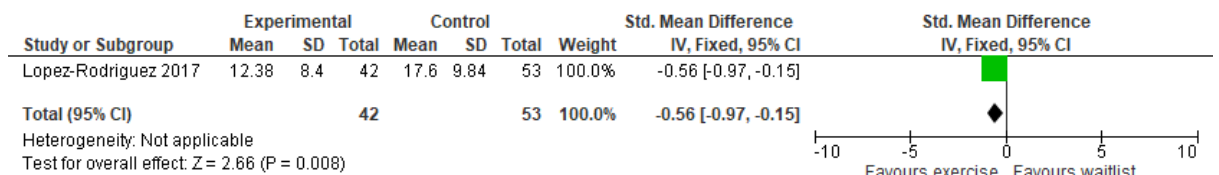


7 **Figure 328: Discontinuation (any reason)**

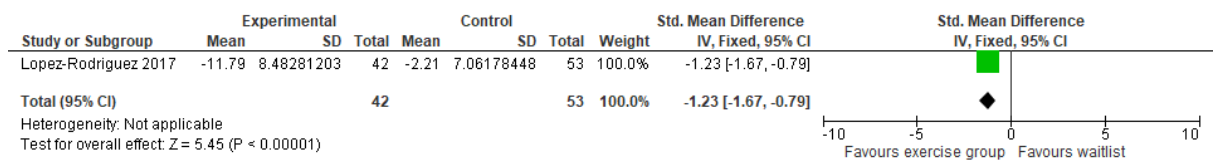


9 **Less severe: Supervised low intensity exercise group versus waitlist**

10 **Figure 329: Depression symptomatology endpoint**



12 **Figure 330: Depression symptomatology change score**

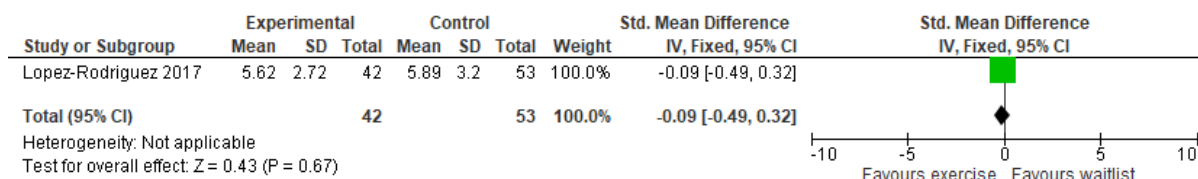


1 **Figure 331: Discontinuation (any reason)**



2

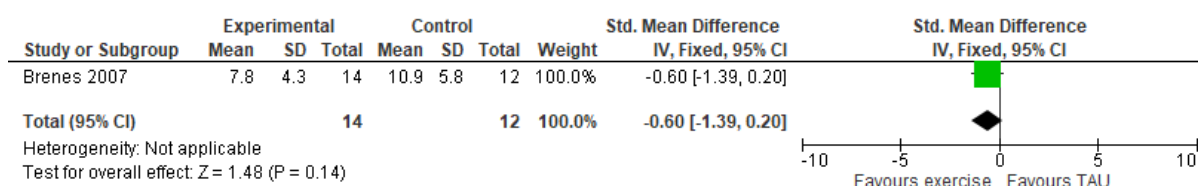
3 **Figure 332: Sleeping difficulties endpoint**



4

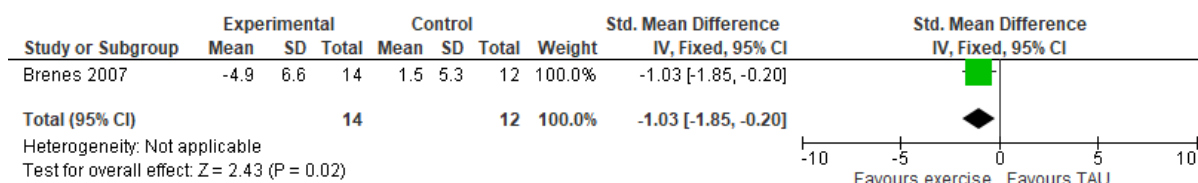
5 **Less severe: Supervised high intensity exercise group versus TAU**

6 **Figure 333: Depression symptomatology endpoint**



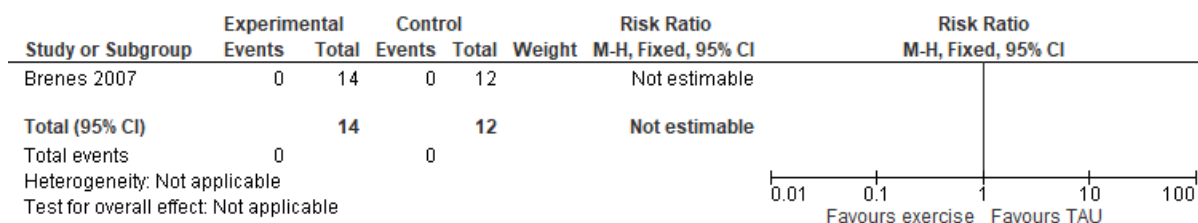
7

8 **Figure 334: Depression symptomatology change score**



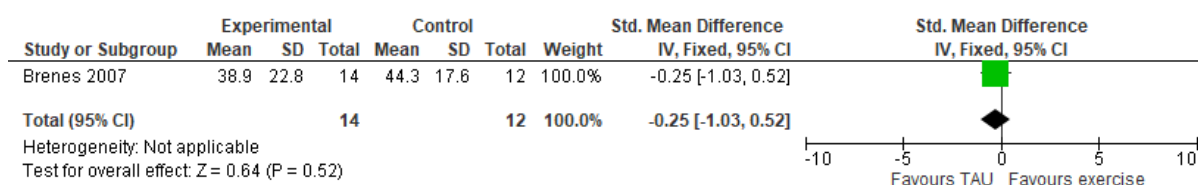
9

10 **Figure 335: Discontinuation (any reason)**



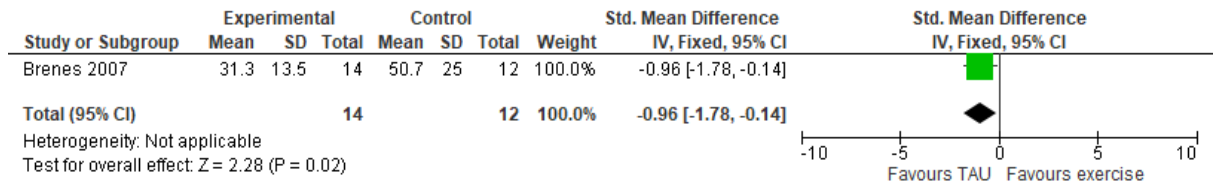
11

12 **Figure 336: Quality of life physical health component endpoint**



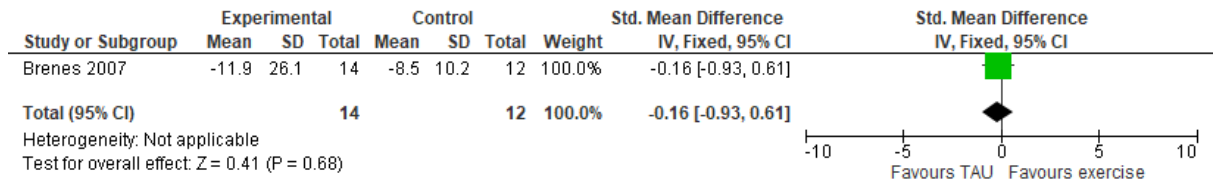
13

1 **Figure 337: Quality of life mental health component endpoint**



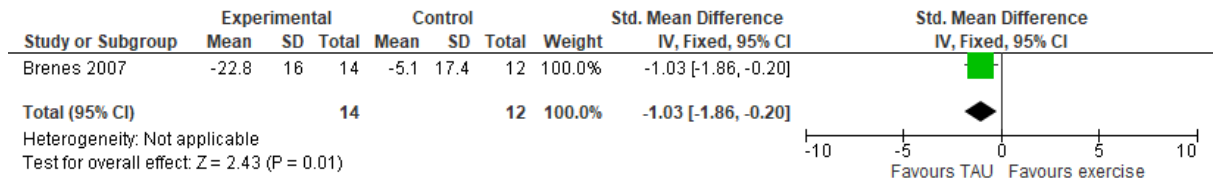
2

3 **Figure 338: Quality of life physical health component change score**



4

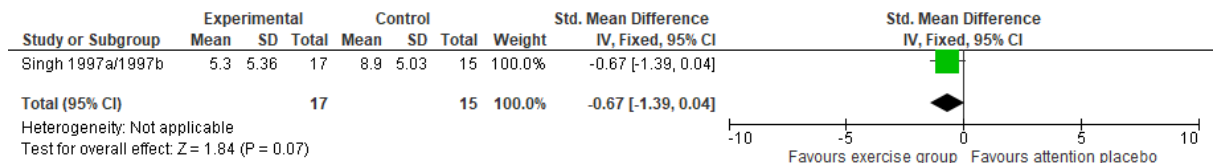
5 **Figure 339: Quality of life mental health component change score**



6

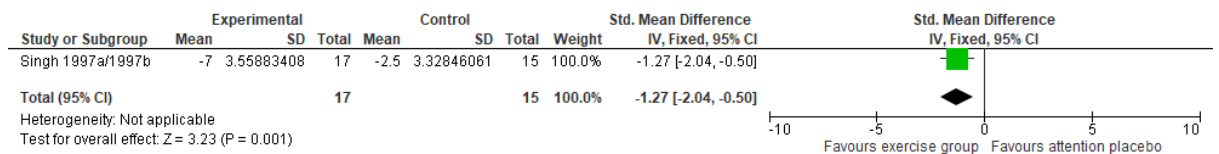
7 **Less severe: Supervised high intensity exercise group versus attention placebo**

8 **Figure 340: Depression symptomatology endpoint**



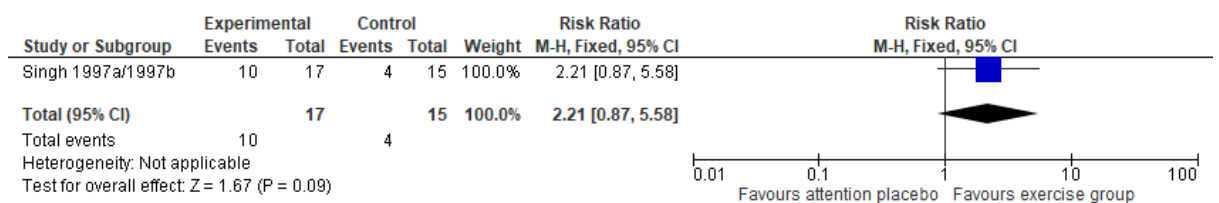
9

10 **Figure 341: Depression symptomatology change score**



11

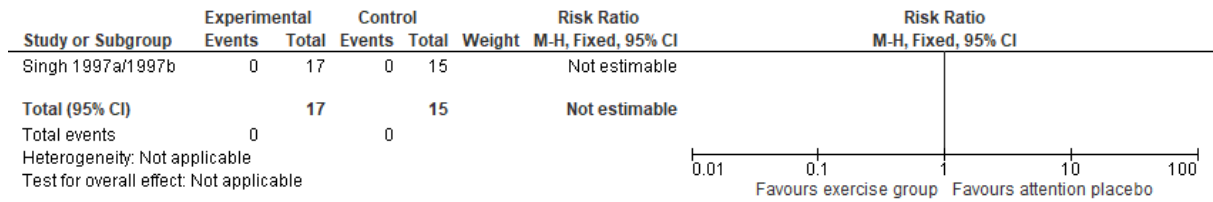
12 **Figure 342: Response (ITT)**



13

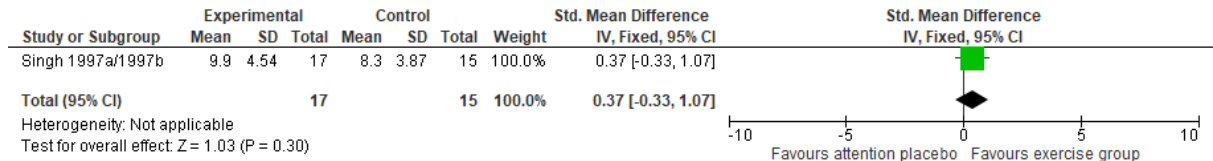


1 **Figure 343: Discontinuation (any reason)**



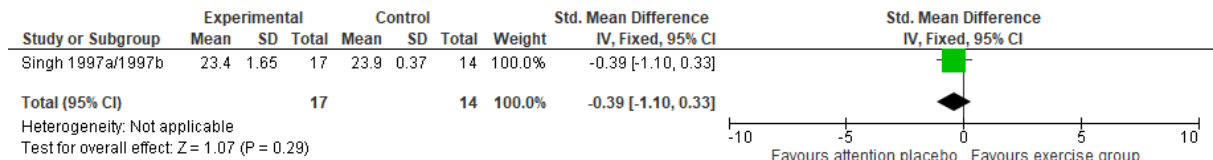
2

3 **Figure 344: Quality of life endpoint**



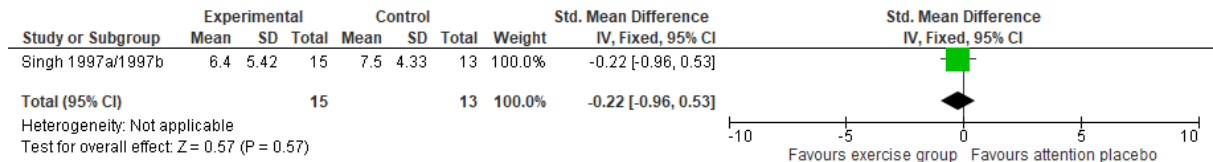
4

5 **Figure 345: Global functioning endpoint**



6

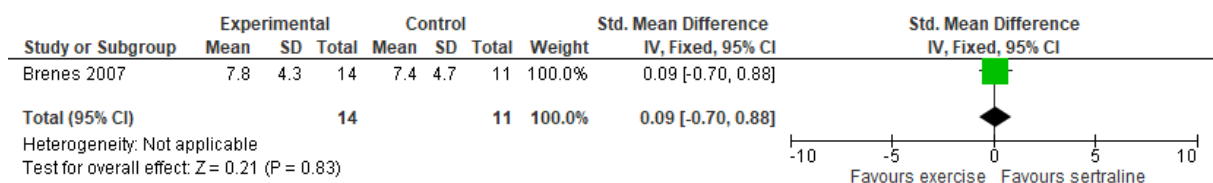
7 **Figure 346: Sleeping difficulties endpoint**



8

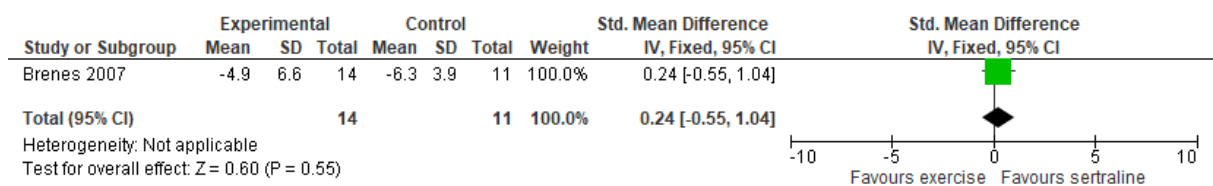
9 **Less severe: Supervised high intensity exercise group versus sertraline**

10 **Figure 347: Depression symptomatology endpoint**



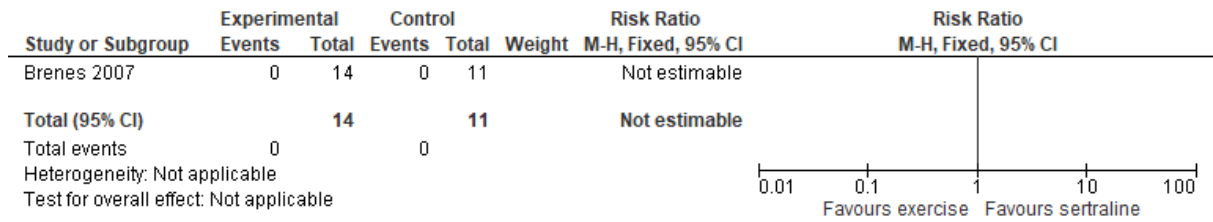
11

12 **Figure 348: Depression symptomatology change score**



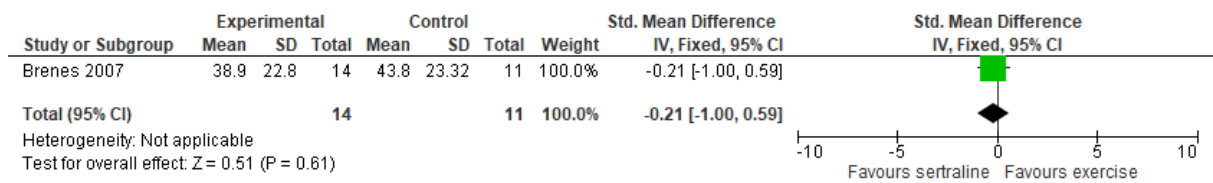
13

1 **Figure 349: Discontinuation (any reason)**



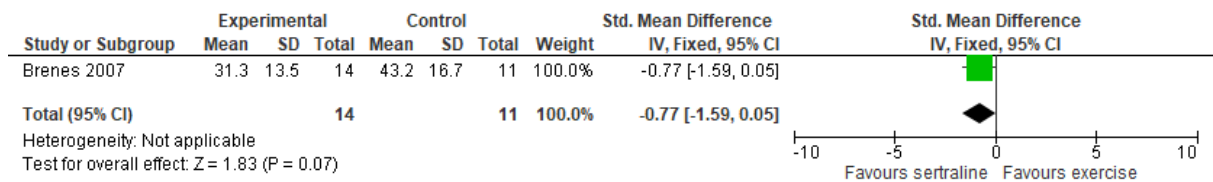
2

3 **Figure 350: Quality of life physical health component endpoint**



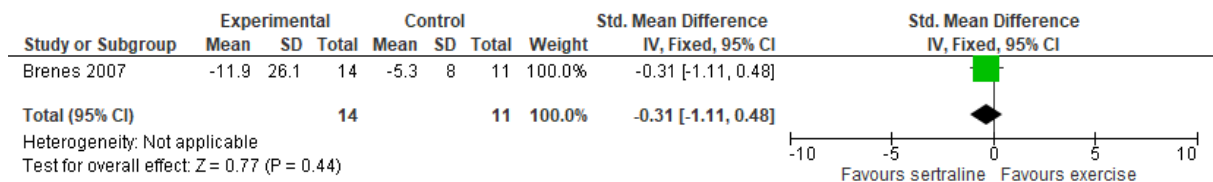
4

5 **Figure 351: Quality of life mental health component endpoint**



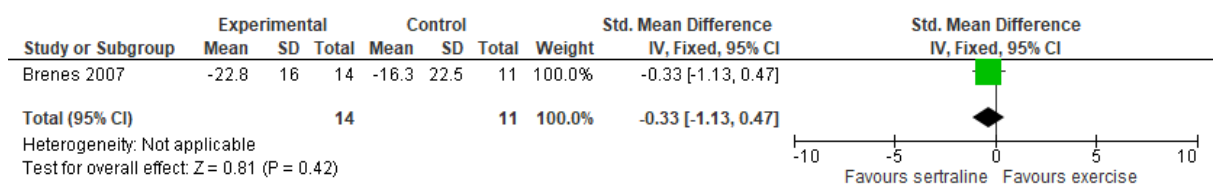
6

7 **Figure 352: Quality of life physical health component change score**



8

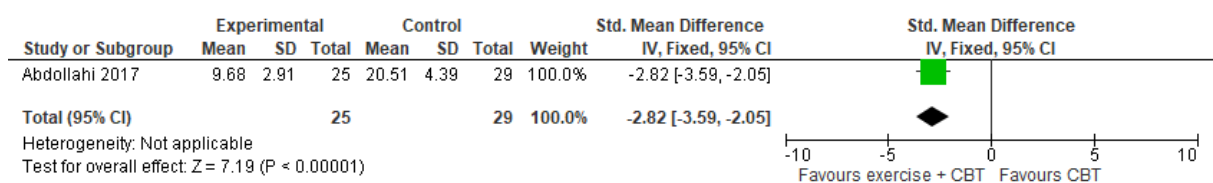
9 **Figure 353: Quality of life mental health component change score**



10

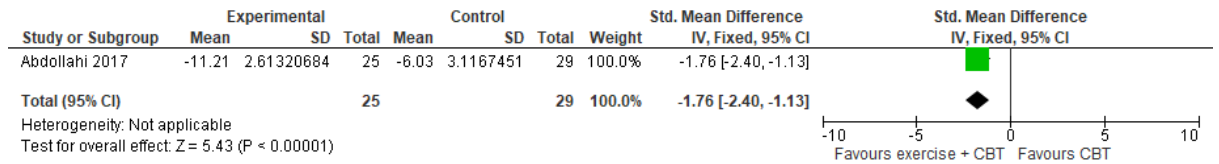
11 **Less severe: Supervised low intensity exercise group + CBT group (under 15**  
12 **sessions) versus CBT group (under 15 sessions)**

13 **Figure 354: Depression symptomatology at endpoint**



14

1 **Figure 355: Depression symptomatology change score**



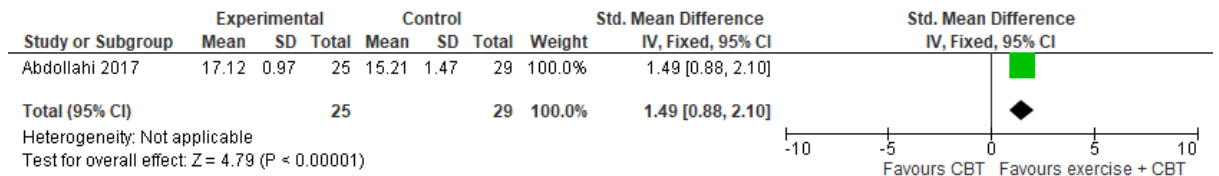
2

3 **Figure 356: Discontinuation (any reason)**



4

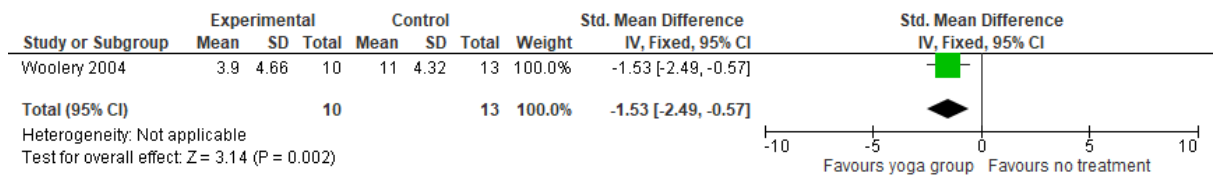
5 **Figure 357: Global functioning at endpoint**



6

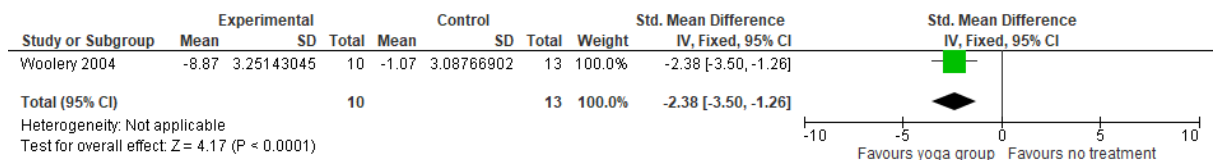
7 **Less severe: Yoga group versus no treatment**

8 **Figure 358: Depression symptomatology endpoint**



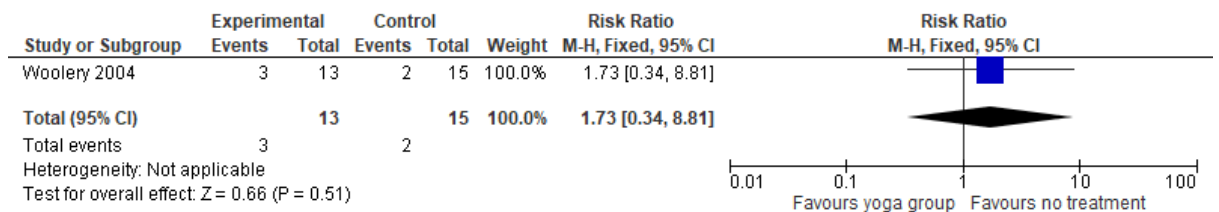
9

10 **Figure 359: Depression symptomatology change score**



11

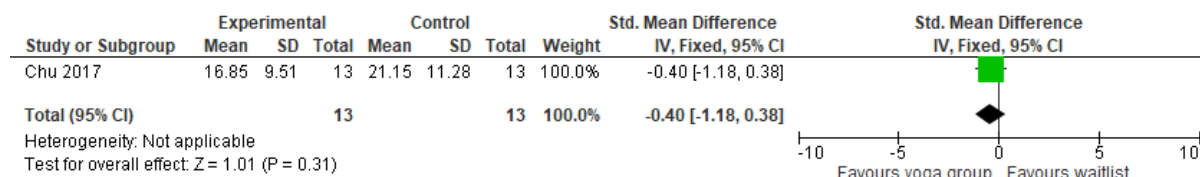
12 **Figure 360: Discontinuation (any reason)**



13

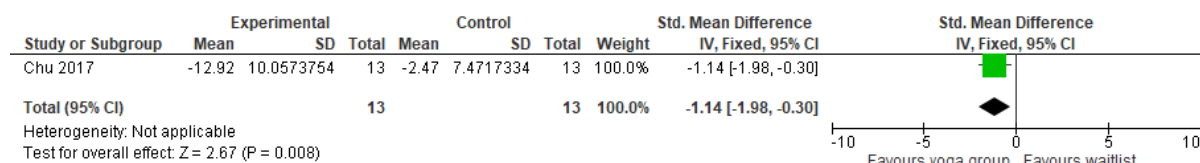
1 **Less severe: Yoga group versus waitlist**

2 **Figure 361: Depression symptomatology endpoint**



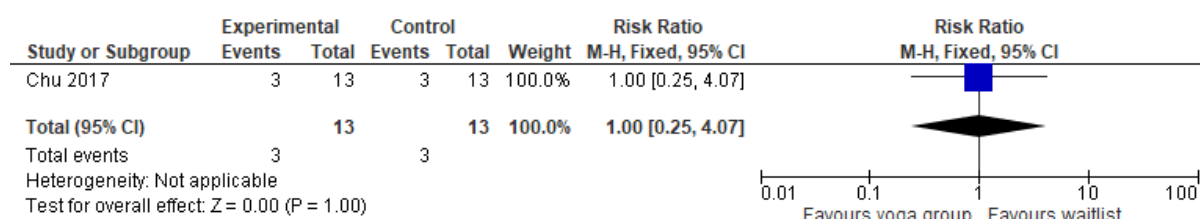
3

4 **Figure 362: Depression symptomatology change score**



5

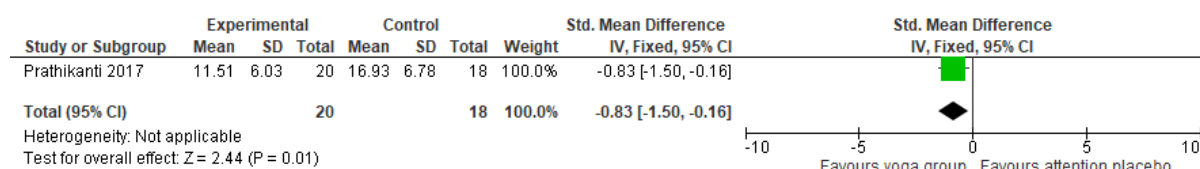
6 **Figure 363: Discontinuation (any reason)**



7

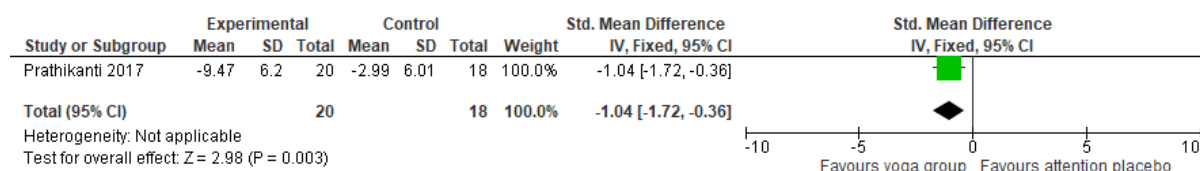
8 **Less severe: Yoga group versus attention placebo**

9 **Figure 364: Depression symptomatology endpoint**



10

11 **Figure 365: Depression symptomatology change score**



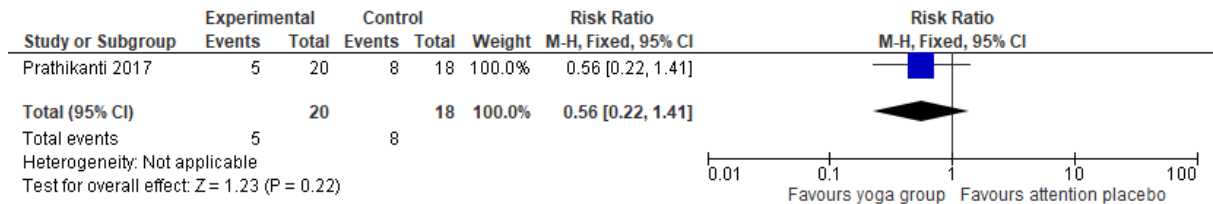
12

13 **Figure 366: Remission (ITT)**



14

1 **Figure 367: Discontinuation (any reason)**

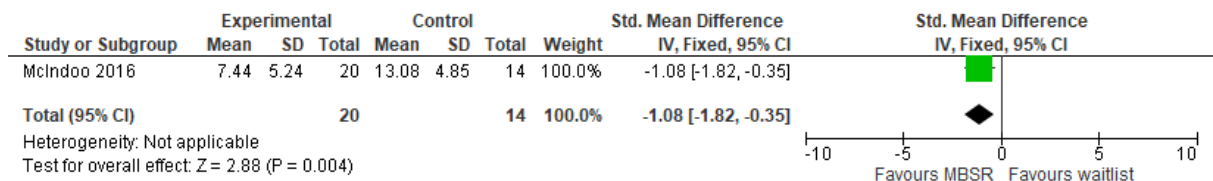


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3

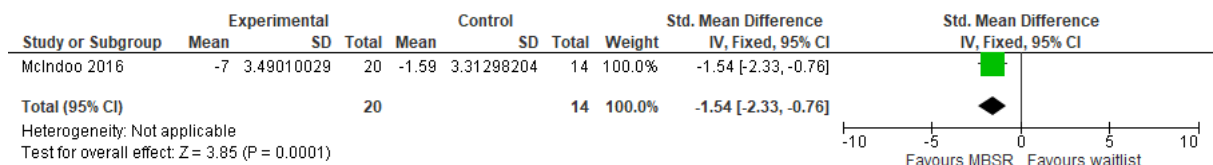
4 **Less severe: Mindfulness-based stress reduction (MBSR) individual versus**  
5 **waitlist**

6 **Figure 368: Depression symptomatology endpoint**



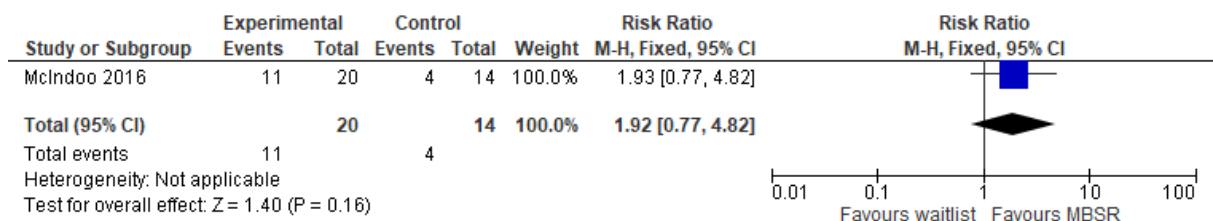
7

8 **Figure 369: Depression symptomatology change score**



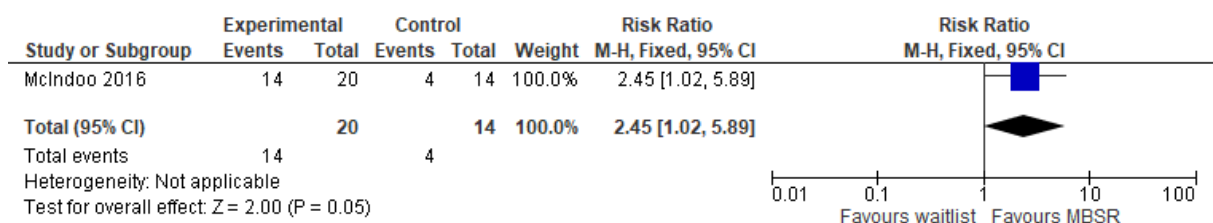
9

10 **Figure 370: Remission (ITT)**



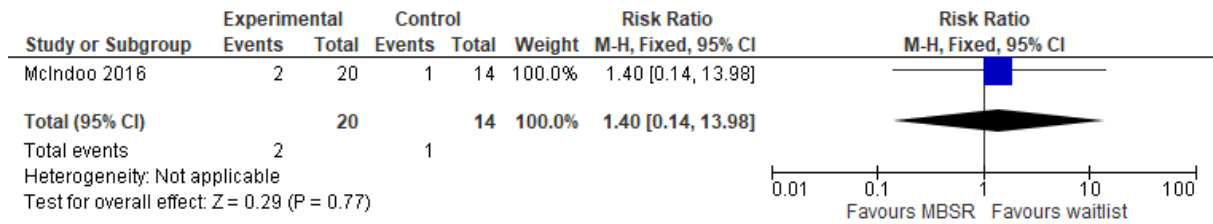
11

12 **Figure 371: Response (ITT)**



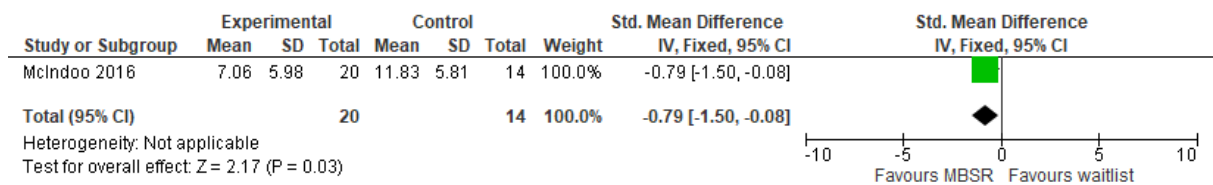
13

1 **Figure 372: Discontinuation (any reason)**



2

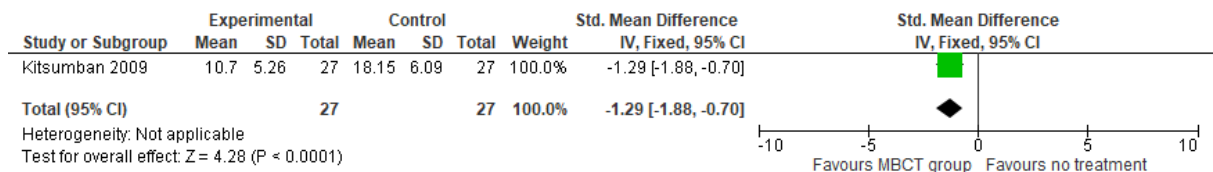
3 **Figure 373: Depression symptomatology at 1-month follow-up**



4

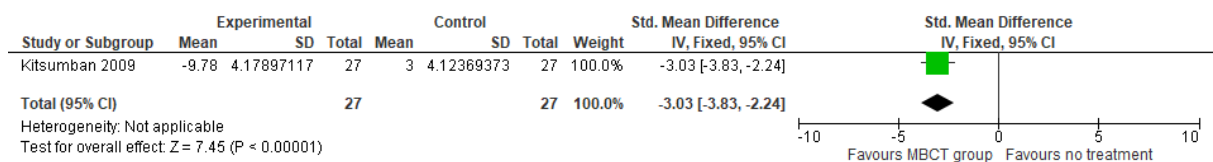
5 **Less severe: Mindfulness-based cognitive therapy (MBCT) group versus no**  
6 **treatment**

7 **Figure 374: Depression symptomatology endpoint**



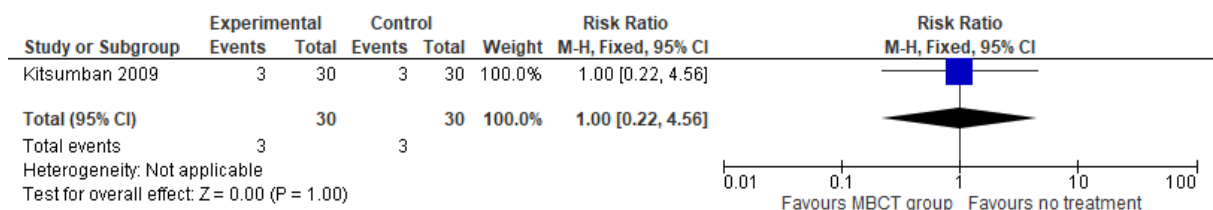
8

9 **Figure 375: Depression symptomatology change score**



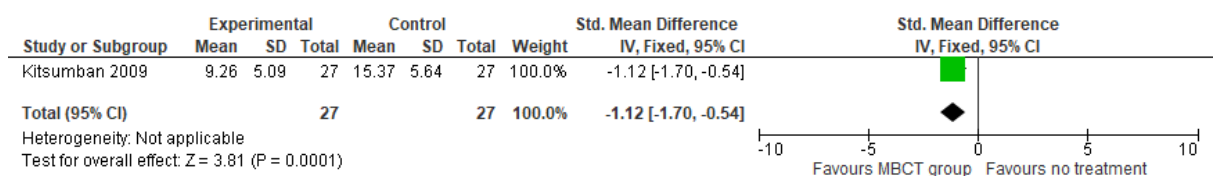
10

11 **Figure 376: Discontinuation (any reason)**



12

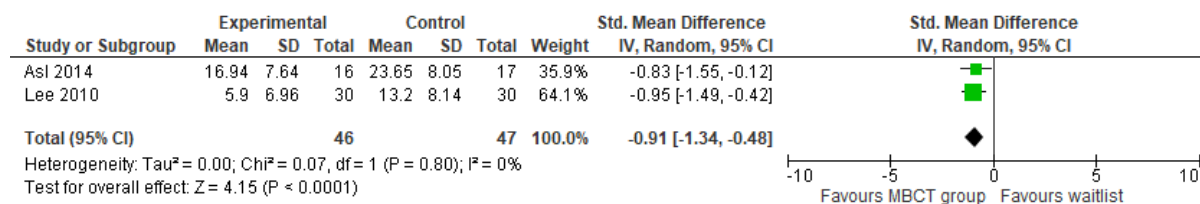
13 **Figure 377: Depression symptomatology at 3-month follow-up**



14

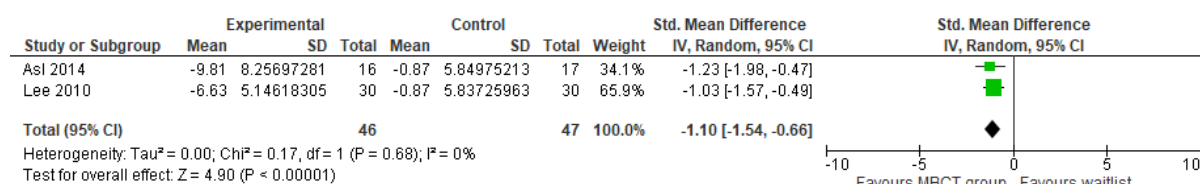
1 **Less severe: Mindfulness-based cognitive therapy (MBCT) group versus waitlist**

2 **Figure 378: Depression symptomatology endpoint**



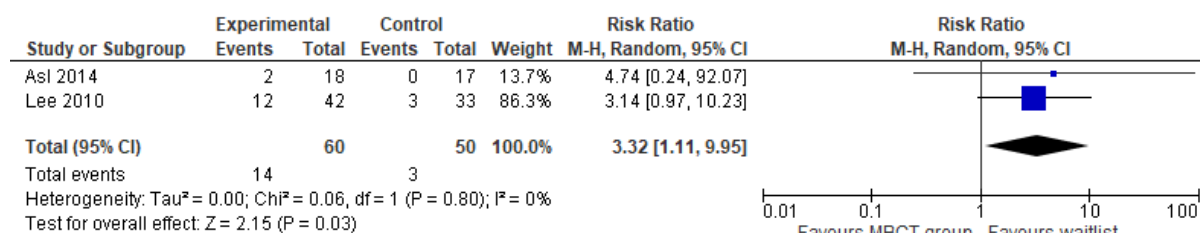
3

4 **Figure 379: Depression symptomatology change score**



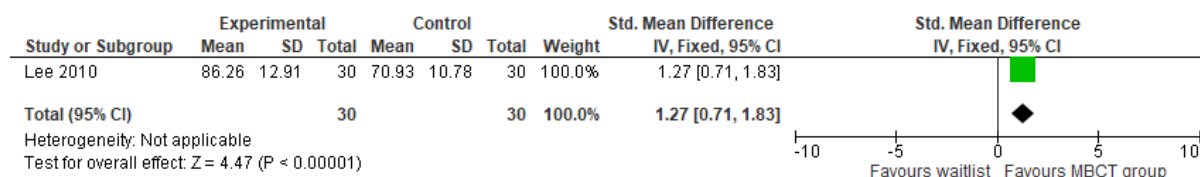
5

6 **Figure 380: Discontinuation (any reason)**



7

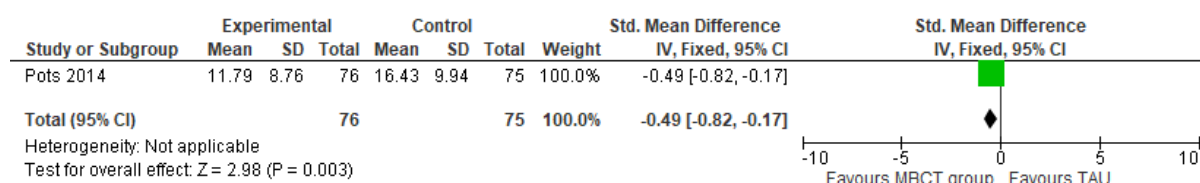
8 **Figure 381: Quality of life endpoint**



9

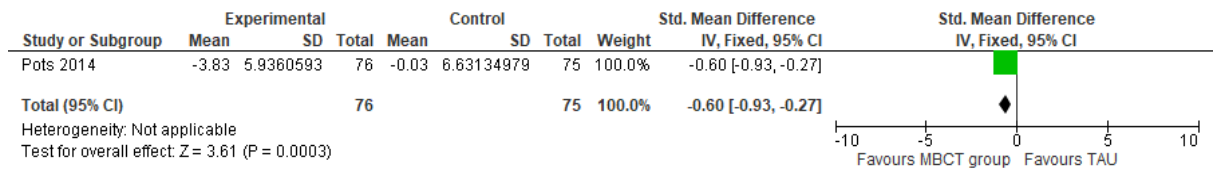
10 **Less severe: Mindfulness-based cognitive therapy (MBCT) group versus TAU**

11 **Figure 382: Depression symptomatology endpoint**



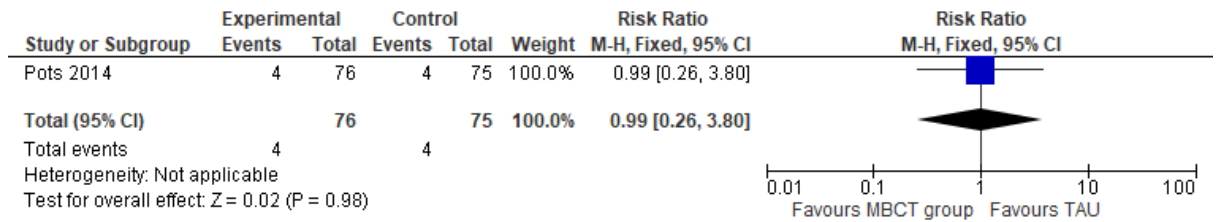
12

1 **Figure 383: Depression symptomatology change score**



2

3 **Figure 384: Discontinuation (any reason)**



4

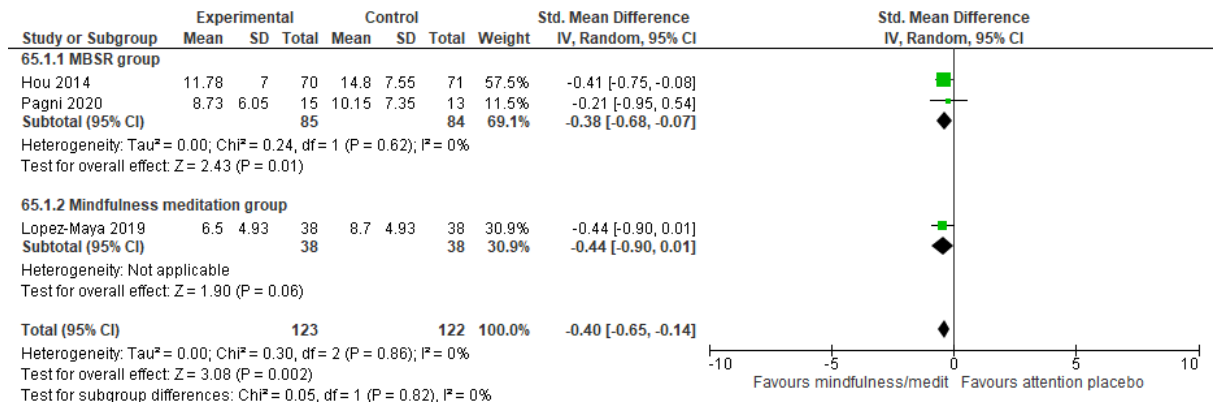
5

6



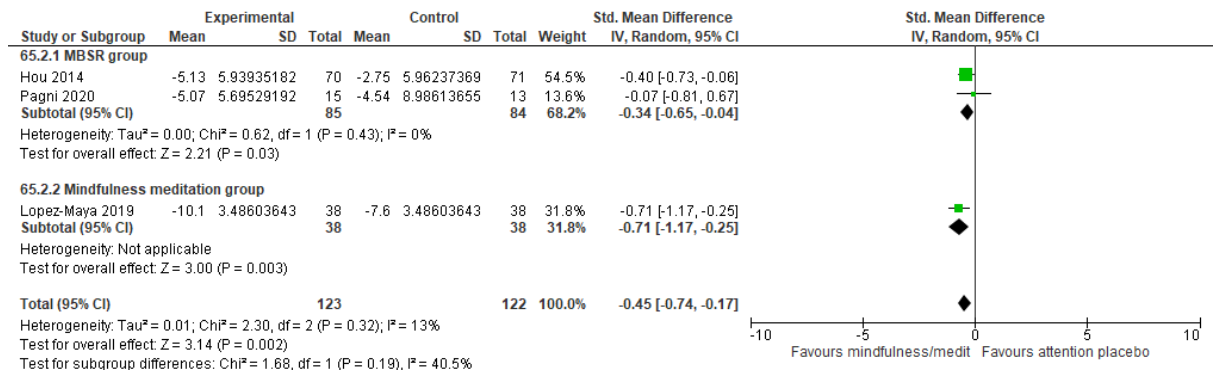
1 **Less severe: Mindfulness/meditation group versus attention placebo**

2 **Figure 385: Depression symptomatology endpoint**



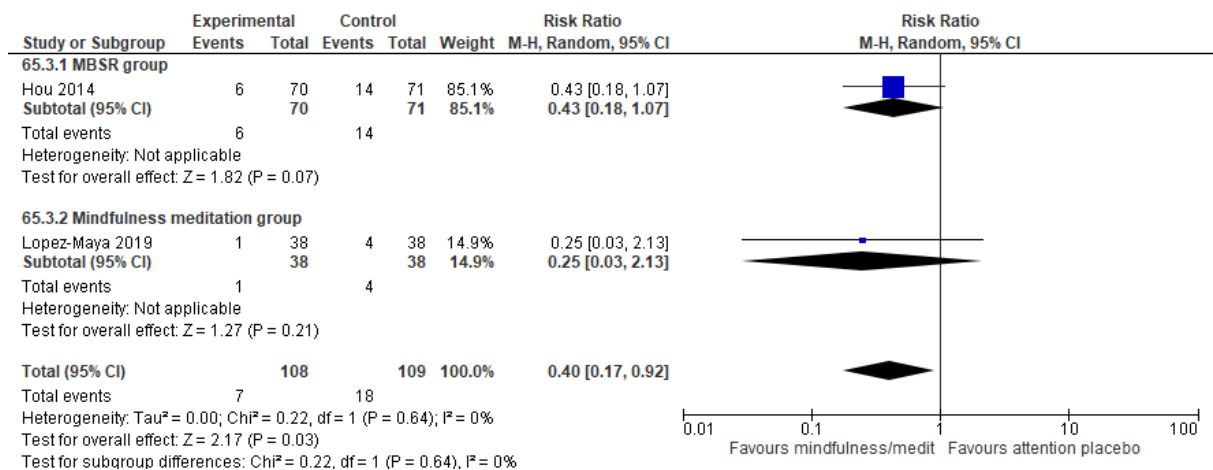
3

4 **Figure 386: Depression symptomatology change score**



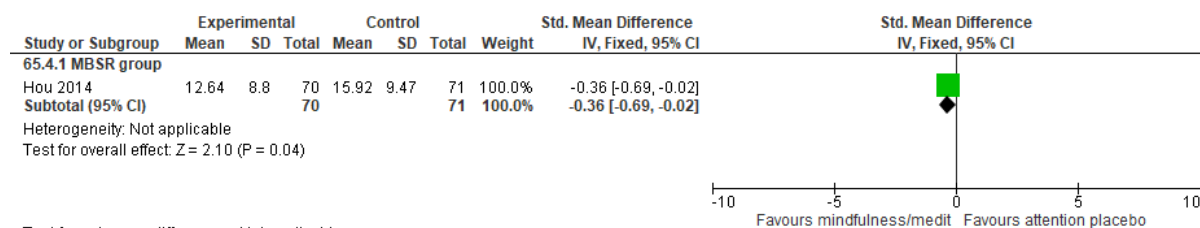
5

6 **Figure 387: Discontinuation (any reason)**



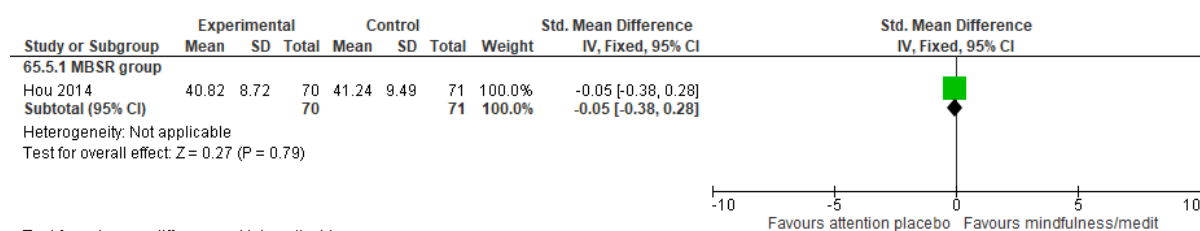
7

1 **Figure 388: Depression symptomatology at 3-month follow-up**



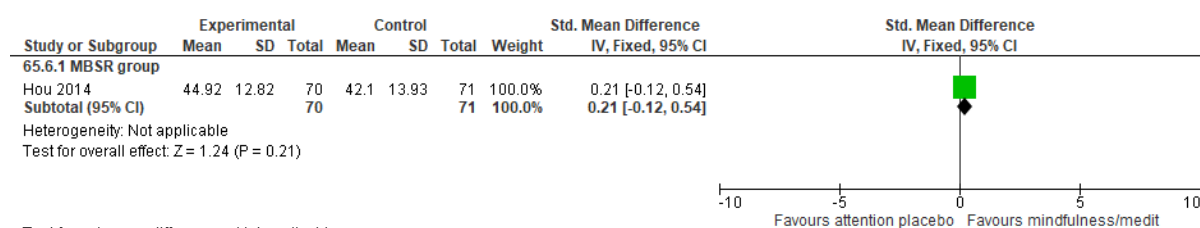
2 Test for subgroup differences: Not applicable

3 **Figure 389: Quality of life physical health component endpoint**



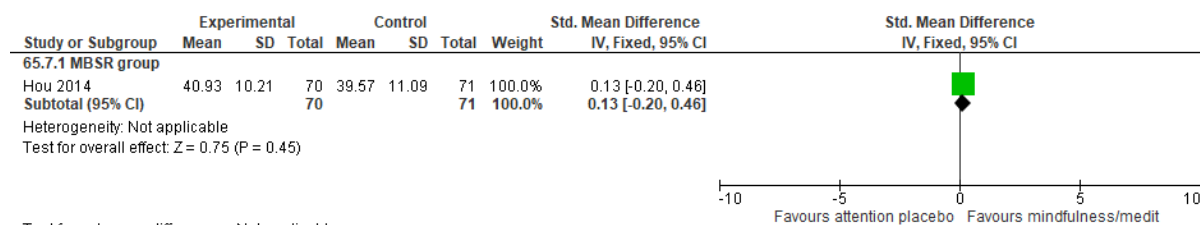
4 Test for subgroup differences: Not applicable

5 **Figure 390: Quality of life mental health component endpoint**



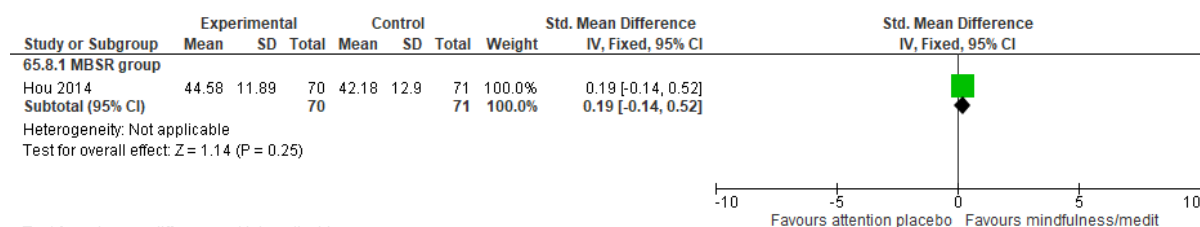
6 Test for subgroup differences: Not applicable

7 **Figure 391: Quality of life physical health component at 3-month follow-up**



8 Test for subgroup differences: Not applicable

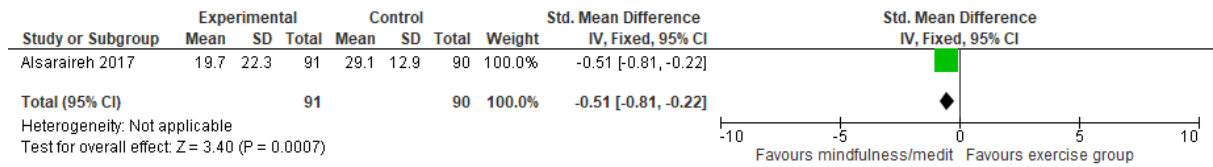
9 **Figure 392: Quality of life mental health component at 3-month follow-up**



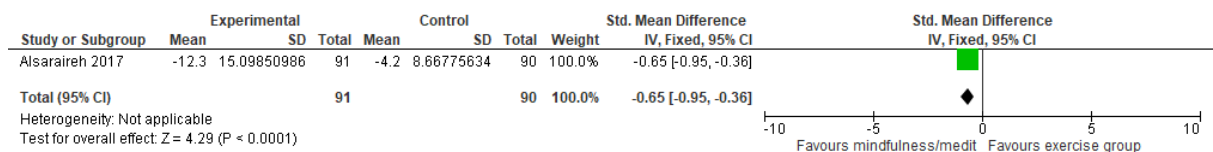
10 Test for subgroup differences: Not applicable

1 **Less severe: Mindfulness meditation group versus supervised high intensity**  
2 **exercise group**

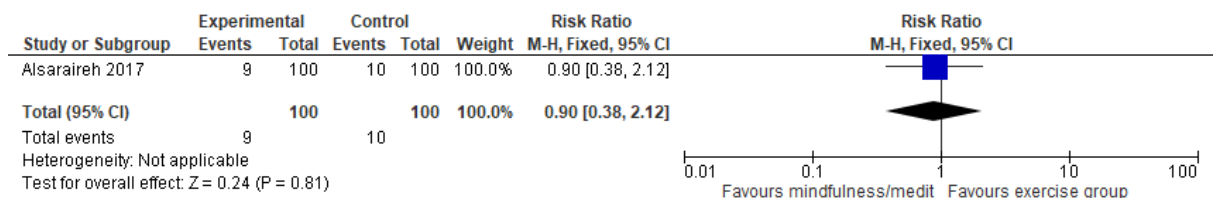
3 **Figure 393: Depression symptomatology at endpoint**



5 **Figure 394: Depression symptomatology change score**

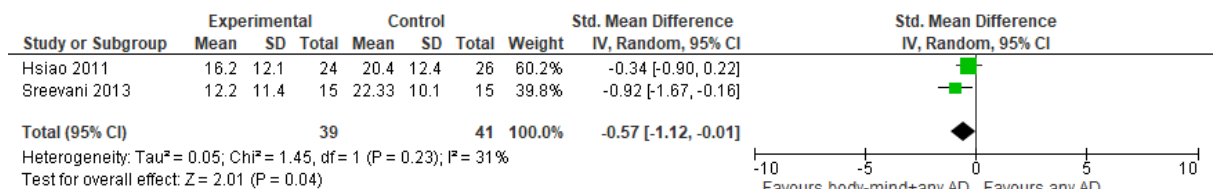


7 **Figure 395: Discontinuation (any reason)**

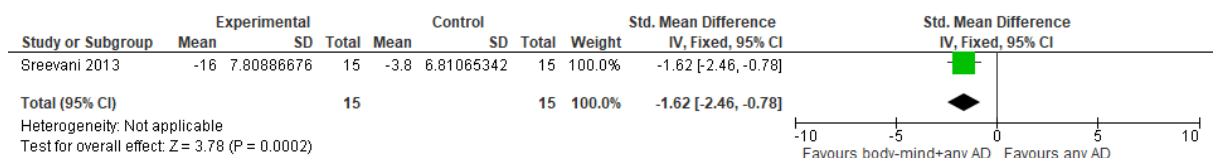


9 **Less severe: Body-mind-spirit group + any AD versus any AD**

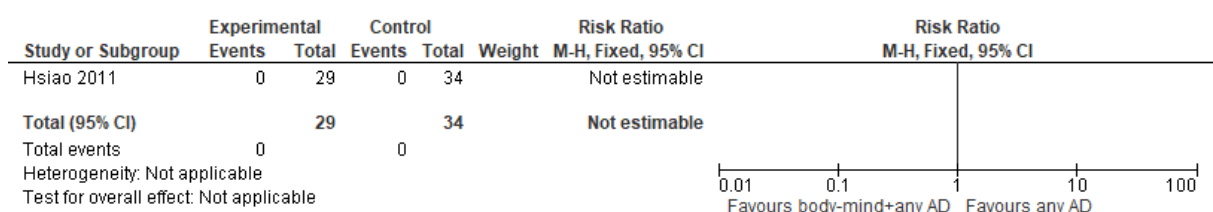
10 **Figure 396: Depression symptomatology endpoint**



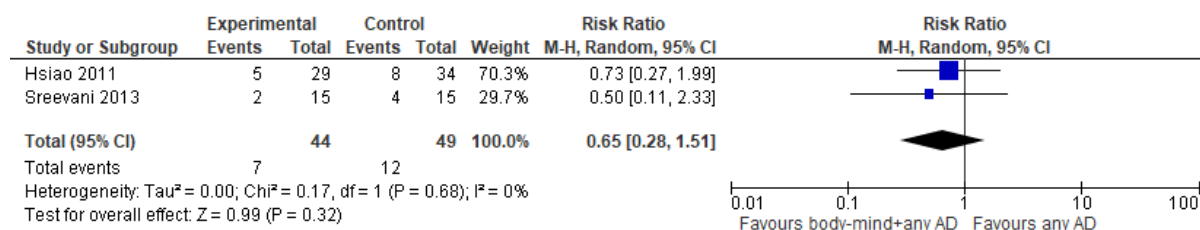
12 **Figure 397: Depression symptomatology change score**



14 **Figure 398: Discontinuation due to SE**

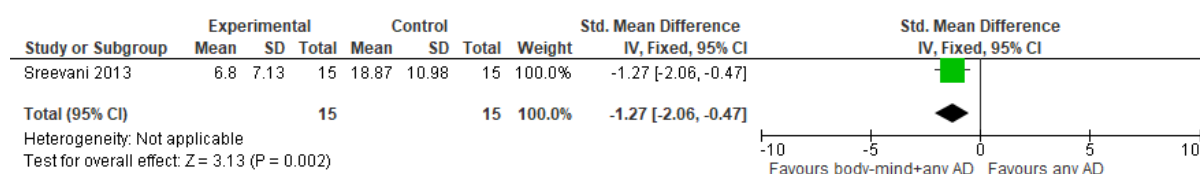


1 **Figure 399: Discontinuation (any reason including SE)**



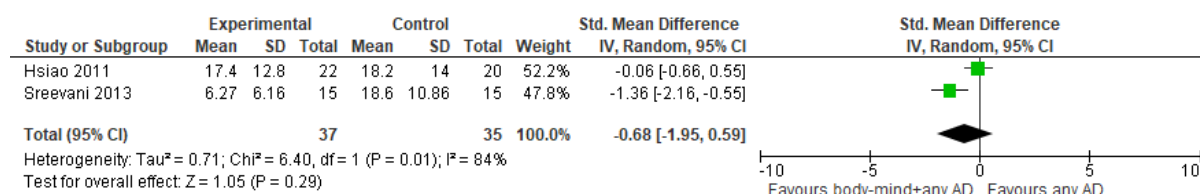
2

3 **Figure 400: Depression symptomatology at 1-month follow-up**



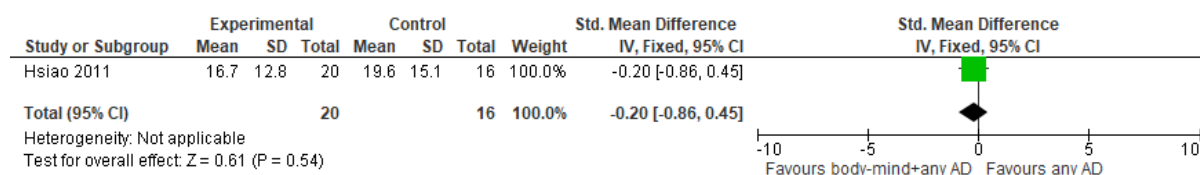
4

5 **Figure 401: Depression symptomatology at 2-3 month follow-up**



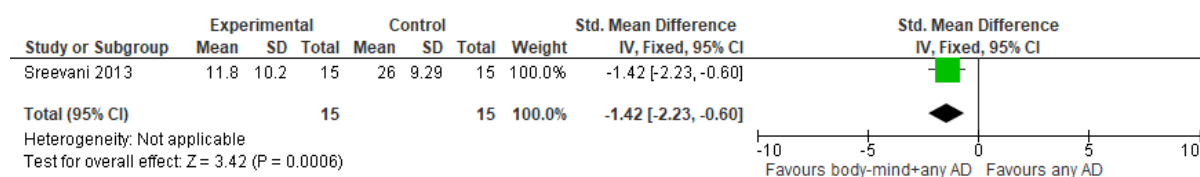
6

7 **Figure 402: Depression symptomatology at 6-month follow-up**



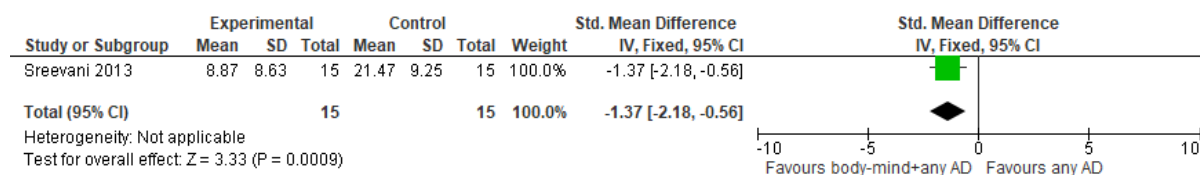
8

9 **Figure 403: Functional impairment endpoint**



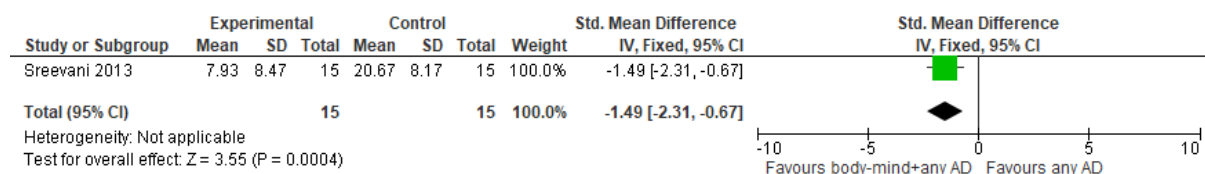
10

11 **Figure 404: Functional impairment at 1-month follow-up**



12

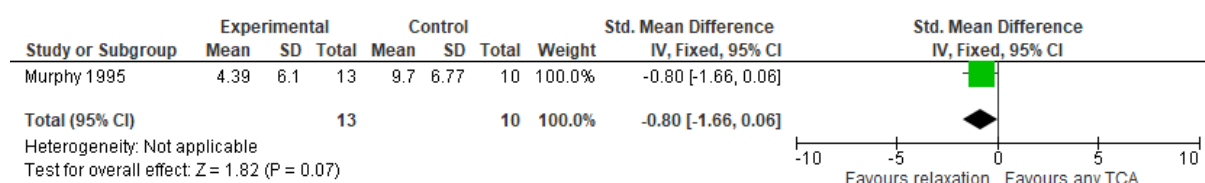
1 **Figure 405: Functional impairment at 2-month follow-up**



2

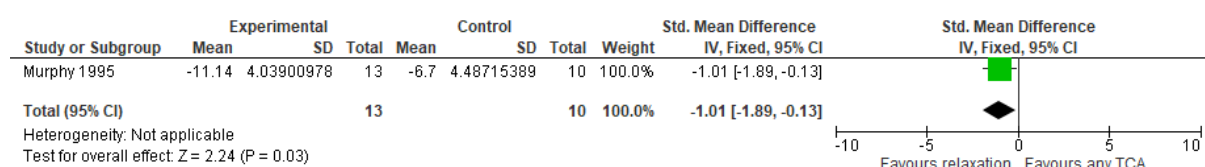
3 **Less severe: Progressive muscle relaxation individual versus any TCA**

4 **Figure 406: Depression symptomatology endpoint**



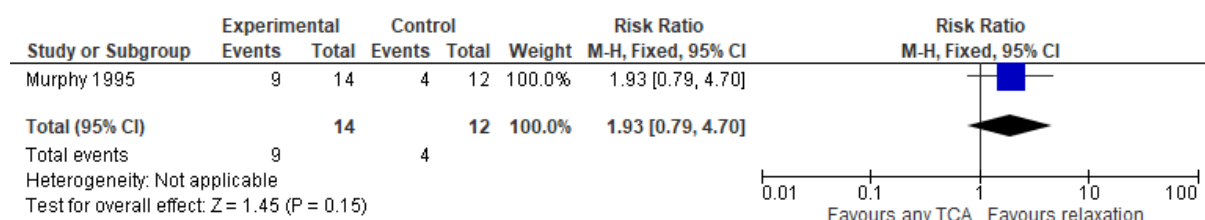
5

6 **Figure 407: Depression symptomatology change score**



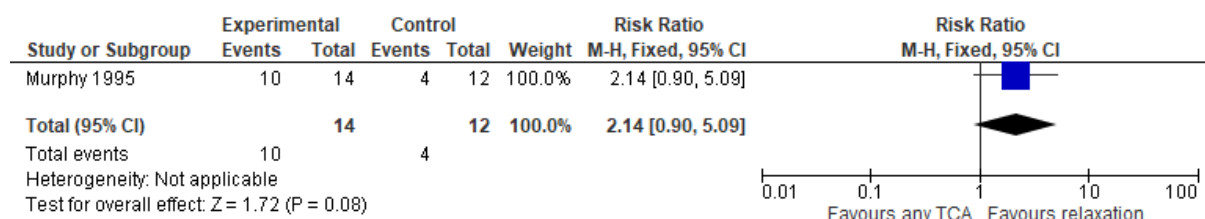
7

8 **Figure 408: Remission (ITT)**



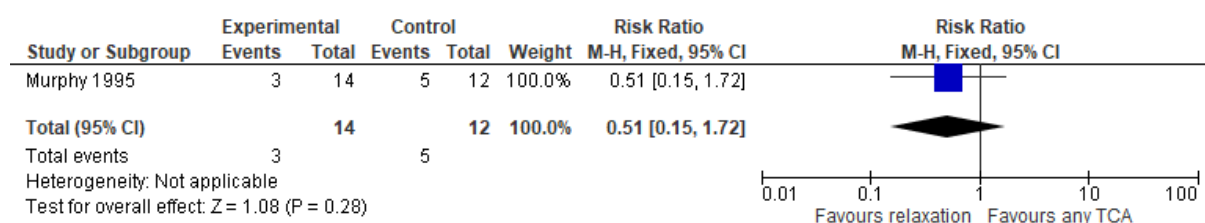
9

10 **Figure 409: Response (ITT)**



11

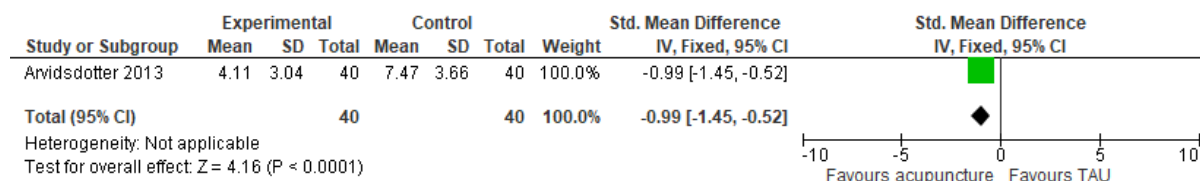
12 **Figure 410: Discontinuation (any reason)**



13

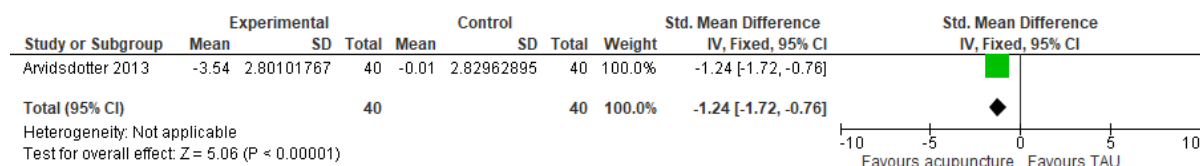
## 1 Less severe: Traditional acupuncture versus TAU

### 2 Figure 411: Depression symptomatology endpoint



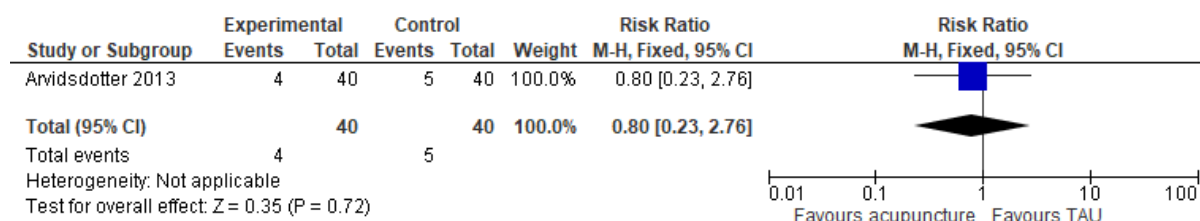
3

### 4 Figure 412: Depression symptomatology change score



5

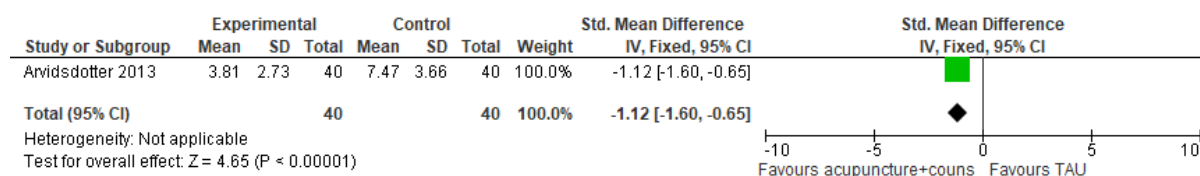
### 6 Figure 413: Discontinuation (any reason)



7

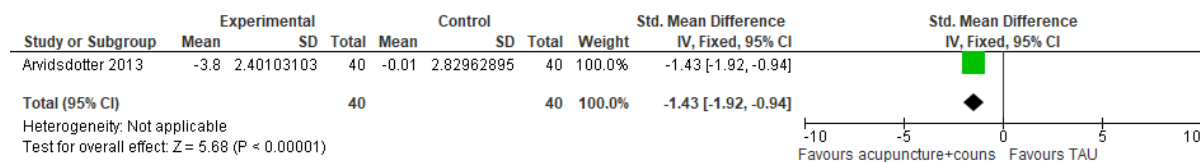
## 8 Less severe: Traditional acupuncture + counselling versus TAU

### 9 Figure 414: Depression symptomatology endpoint



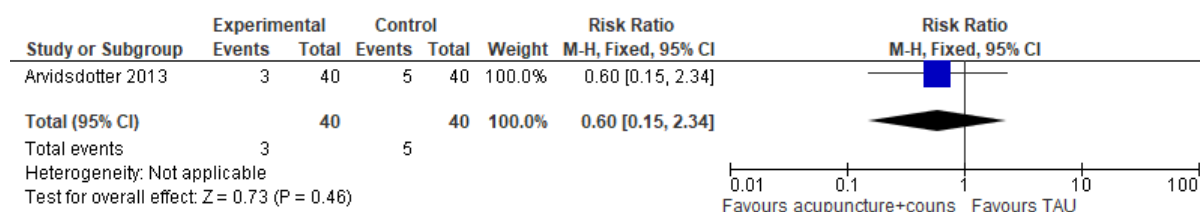
10

### 11 Figure 415: Depression symptomatology change score



12

### 13 Figure 416: Discontinuation (any reason)



14

1