

FINAL

## Depression in adults

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

*NICE guideline NG222*

*Evidence review supplement*

*June 2022*

*Final*



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# Contents

<b>Contents .....</b>	<b>4</b>
<b>Forest plots for the treatment of a new episode of less severe depression .....</b>	<b>7</b>
Less severe: Behavioural activation (BA) individual versus no treatment.....	7
Less severe: Behavioural activation (BA) individual versus waitlist.....	7
Less severe: Behavioural activation (BA) individual versus mindfulness-based stress reduction (MBSR) individual .....	9
Less severe: Behavioural therapies group versus no treatment.....	10
Less severe: Behavioural therapies group versus waitlist.....	12
Less severe: Behavioural activation (BA) group versus TAU .....	13
Less severe: Coping with Depression course (group) versus computerised Coping with Depression course.....	13
Less severe: Cognitive and cognitive behavioural therapies individual versus no treatment.....	15
Less severe: Third-wave cognitive therapy individual versus waitlist .....	17
Less severe: CBT individual (under 15 sessions) versus attention placebo .....	18
Less severe: CBT individual (15 sessions or over) versus IPT .....	19
Less severe: CBT individual (under 15 sessions) versus computerised-CBT (CCBT) with support.....	19
Less severe: CBT individual (15 sessions or over) versus any TCA .....	20
Less severe: CBT individual (15 sessions or over) versus any AD .....	22
Less severe: CBT individual (under 15 sessions) versus supervised high intensity exercise group .....	23
Less severe: CBT individual (15 sessions or over) versus progressive muscle relaxation individual .....	24
Less severe: CBT individual (under 15 sessions) + supervised high intensity exercise group versus supervised high intensity exercise group .....	25
Less severe: Cognitive and cognitive behavioural therapies group versus no treatment.....	27
Less severe: Cognitive and cognitive behavioural therapies group versus waitlist.....	30
Less severe: Cognitive and cognitive behavioural therapies group versus TAU ..	32
Less severe: Cognitive and cognitive behavioural therapies group versus behavioural therapies group.....	34
Less severe: Rational emotive behaviour therapy (REBT) group versus problem solving group.....	35
Less severe: CBT group (under 15 sessions) versus progressive muscle relaxation group .....	36
Less severe: CBT group (15 sessions or over) versus meditation-relaxation group .....	37
Less severe: CBT group (under 15 sessions) + any AD versus any AD .....	37
Less severe: Problem solving individual versus no treatment.....	39
Less severe: Problem solving individual versus TAU.....	40

Less severe: Problem solving individual versus attention placebo .....	41
Less severe: Problem solving group versus waitlist .....	42
Less severe: Problem solving group versus TAU .....	42
Less severe: Counselling versus no treatment .....	44
Less severe: Counselling + traditional acupuncture versus traditional acupuncture .....	45
Less severe: IPT versus TAU .....	45
Less severe: Interpersonal counselling individual versus any SSRI .....	47
Less severe: Short-term psychodynamic psychotherapy individual versus waitlist .....	48
Less severe: Short-term psychodynamic psychotherapy individual versus counselling .....	48
Less severe: Self-help versus no treatment .....	50
Less severe: Self-help versus waitlist .....	55
Less severe: Self-help versus TAU .....	63
Less severe: Self-help versus attention placebo .....	66
Less severe: Computerised behavioural activation versus unsupervised low intensity exercise individual .....	70
Less severe: Self-help with support versus no treatment .....	71
Less severe: Self-help with support versus waitlist .....	74
Less severe: Computerised Coping with Depression course with support versus TAU .....	82
Less severe: Cognitive bias modification with support versus attention placebo ..	83
Less severe: Self-help with support versus self-help .....	83
Less severe: Psychoeducation group versus waitlist .....	86
Less severe: SSRIs versus placebo .....	87
Less severe: TCAs versus placebo .....	89
Less severe: Supervised high intensity exercise individual versus no treatment ..	91
Less severe: Exercise individual versus waitlist .....	92
Less severe: Supervised low intensity exercise individual versus attention placebo .....	94
Less severe: Supervised low intensity exercise group versus waitlist .....	94
Less severe: Supervised high intensity exercise group versus TAU .....	95
Less severe: Supervised high intensity exercise group versus attention placebo .....	96
Less severe: Supervised high intensity exercise group versus sertraline .....	97
Less severe: Supervised low intensity exercise group + CBT group (under 15 sessions) versus CBT group (under 15 sessions) .....	98
Less severe: Yoga group versus no treatment .....	99
Less severe: Yoga group versus waitlist .....	100
Less severe: Yoga group versus attention placebo .....	100
Less severe: Mindfulness-based stress reduction (MBSR) individual versus waitlist .....	101

Less severe: Mindfulness-based cognitive therapy (MBCT) group versus no treatment.....	102
Less severe: Mindfulness-based cognitive therapy (MBCT) group versus waitlist.....	103
Less severe: Mindfulness-based cognitive therapy (MBCT) group versus TAU.	103
Less severe: Mindfulness/meditation group versus attention placebo.....	105
Less severe: Mindfulness meditation group versus supervised high intensity exercise group .....	107
Less severe: Body-mind-spirit group + any AD versus any AD .....	107
Less severe: Progressive muscle relaxation individual versus any TCA .....	109
Less severe: Traditional acupuncture versus TAU.....	110
Less severe: Traditional acupuncture + counselling versus TAU.....	110

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

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

Figure 1: Depression symptomatology endpoint

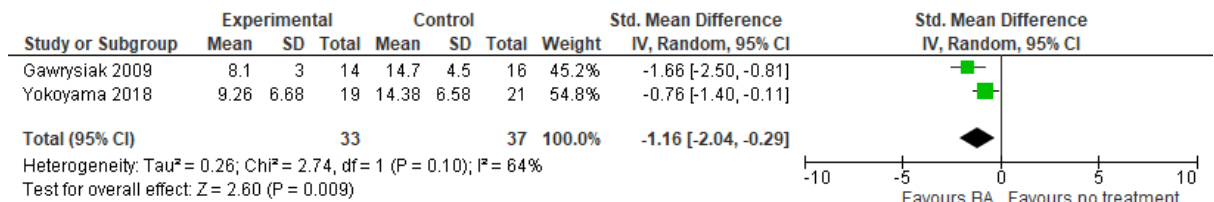


Figure 2: Depression symptomatology change score

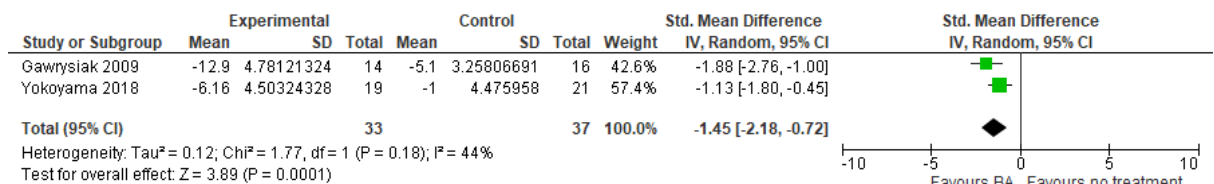


Figure 3: Discontinuation (any reason)

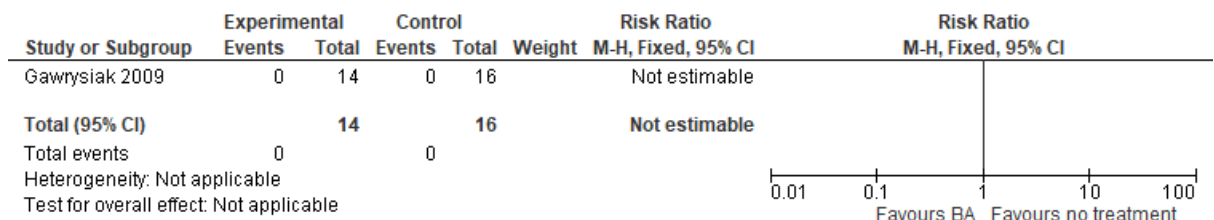
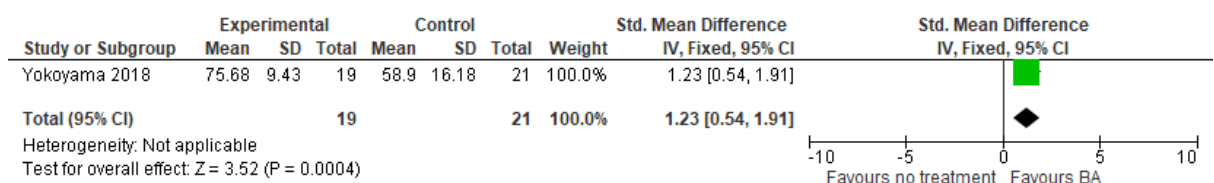
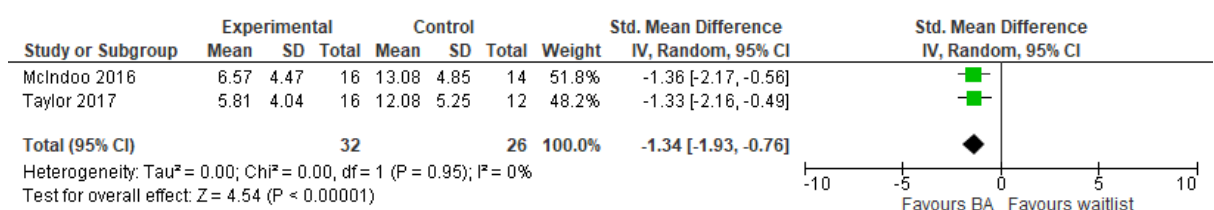


Figure 4: Quality of life endpoint

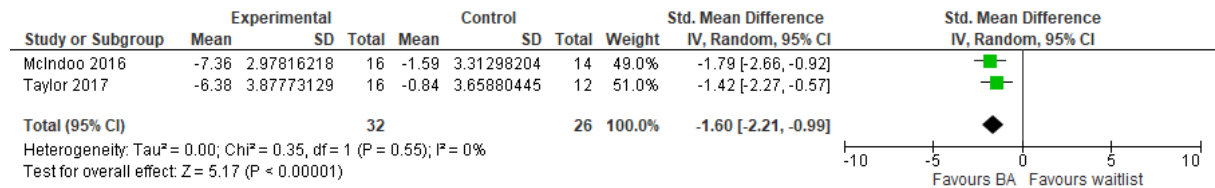


## Less severe: Behavioural activation (BA) individual versus waitlist

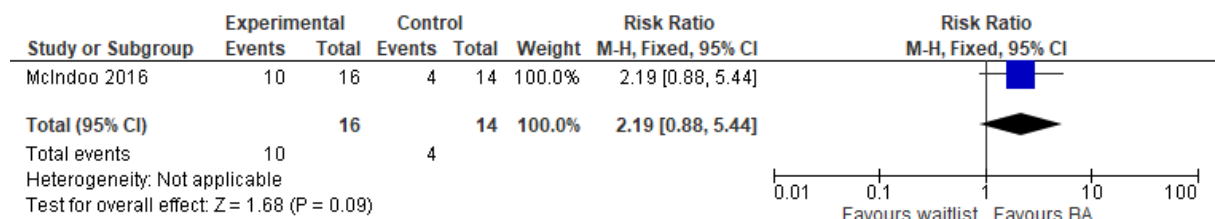
Figure 5: Depression symptomatology endpoint



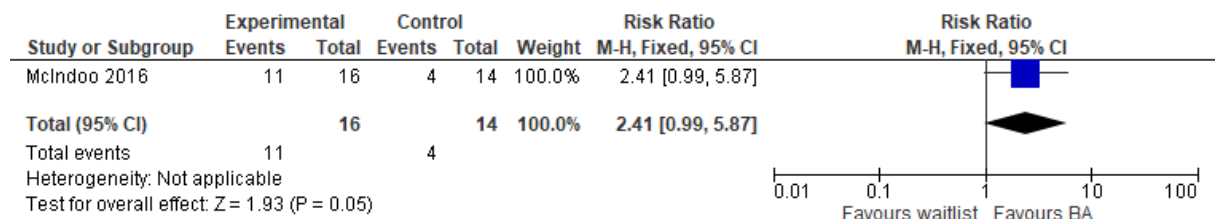
**Figure 6: Depression symptomatology change score**



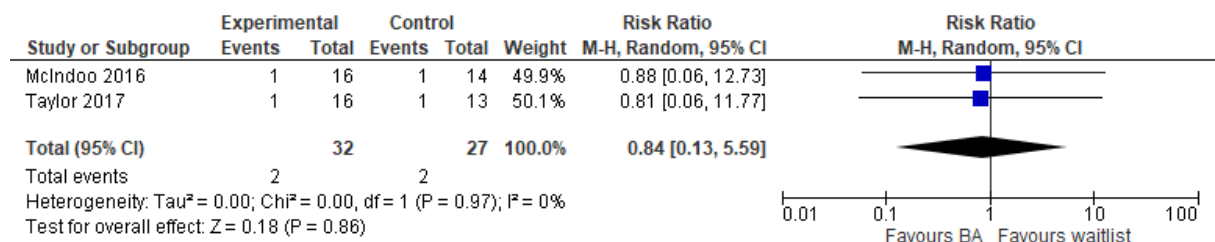
**Figure 7: Remission ITT**



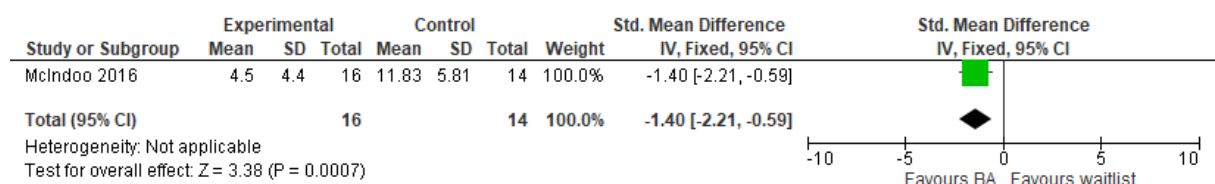
**Figure 8: Response ITT**



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

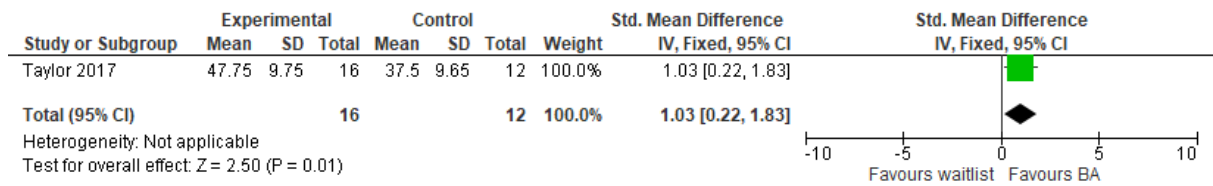


**Figure 10: Depression symptomatology at 1-month follow-up**



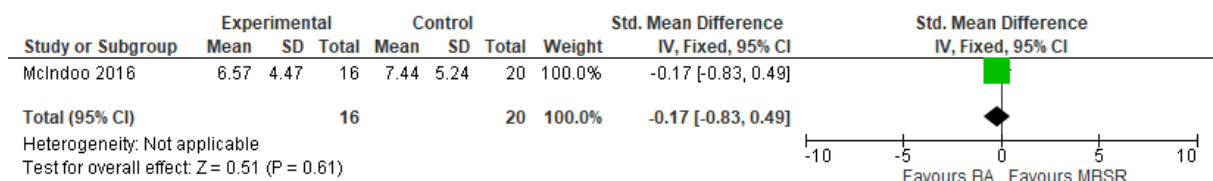


**Figure 11: Quality of life endpoint**

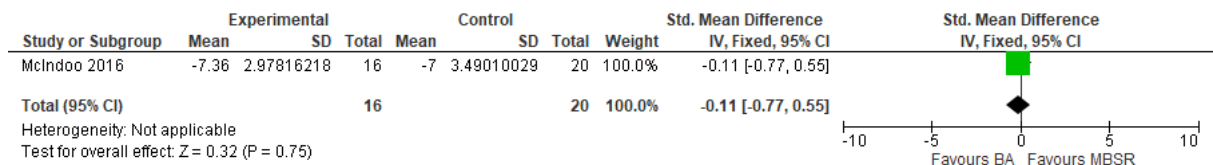


**Less severe: Behavioural activation (BA) individual versus mindfulness-based stress reduction (MBSR) individual**

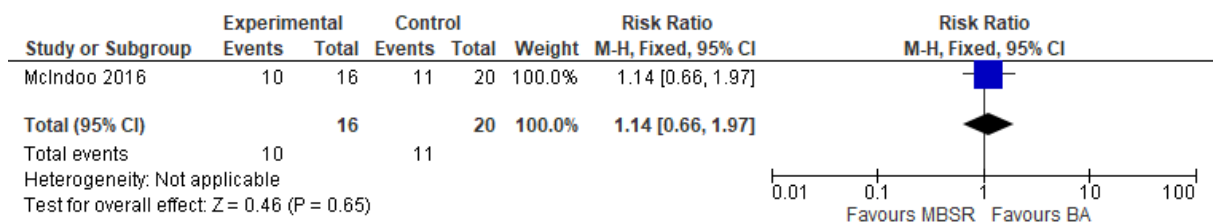
**Figure 12: Depression symptomatology endpoint**



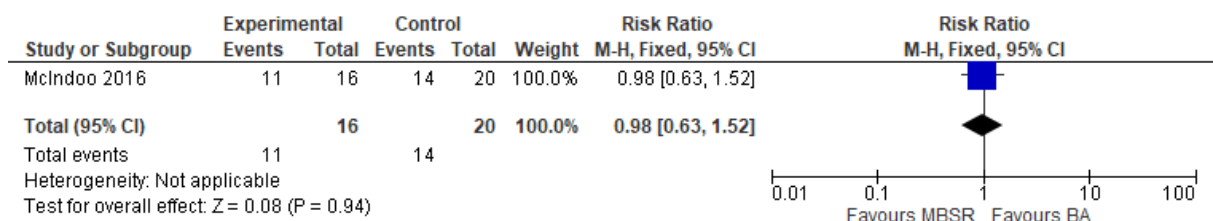
**Figure 13: Depression symptomatology change score**



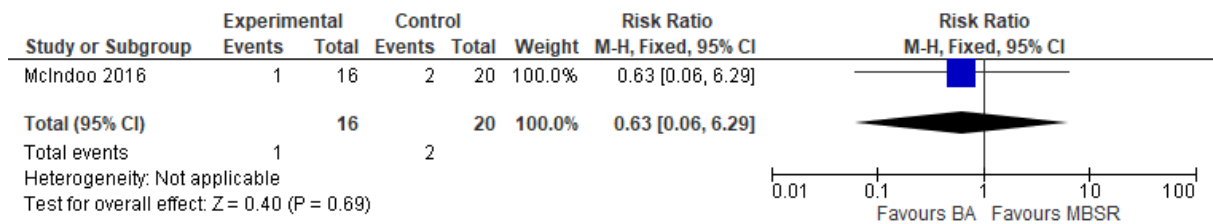
**Figure 14: Remission (ITT)**



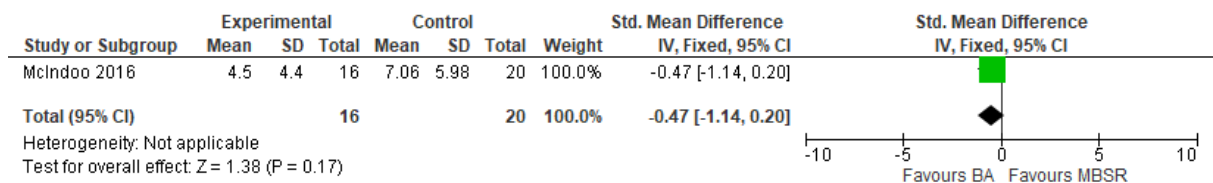
**Figure 15: Response (ITT)**



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

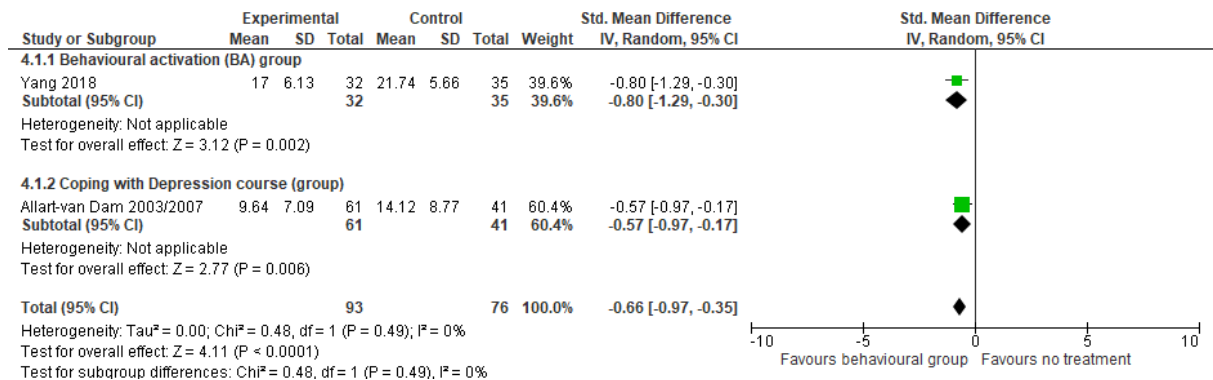


**Figure 17: Depression symptomatology at 1-month follow-up**

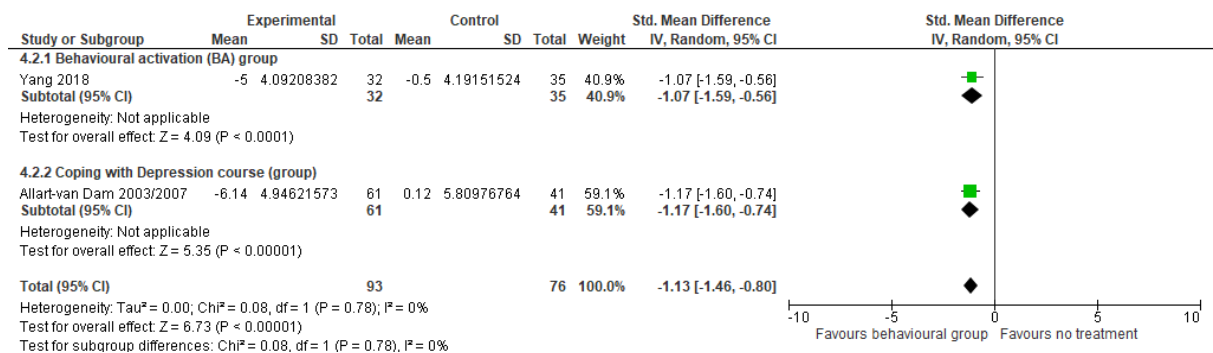


**Less severe: Behavioural therapies group versus no treatment**

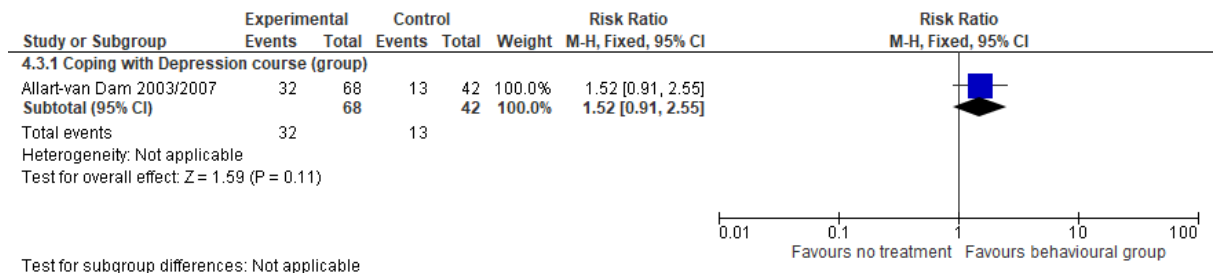
**Figure 18: Depression symptomatology at endpoint**



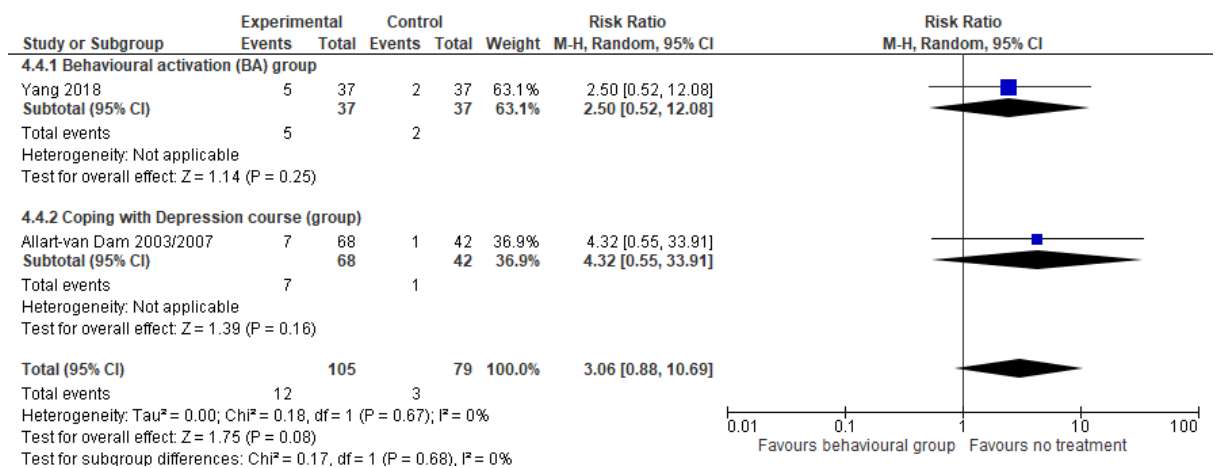
**Figure 19: Depression symptomatology change score**



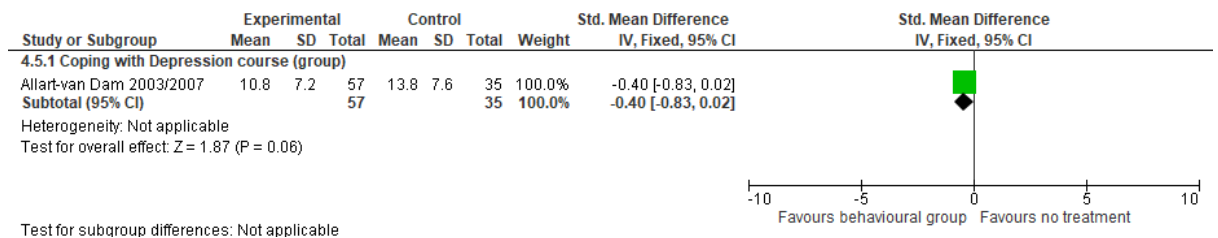
**Figure 20: Remission (ITT)**



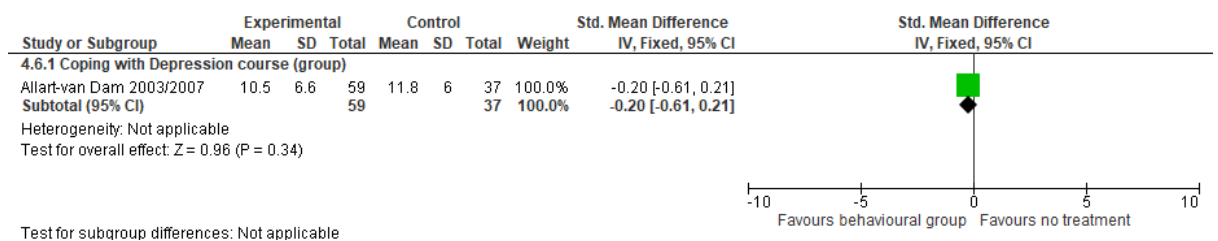
**Figure 21: Discontinuation (any reason)**



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



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



Less severe: Behavioural therapies group versus waitlist

Figure 24: Depression symptomatology endpoint

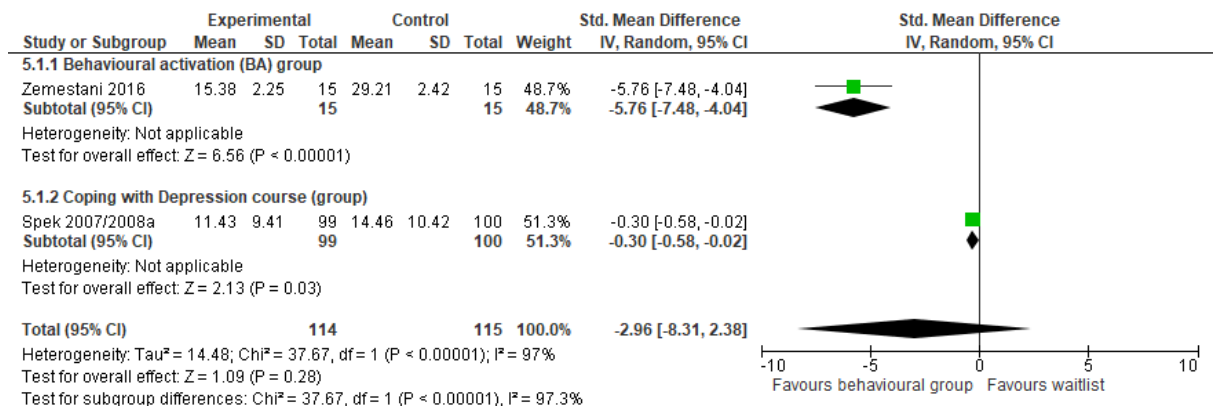


Figure 25: Depression symptomatology change score

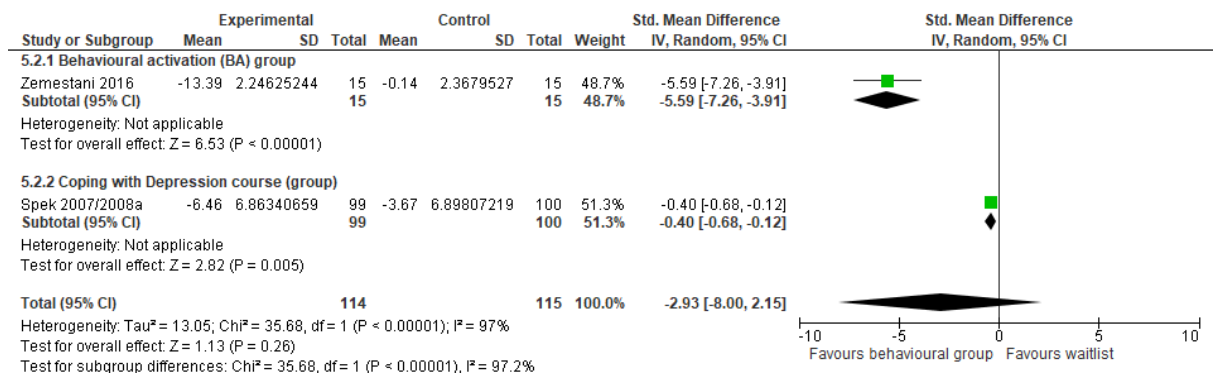
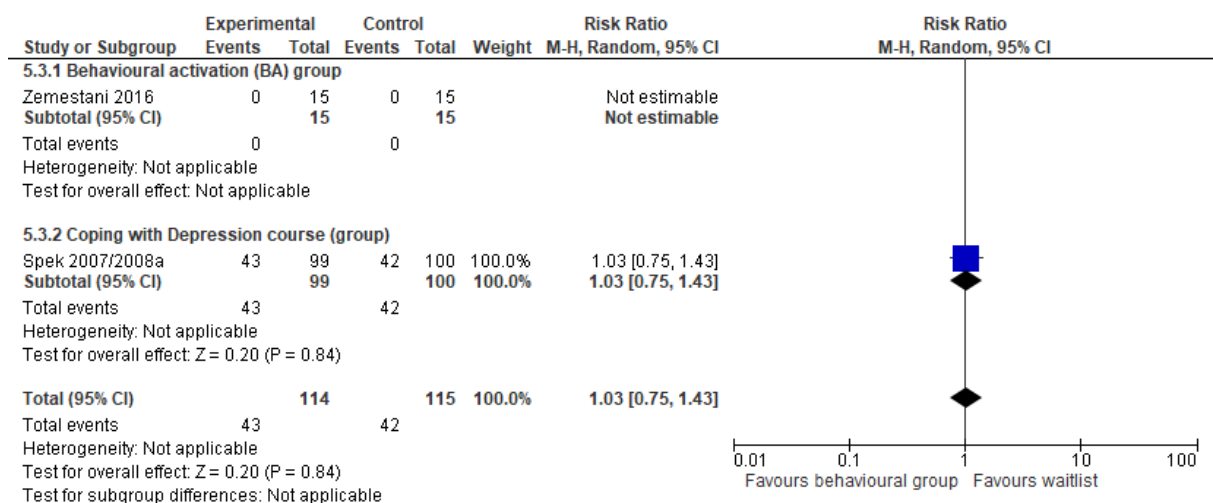
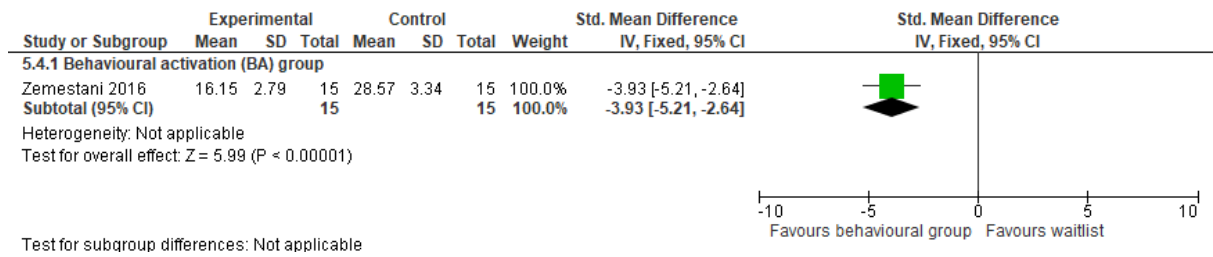
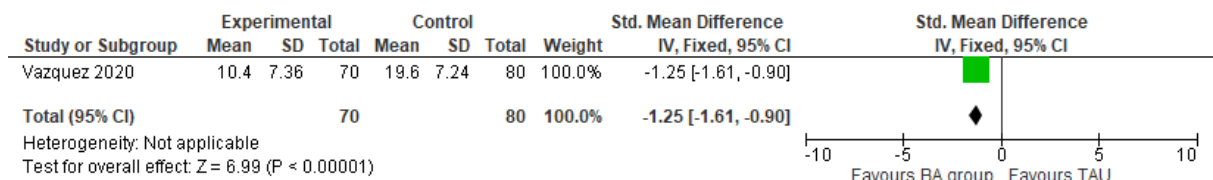
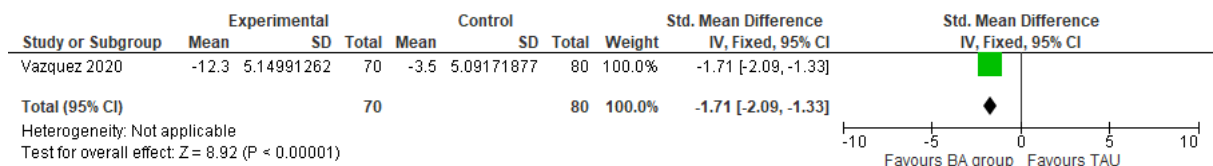
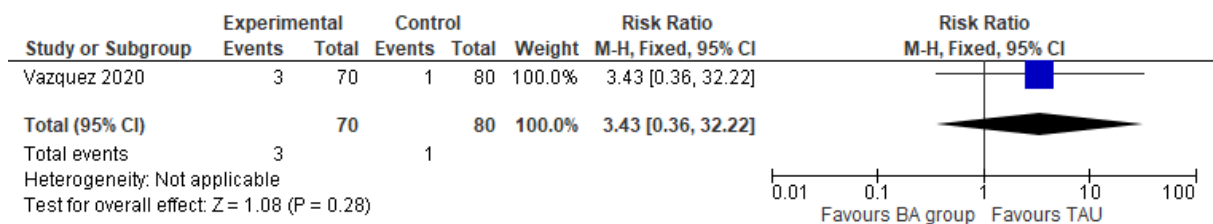
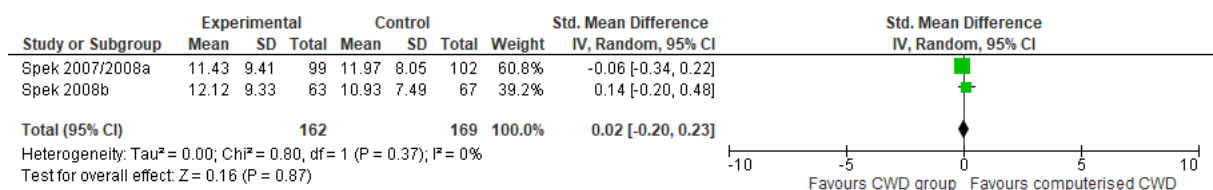
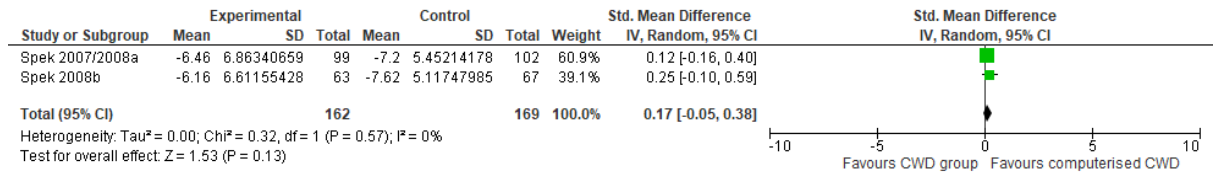


Figure 26: Discontinuation (any reason)

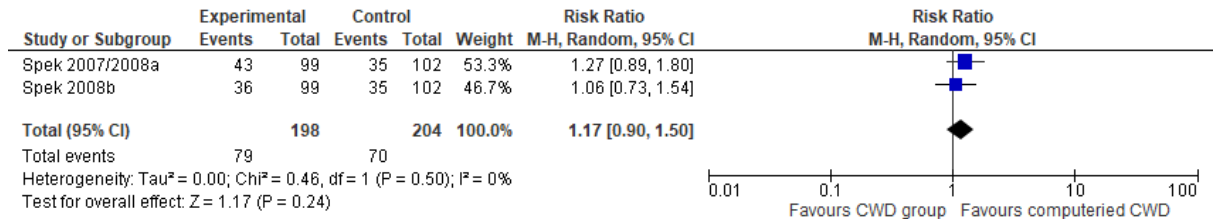


**Figure 27: Depression symptomatology at 3-month follow-up****Less severe: Behavioural activation (BA) group versus TAU****Figure 28: Depression symptomatology endpoint****Figure 29: Depression symptomatology change score****Figure 30: Discontinuation (any reason)****Less severe: Coping with Depression course (group) versus computerised Coping with Depression course****Figure 31: Depression symptomatology endpoint**

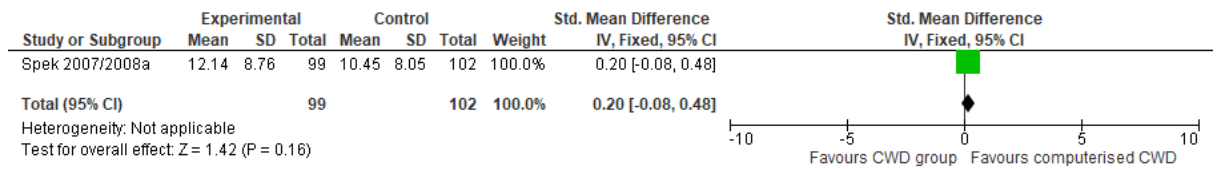
**Figure 32: Depression symptomatology change score**



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



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



## Less severe: Cognitive and cognitive behavioural therapies individual versus no treatment

Figure 35: Depression symptomatology endpoint

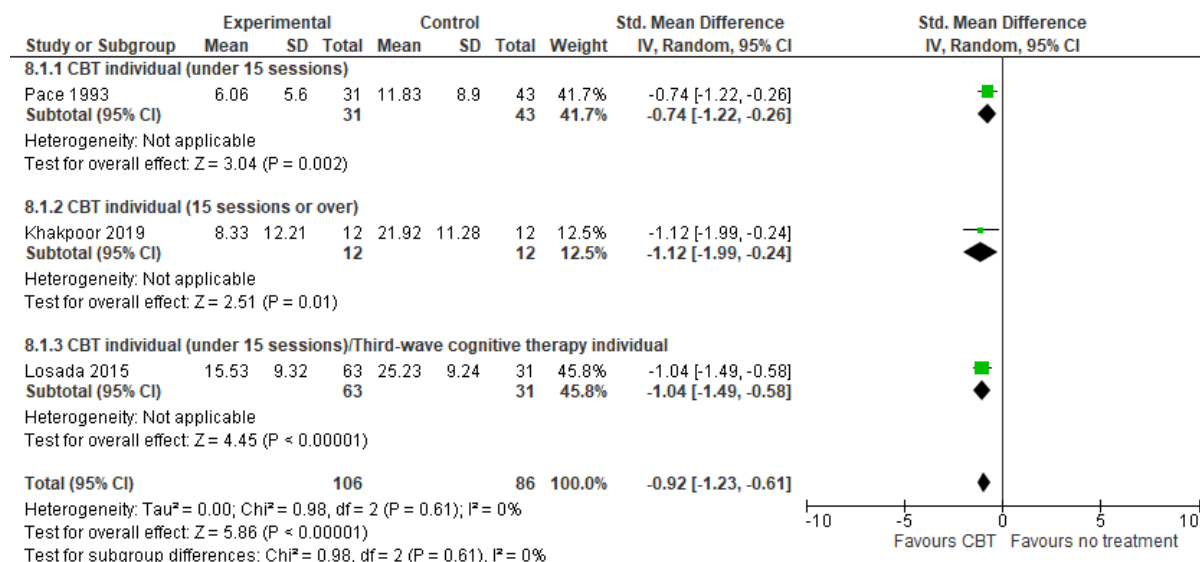


Figure 36: Depression symptomatology change score

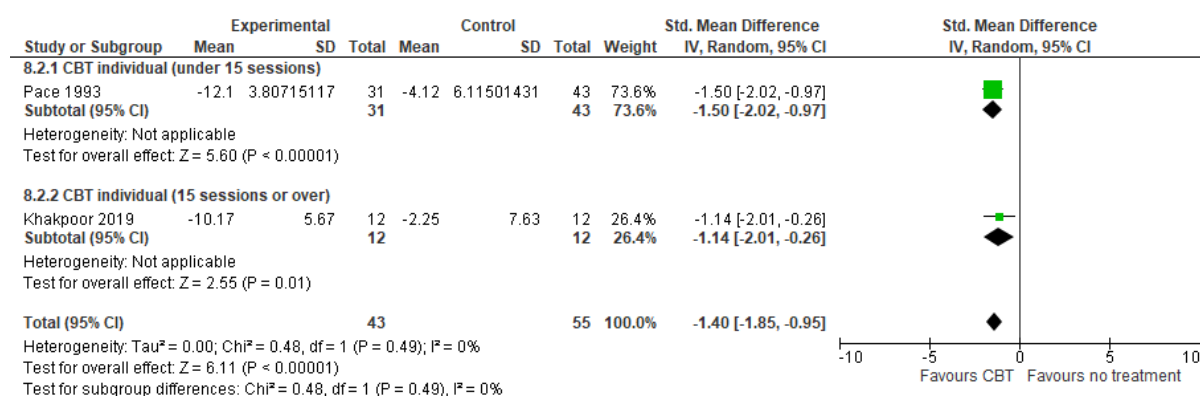


Figure 37: Remission (ITT)

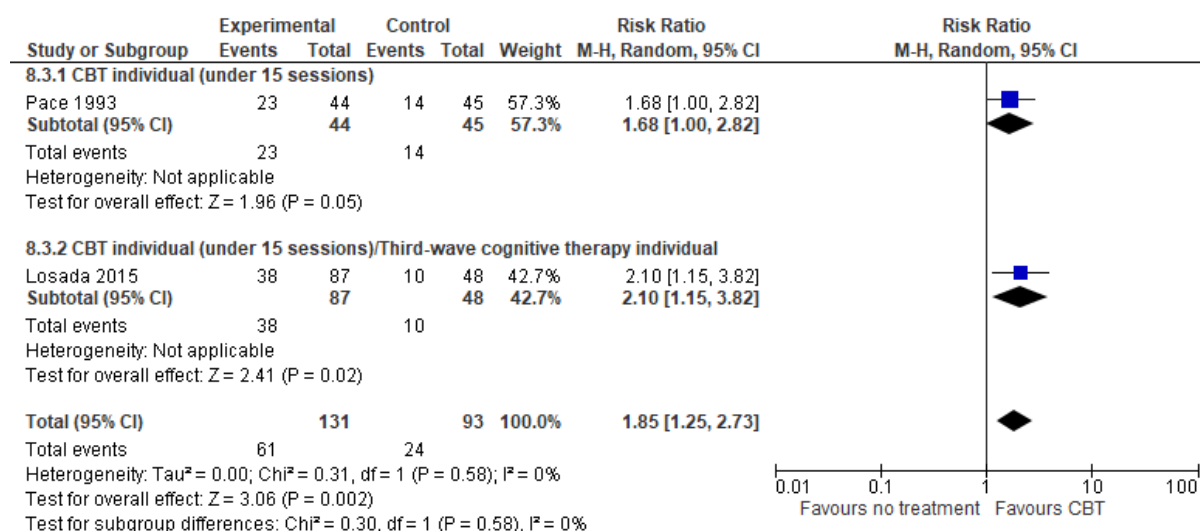


Figure 38: Discontinuation (any reason)

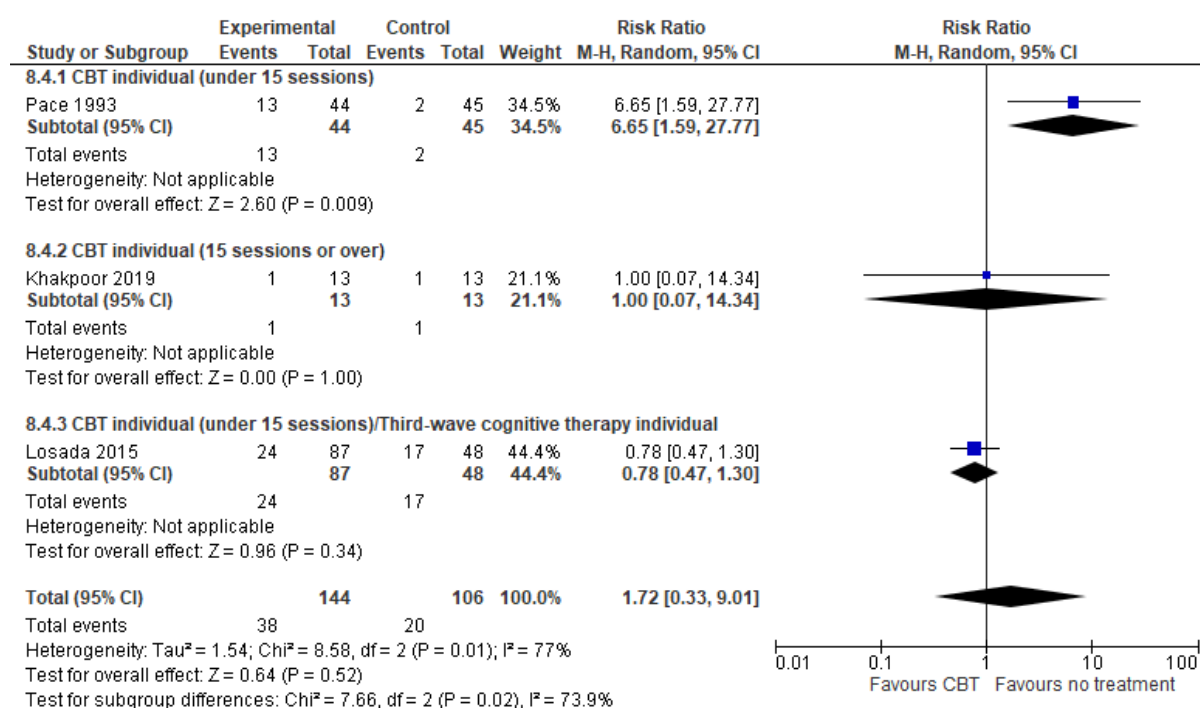
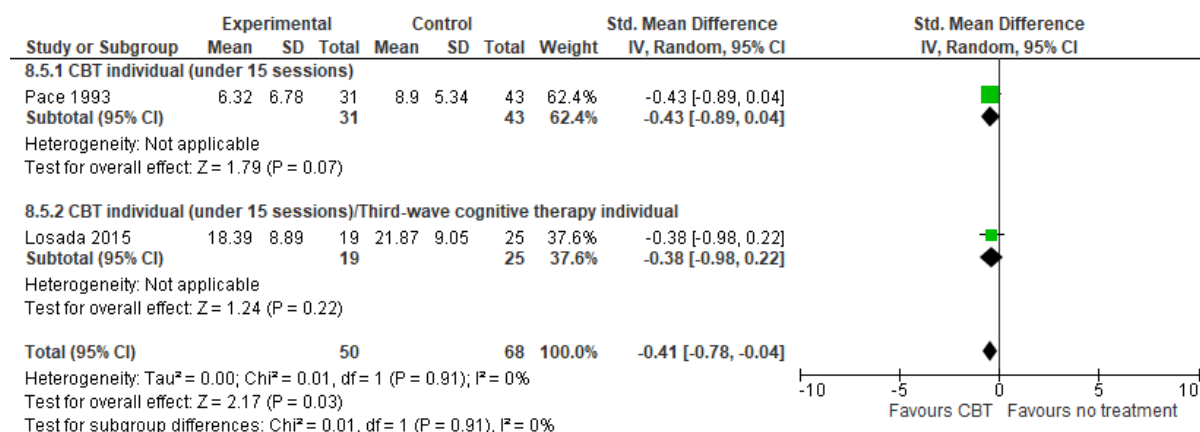
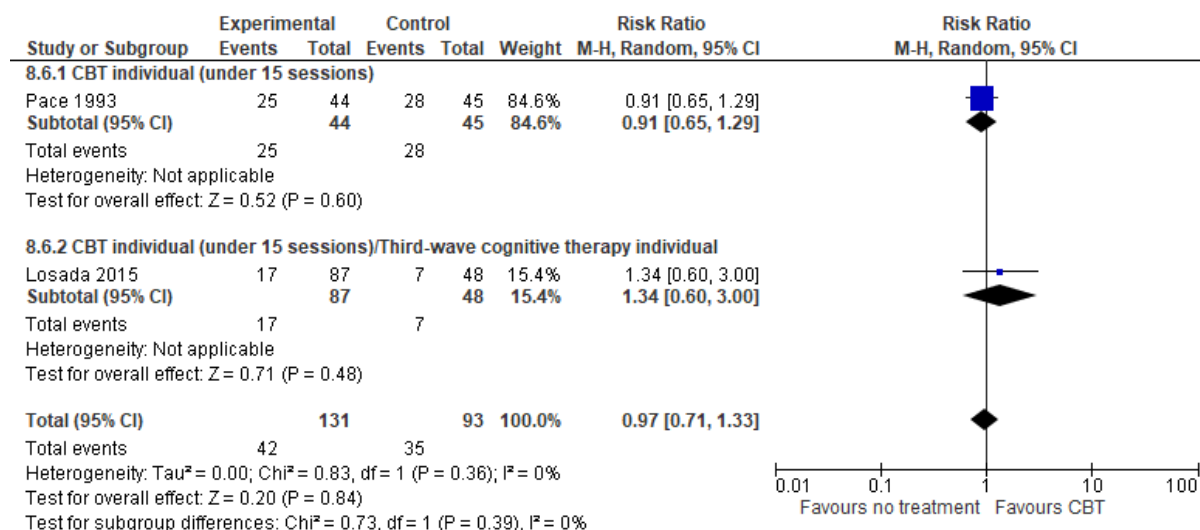


Figure 39: Depression symptomatology at 1-6 month follow-up



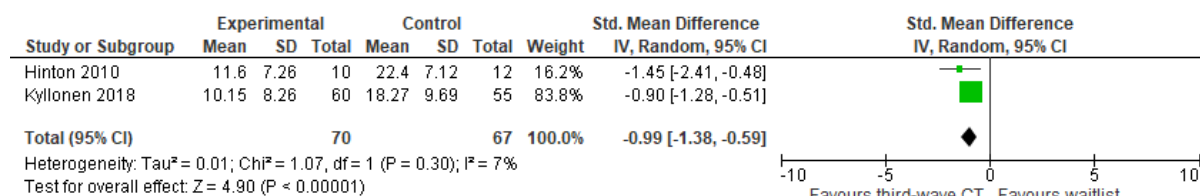


**Figure 40: Remission at 1-6 month follow-up (ITT)**

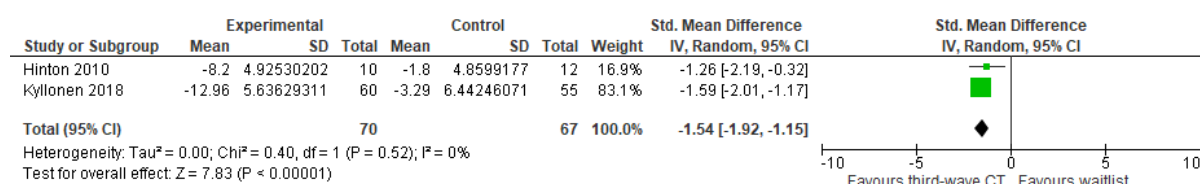


**Less severe: Third-wave cognitive therapy individual versus waitlist**

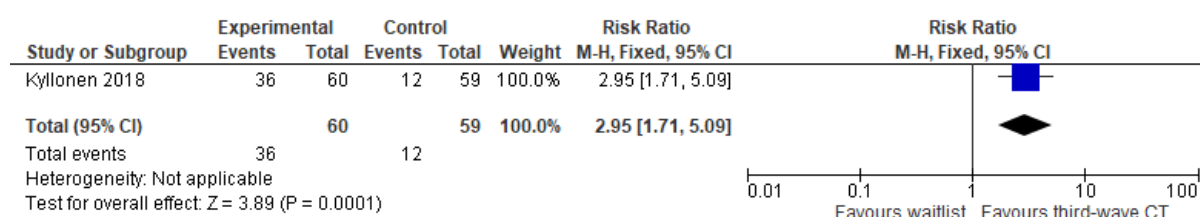
**Figure 41: Depression symptomatology endpoint**



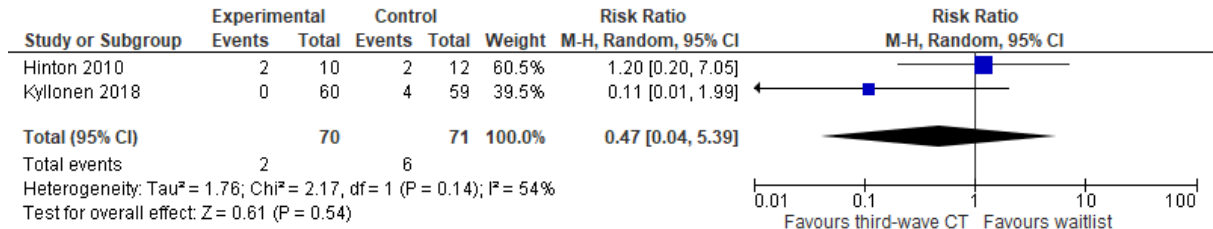
**Figure 42: Depression symptomatology change score**



**Figure 43: Remission (ITT)**

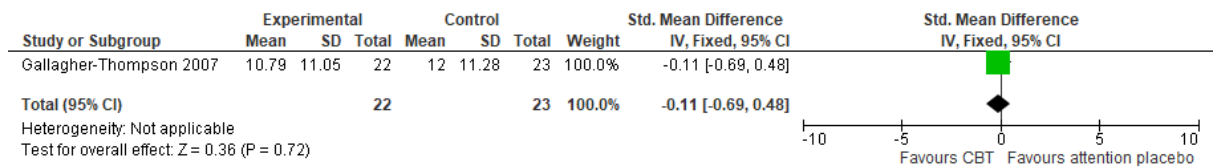


**Figure 44: Discontinuation (any reason)**

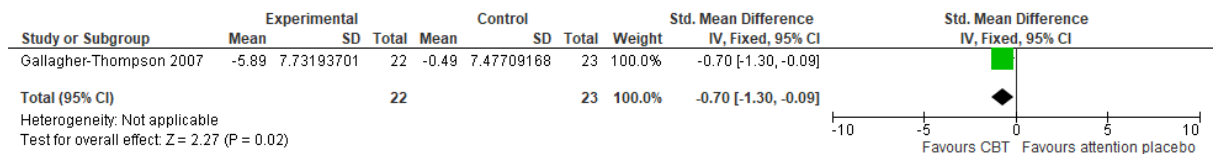


**Less severe: CBT individual (under 15 sessions) versus attention placebo**

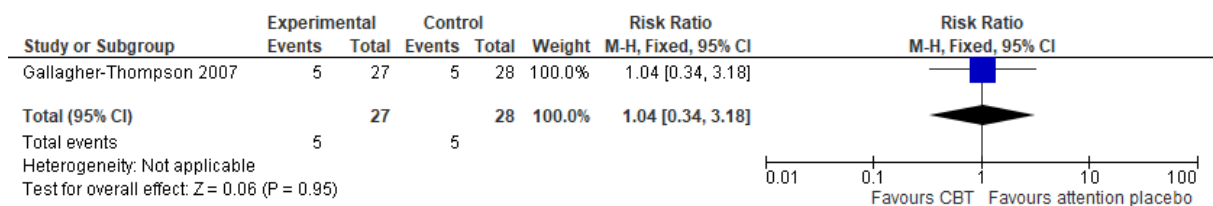
**Figure 45: Depression symptomatology endpoint**



**Figure 46: Depression symptomatology change score**

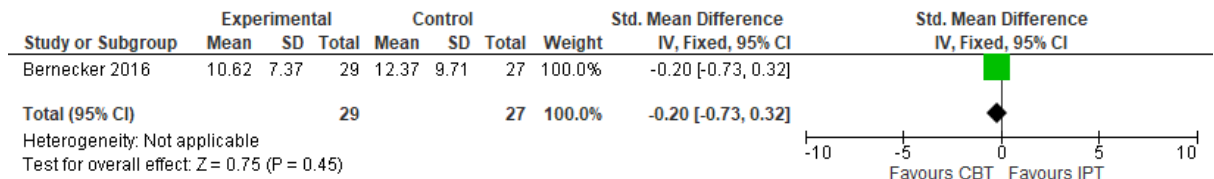


**Figure 47: Discontinuation (any reason)**

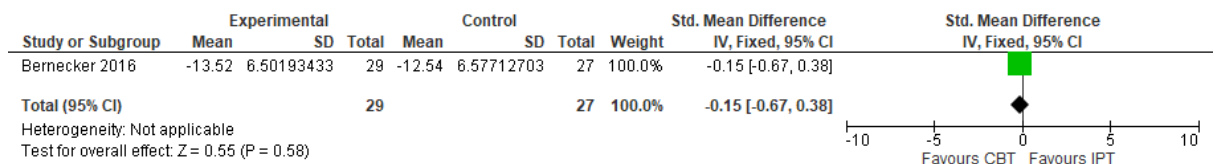


### Less severe: CBT individual (15 sessions or over) versus IPT

**Figure 48: Depression symptomatology endpoint**

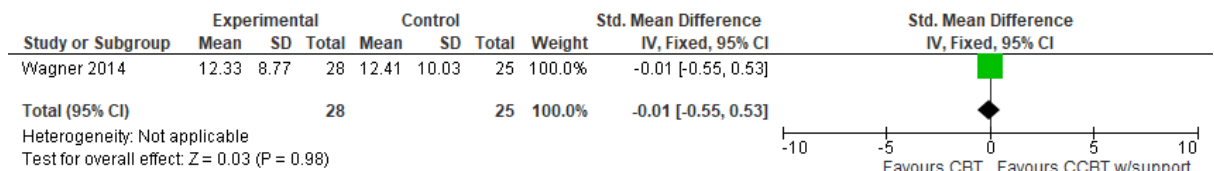


**Figure 49: Depression symptomatology change score**

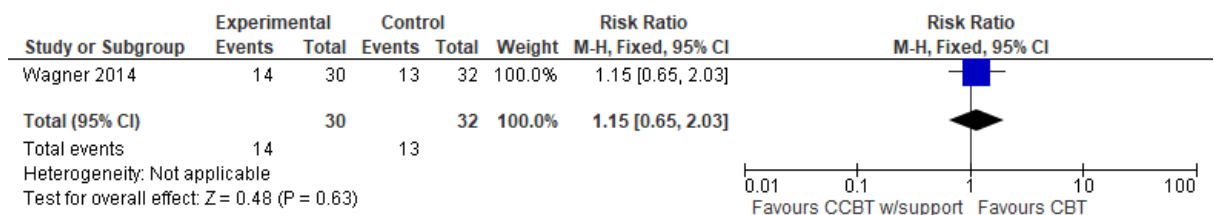


### Less severe: CBT individual (under 15 sessions) versus computerised-CBT (CCBT) with support

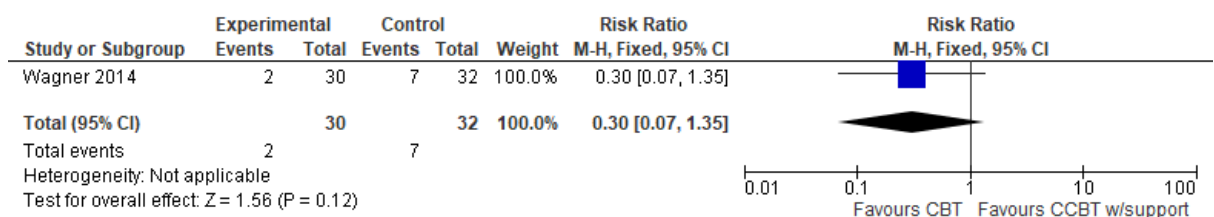
**Figure 50: Depression symptomatology endpoint**



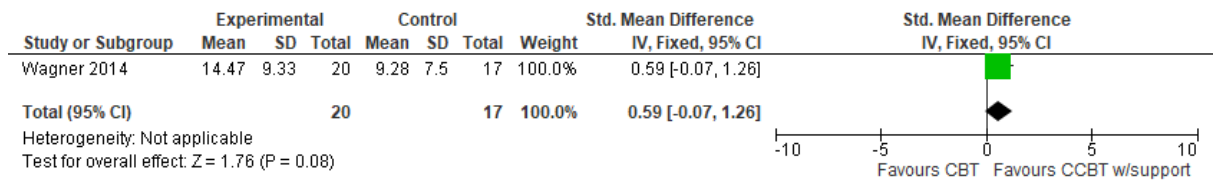
**Figure 51: Remission (ITT)**



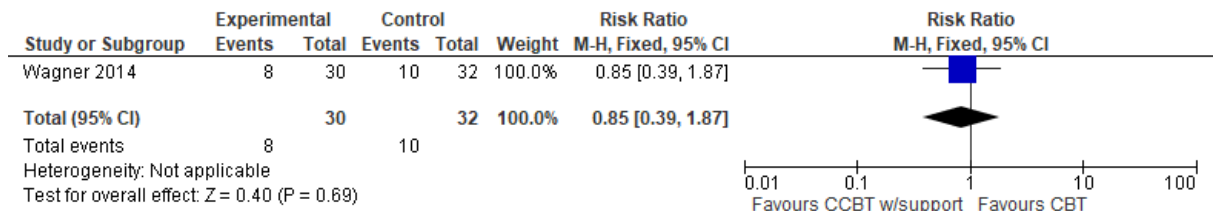
**Figure 52: Discontinuation (any reason)**



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

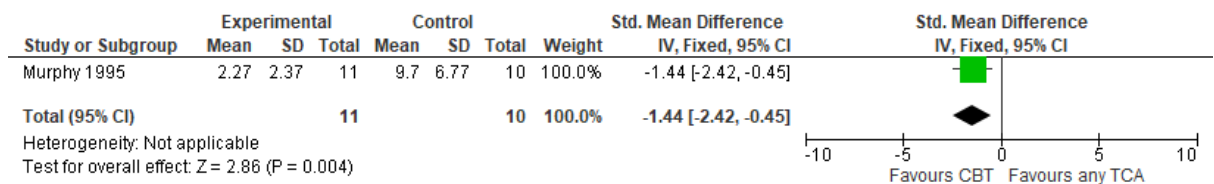


**Figure 54: Remission at 3-month follow-up (ITT)**

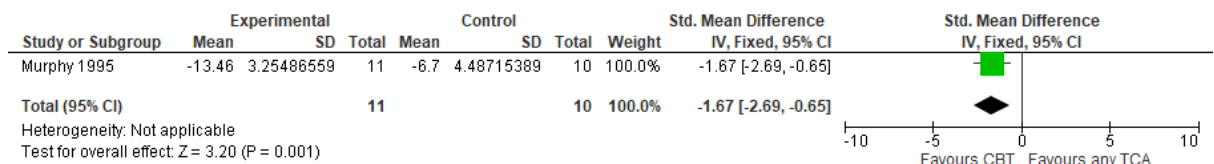


**Less severe: CBT individual (15 sessions or over) versus any TCA**

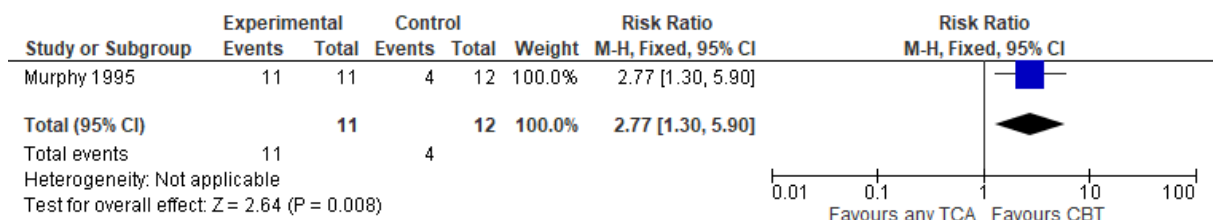
**Figure 55: Depression symptomatology endpoint**



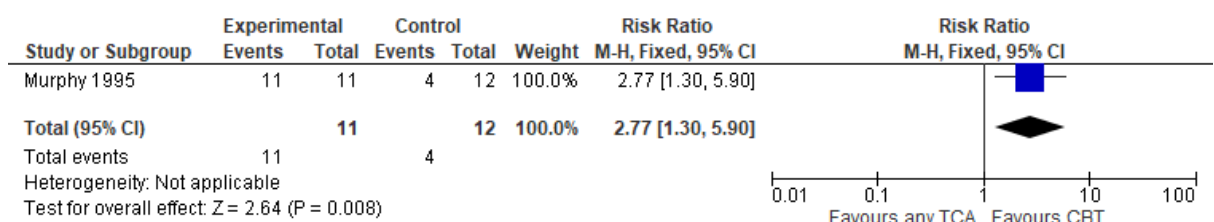
**Figure 56: Depression symptomatology change score**



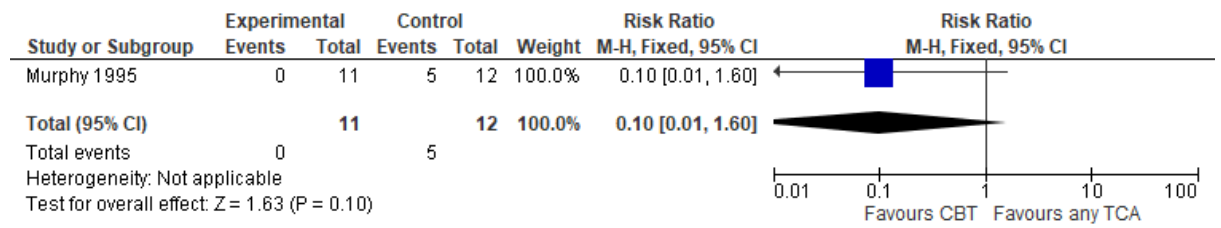
**Figure 57: Remission (ITT)**



**Figure 58: Response (ITT)**

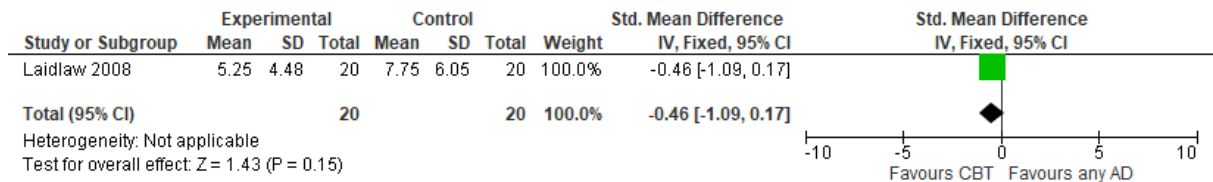


**Figure 59: Discontinuation (any reason)**

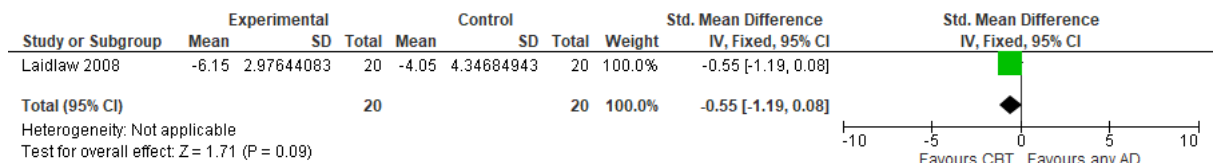


## Less severe: CBT individual (15 sessions or over) versus any AD

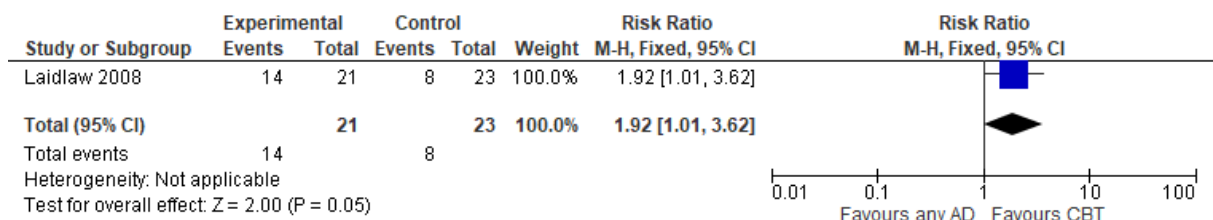
**Figure 60: Depression symptomatology endpoint**



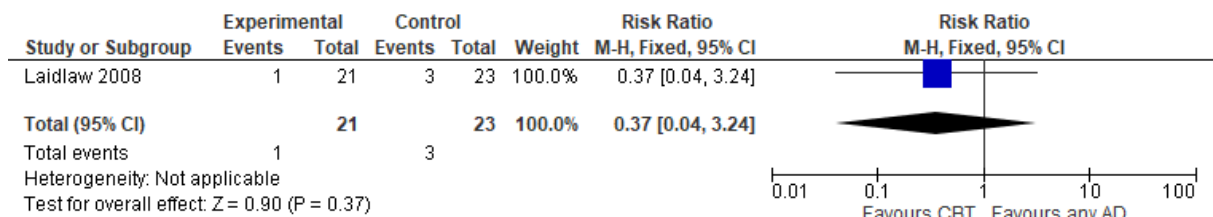
**Figure 61: Depression symptomatology change score**



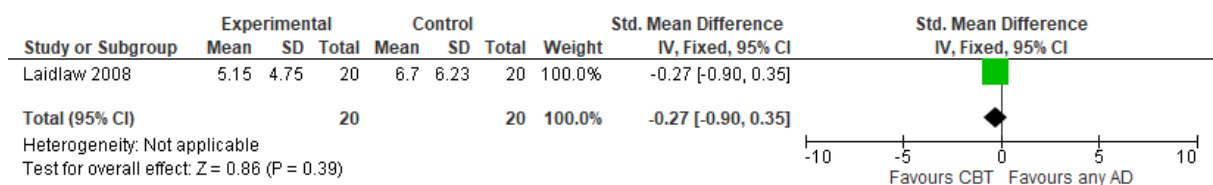
**Figure 62: Remission (ITT)**



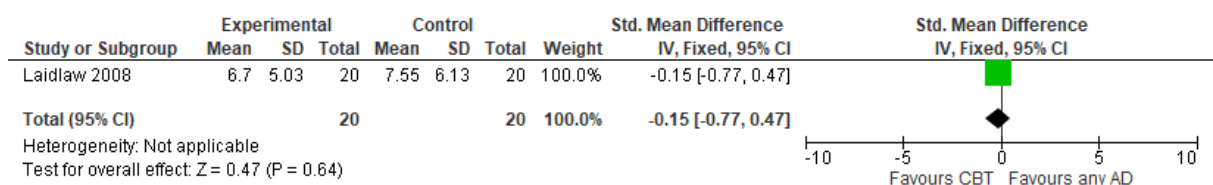
**Figure 63: Discontinuation (any reason)**



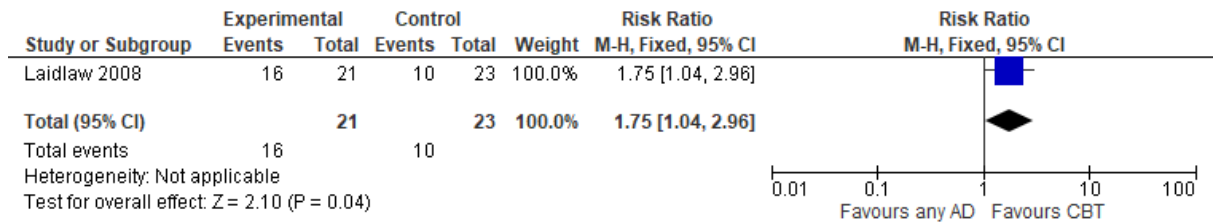
**Figure 64: Depression symptomatology at 3-month follow-up**



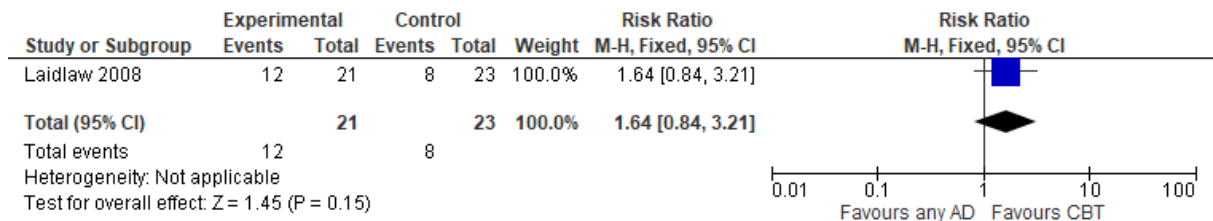
**Figure 65: Depression symptomatology at 6-month follow-up**



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

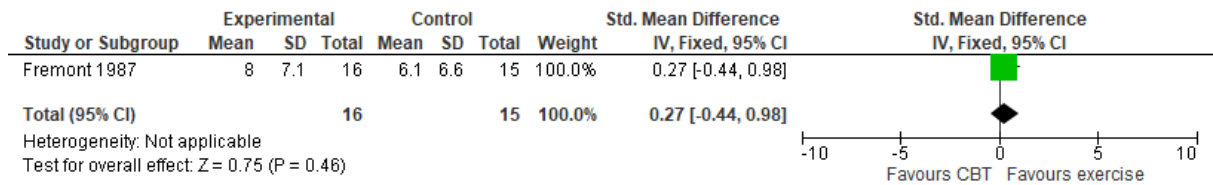


**Figure 67: Remission at 6-month follow-up (ITT)**

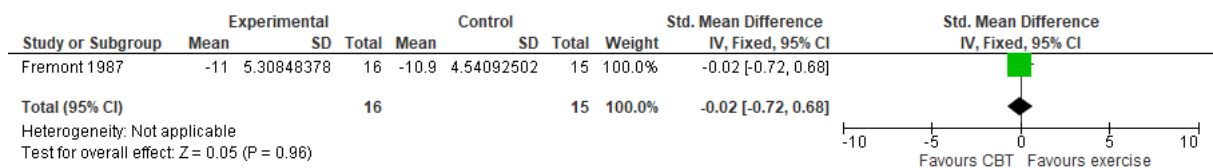


**Less severe: CBT individual (under 15 sessions) versus supervised high intensity exercise group**

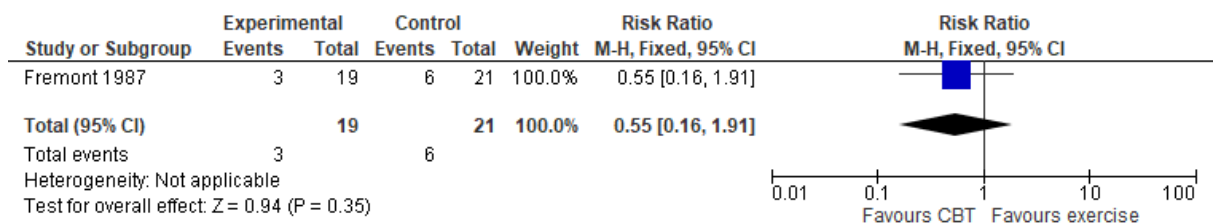
**Figure 68: Depression symptomatology endpoint**



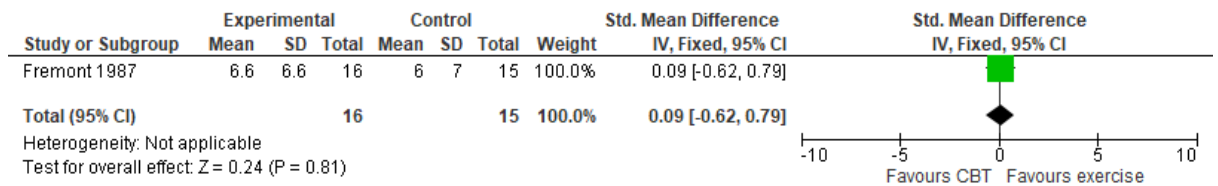
**Figure 69: Depression symptomatology change score**



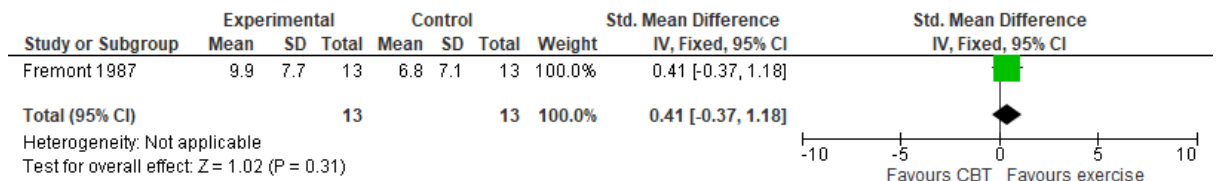
**Figure 70: Discontinuation (any reason)**



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

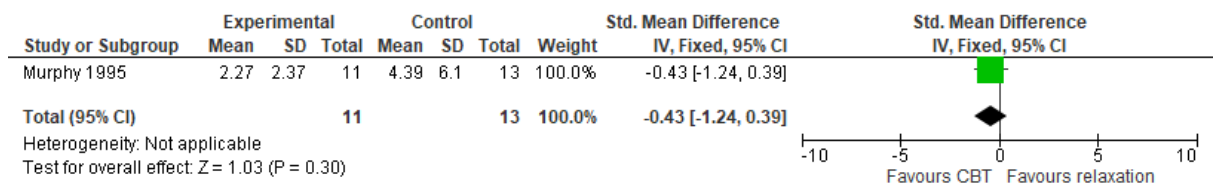


**Figure 72: Depression symptomatology at 4-month follow-up**

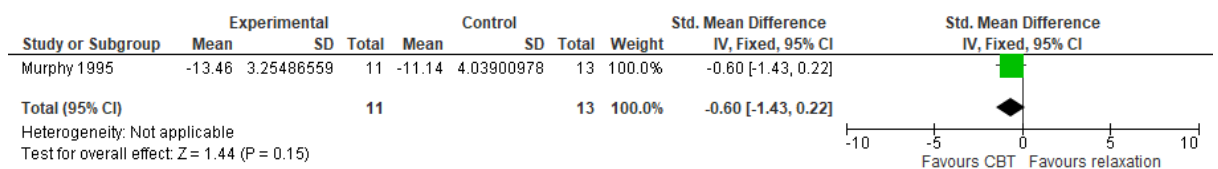


**Less severe: CBT individual (15 sessions or over) versus progressive muscle relaxation individual**

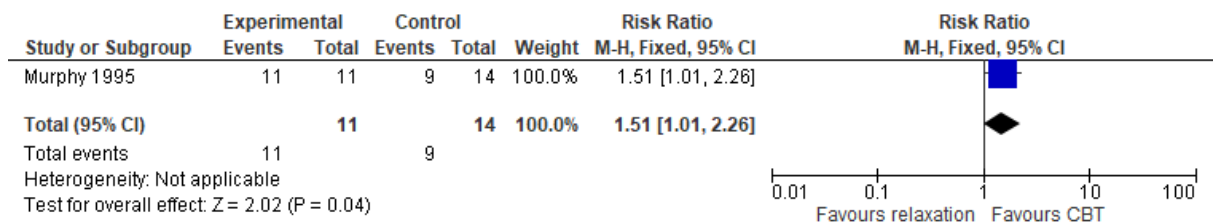
**Figure 73: Depression symptomatology endpoint**



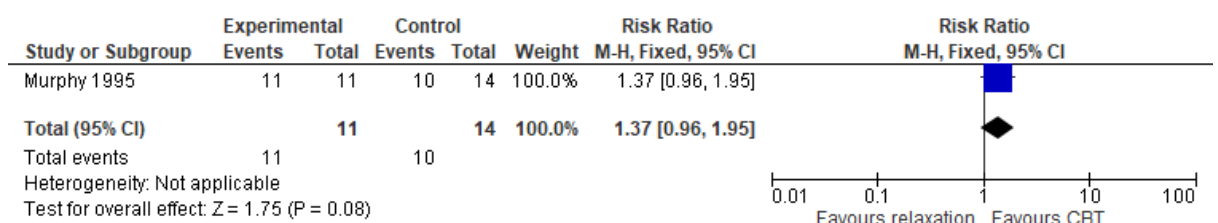
**Figure 74: Depression symptomatology change score**



**Figure 75: Remission (ITT)**

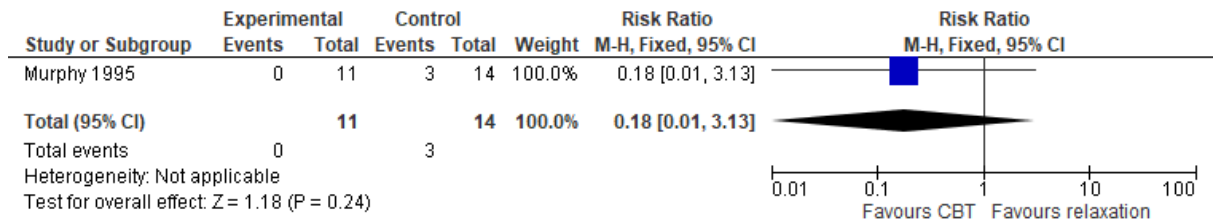


**Figure 76: Response (ITT)**



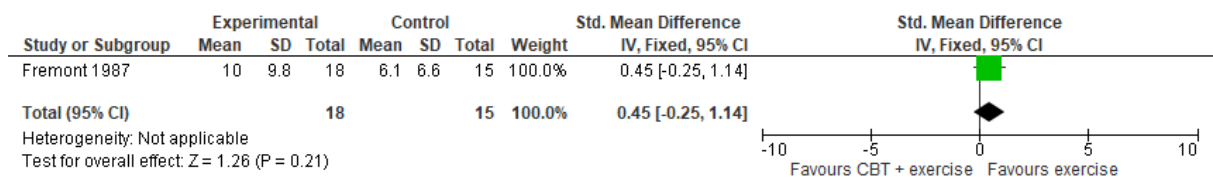


**Figure 77: Discontinuation (any reason)**

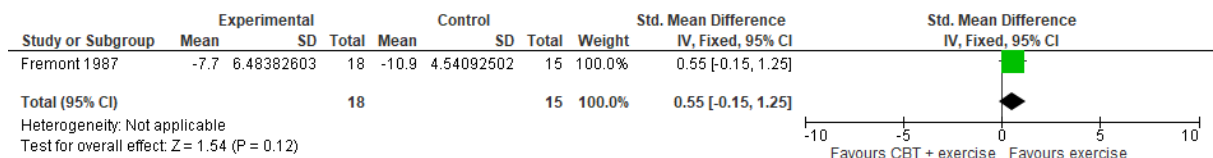


**Less severe: CBT individual (under 15 sessions) + supervised high intensity exercise group versus supervised high intensity exercise group**

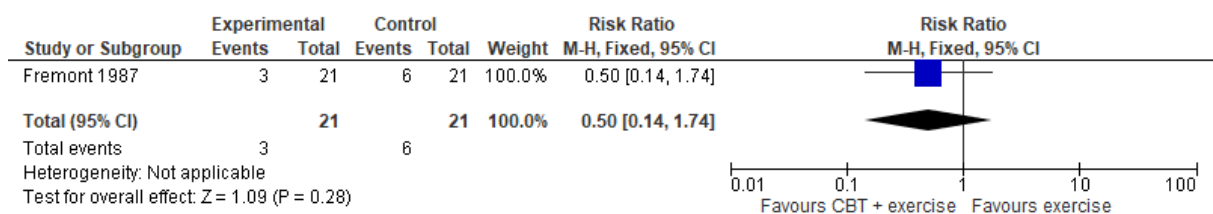
**Figure 78: Depression symptomatology endpoint**



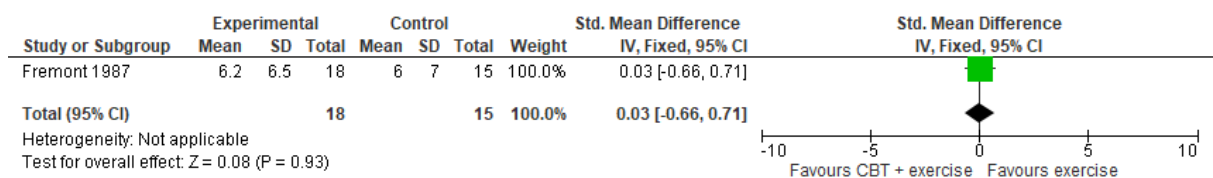
**Figure 79: Depression symptomatology change score**



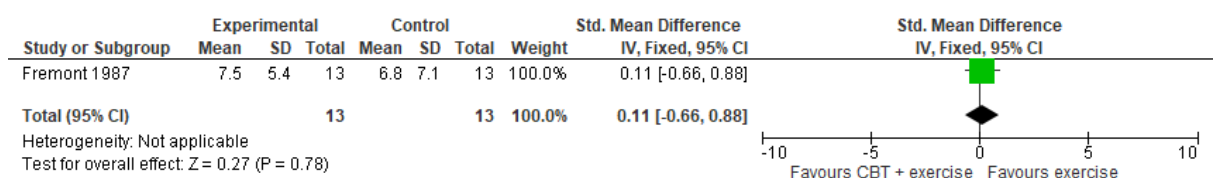
**Figure 80: Discontinuation (any reason)**



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



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





## Less severe: Cognitive and cognitive behavioural therapies group versus no treatment

Figure 83: Depression symptomatology endpoint

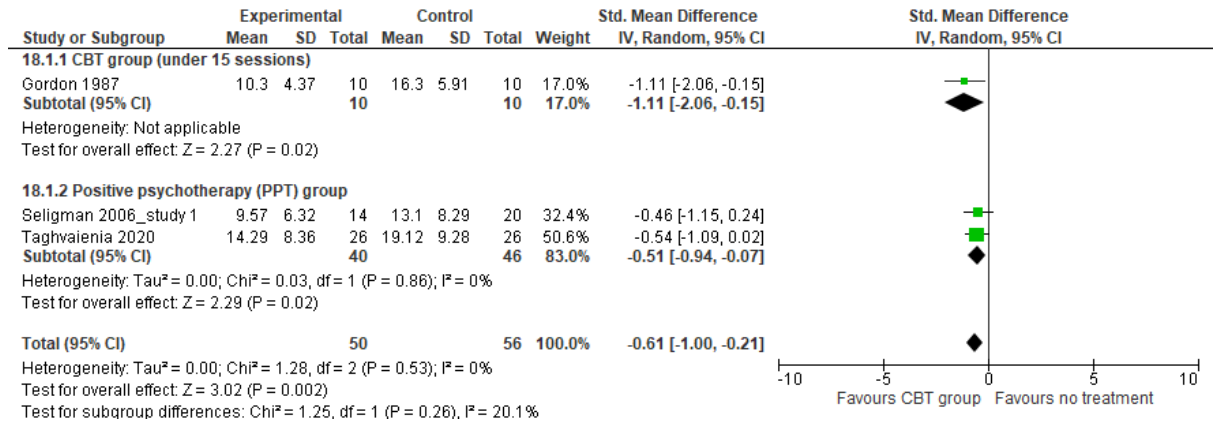


Figure 84: Depression symptomatology change score

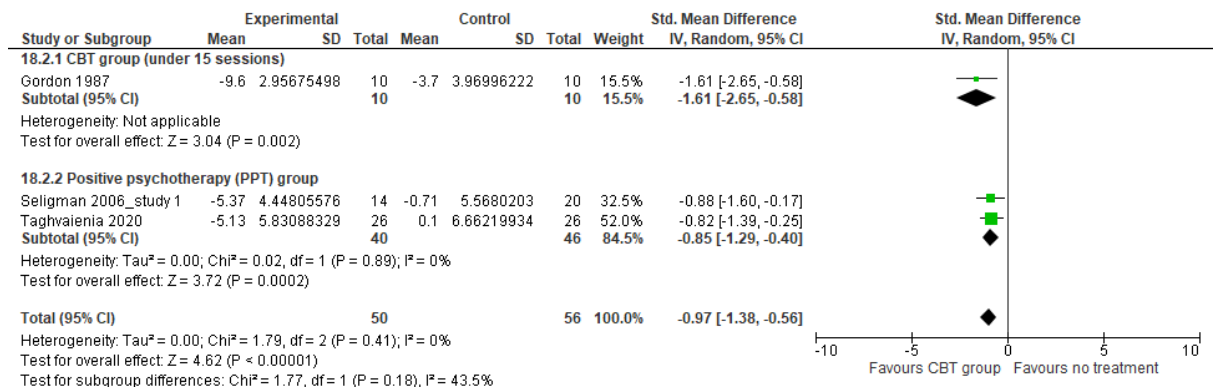
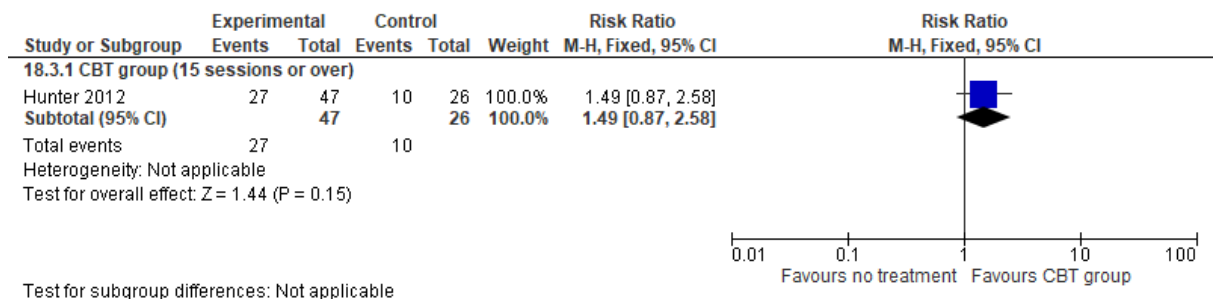
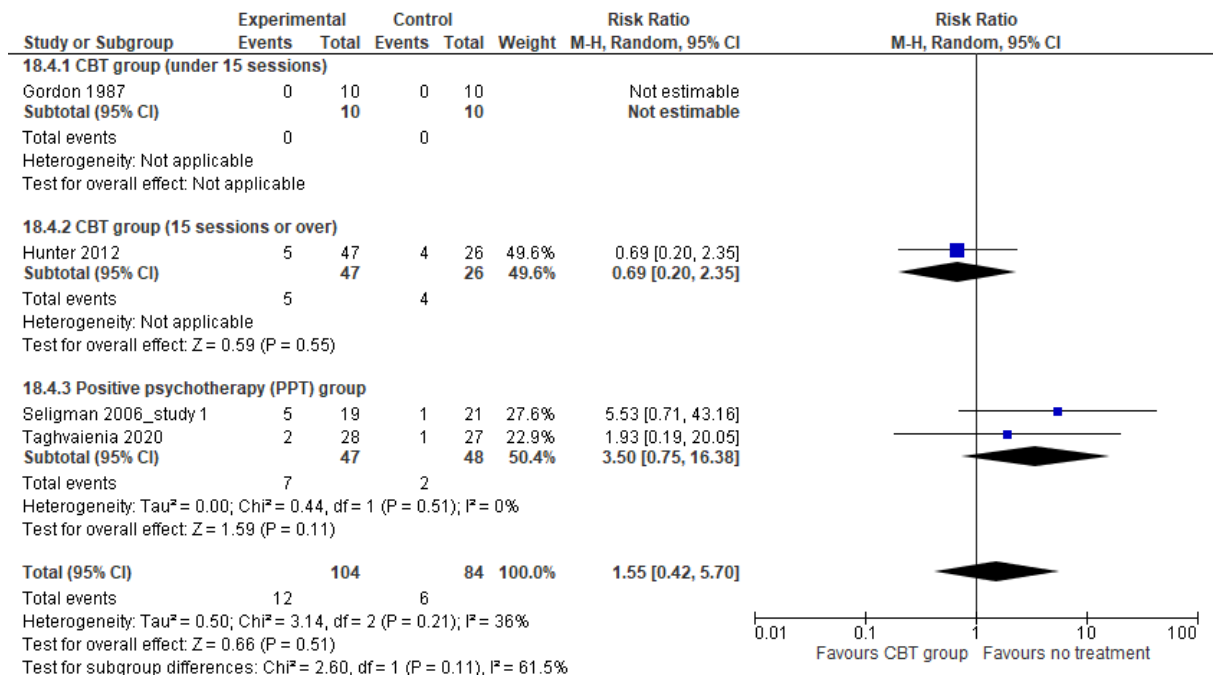


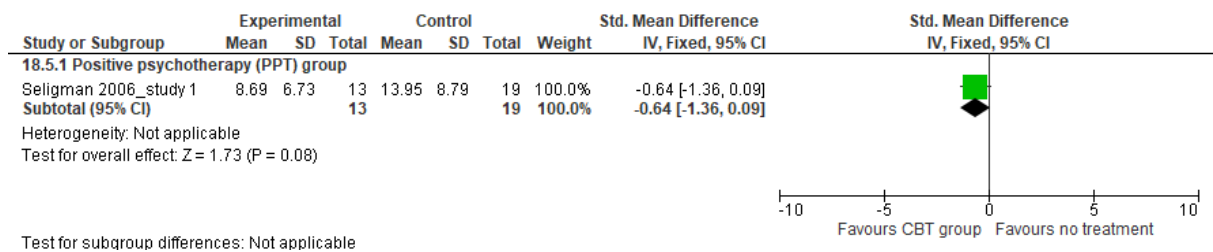
Figure 85: Remission (ITT)



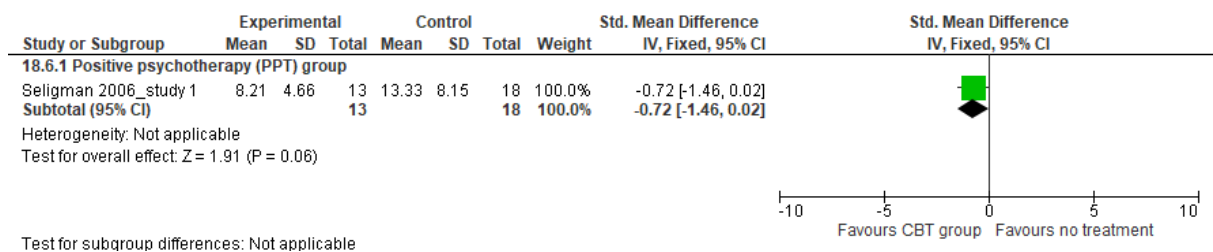
**Figure 86: Discontinuation (any reason)**



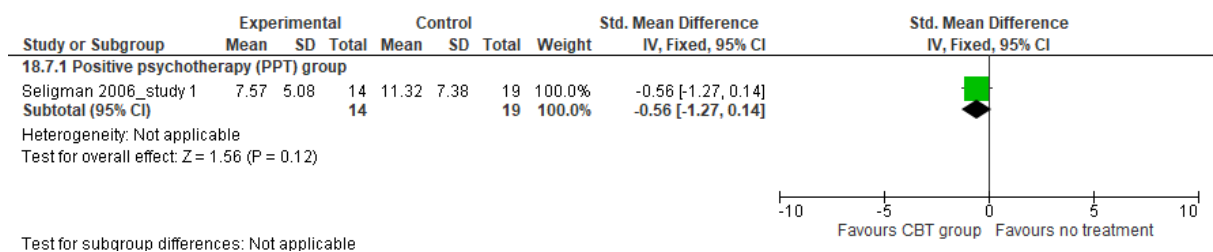
**Figure 87: Depression symptomatology at 3-month follow-up**



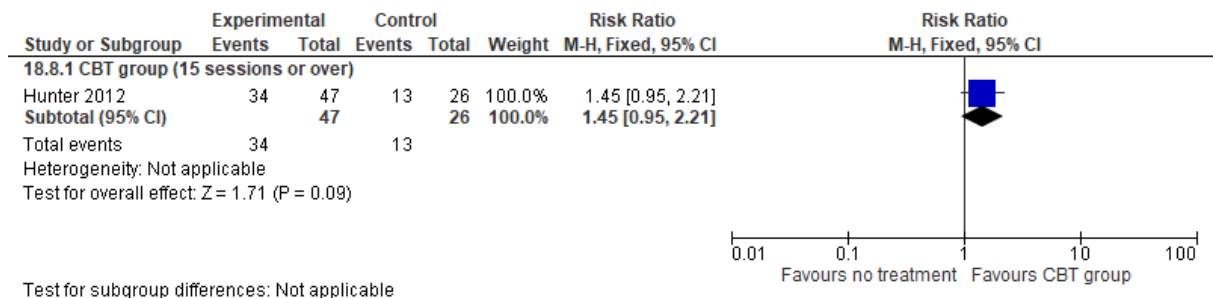
**Figure 88: Depression symptomatology at 6-month follow-up**



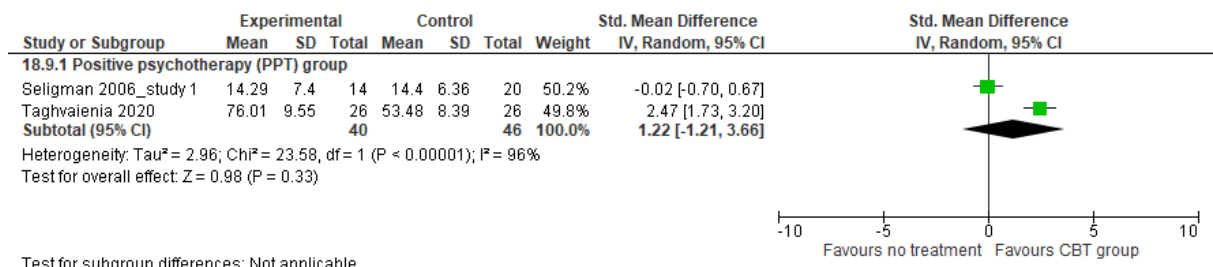
**Figure 89: Depression symptomatology at 12-month follow-up**



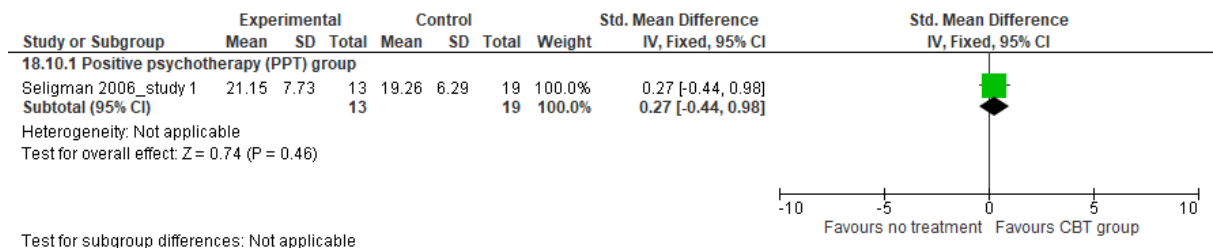
**Figure 90: Remission at 3-month follow-up (ITT)**



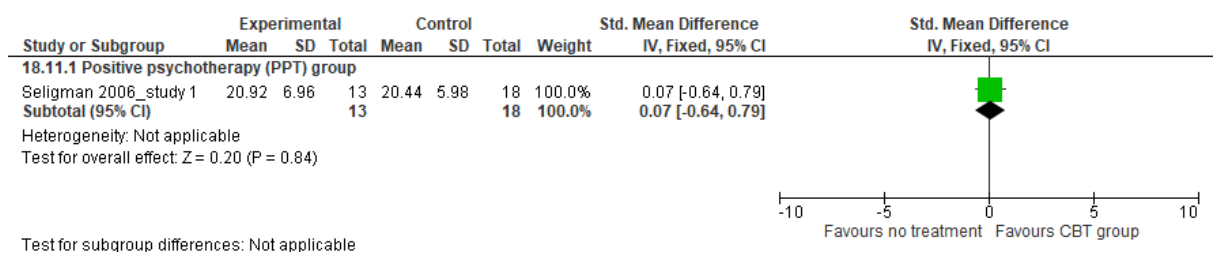
**Figure 91: Quality of life endpoint**



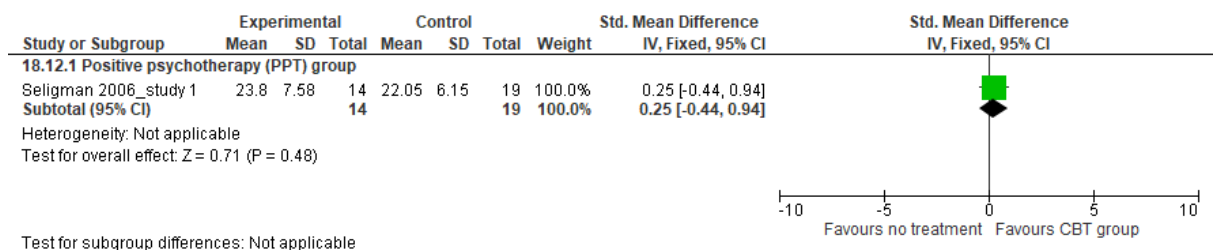
**Figure 92: Quality of life at 3-month follow-up**



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

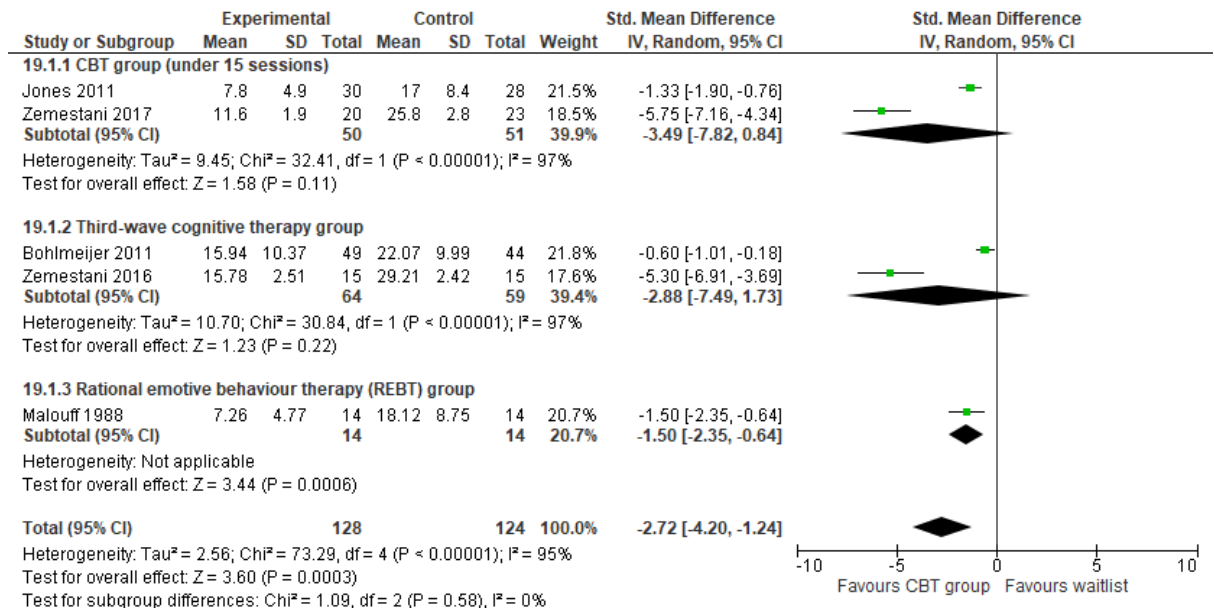


**Figure 94: Quality of life at 12-month follow-up**



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

**Figure 95: Depression symptomatology endpoint**



**Figure 96: Depression symptomatology change score**

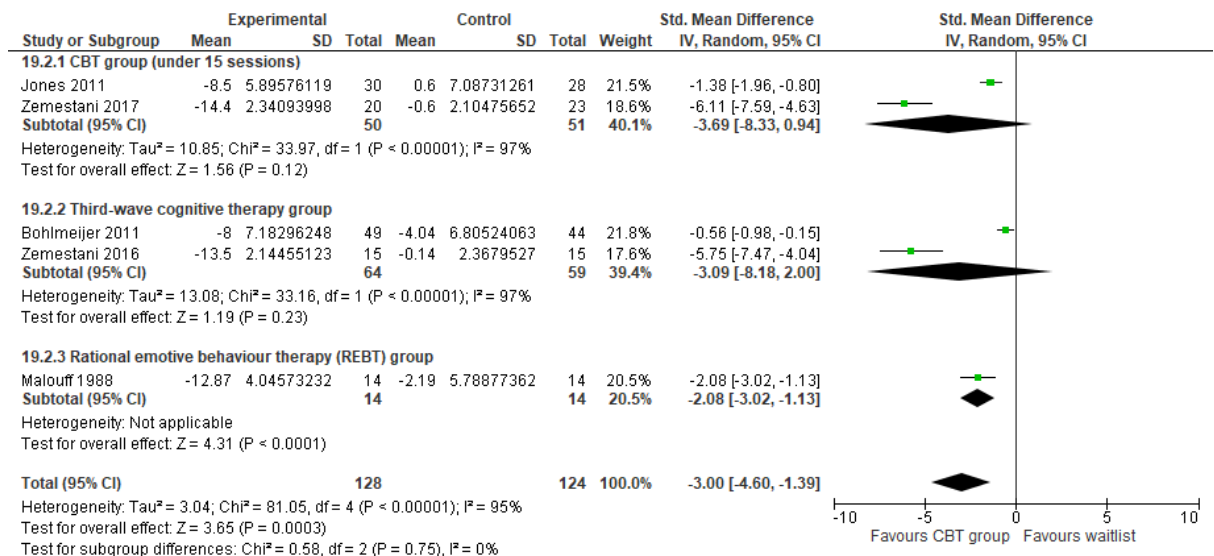


Figure 97: Discontinuation (any reason)

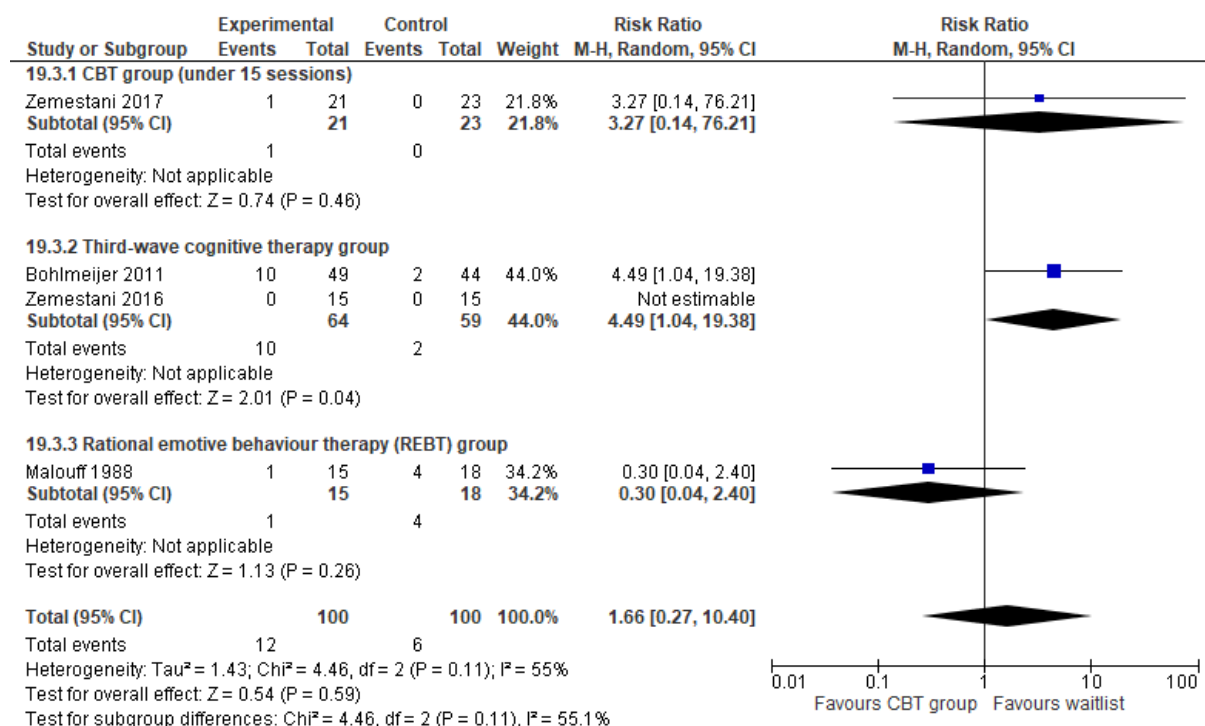
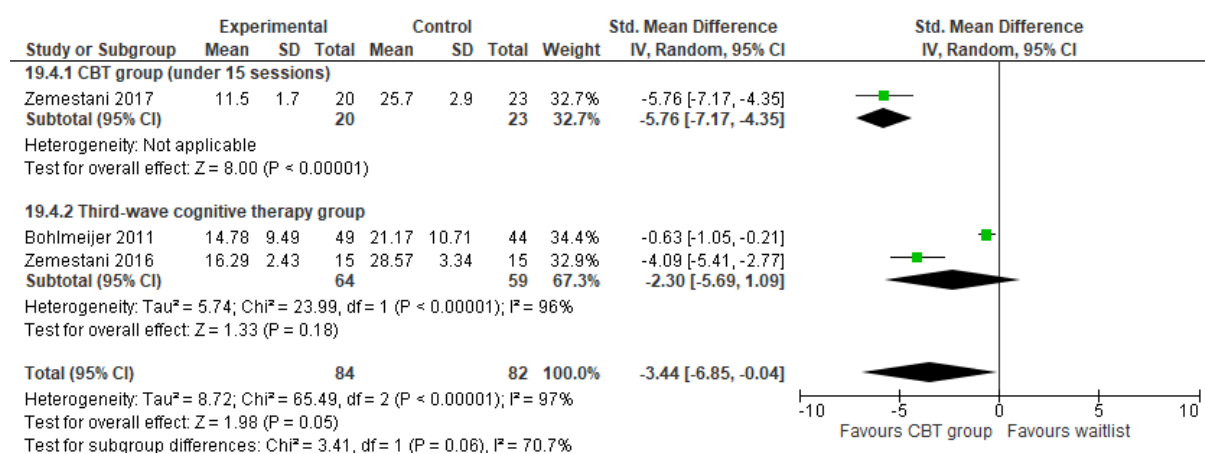
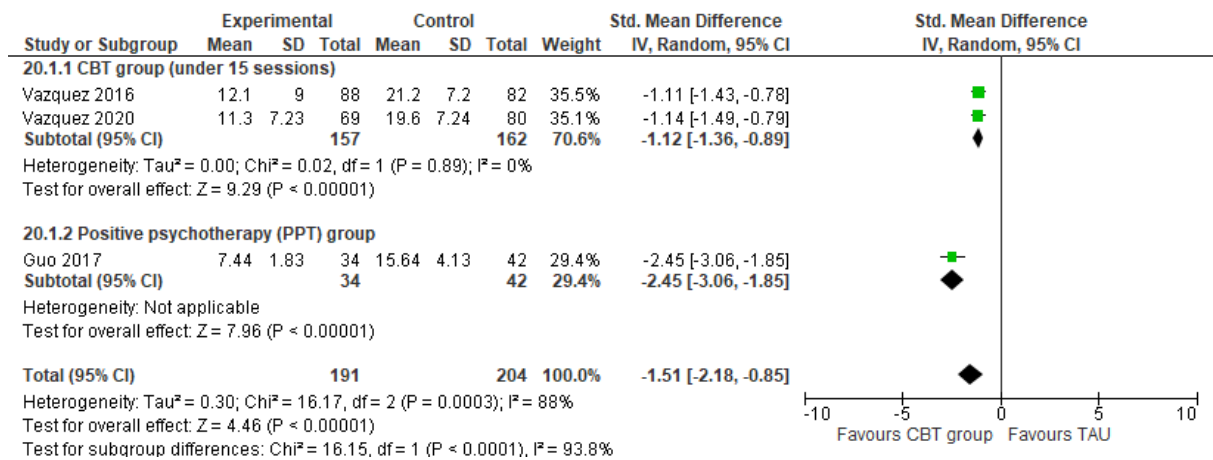


Figure 98: Depression symptomatology at 3-month follow-up

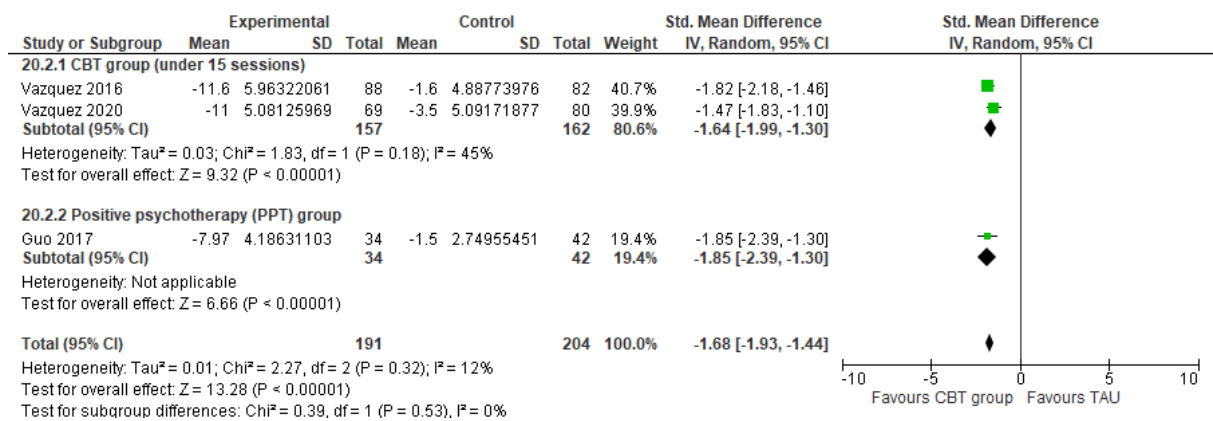


## Less severe: Cognitive and cognitive behavioural therapies group versus TAU

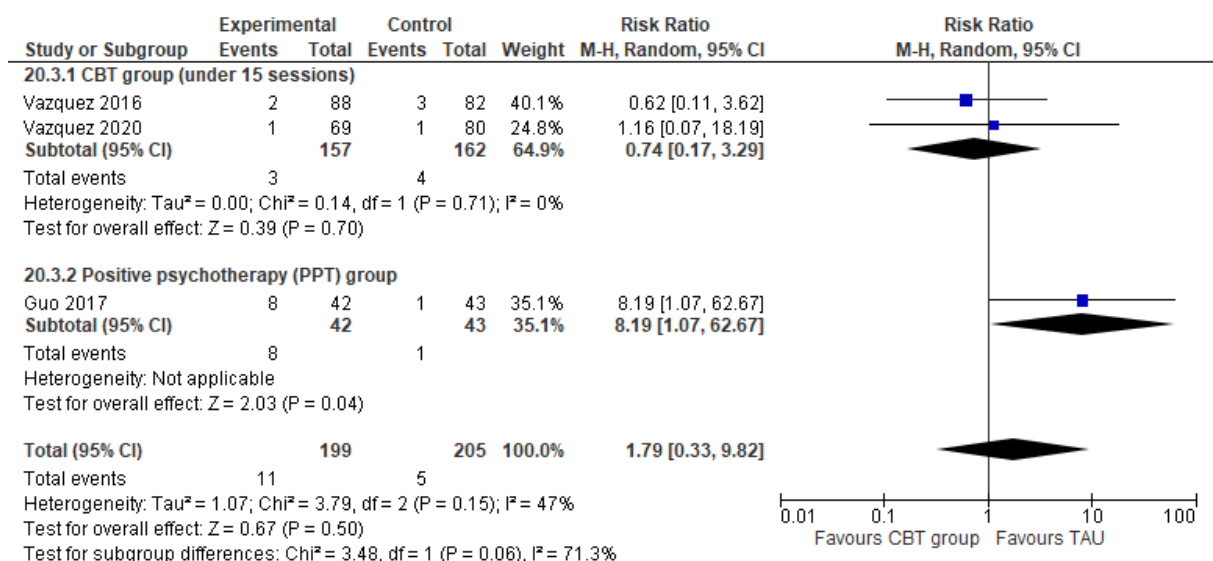
**Figure 99: Depression symptomatology endpoint**



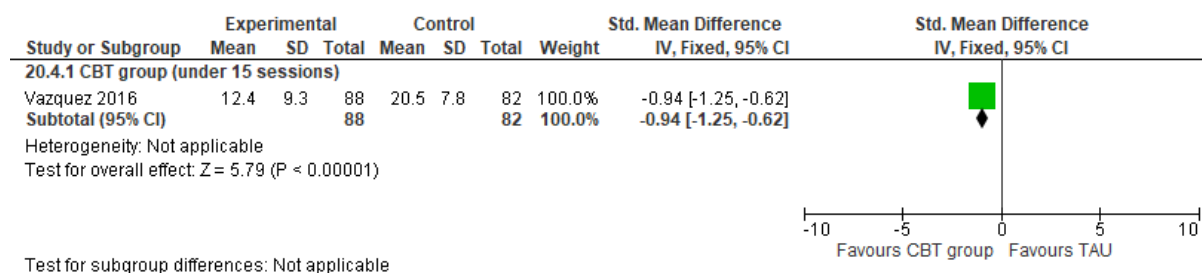
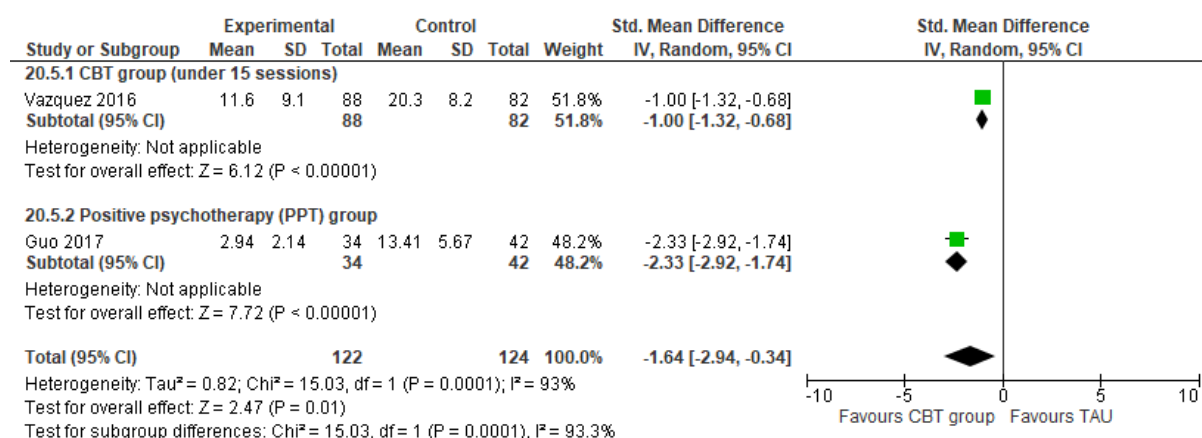
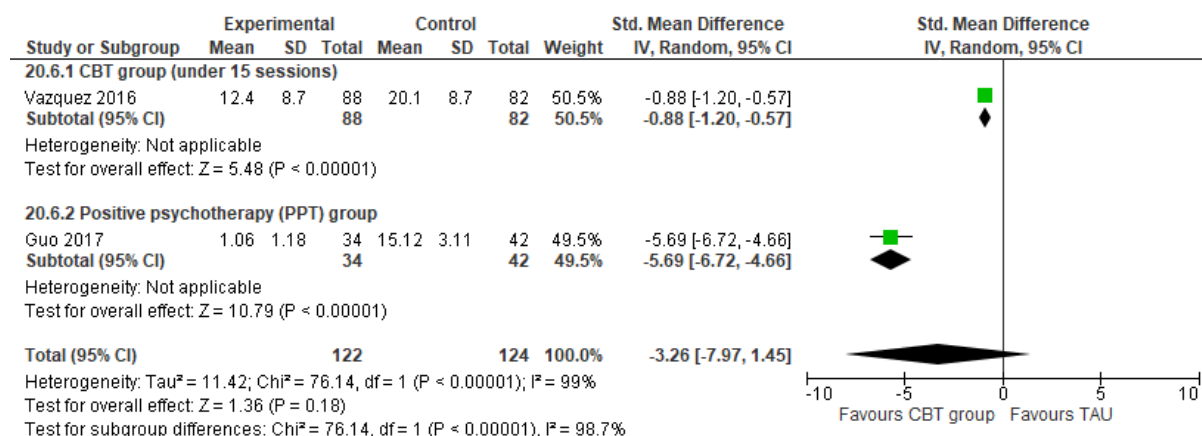
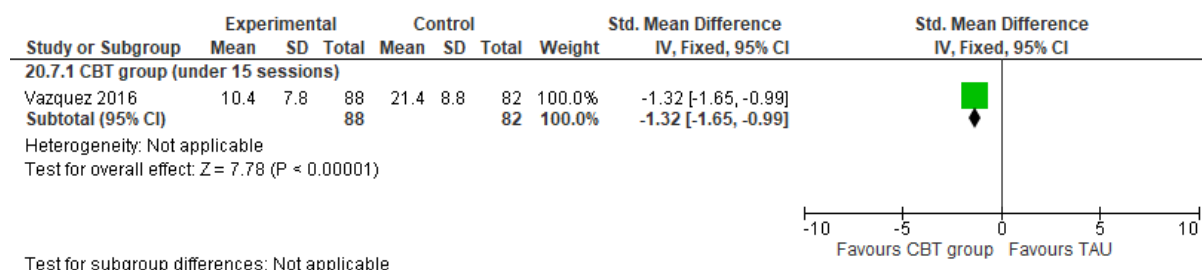
**Figure 100: Depression symptomatology change score**



**Figure 101: Discontinuation (any reason)**

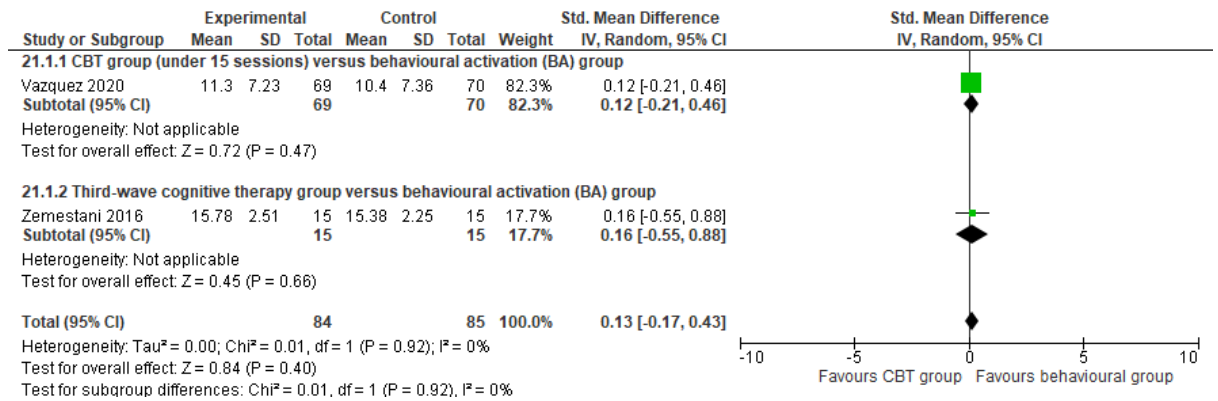




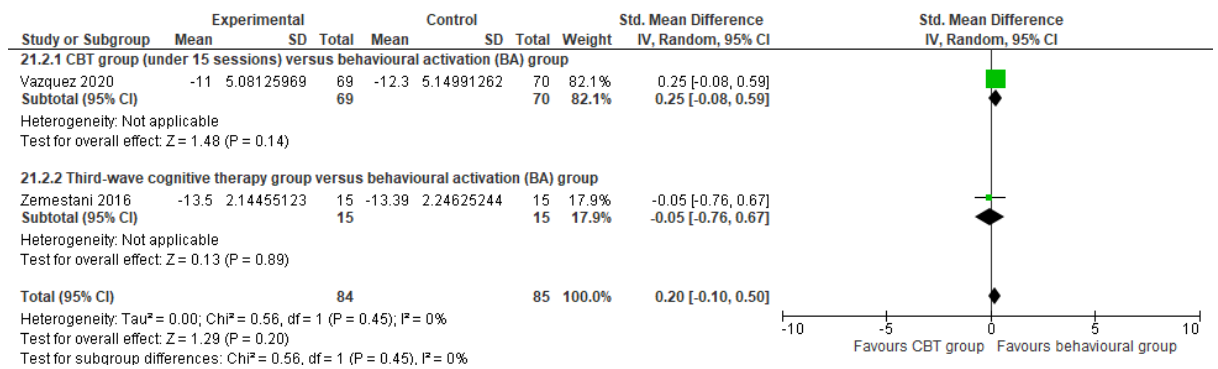
**Figure 102: Depression symptomatology at 1-month follow-up****Figure 103: Depression symptomatology at 3-month follow-up****Figure 104: Depression symptomatology at 6-month follow-up****Figure 105: Depression symptomatology at 12-month follow-up**

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

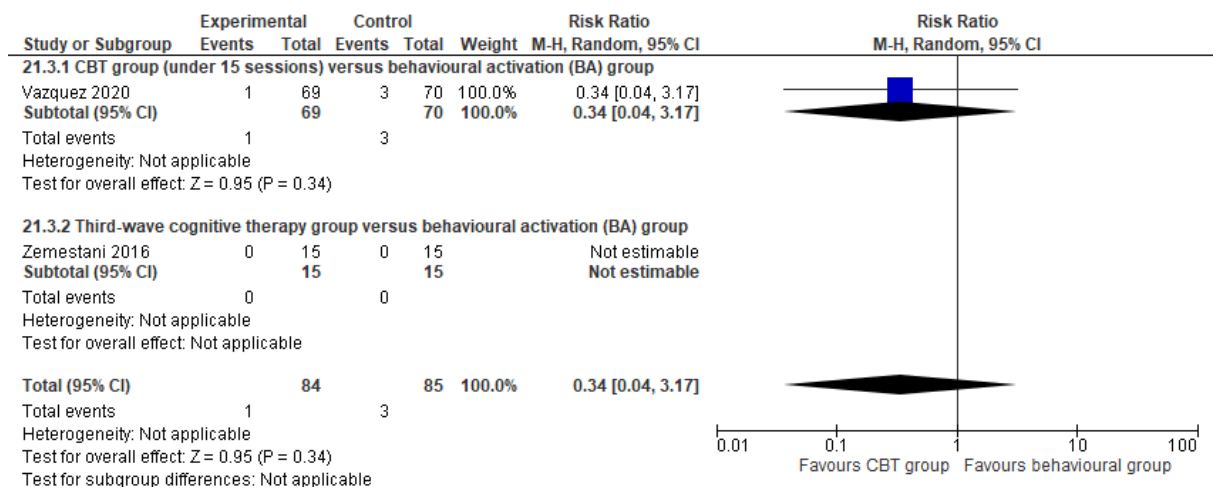
**Figure 106: Depression symptomatology endpoint**



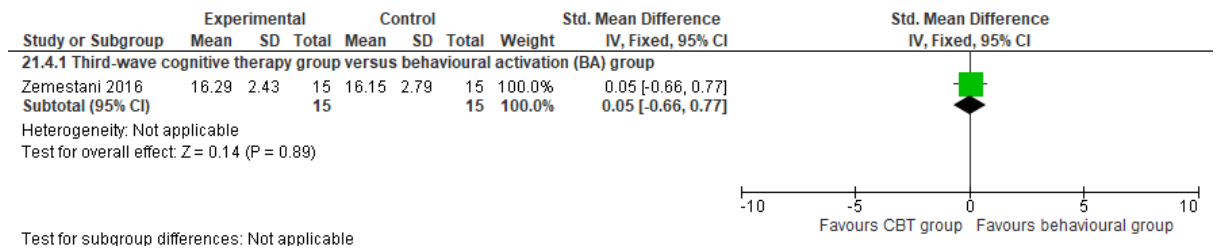
**Figure 107: Depression symptomatology change score**



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

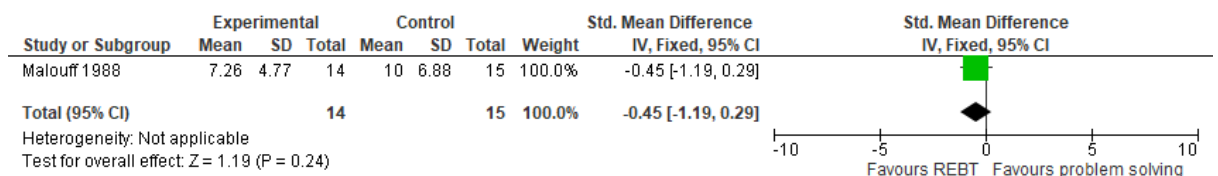


**Figure 109: Depression symptomatology at 3-month follow-up**

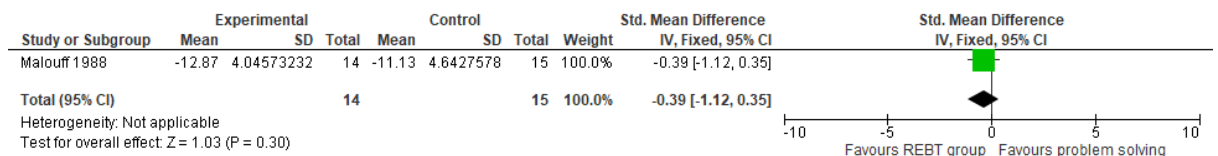


**Less severe: Rational emotive behaviour therapy (REBT) group versus problem solving group**

**Figure 110: Depression symptomatology endpoint**



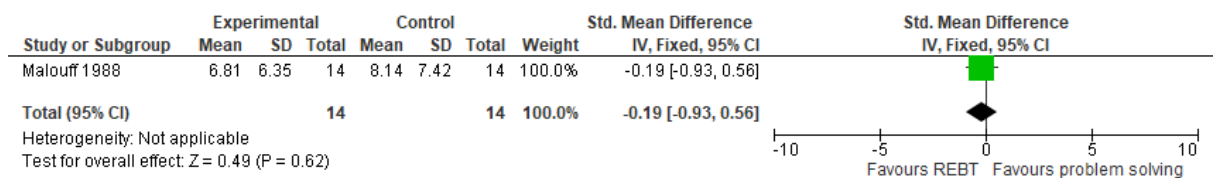
**Figure 111: Depression symptomatology change score**



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



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



## Less severe: CBT group (under 15 sessions) versus progressive muscle relaxation group

Figure 114: Depression symptomatology endpoint

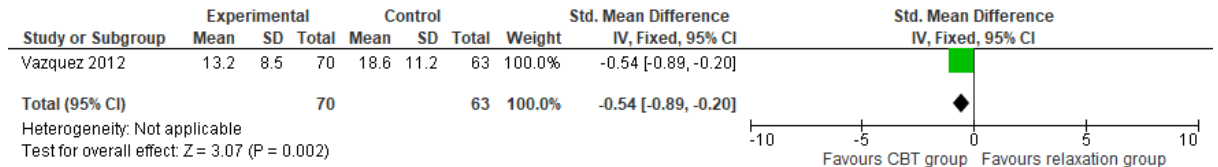


Figure 115: Depression symptomatology change score

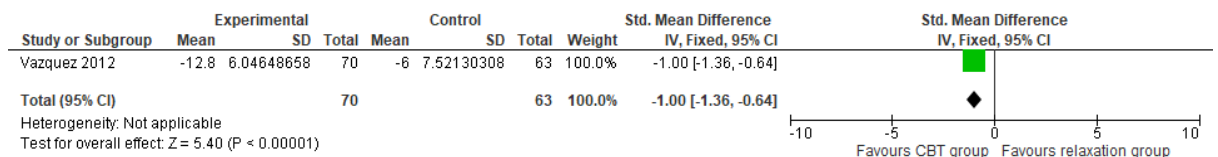


Figure 116: Remission (ITT)

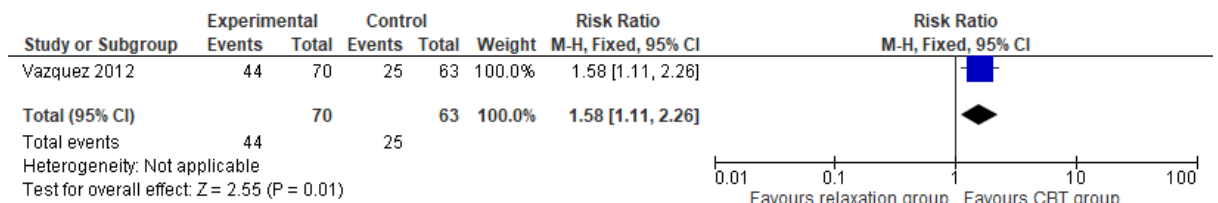


Figure 117: Discontinuation (any reason)

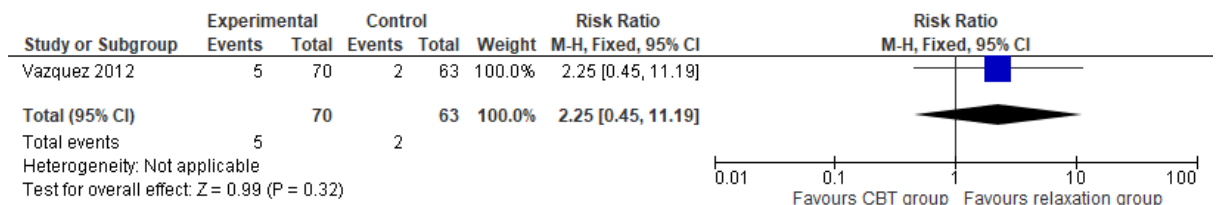


Figure 118: Depression symptomatology at 3-month follow-up

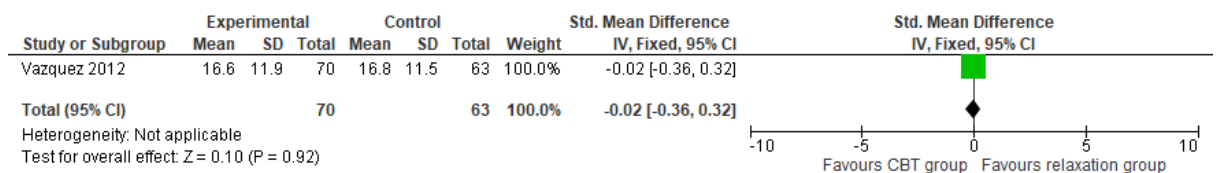
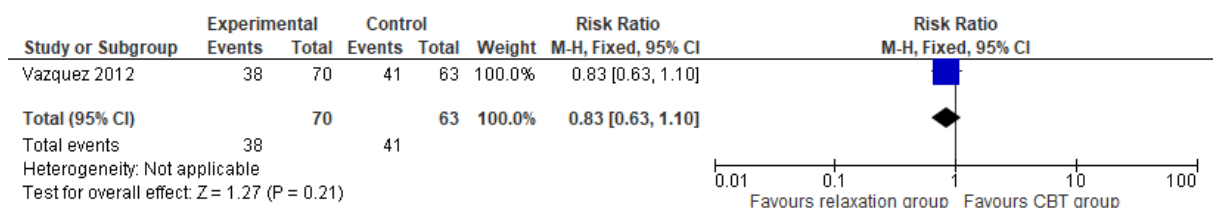
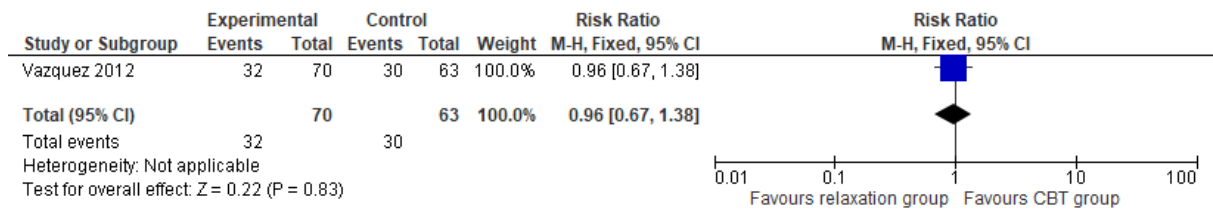


Figure 119: Remission at 3-month follow-up (ITT)

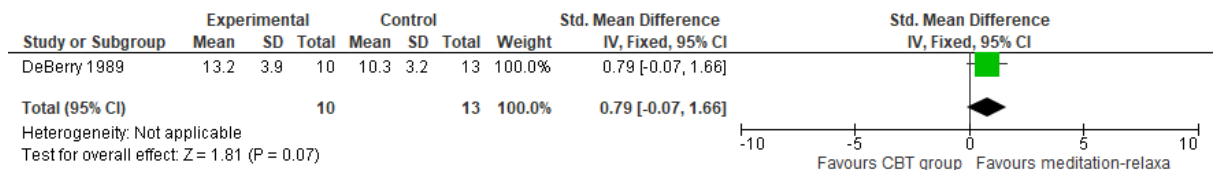


**Figure 120: Remission at 6-month follow-up (ITT)**

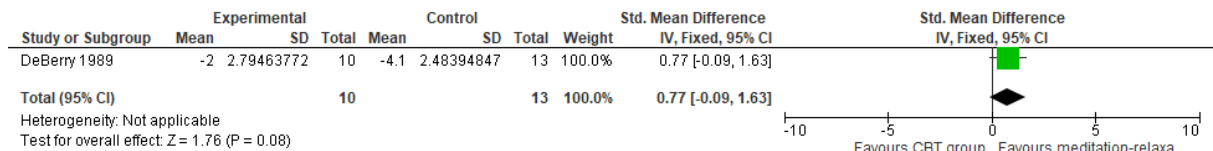


**Less severe: CBT group (15 sessions or over) versus meditation-relaxation group**

**Figure 121: Depression symptomatology endpoint**

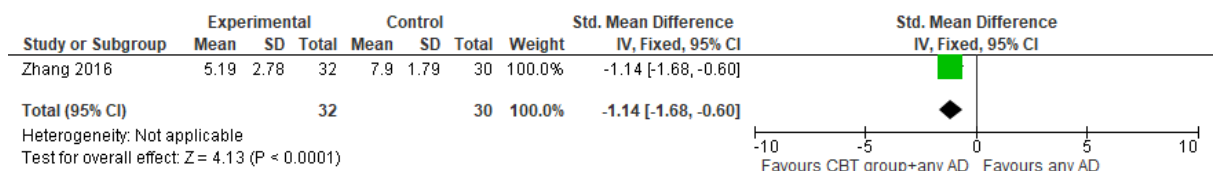


**Figure 122: Depression symptomatology change score**

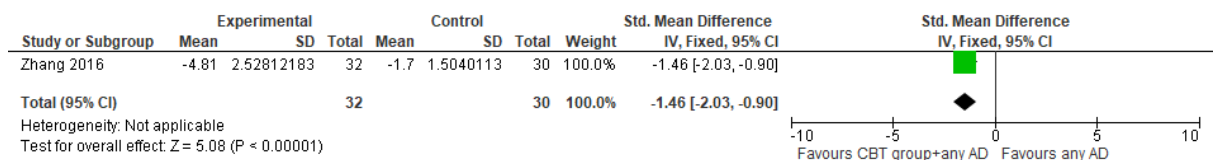


**Less severe: CBT group (under 15 sessions) + any AD versus any AD**

**Figure 123: Depression symptomatology endpoint**

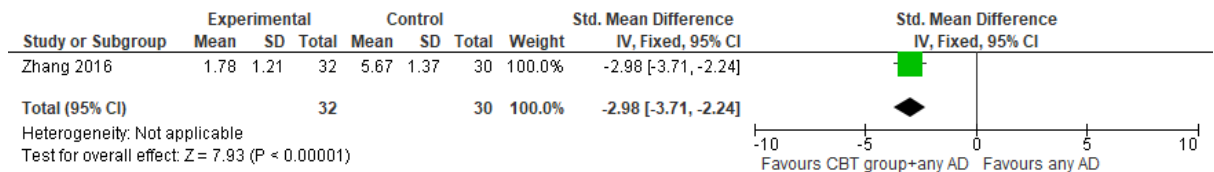
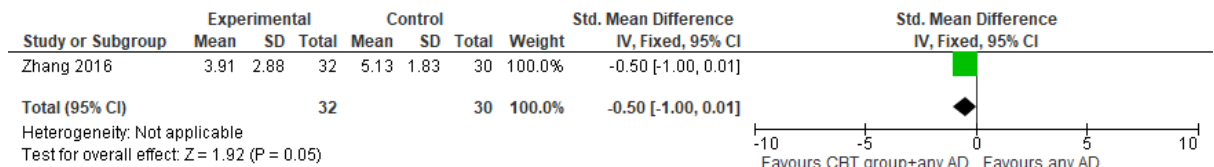
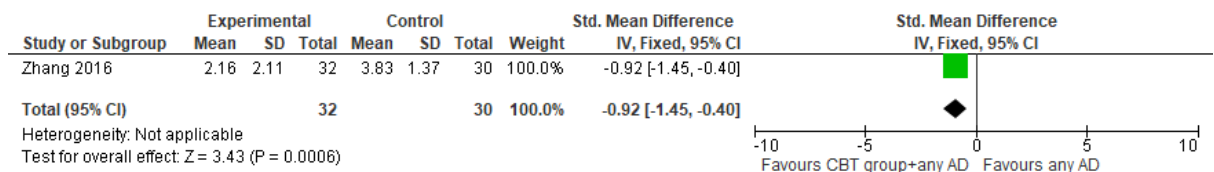
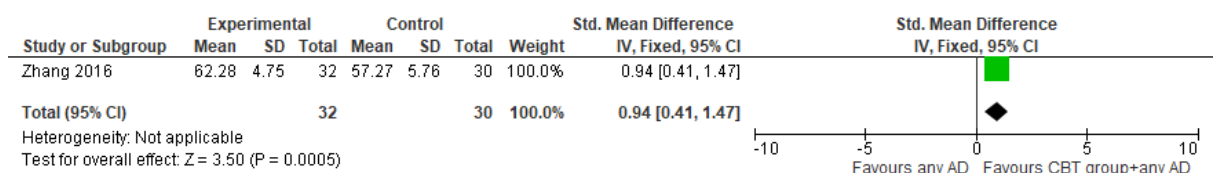
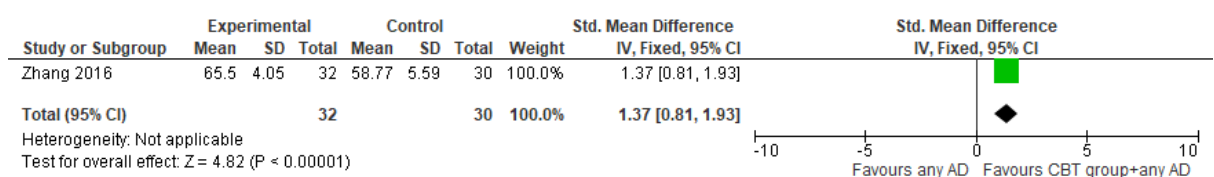
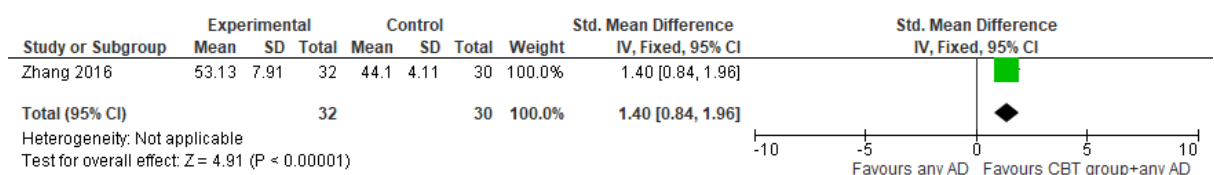


**Figure 124: Depression symptomatology change score**

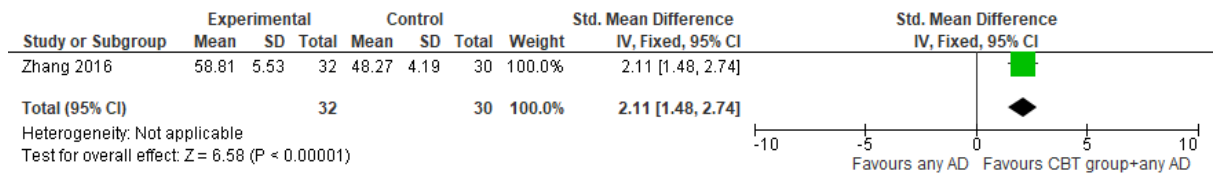


**Figure 125: Discontinuation (any reason)**



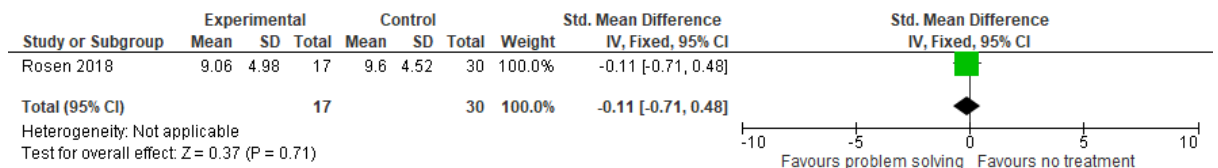
**Figure 126: Depression symptomatology at 12-month follow-up****Figure 127: Functional impairment endpoint****Figure 128: Functional impairment at 12-month follow-up****Figure 129: Quality of life physical health component endpoint****Figure 130: Quality of life physical health component at 12-month follow-up****Figure 131: Quality of life mental health component endpoint**

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

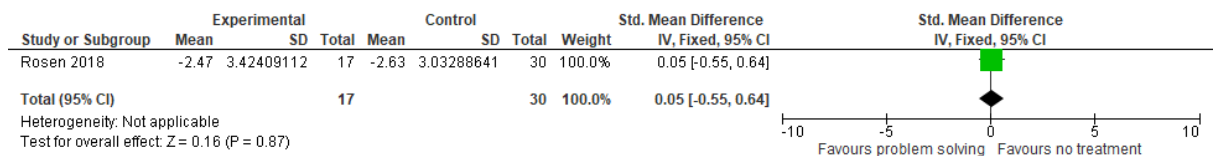


**Less severe: Problem solving individual versus no treatment**

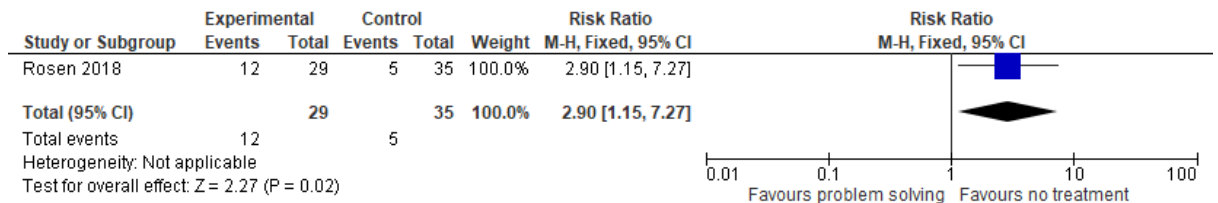
**Figure 133: Depression symptomatology endpoint**



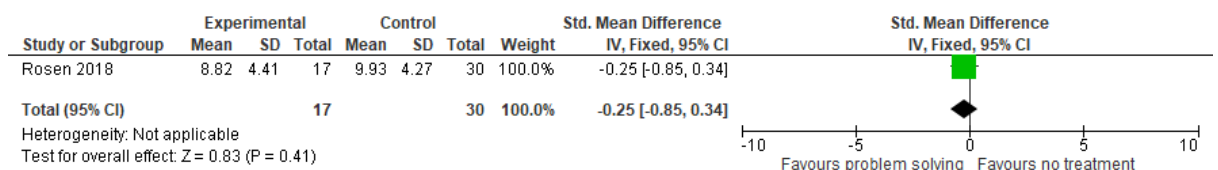
**Figure 134: Depression symptomatology change score**



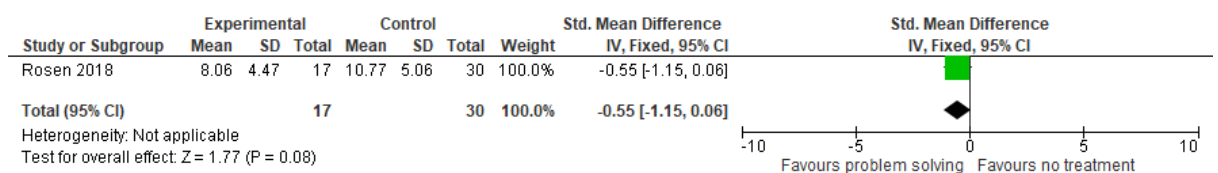
**Figure 135: Discontinuation (any reason)**



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

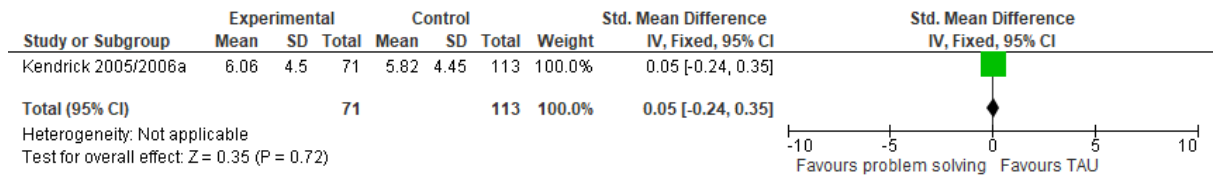


**Figure 137: Depression symptomatology at 5-month follow-up**

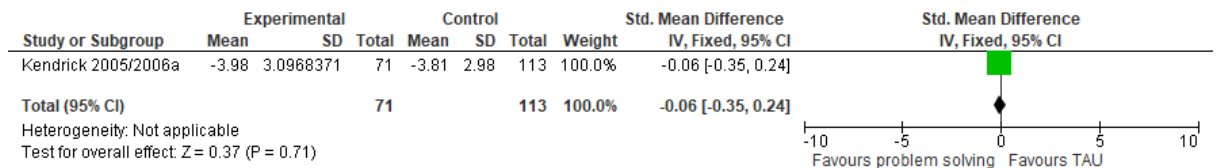


## Less severe: Problem solving individual versus TAU

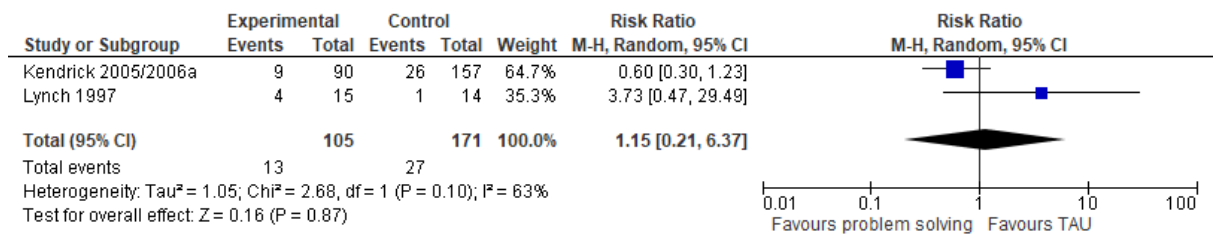
**Figure 138: Depression symptomatology endpoint**



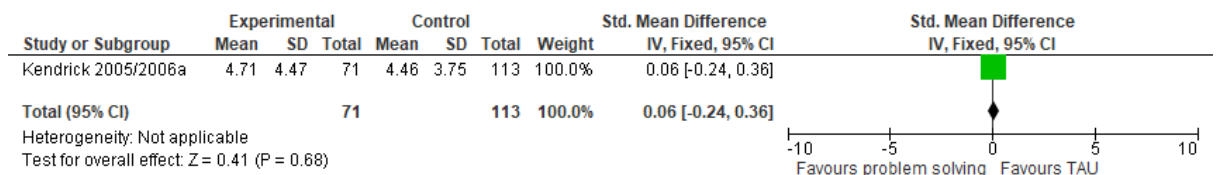
**Figure 139: Depression symptomatology change score**



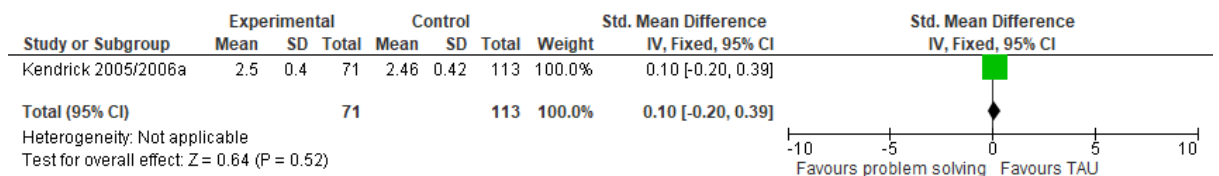
**Figure 140: Discontinuation (any reason)**



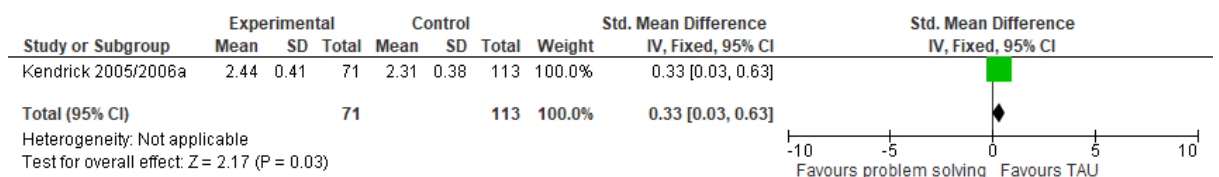
**Figure 141: Depression symptomatology at 4-month follow-up**



**Figure 142: Interpersonal problems endpoint**

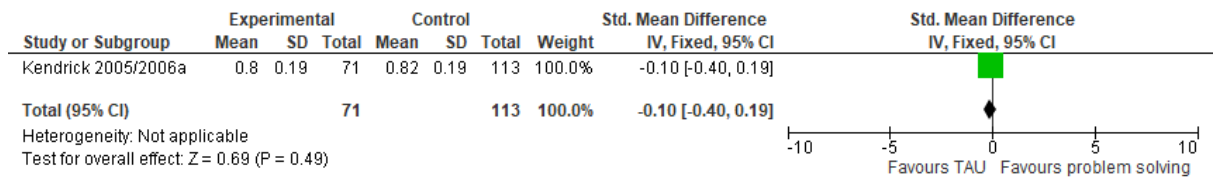


**Figure 143: Interpersonal problems at 4-month follow-up**

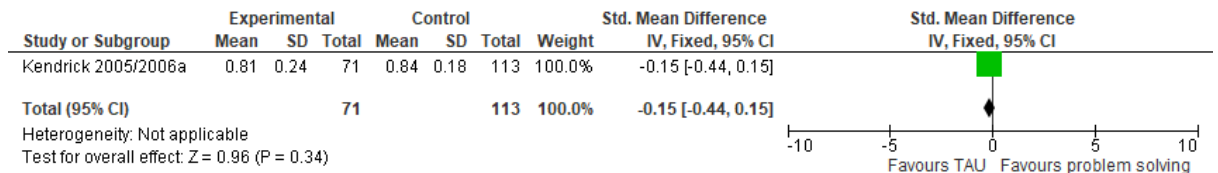




**Figure 144: Quality of life endpoint**

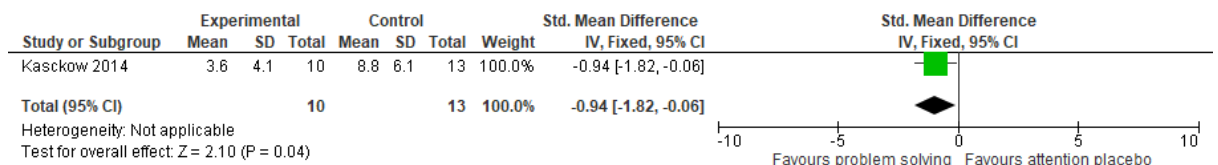


**Figure 145: Quality of life at 4-month follow-up**

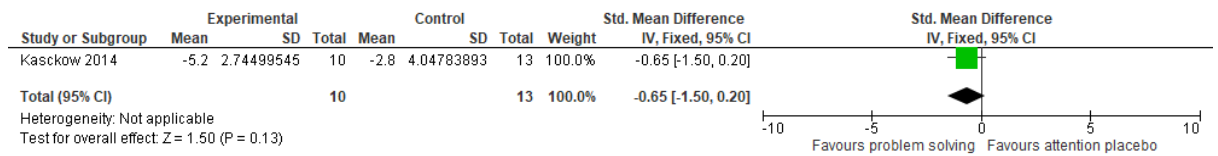


**Less severe: Problem solving individual versus attention placebo**

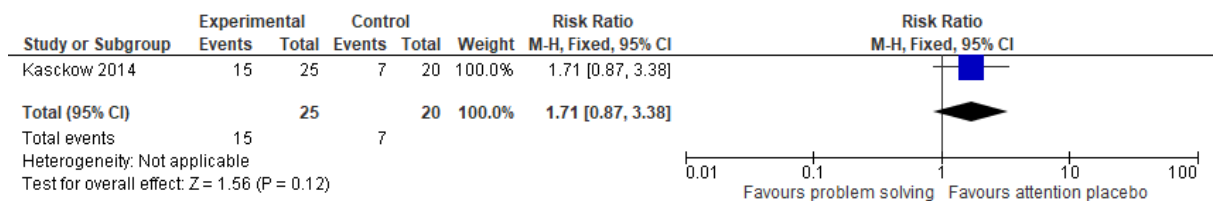
**Figure 146: Depression symptomatology endpoint**



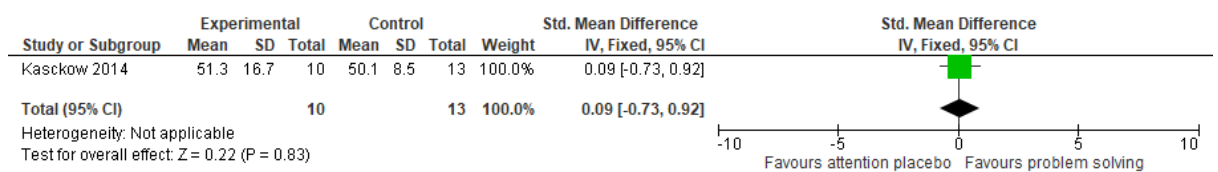
**Figure 147: Depression symptomatology change score**



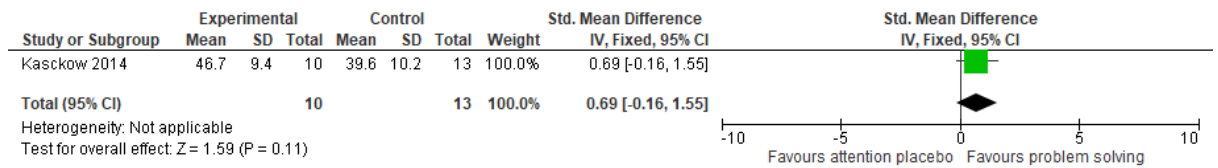
**Figure 148: Discontinuation (any reason)**



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

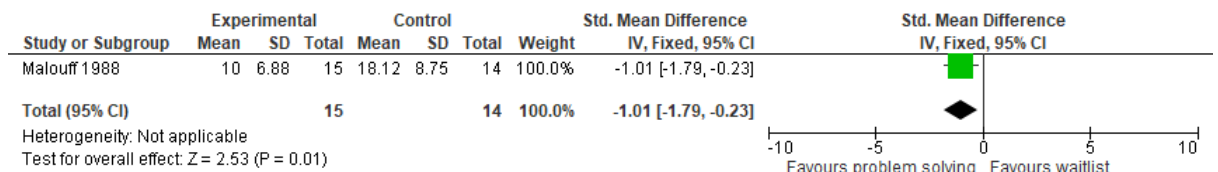


**Figure 150: Quality of life physical health component endpoint**

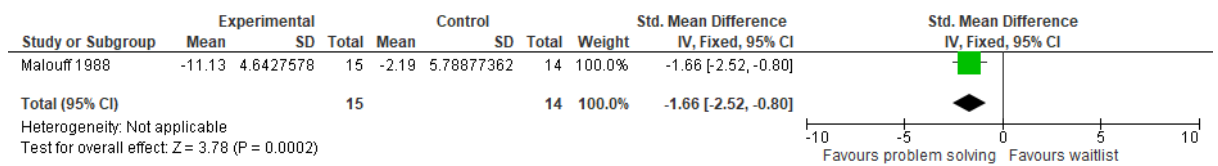


**Less severe: Problem solving group versus waitlist**

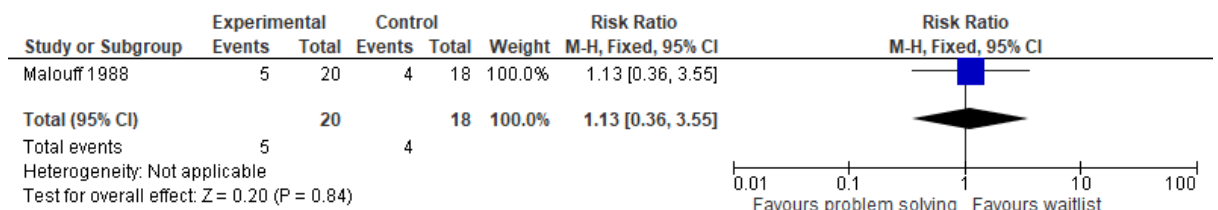
**Figure 151: Depression symptomatology endpoint**



**Figure 152: Depression symptomatology change score**

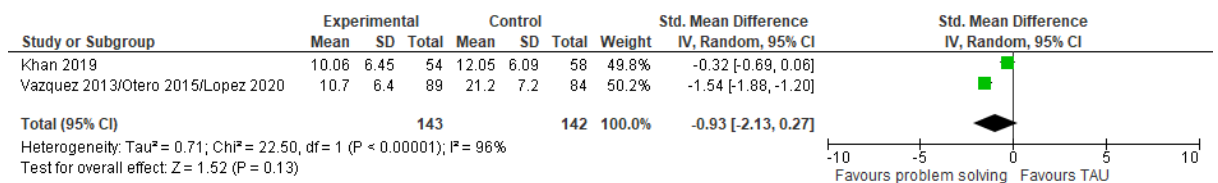


**Figure 153: Discontinuation (any reason)**

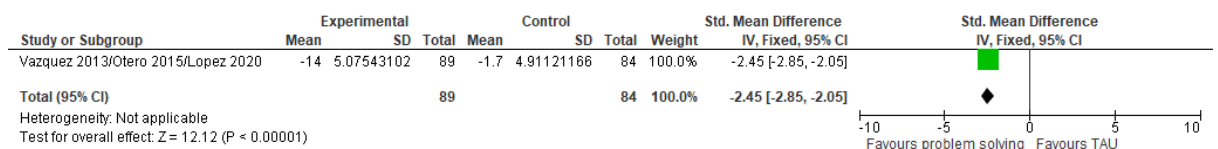


**Less severe: Problem solving group versus TAU**

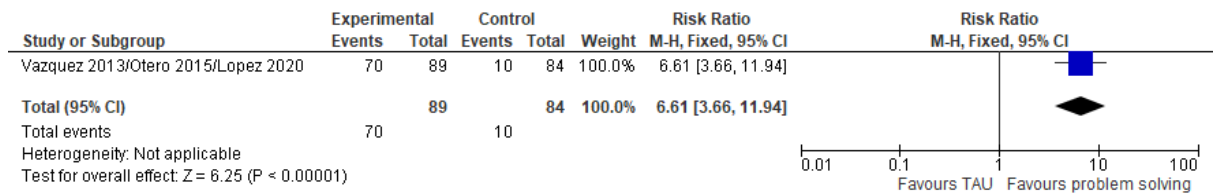
**Figure 154: Depression symptomatology endpoint**



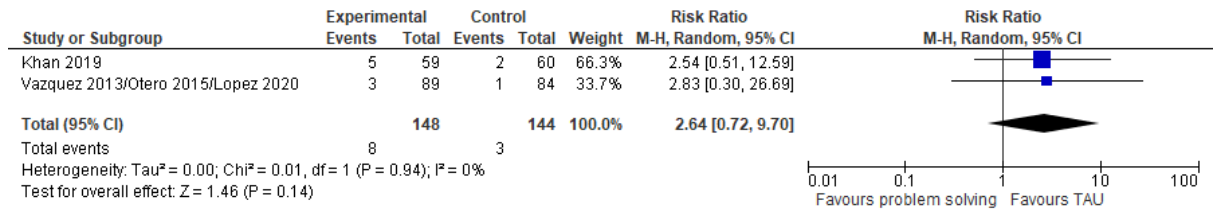
**Figure 155: Depression symptomatology change score**



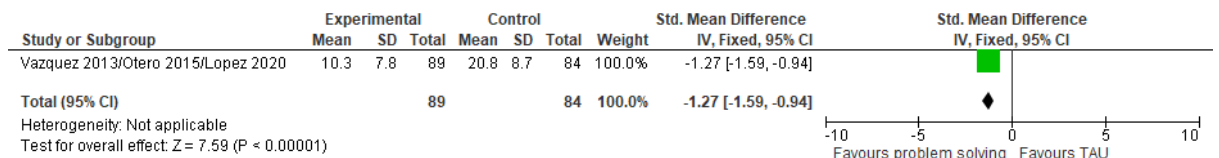
**Figure 156: Remission (ITT)**



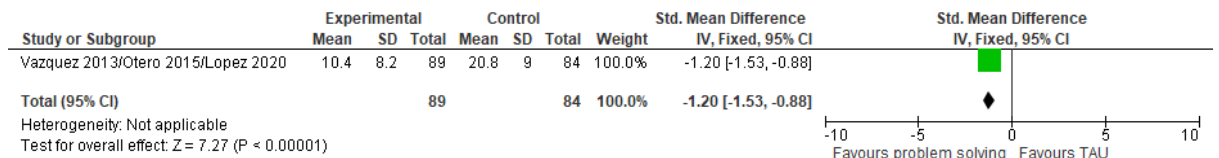
**Figure 157: Discontinuation (any reason)**



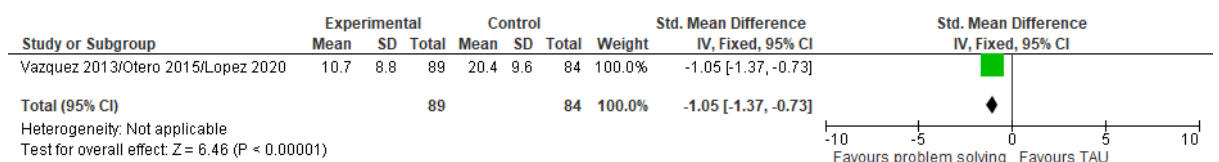
**Figure 158: Depression symptomatology at 1-month follow-up**



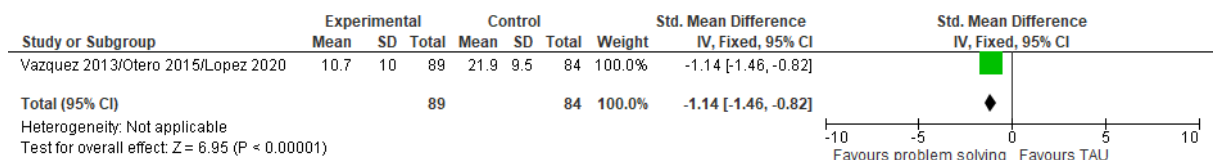
**Figure 159: Depression symptomatology at 3-month follow-up**



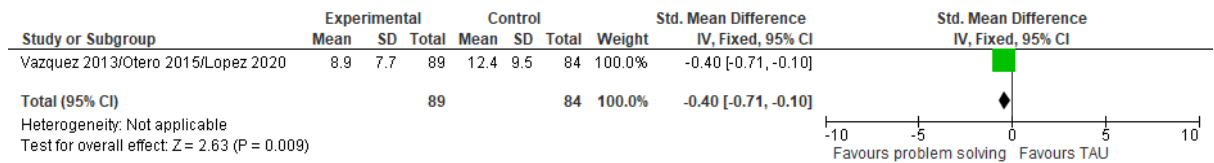
**Figure 160: Depression symptomatology at 6-month follow-up**



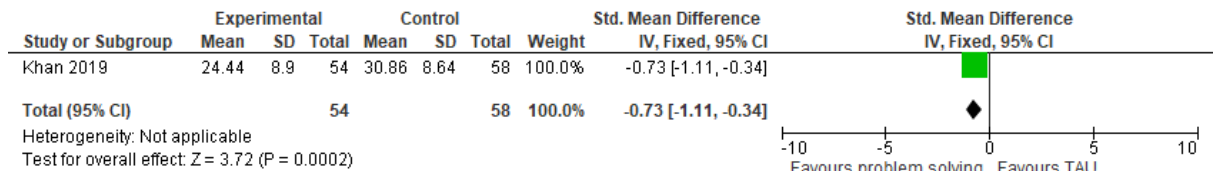
**Figure 161: Depression symptomatology at 12-month follow-up**



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

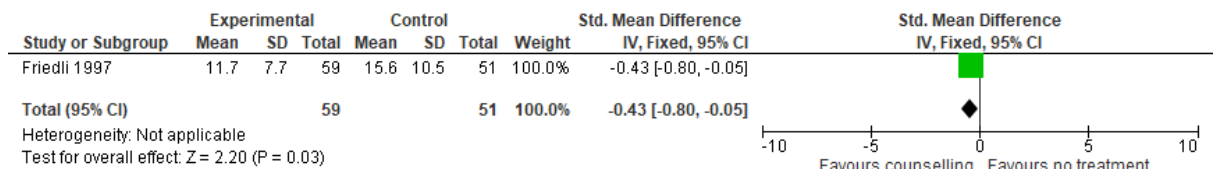


**Figure 163: Functional impairment endpoint**

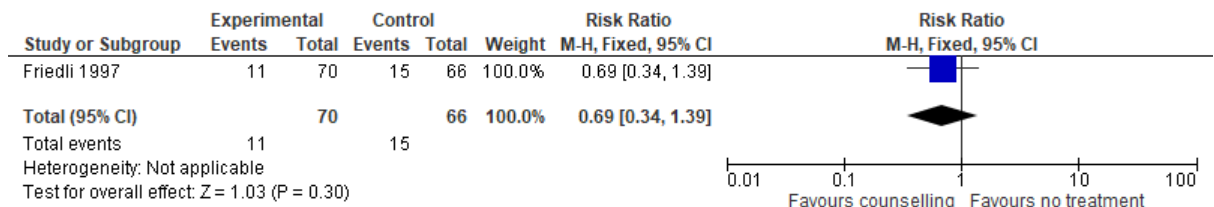


**Less severe: Counselling versus no treatment**

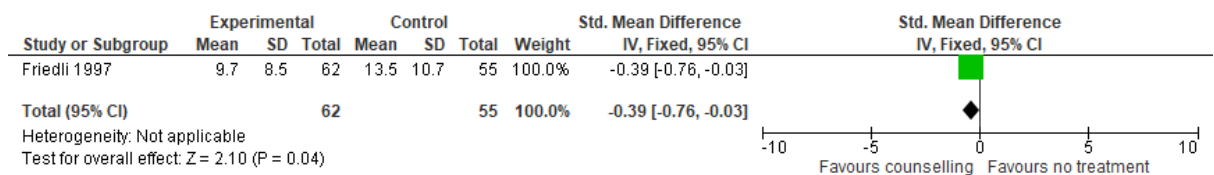
**Figure 164: Depression symptomatology endpoint**



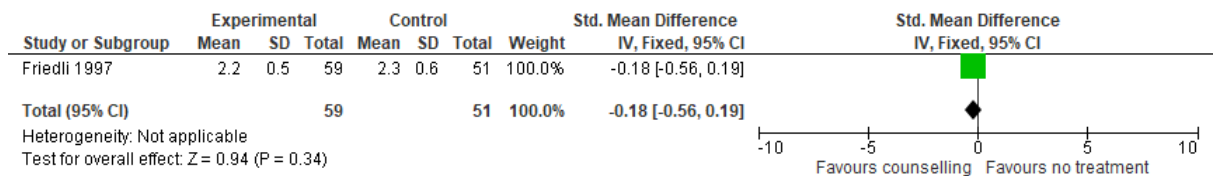
**Figure 165: Discontinuation (any reason)**



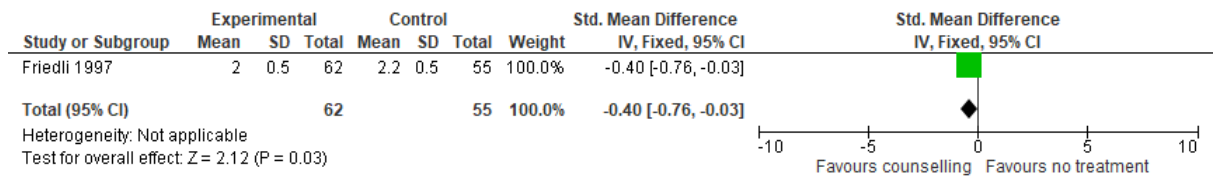
**Figure 166: Depression symptomatology at 6-month follow-up**



**Figure 167: Interpersonal problems endpoint**

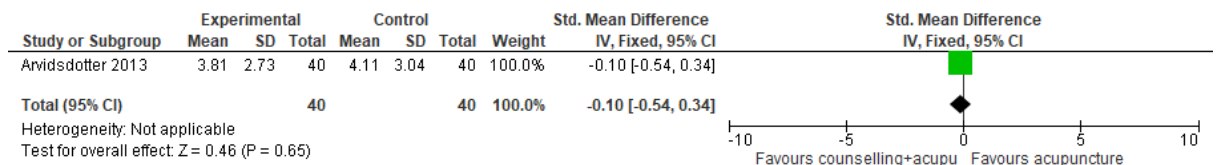


**Figure 168: Interpersonal problems at 6-month follow-up**

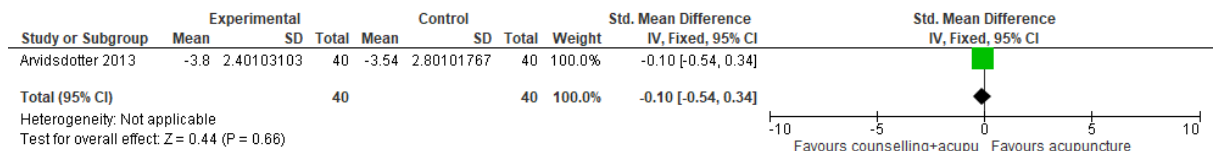


**Less severe: Counselling + traditional acupuncture versus traditional acupuncture**

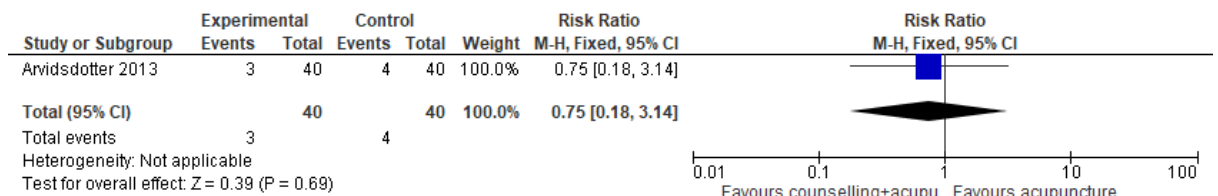
**Figure 169: Depression symptomatology endpoint**



**Figure 170: Depression symptomatology change score**

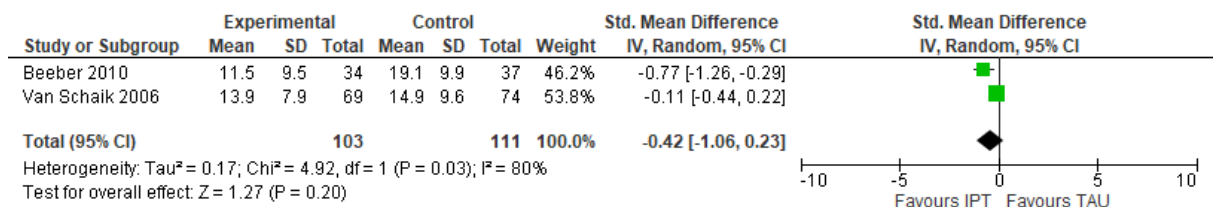


**Figure 171: Discontinuation (any reason)**

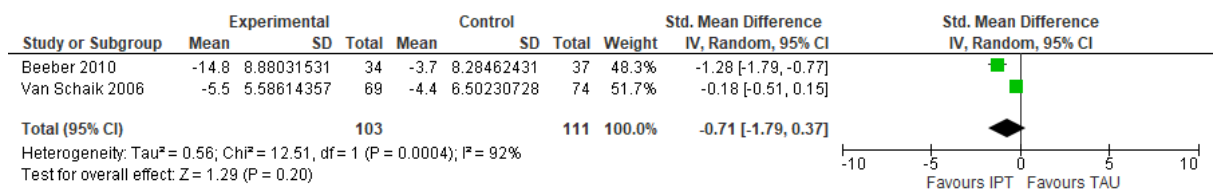


**Less severe: IPT versus TAU**

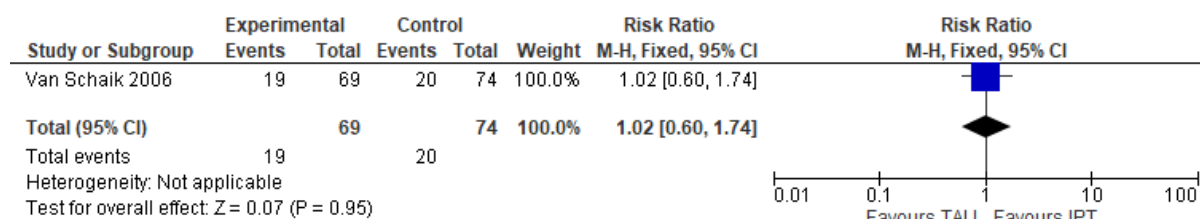
**Figure 172: Depression symptomatology endpoint**



**Figure 173: Depression symptomatology change score**



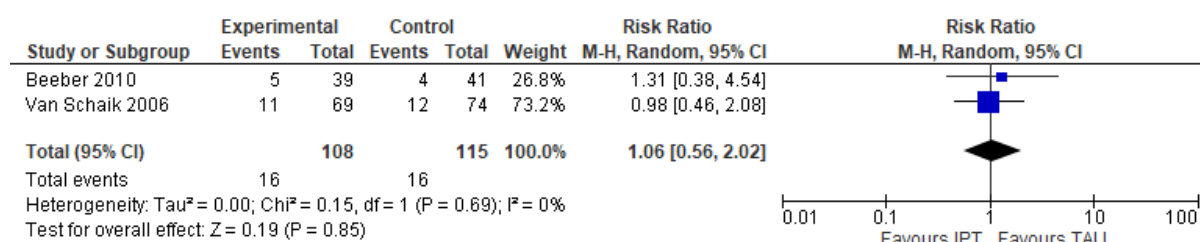
**Figure 174: Remission (ITT)**



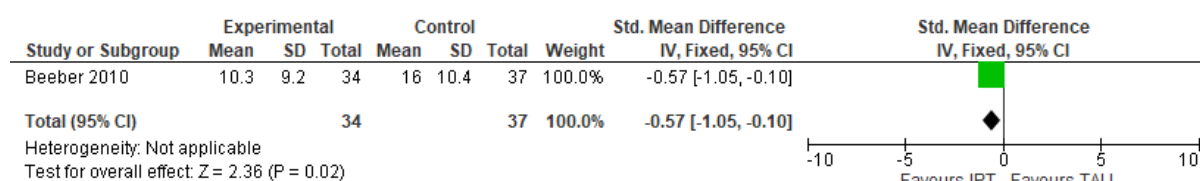
**Figure 175: Response (ITT)**



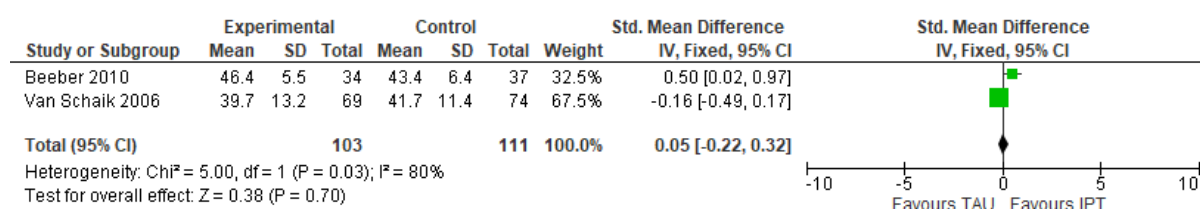
**Figure 176: Discontinuation (any reason)**



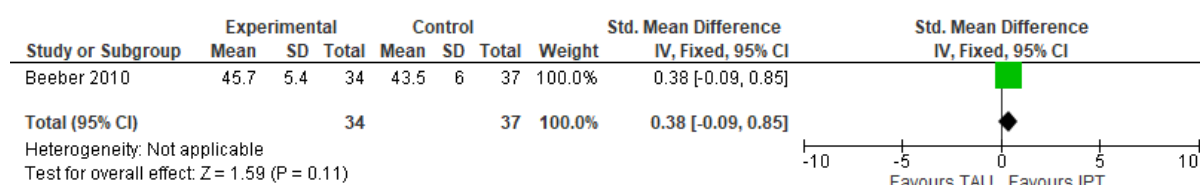
**Figure 177: Depression symptomatology at 1-month follow-up**



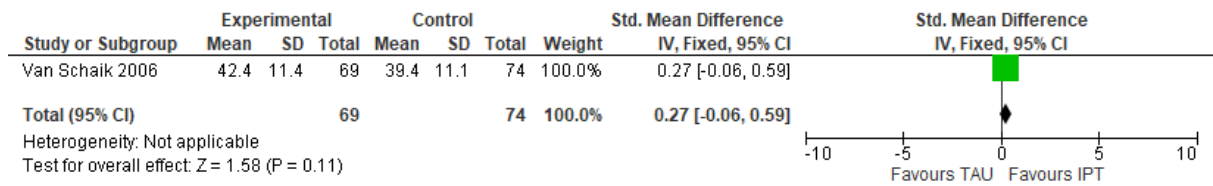
**Figure 178: Quality of life physical health component endpoint**



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

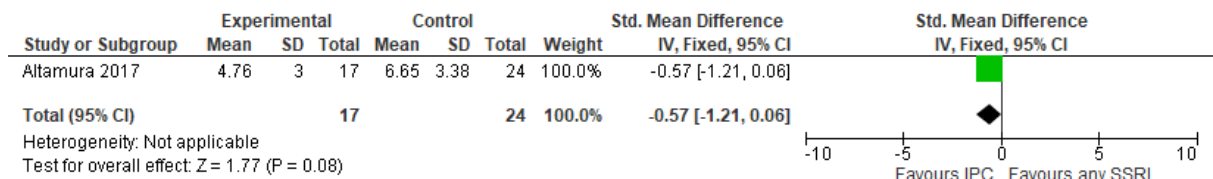


**Figure 180: Quality of life mental health component endpoint**

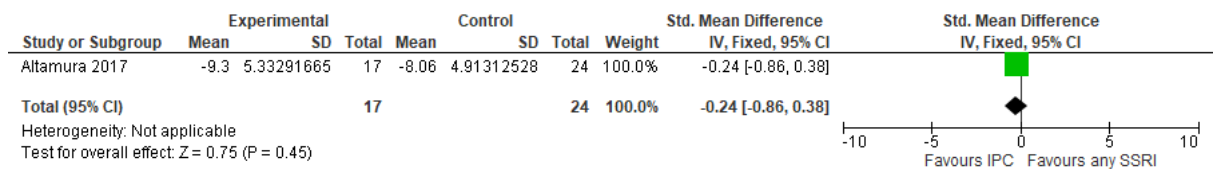


**Less severe: Interpersonal counselling individual versus any SSRI**

**Figure 181: Depression symptomatology at endpoint**



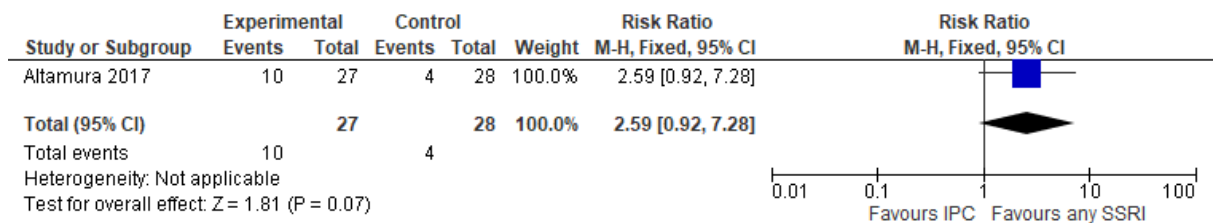
**Figure 182: Depression symptomatology change score**



**Figure 183: Remission (ITT)**

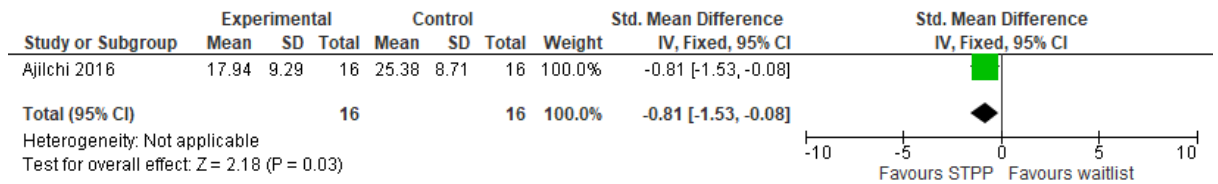


**Figure 184: Discontinuation (any reason)**

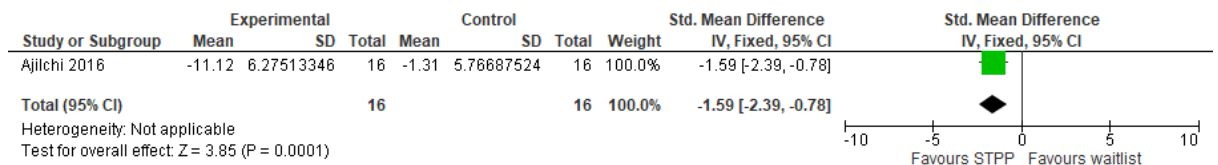


## Less severe: Short-term psychodynamic psychotherapy individual versus waitlist

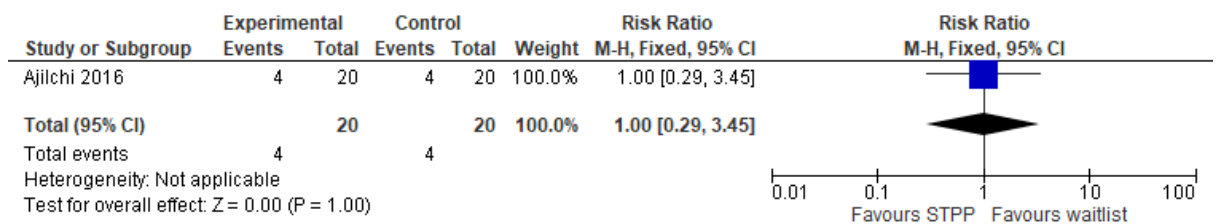
**Figure 185: Depression symptomatology at endpoint**



**Figure 186: Depression symptomatology change score**

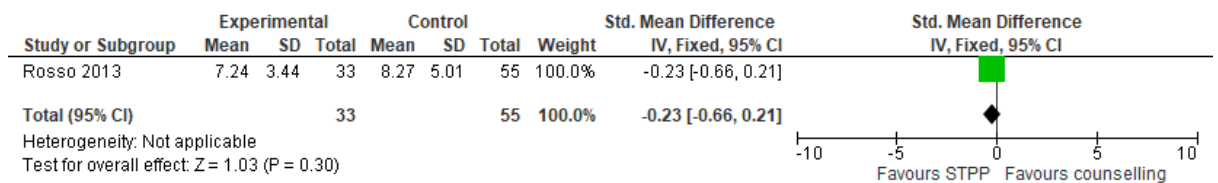


**Figure 187: Discontinuation (any reason)**

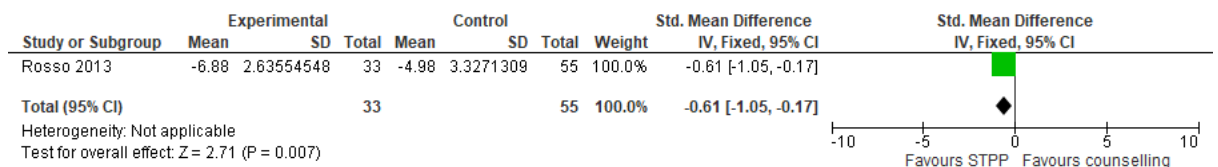


## Less severe: Short-term psychodynamic psychotherapy individual versus counselling

**Figure 188: Depression symptomatology endpoint**

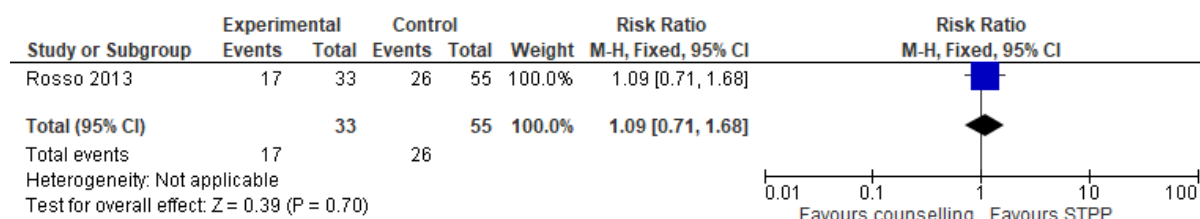


**Figure 189: Depression symptomatology change score**

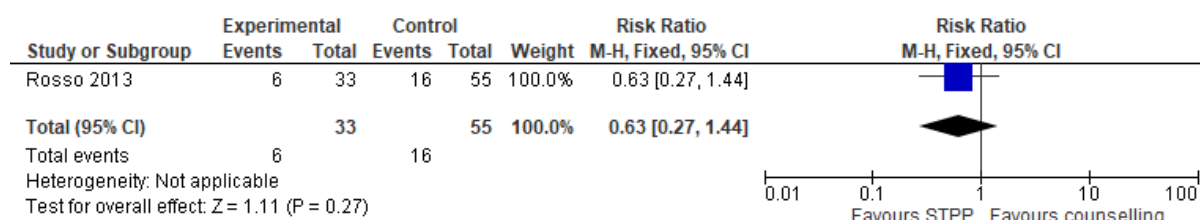




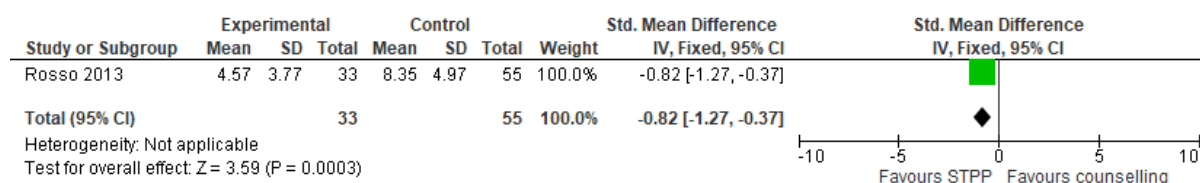
**Figure 190: Remission (ITT)**



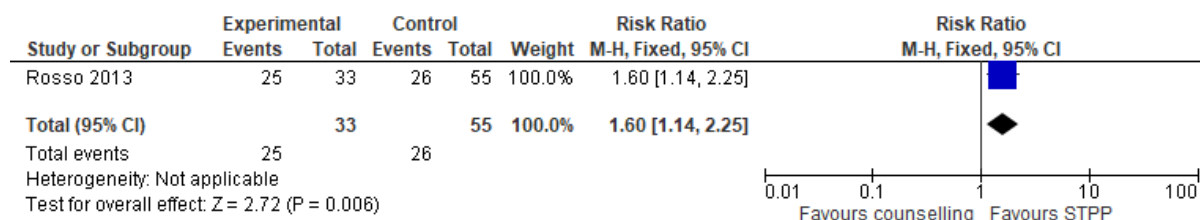
**Figure 191: Discontinuation (any reason)**



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



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



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

Figure 194: Depression symptomatology endpoint

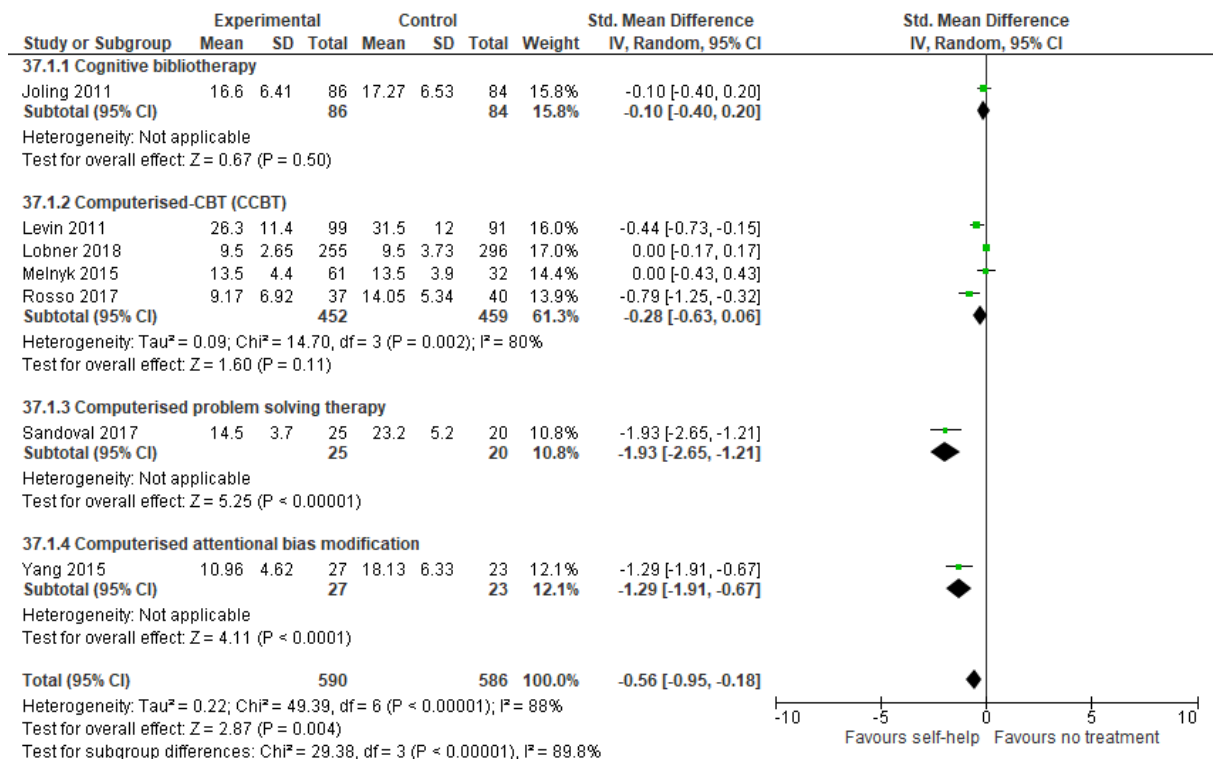
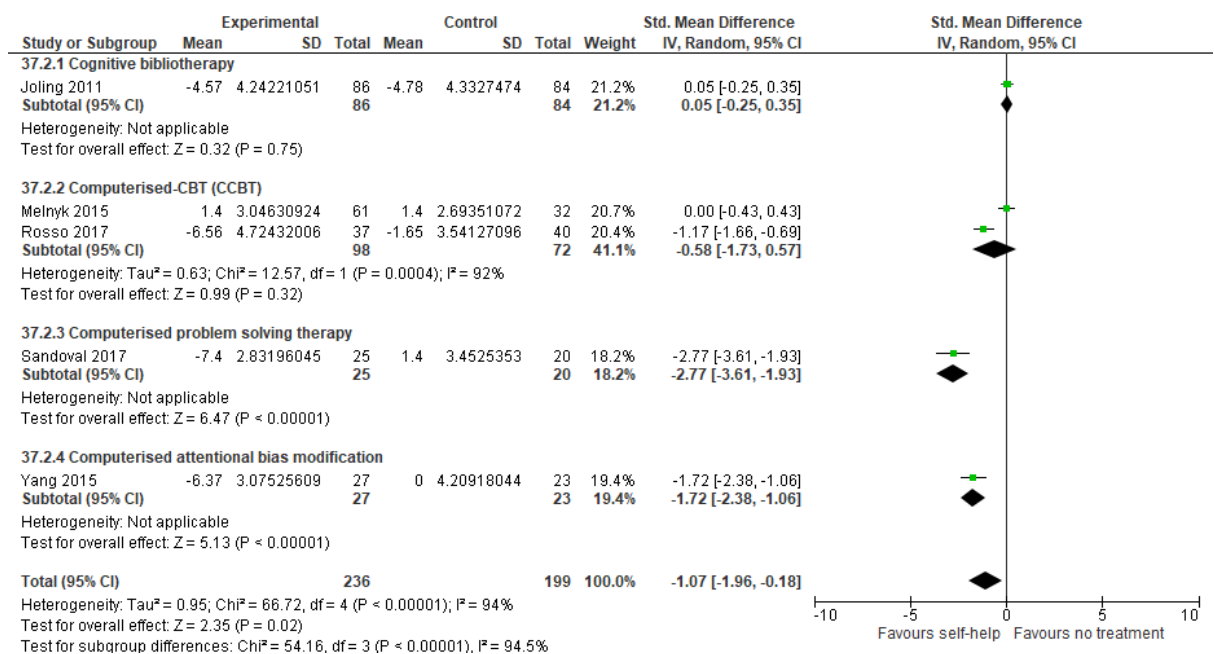
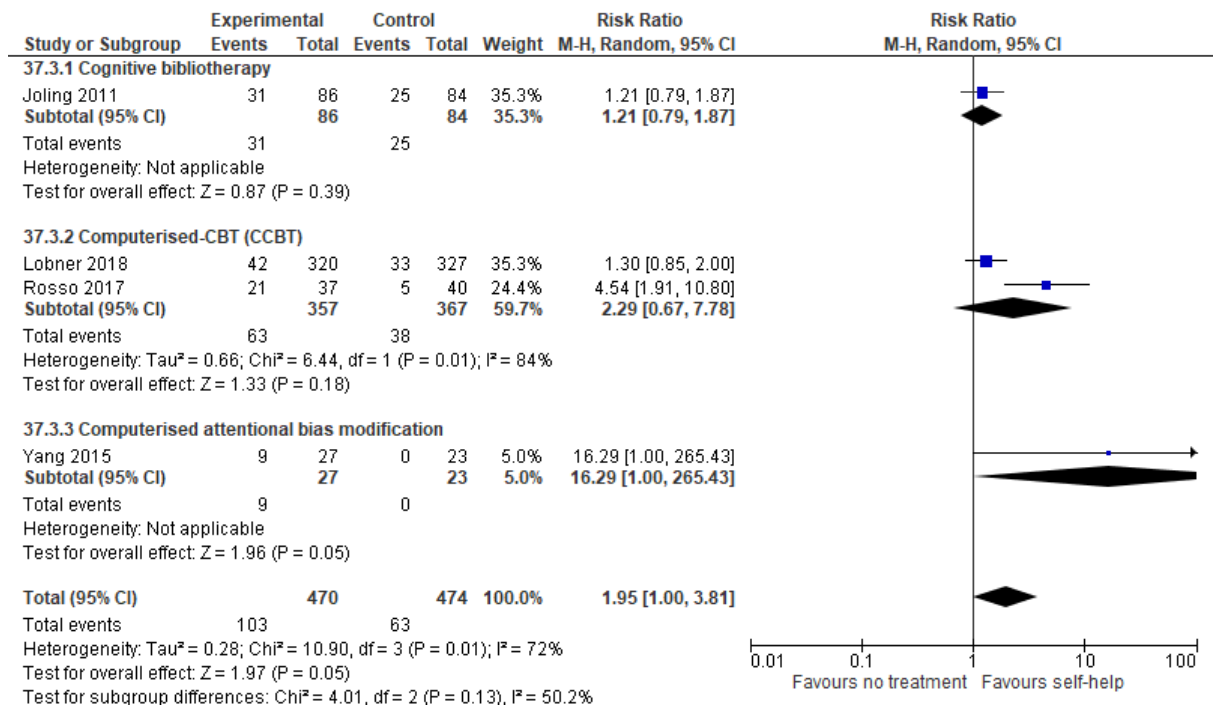


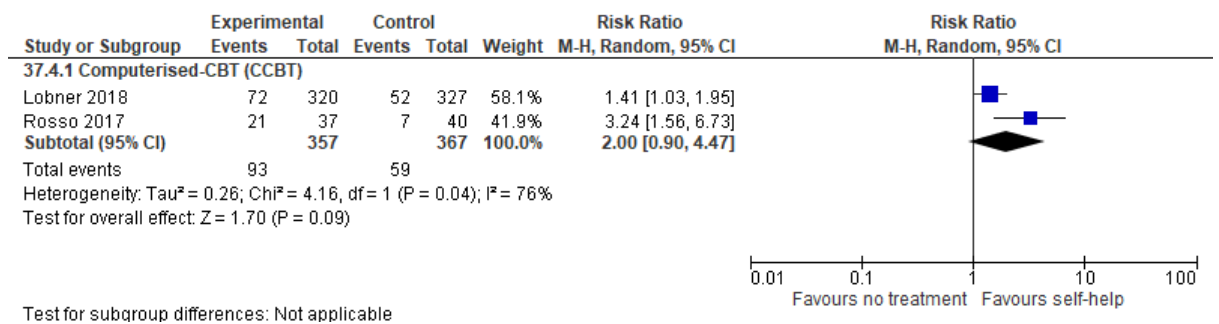
Figure 195: Depression symptomatology change score



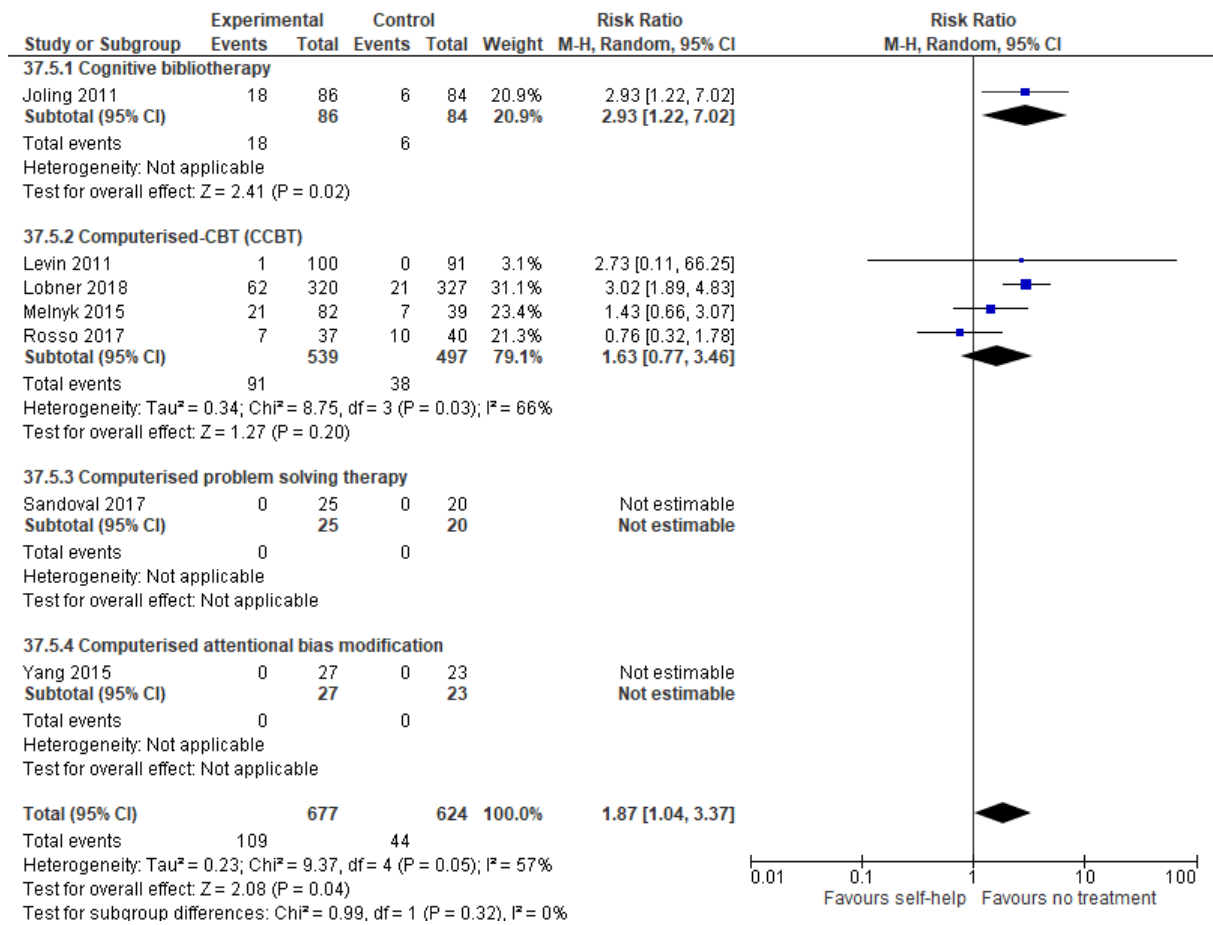
**Figure 196: Remission (ITT)**



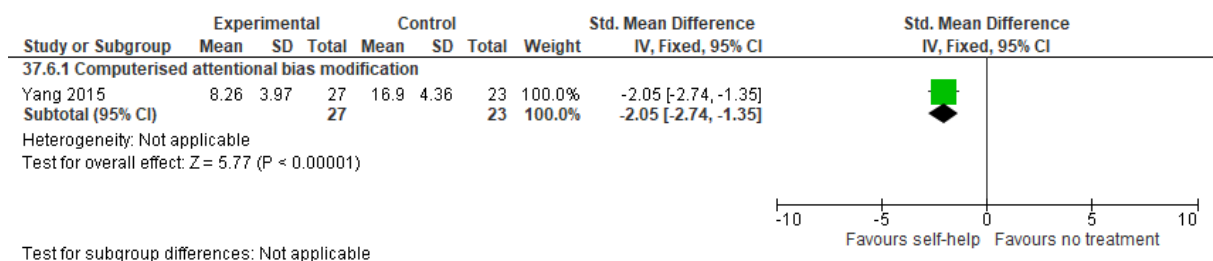
**Figure 197: Response (ITT)**



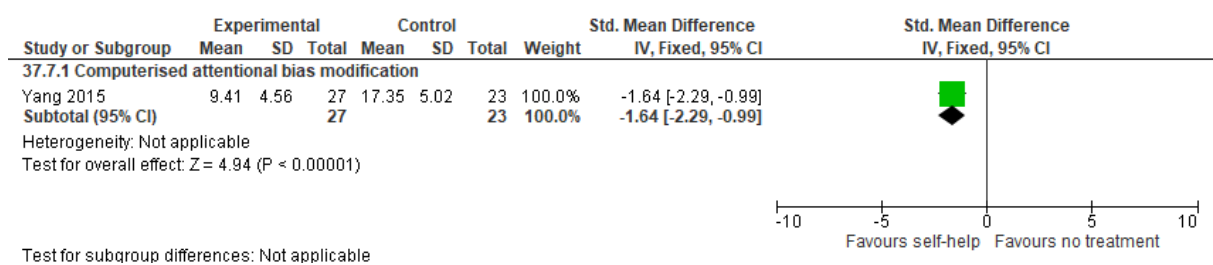
**Figure 198: Discontinuation (any reason)**

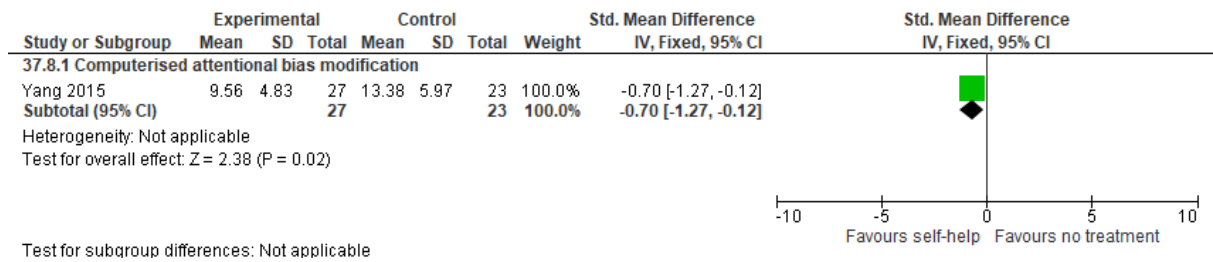
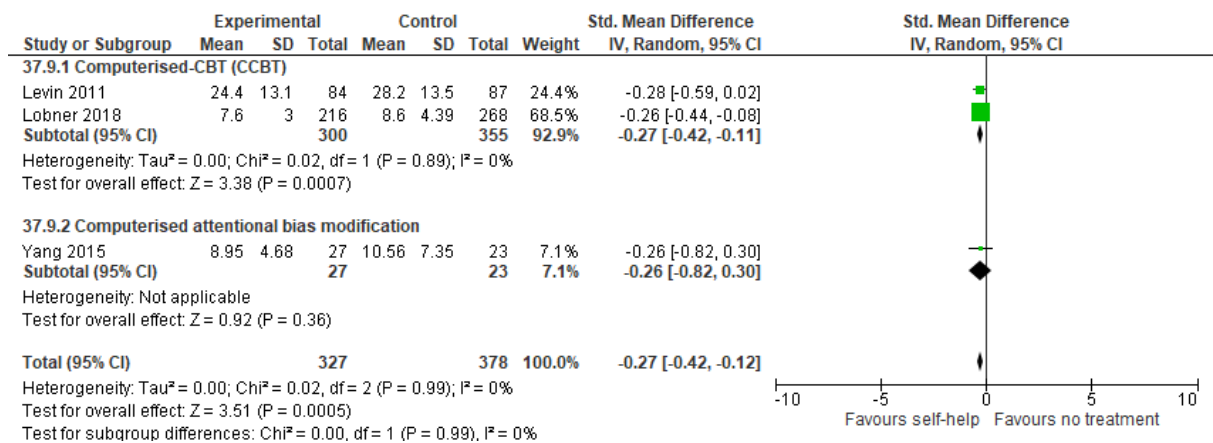
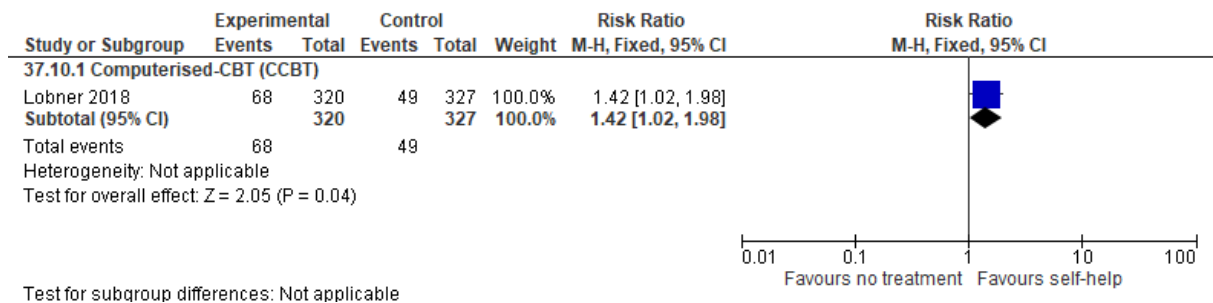
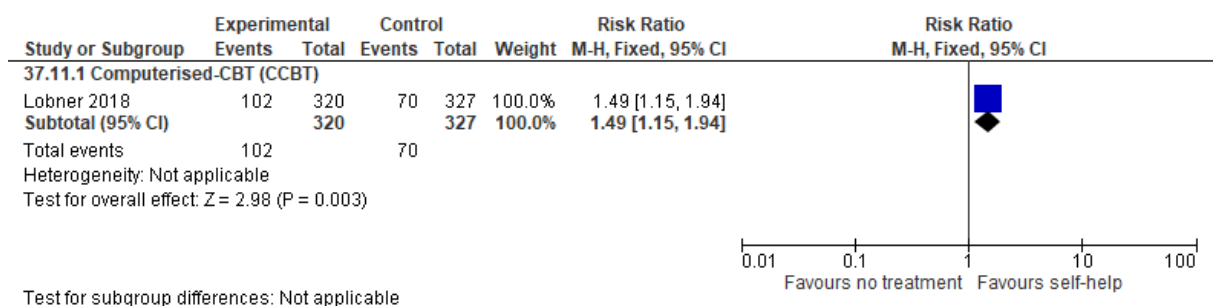


**Figure 199: Depression symptomatology at 1-month follow-up**

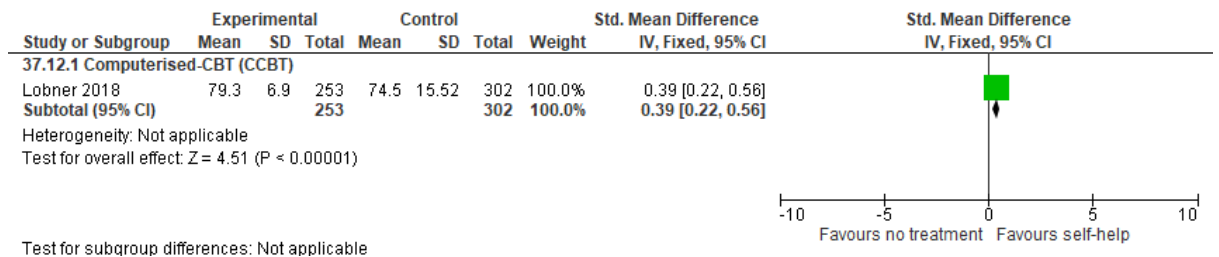


**Figure 200: Depression symptomatology at 2-month follow-up**

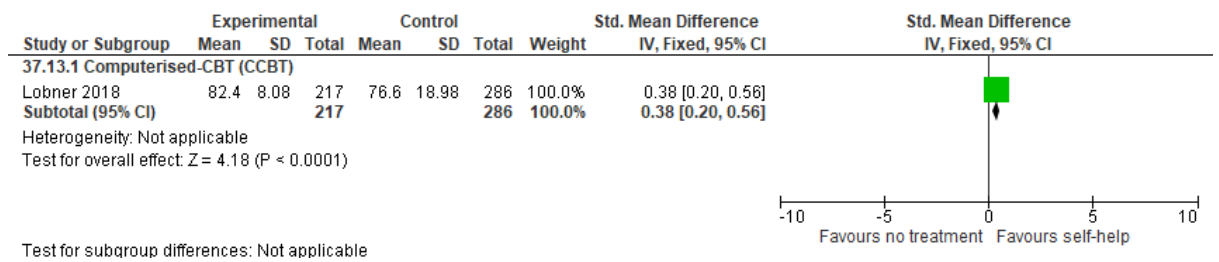


**Figure 201: Depression symptomatology at 3-month follow-up****Figure 202: Depression symptomatology at 5-7 month follow-up****Figure 203: Remission at 5-month follow-up (ITT)****Figure 204: Response at 5-month follow-up (ITT)**

**Figure 205: Quality of life endpoint**



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



Less severe: Self-help versus waitlist

Figure 207: Depression symptomatology endpoint

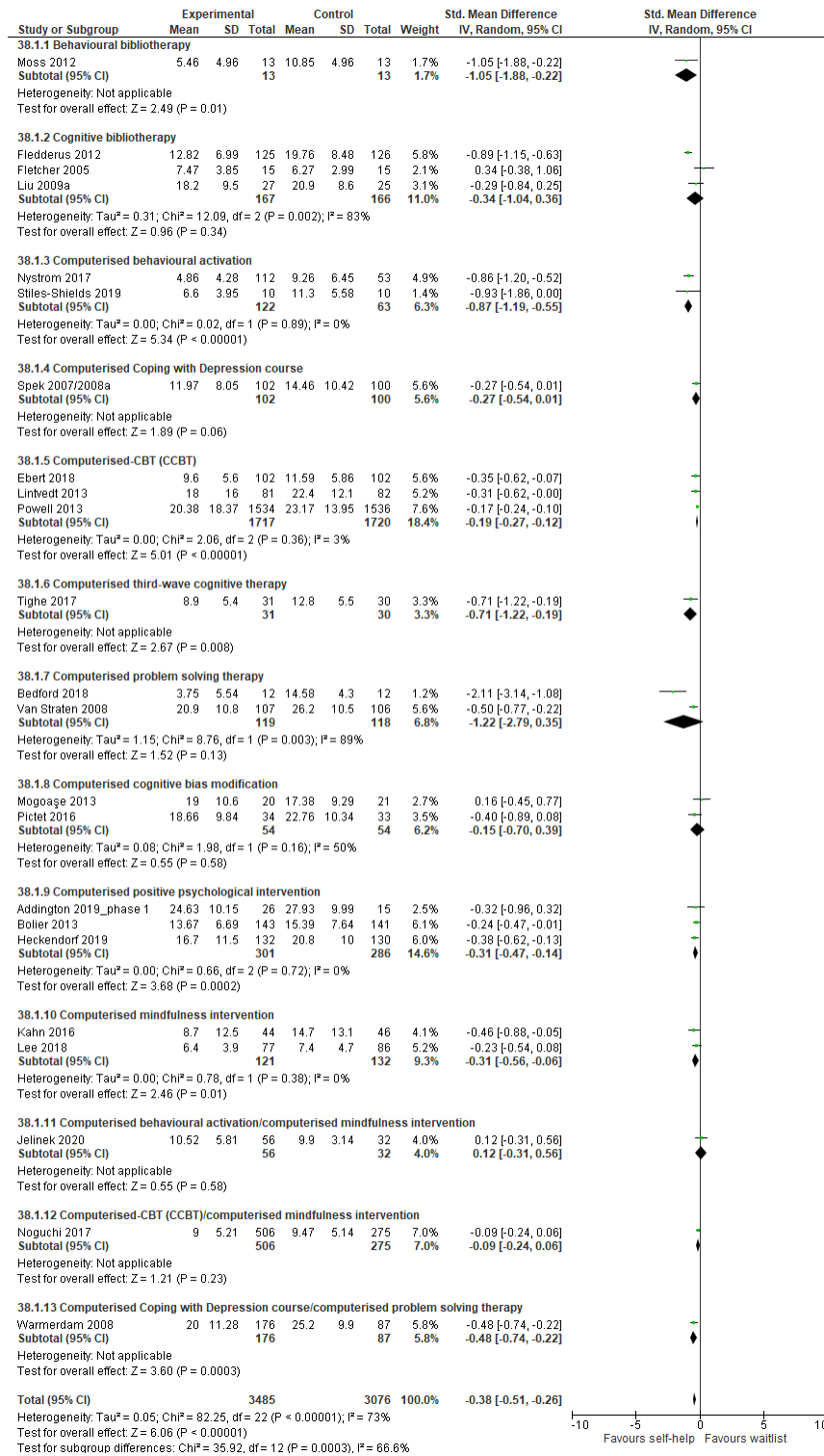
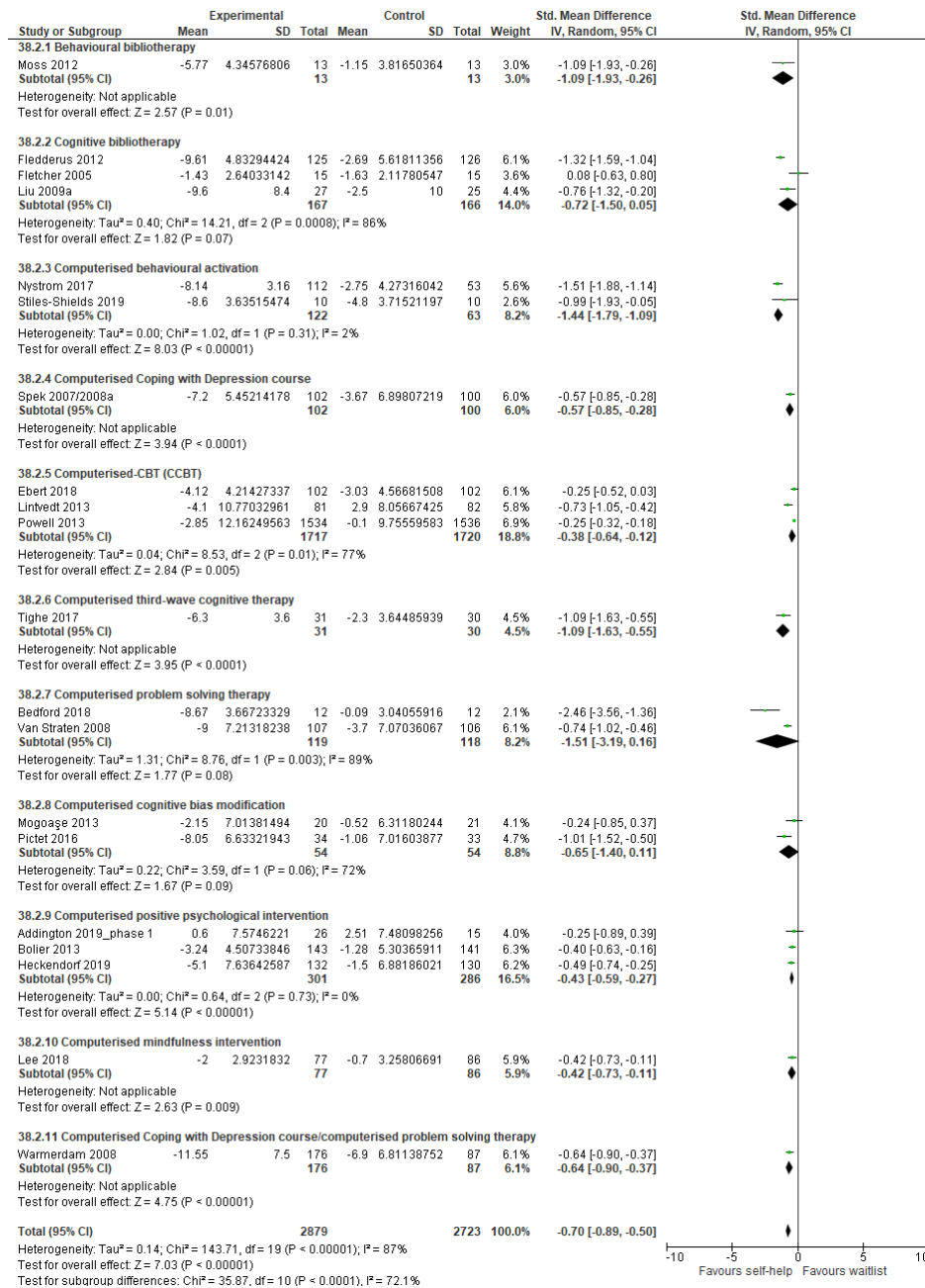
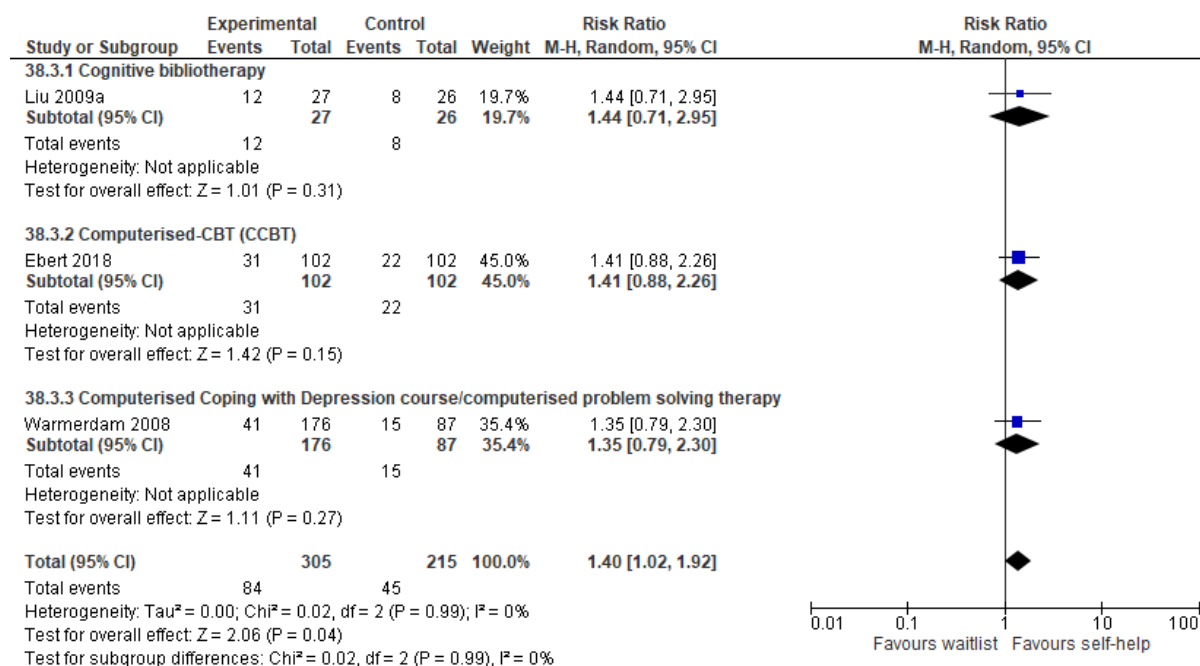


Figure 208: Depression symptomatology change score





**Figure 209: Remission (ITT)**



**Figure 210: Response (ITT)**

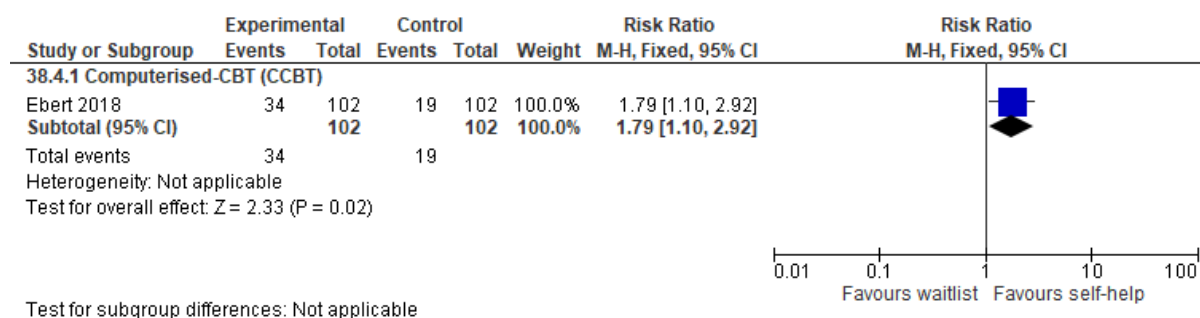
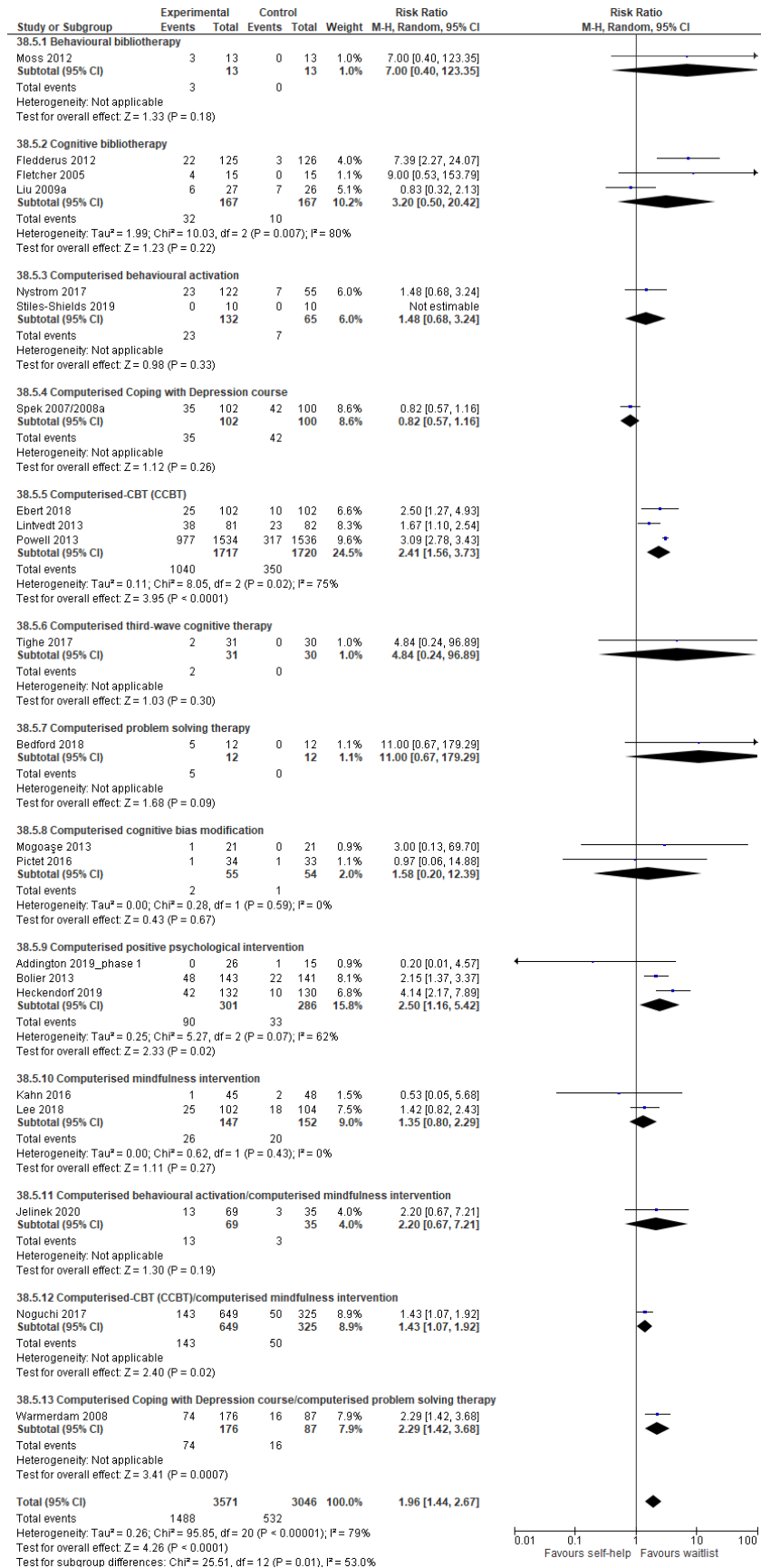
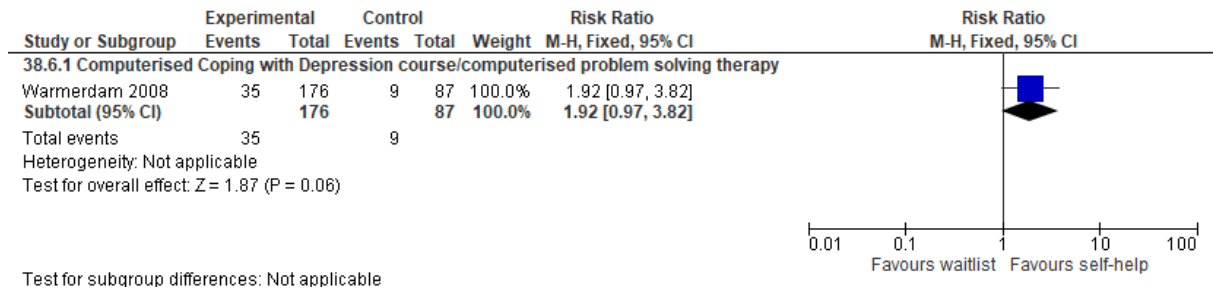


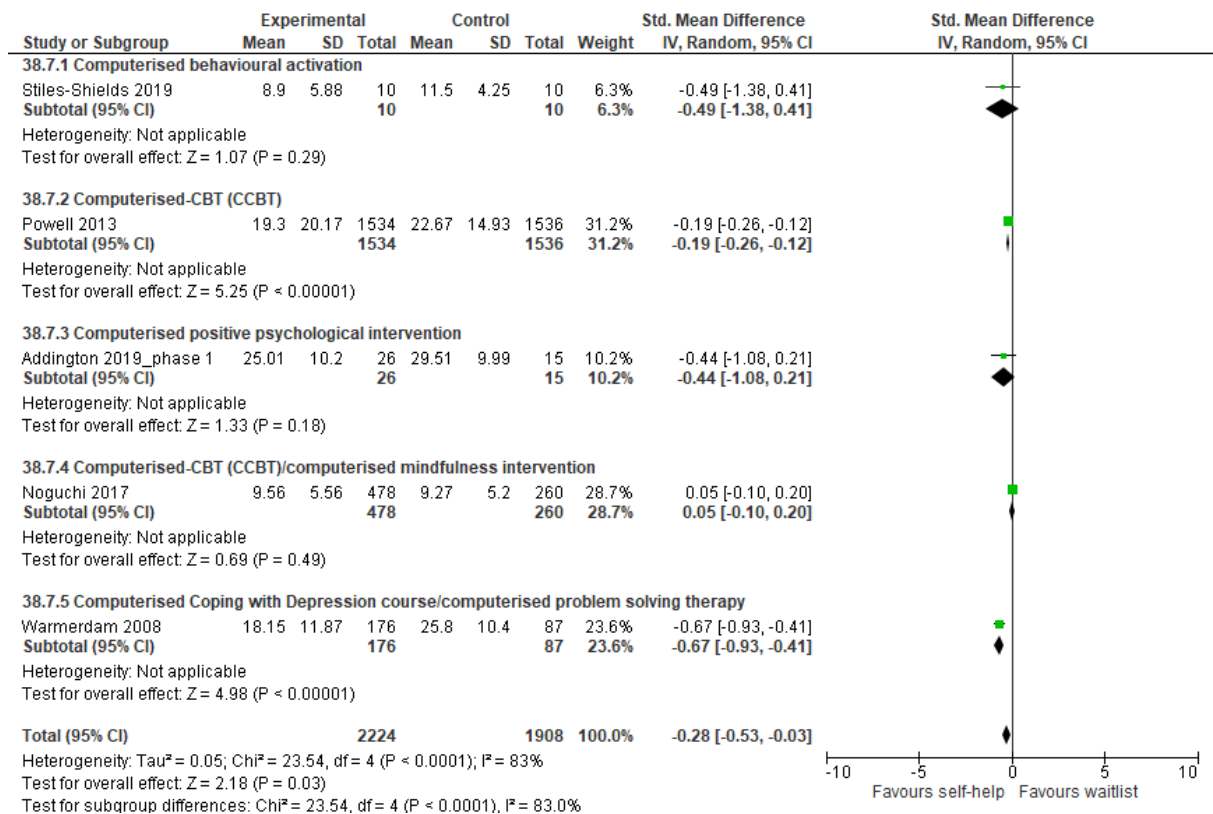
Figure 211: Discontinuation (any reason)



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



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



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

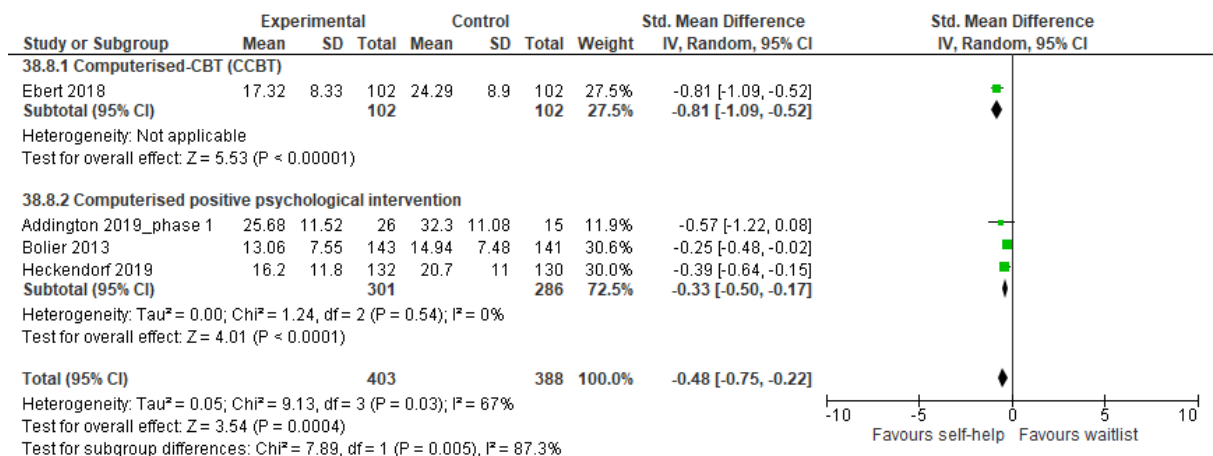


Figure 215: Quality of life endpoint

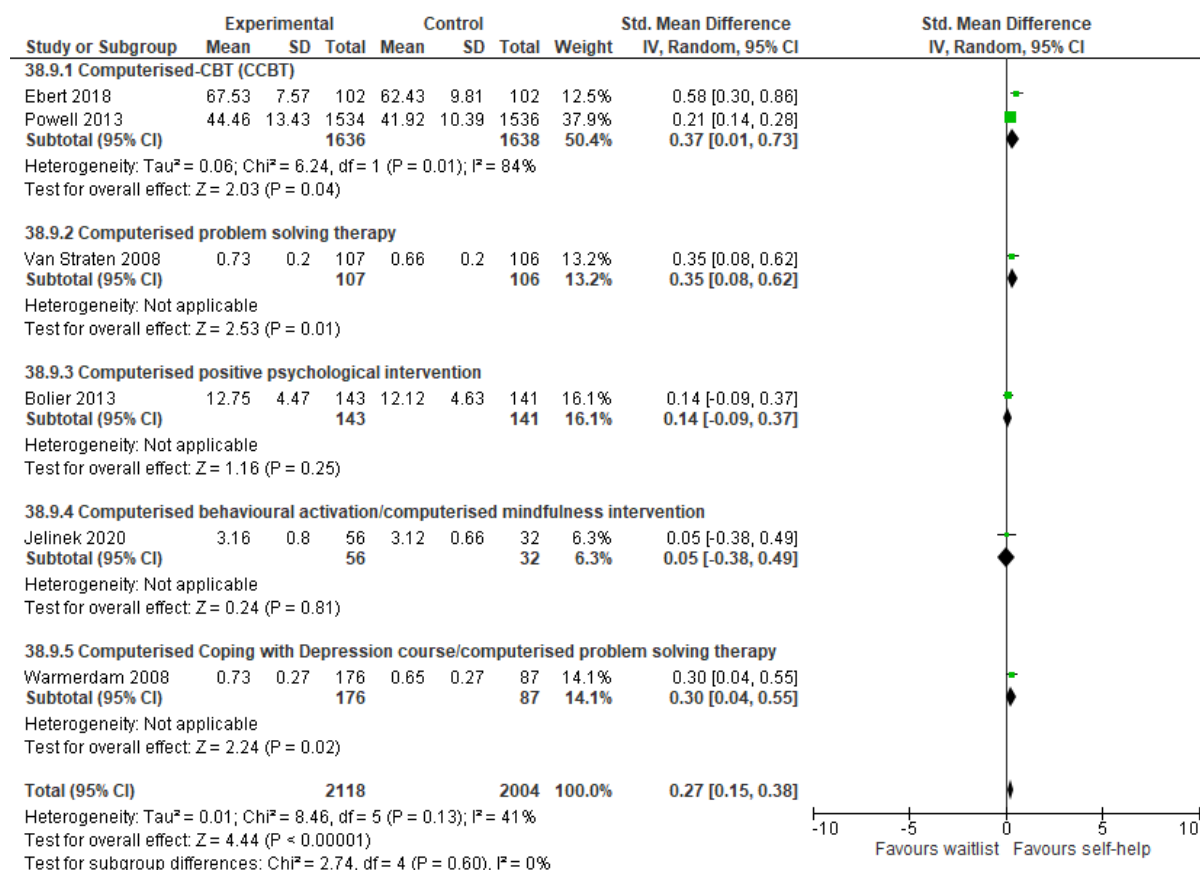
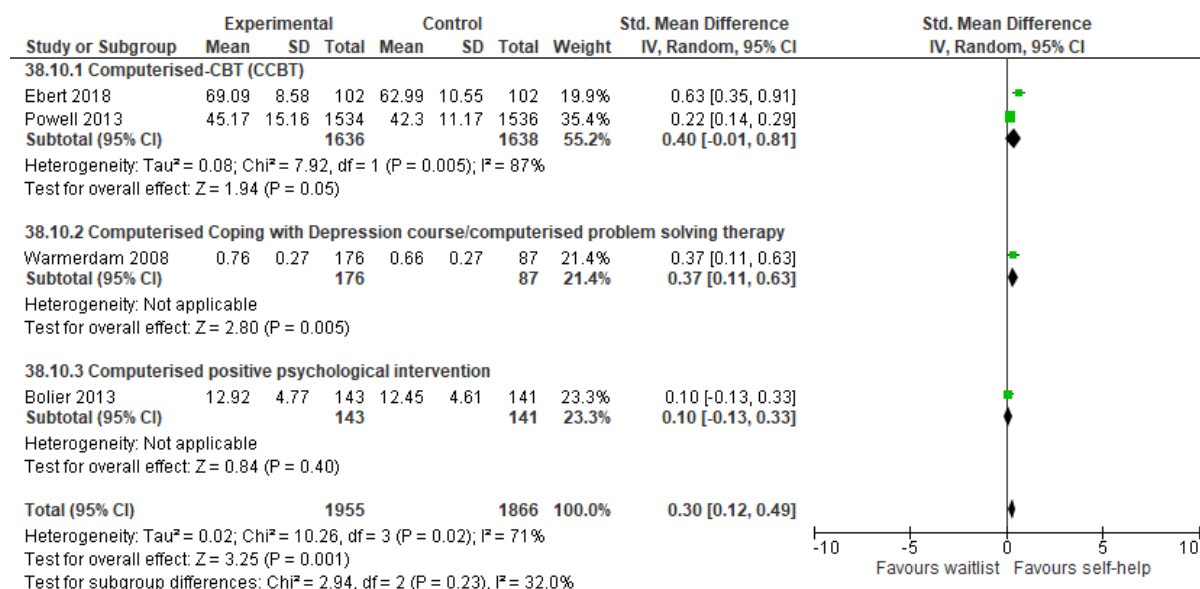


Figure 216: Quality of life at 1-4 month follow-up



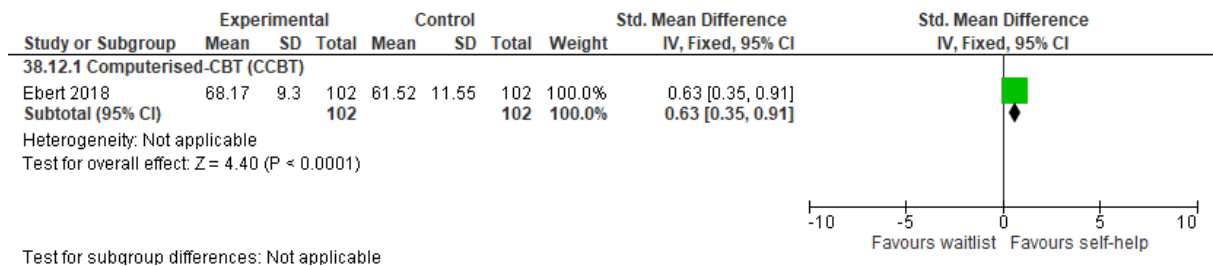
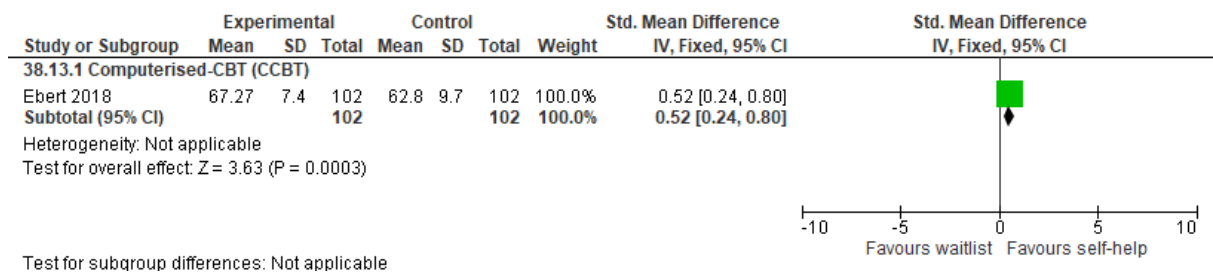
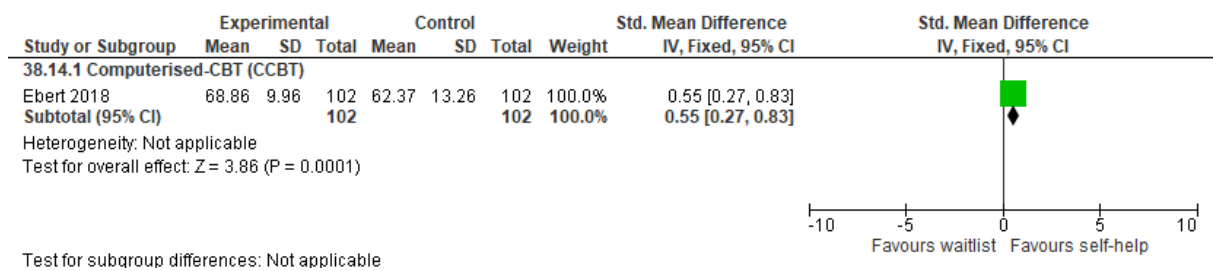
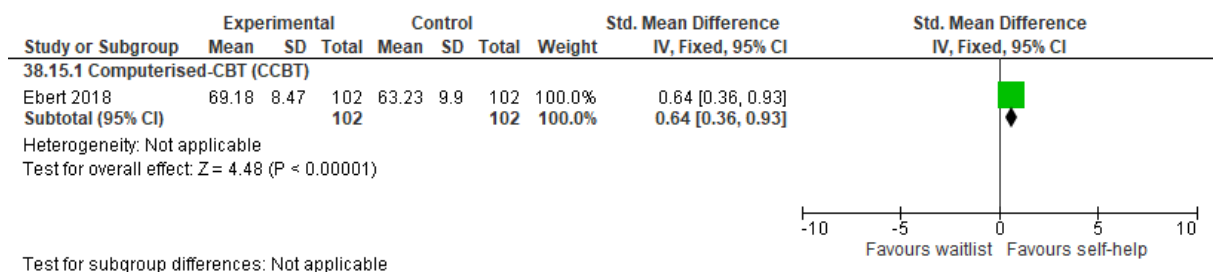
**Figure 217: Quality of life physical health component endpoint****Figure 218: Quality of life mental health component endpoint****Figure 219: Quality of life physical health component at 3-month follow-up****Figure 220: Quality of life mental health component at 3-month follow-up**

Figure 221: Sleeping difficulties endpoint

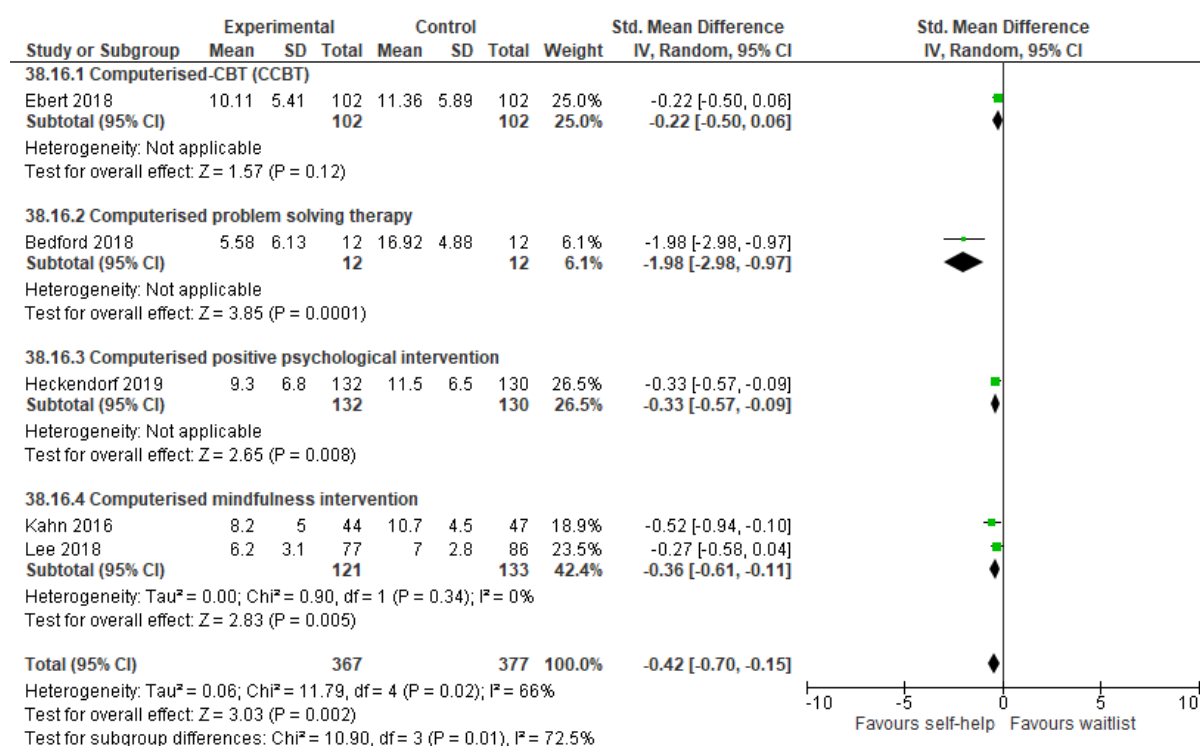


Figure 222: Sleeping difficulties at 3-month follow-up

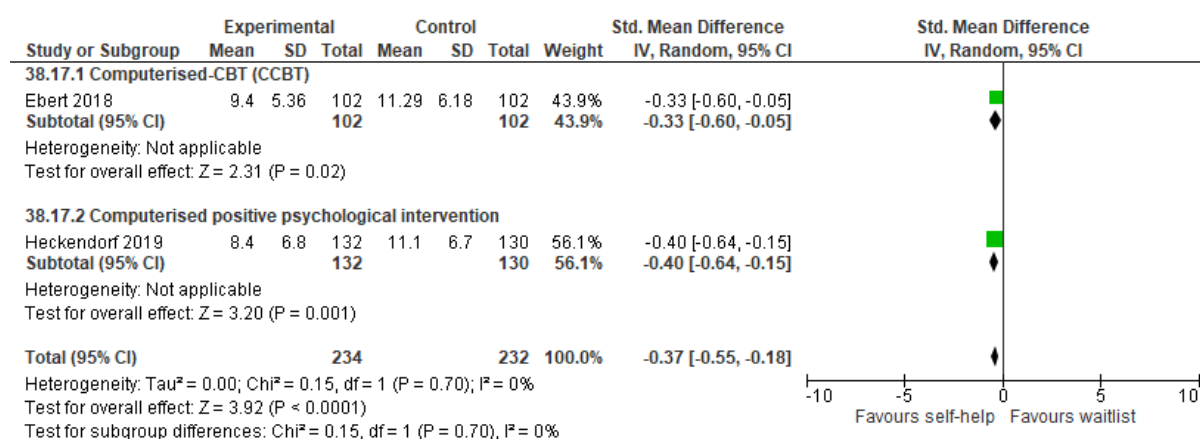
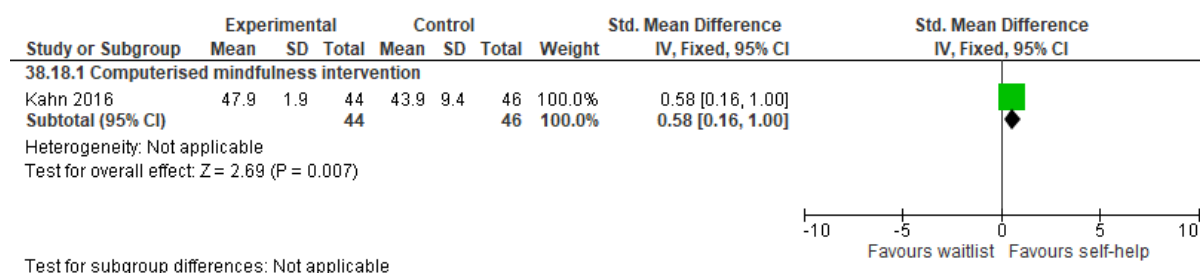
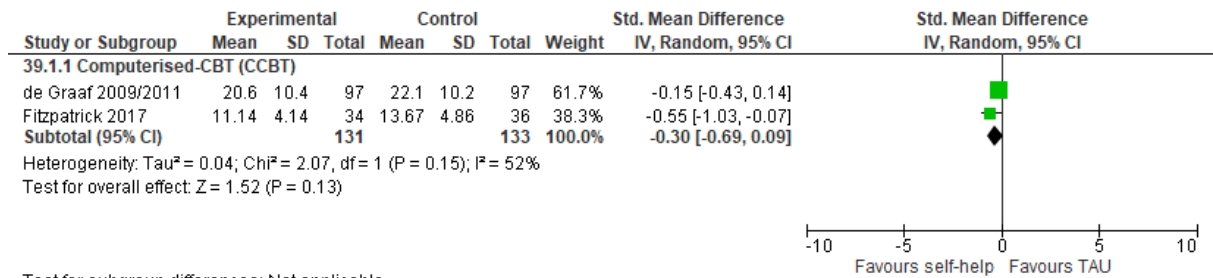


Figure 223: Interpersonal functioning endpoint

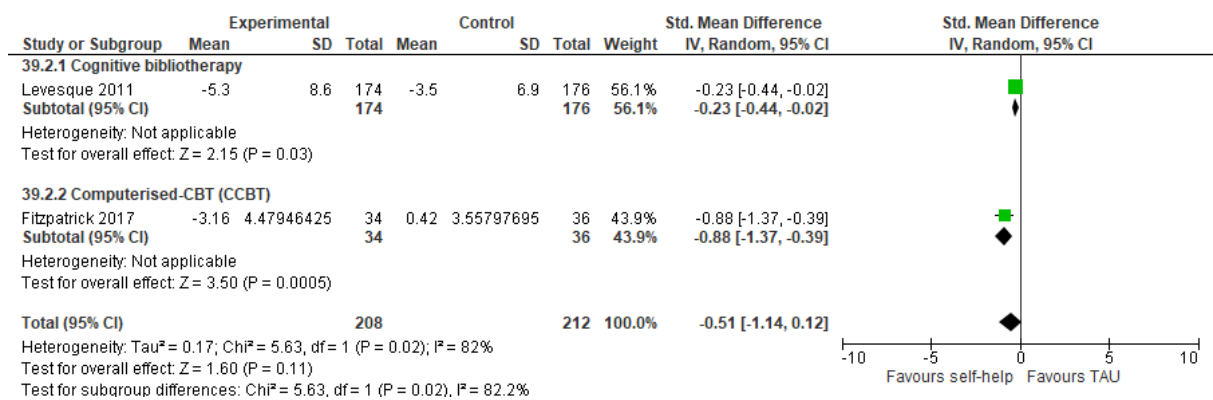


## Less severe: Self-help versus TAU

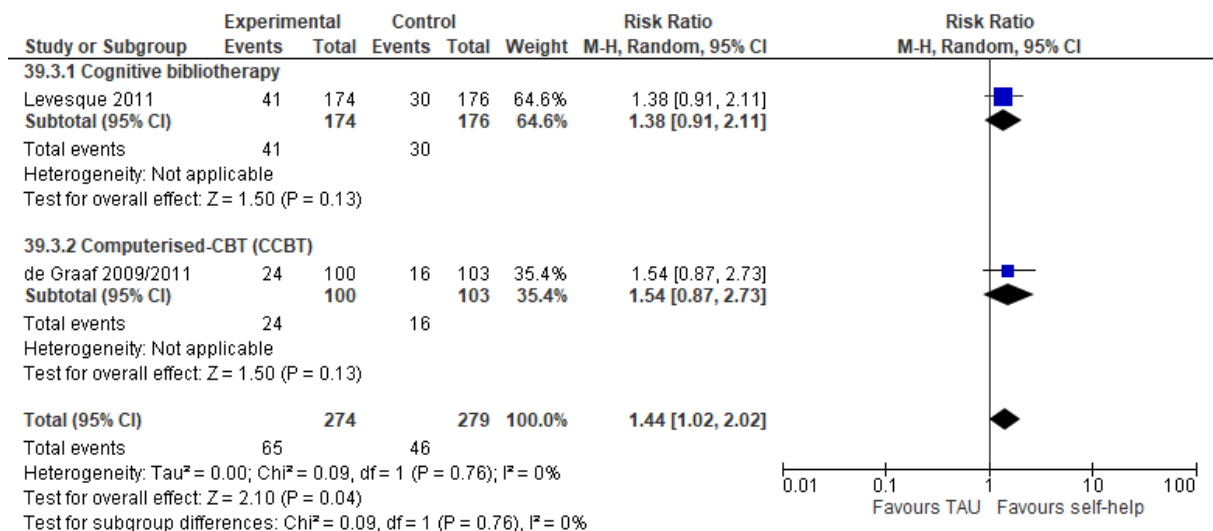
**Figure 224: Depression symptomatology endpoint**

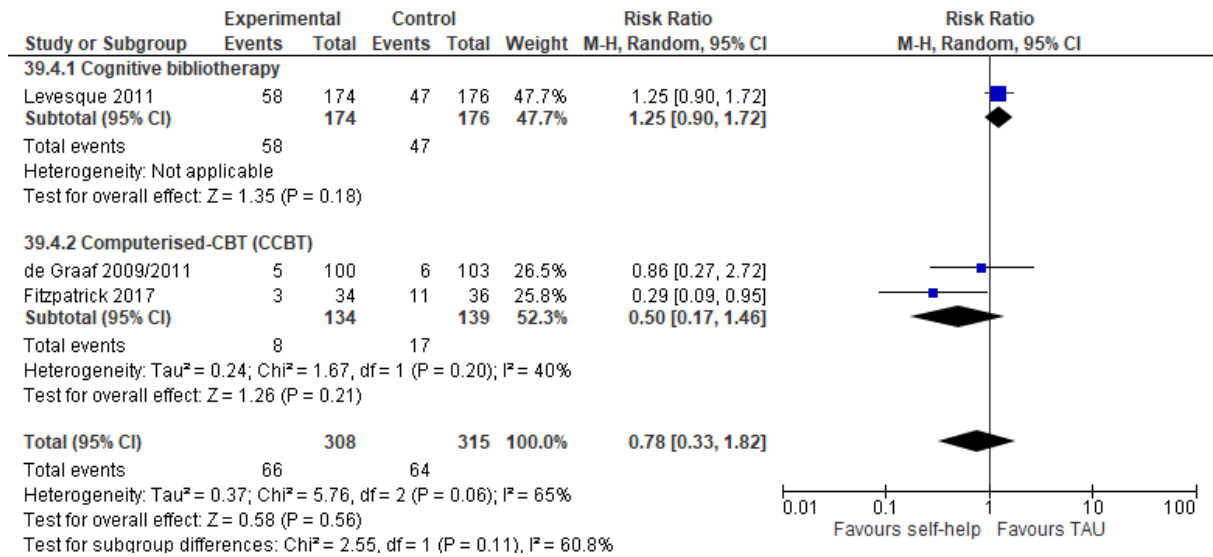
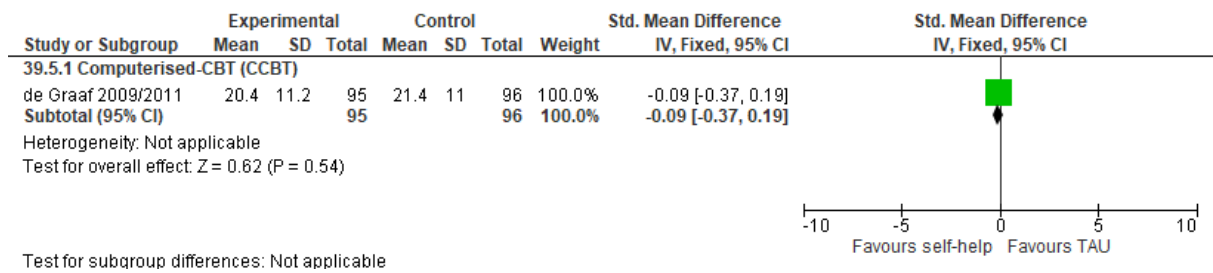
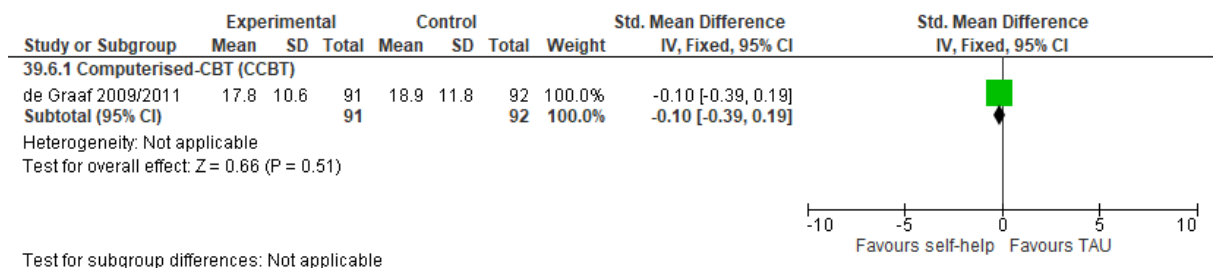
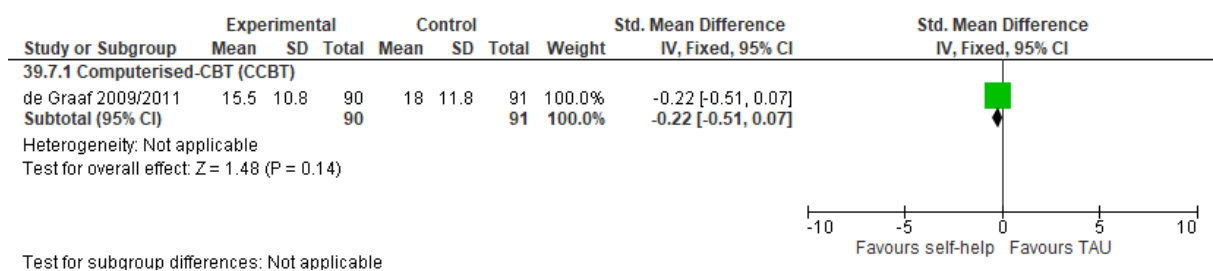


**Figure 225: Depression symptomatology change score**



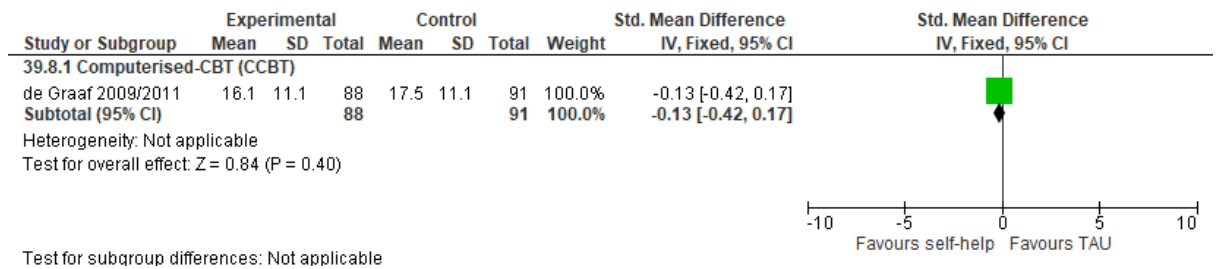
**Figure 226: Remission (ITT)**



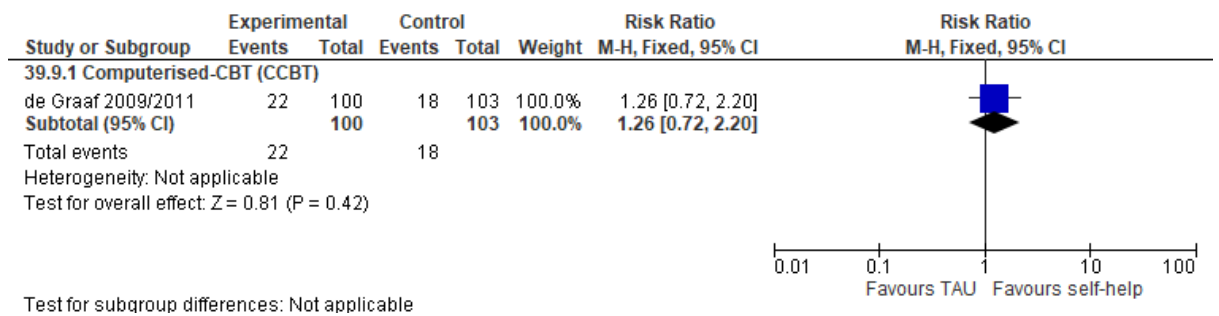
**Figure 227: Discontinuation (any reason)****Figure 228: Depression symptomatology at 1-month follow-up****Figure 229: Depression symptomatology at 4-month follow-up****Figure 230: Depression symptomatology at 7-month follow-up**



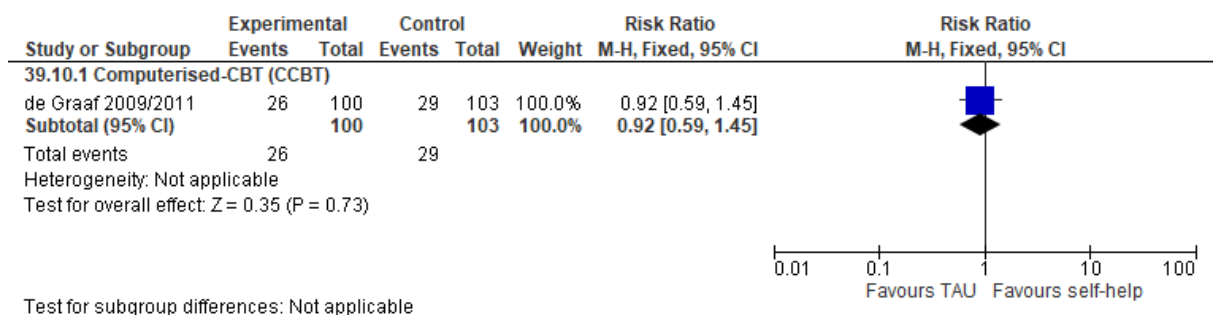
**Figure 231: Depression symptomatology at 10-month follow-up**



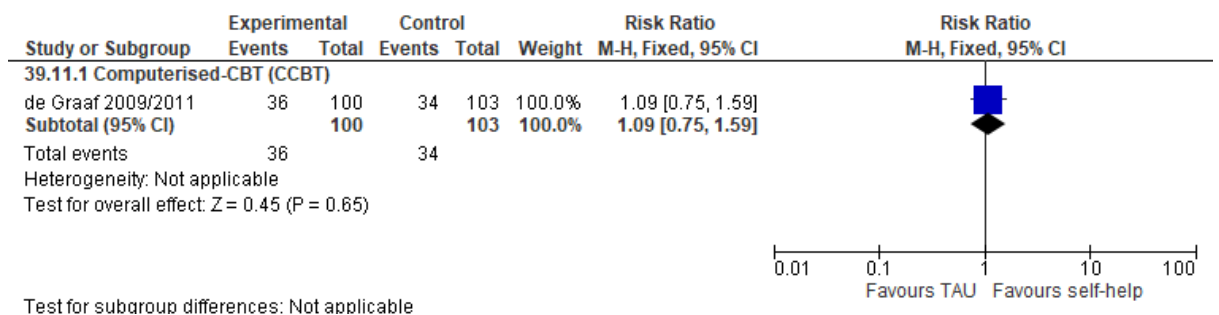
**Figure 232: Remission at 1-month follow-up (ITT)**



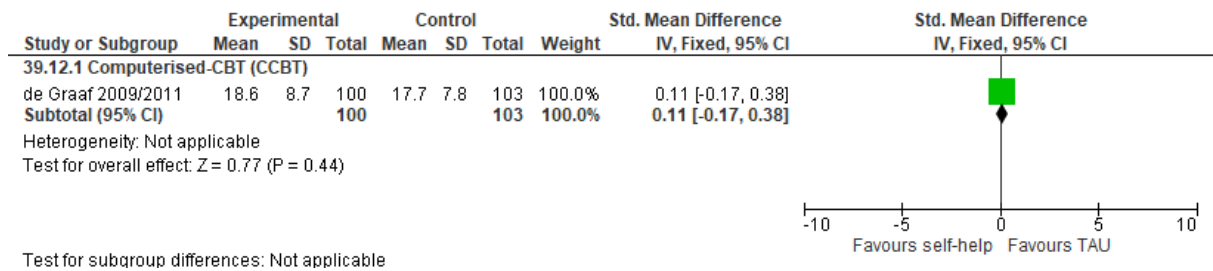
**Figure 233: Remission at 4-month follow-up (ITT)**



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

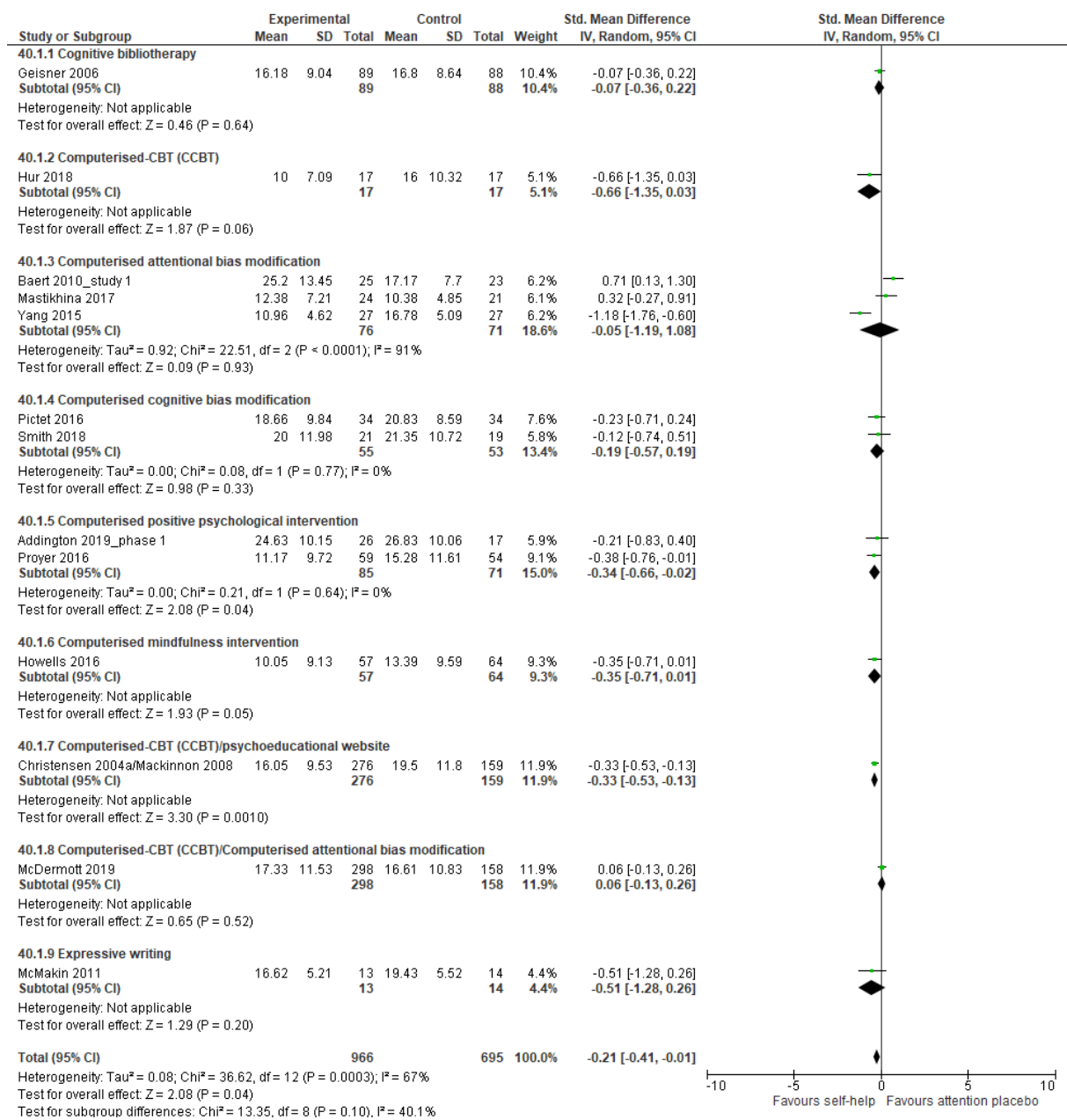


**Figure 235: Functional impairment at 1-month follow-up**

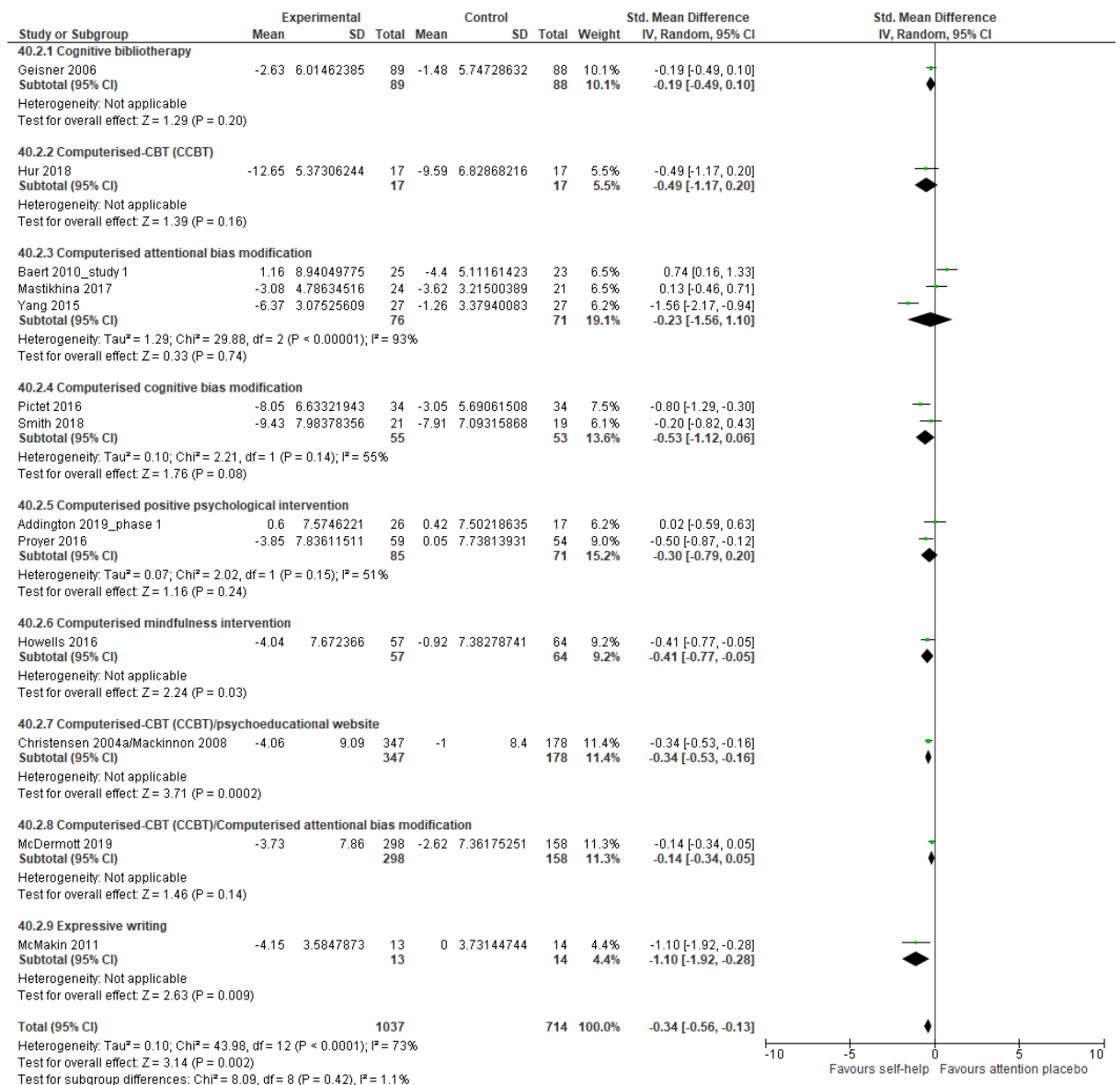


**Less severe: Self-help versus attention placebo**

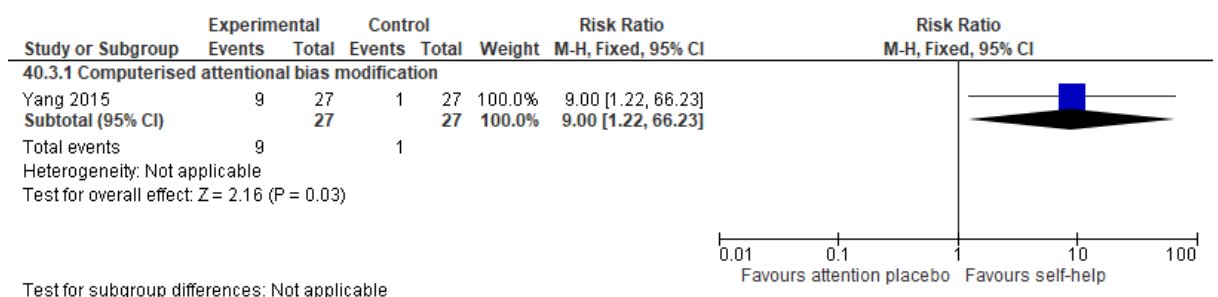
**Figure 236: Depression symptomatology endpoint**



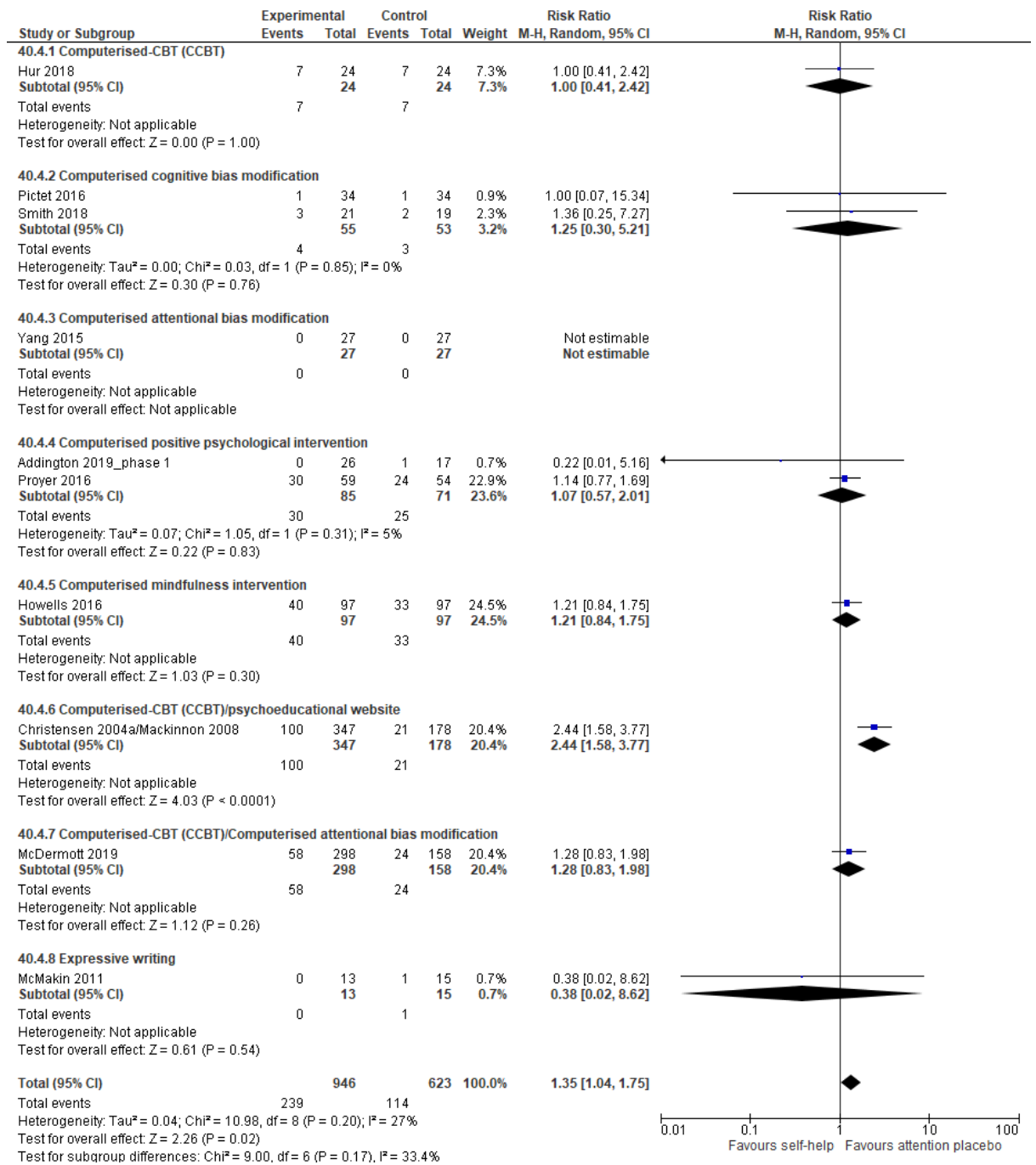
**Figure 237: Depression symptomatology change score**



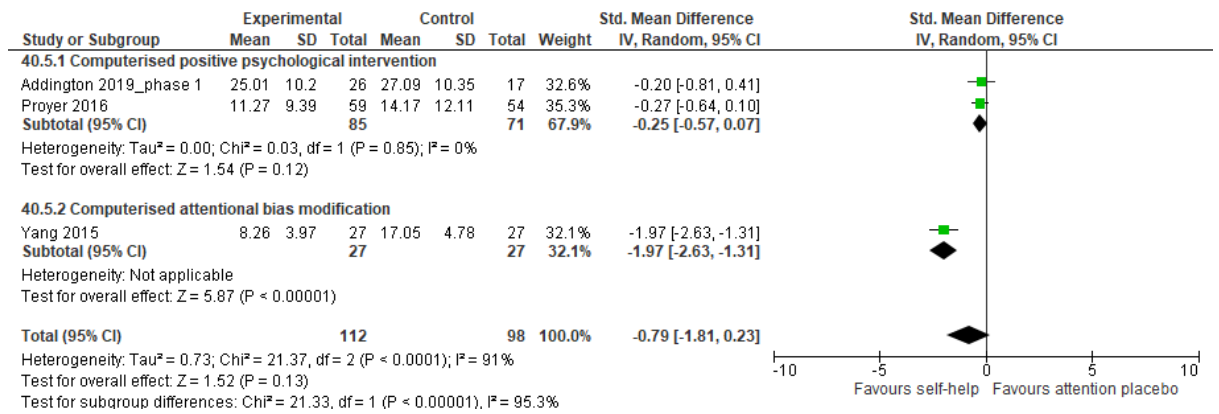
**Figure 238: Remission (ITT)**



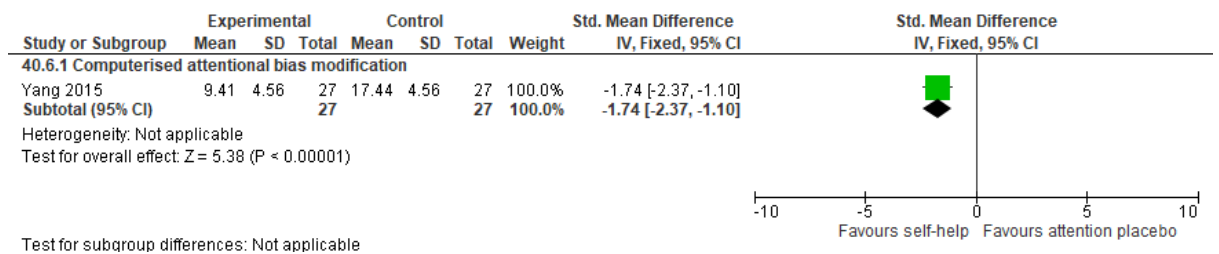
**Figure 239: Discontinuation (any reason)**



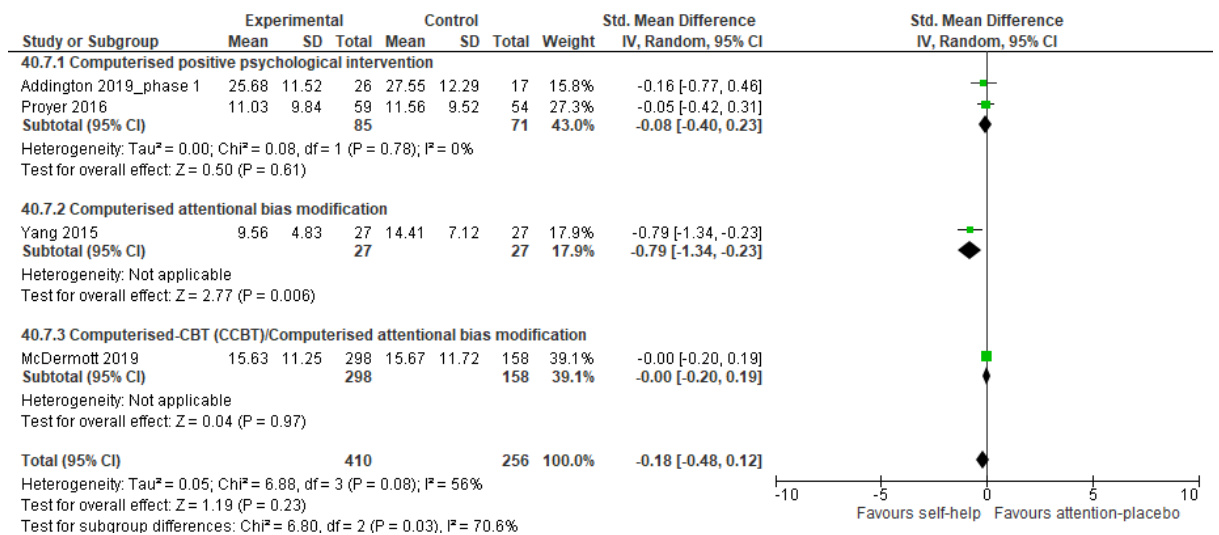
**Figure 240: Depression symptomatology at 1-month follow-up**



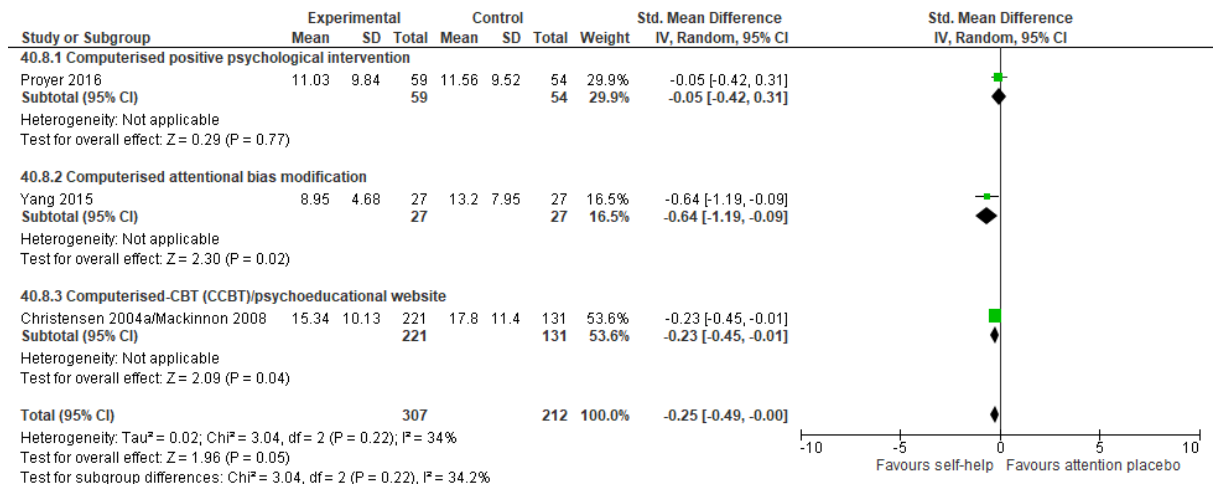
**Figure 241: Depression symptomatology at 2-month follow-up**



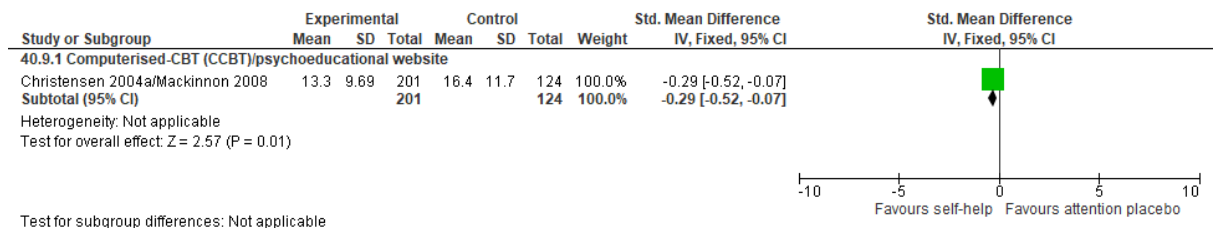
**Figure 242: Depression symptomatology at 3-4 month follow-up**



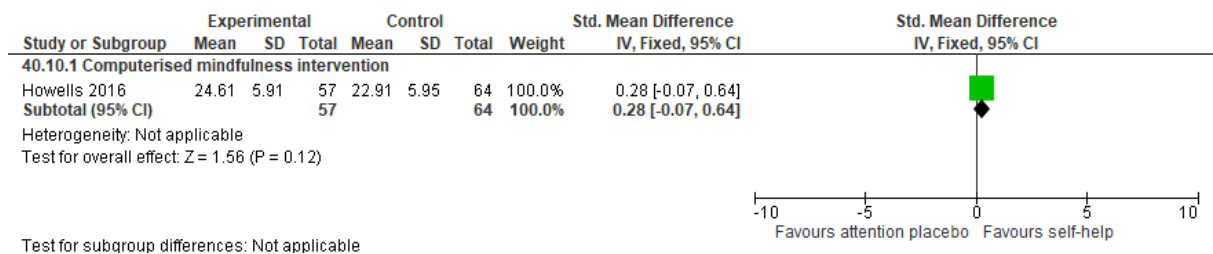
**Figure 243: Depression symptomatology at 6-7 month follow-up**



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

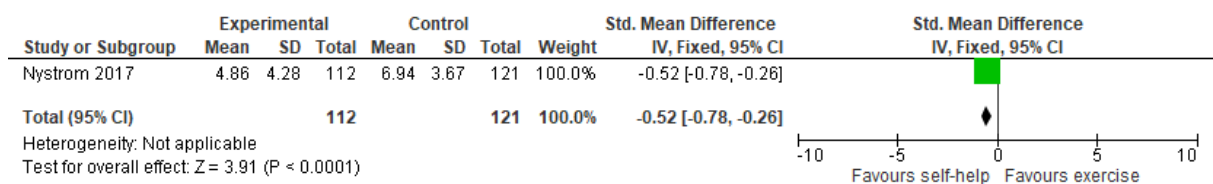


**Figure 245: Quality of life endpoint**

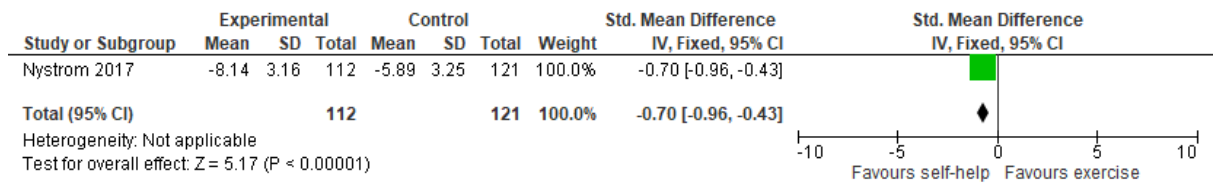


**Less severe: Computerised behavioural activation versus unsupervised low intensity exercise individual**

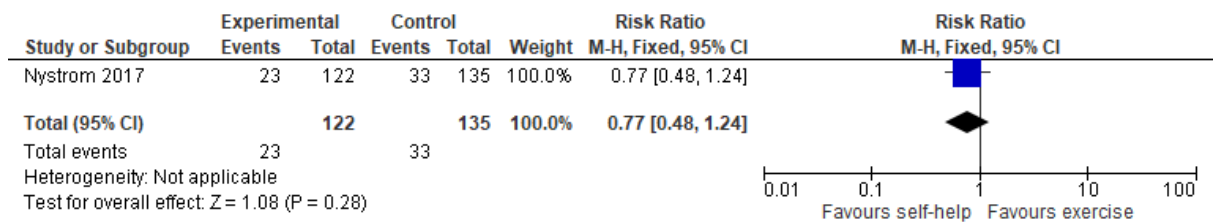
**Figure 246: Depression symptomatology endpoint**



**Figure 247: Depression symptomatology change score**

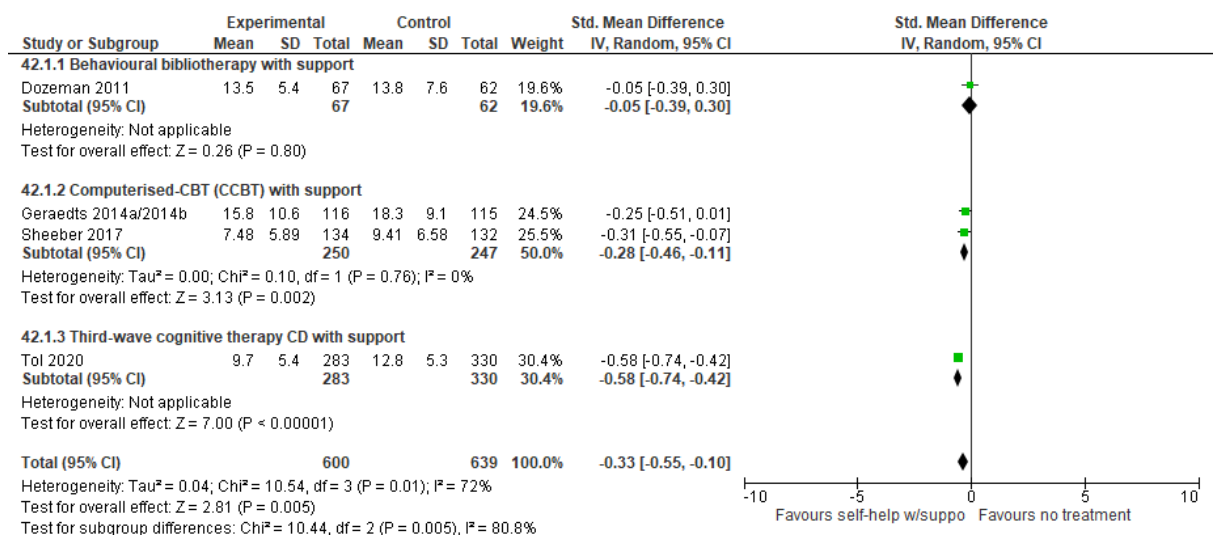


**Figure 248: Discontinuation (any reason)**

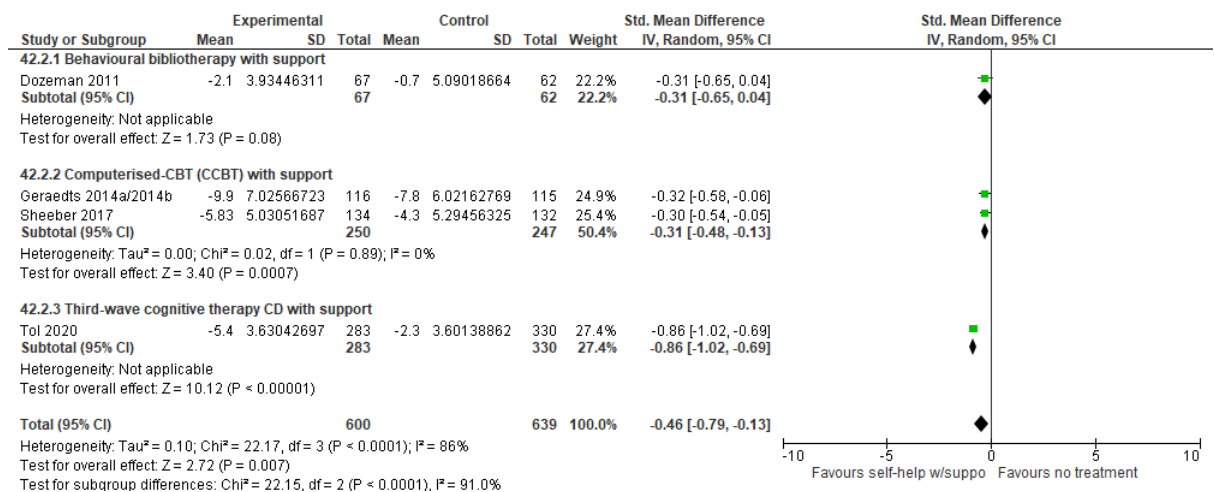


**Less severe: Self-help with support versus no treatment**

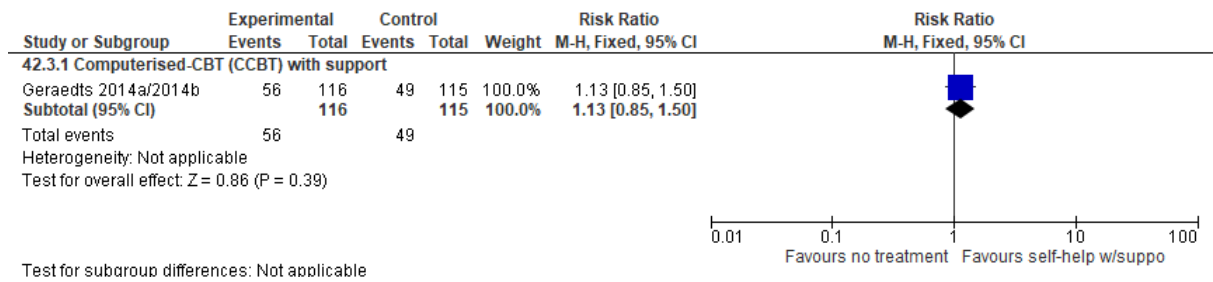
**Figure 249: Depression symptomatology endpoint**



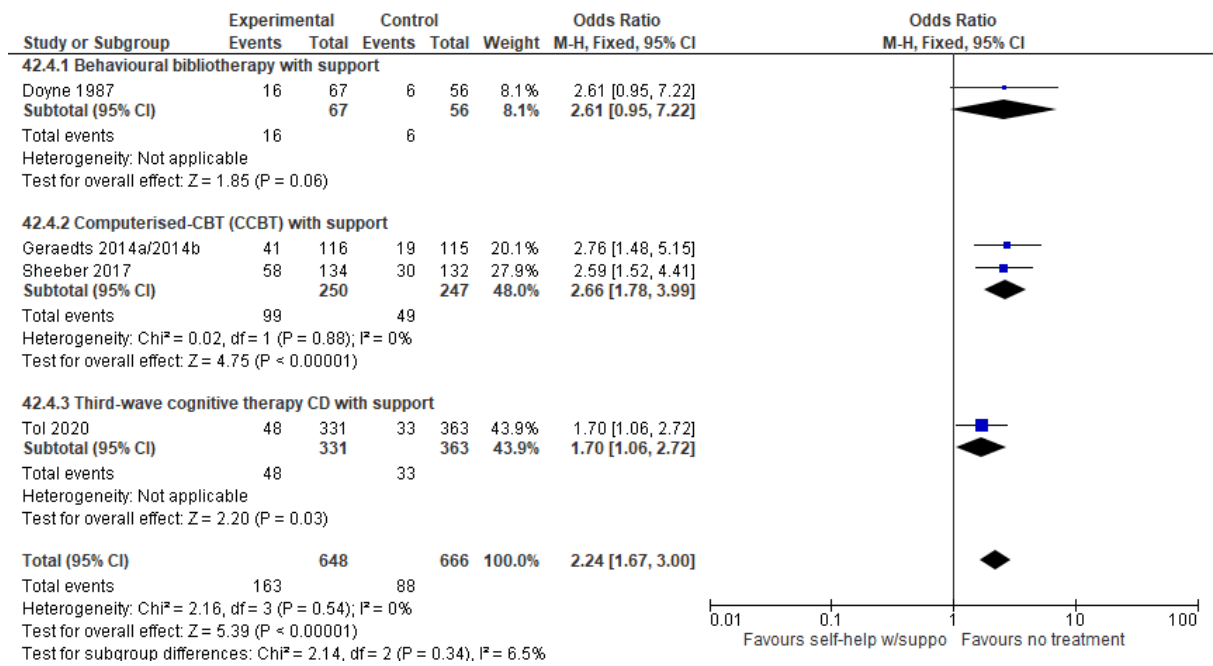
**Figure 250: Depression symptomatology change score**



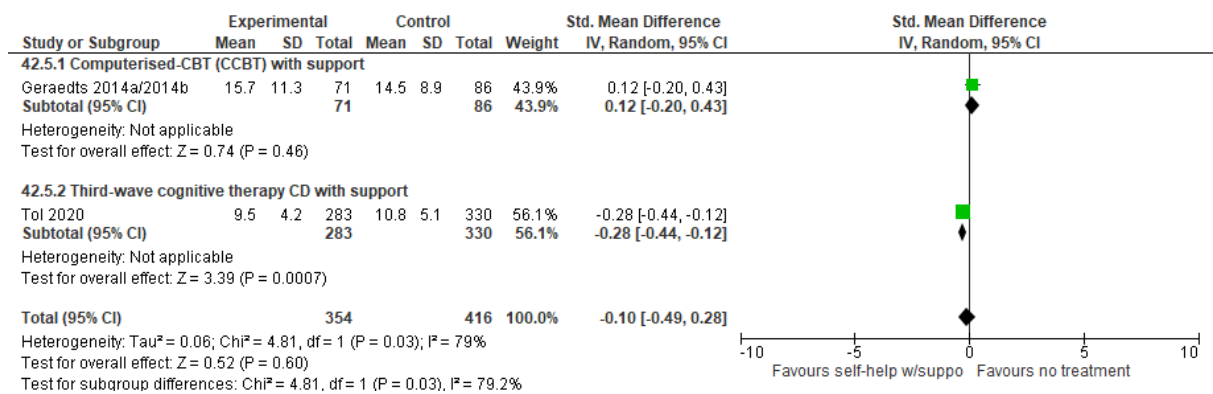
**Figure 251: Remission (ITT)**



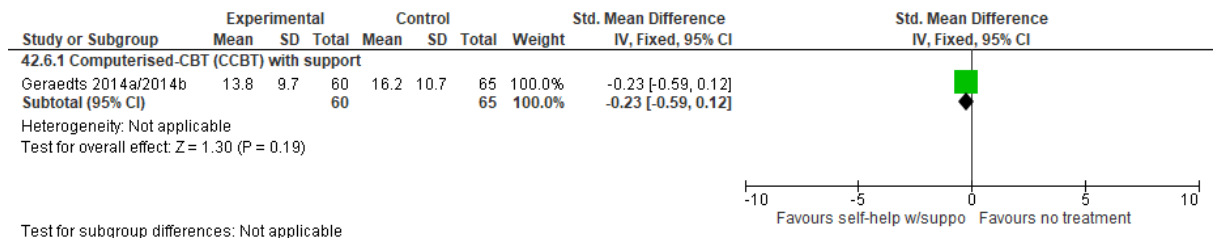
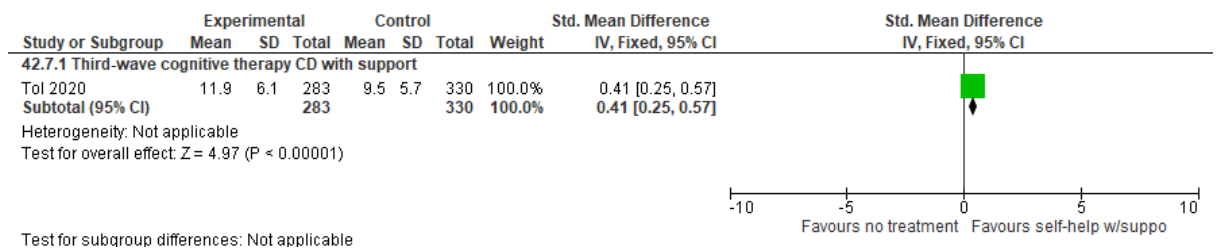
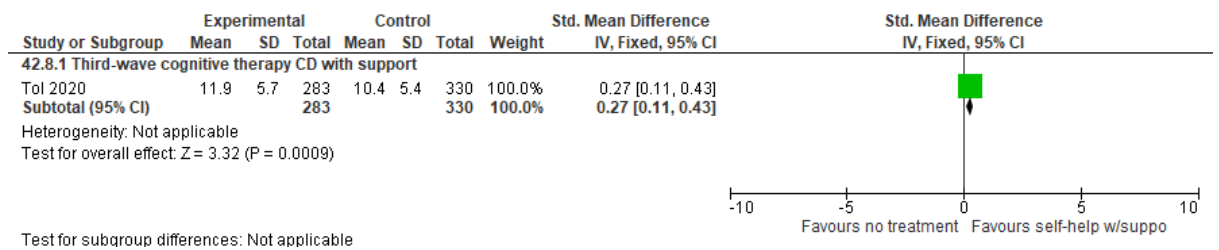
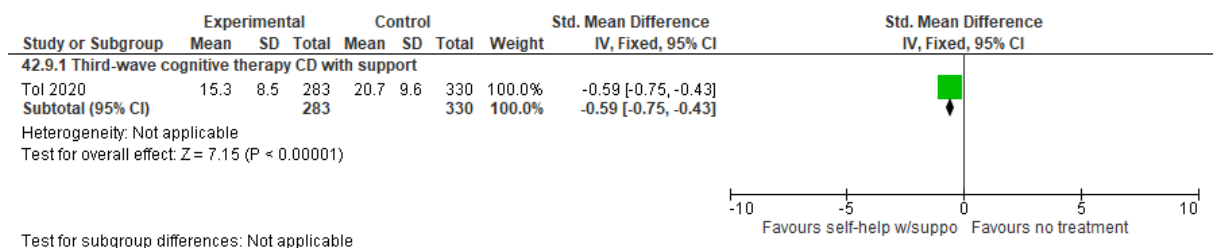
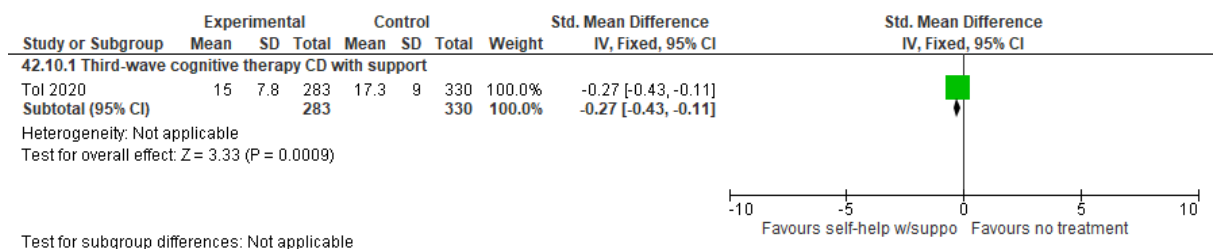
**Figure 252: Discontinuation (any reason)**



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

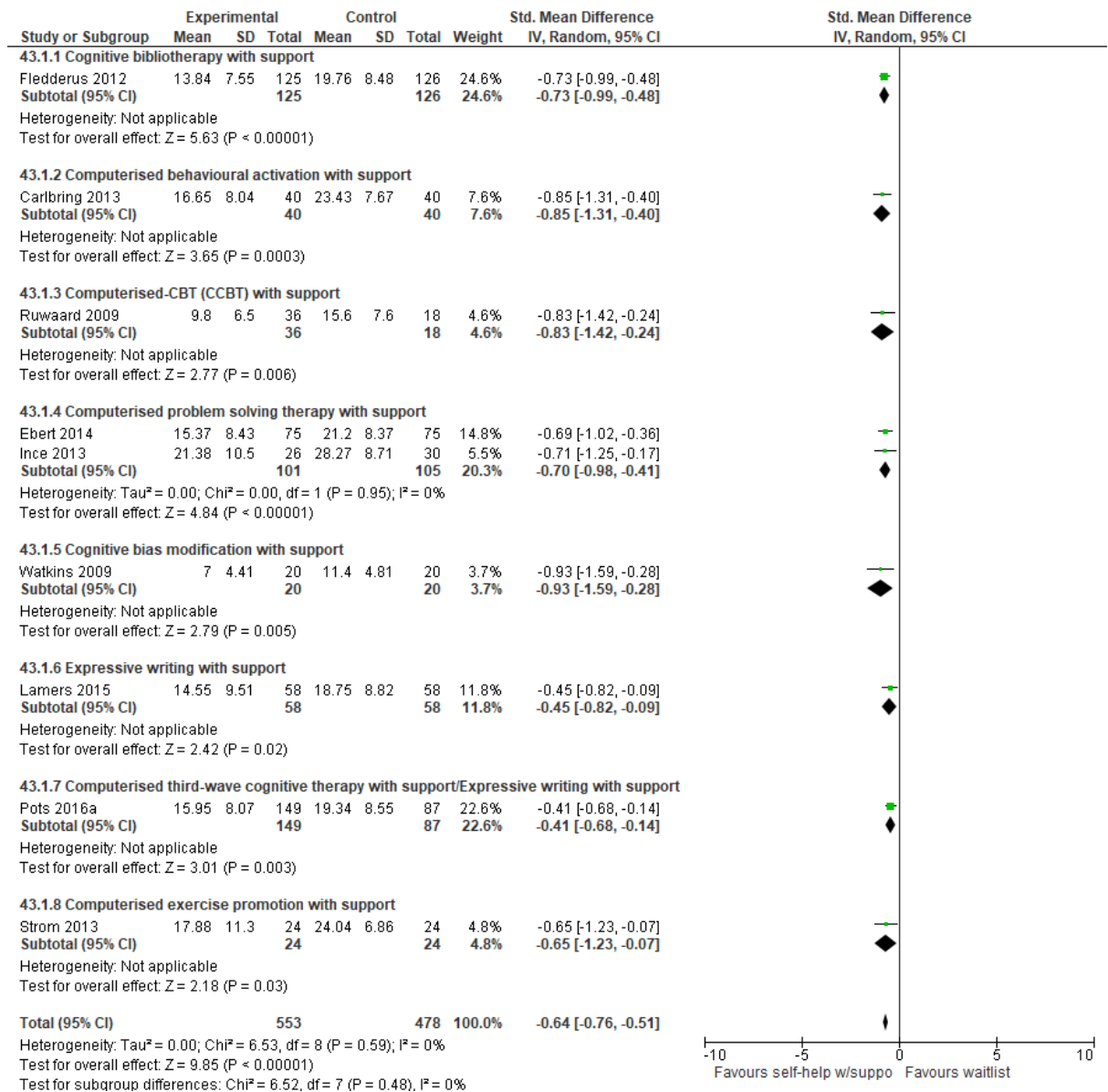




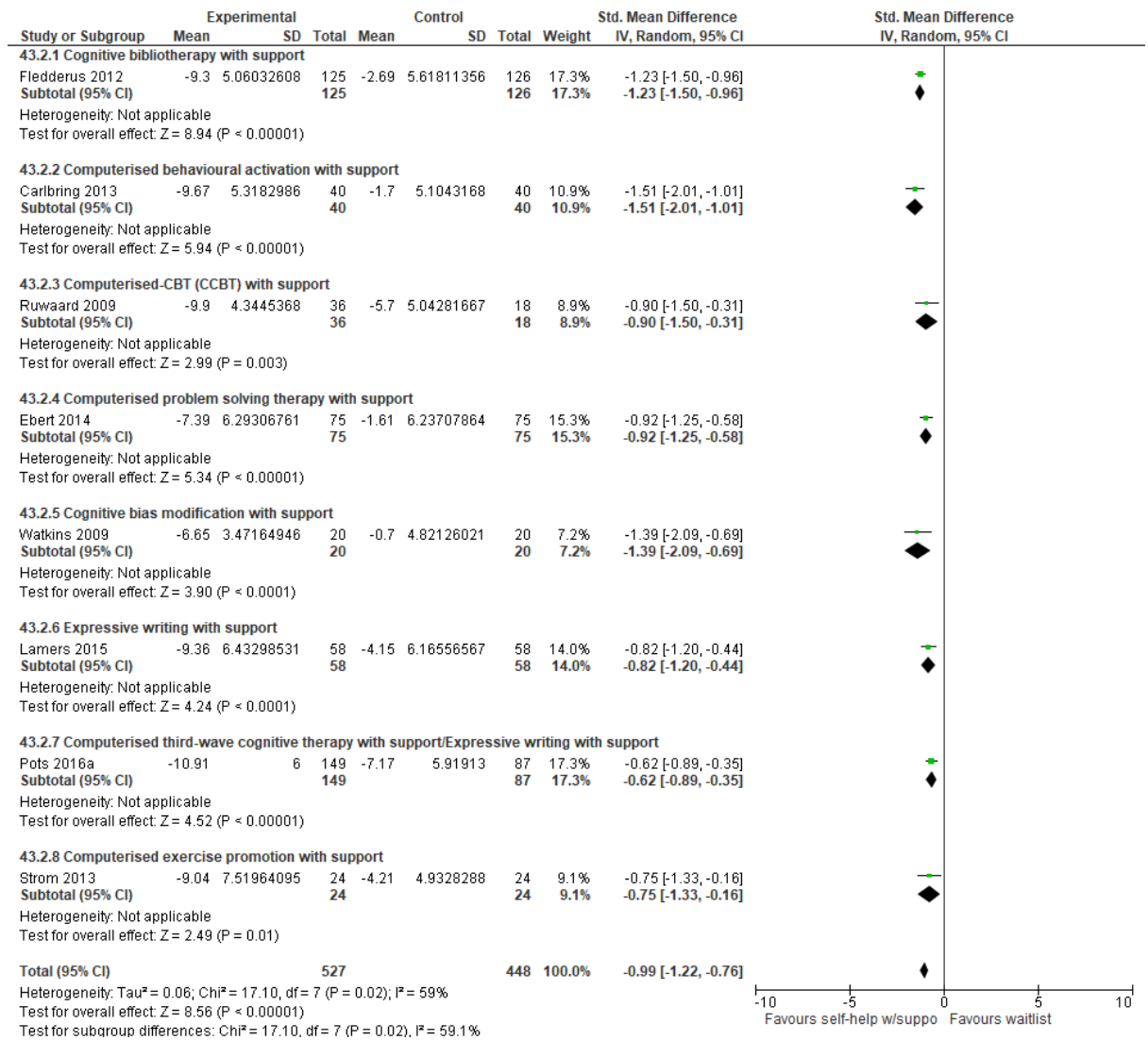
**Figure 254: Depression symptomatology at 10-month follow-up****Figure 255: Quality of life endpoint****Figure 256: Quality of life at 3-month follow-up****Figure 257: Functional impairment endpoint****Figure 258: Functional impairment at 3-month follow-up**

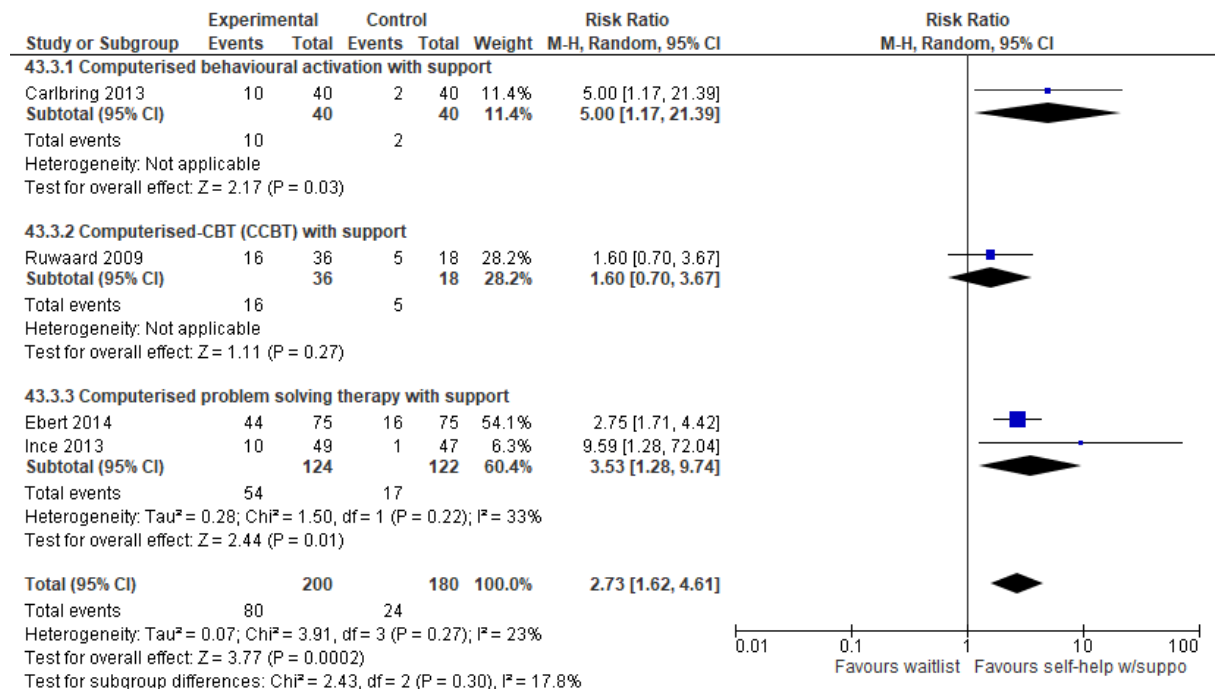
## Less severe: Self-help with support versus waitlist

Figure 259: Depression symptomatology endpoint

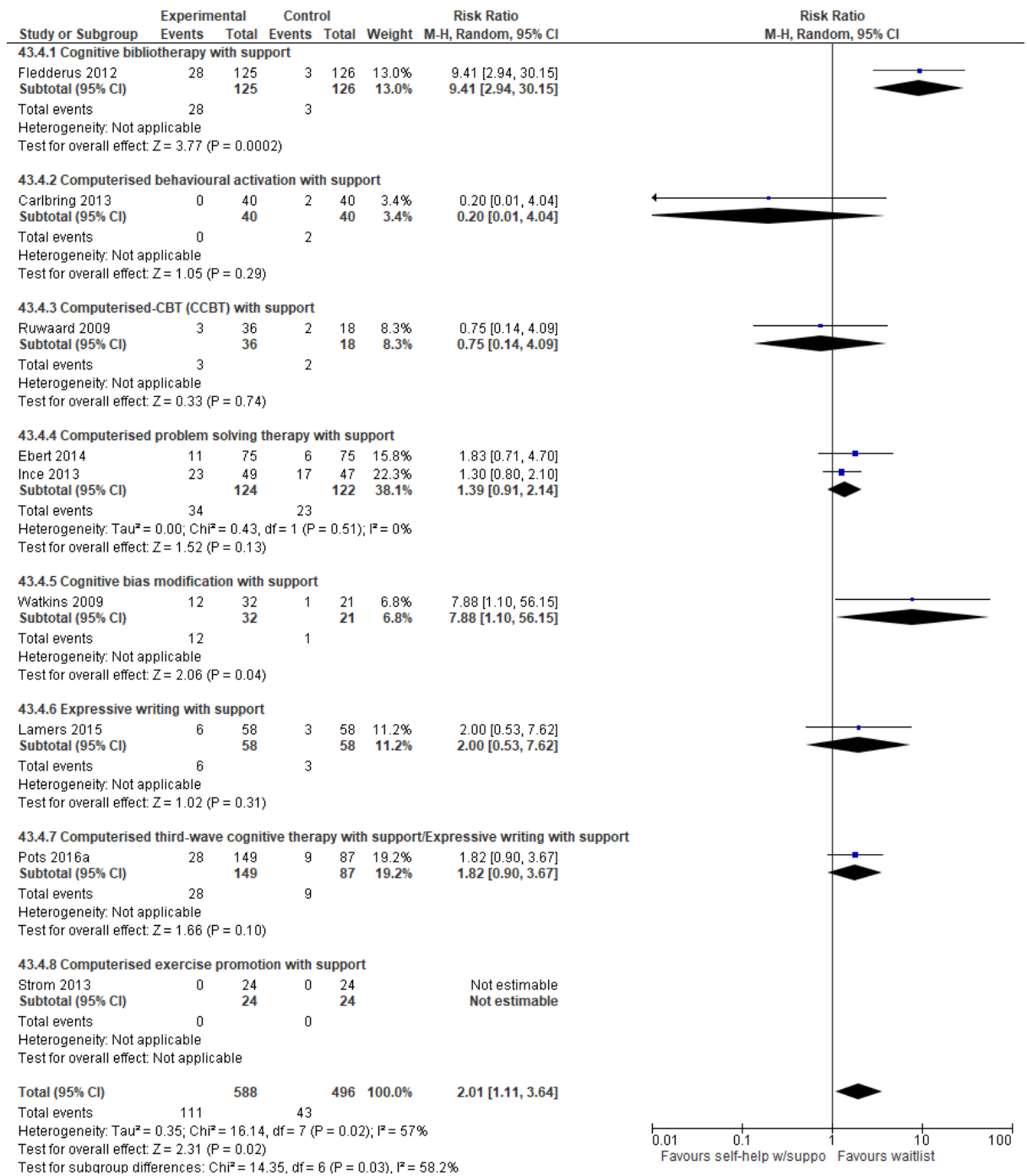


**Figure 260: Depression symptomatology change score**

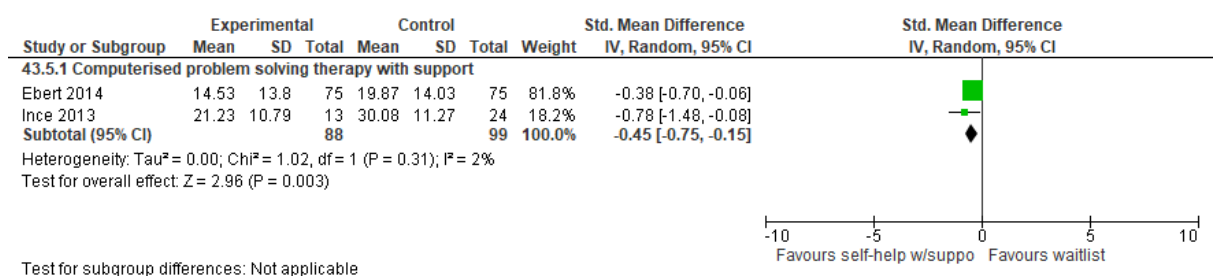


**Figure 261: Remission (ITT)**

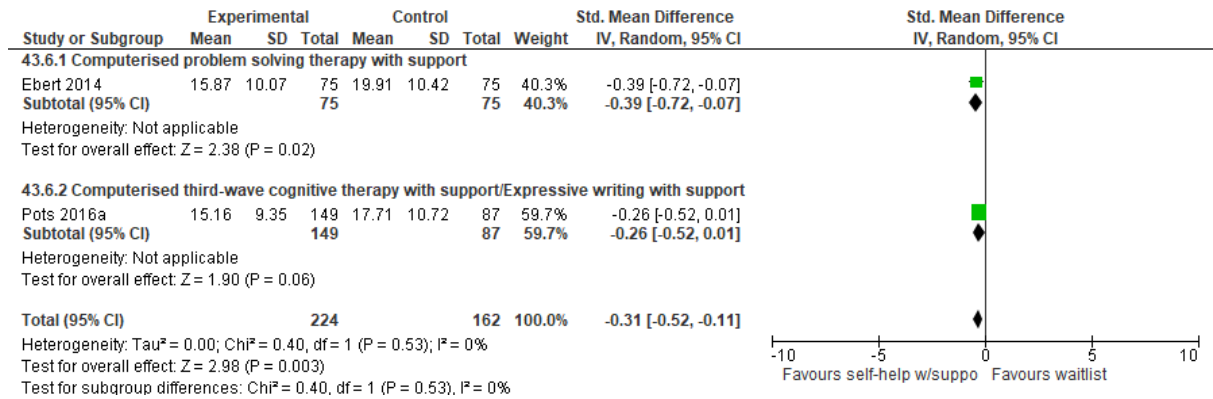
**Figure 262: Discontinuation (any reason)**



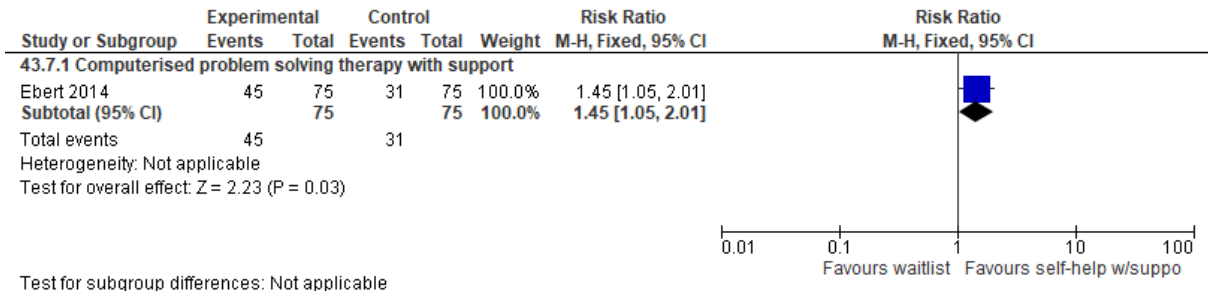
**Figure 263: Depression symptomatology at 1-2 month follow-up**



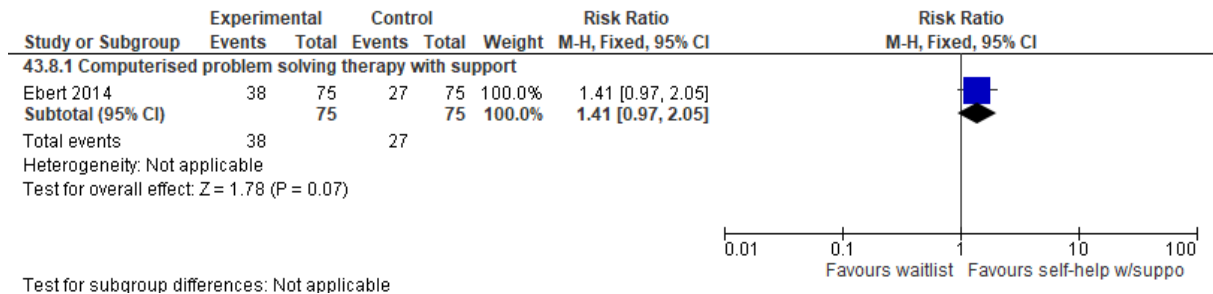
**Figure 264: Depression symptomatology at 3-4 month follow-up**



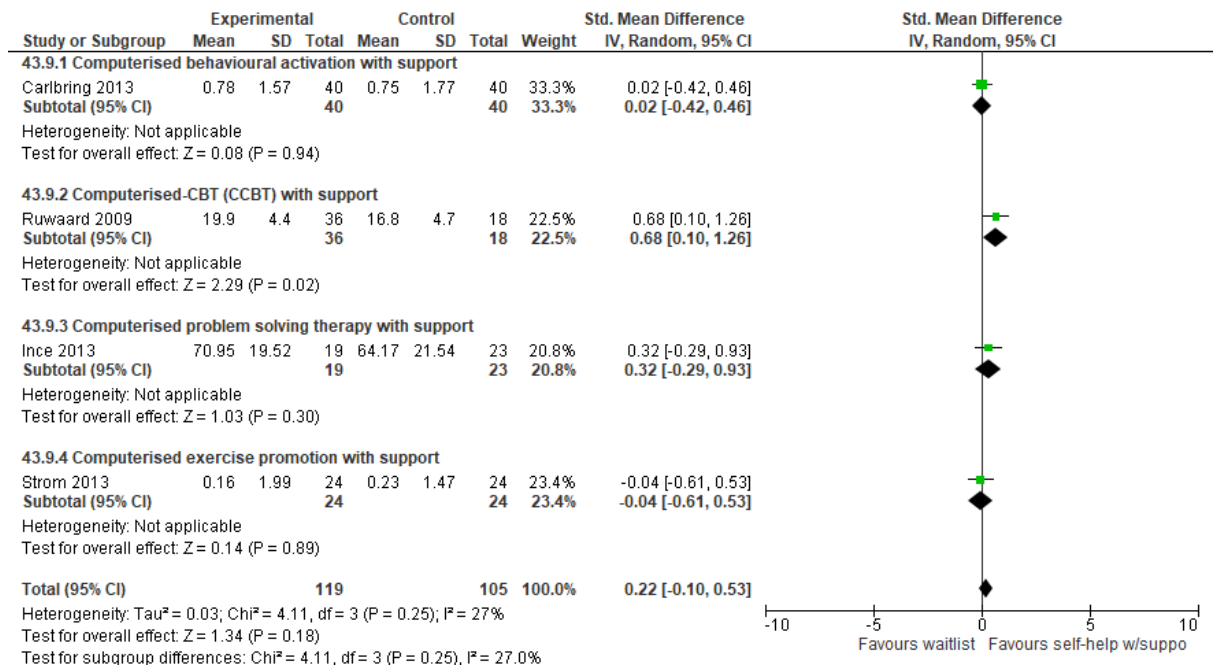
**Figure 265: Remission at 1-month follow-up (ITT)**



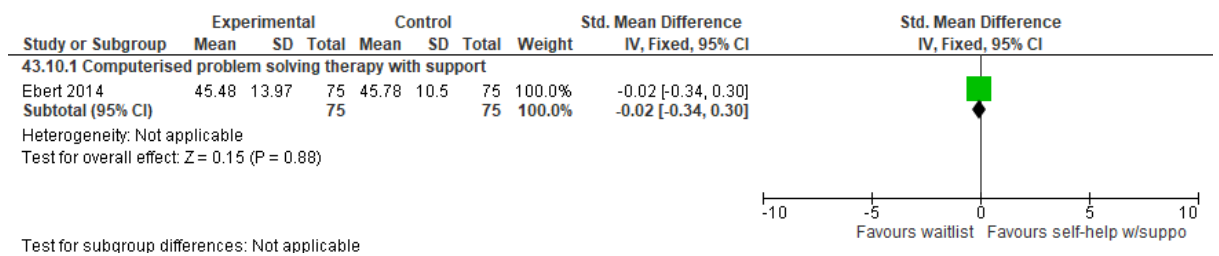
**Figure 266: Remission at 4-month follow-up (ITT)**



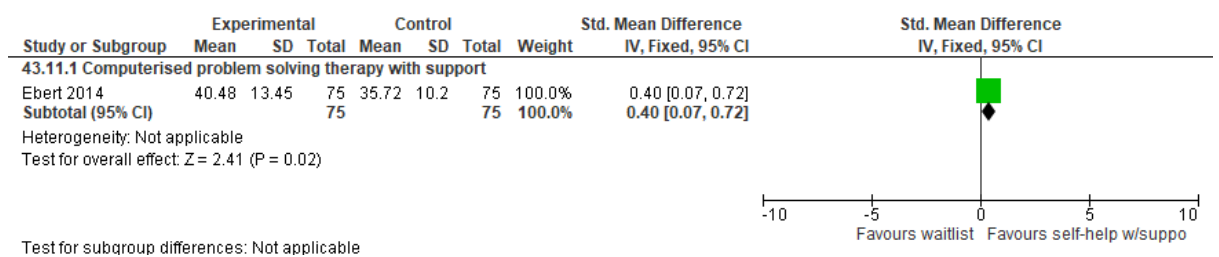
**Figure 267: Quality of life endpoint**



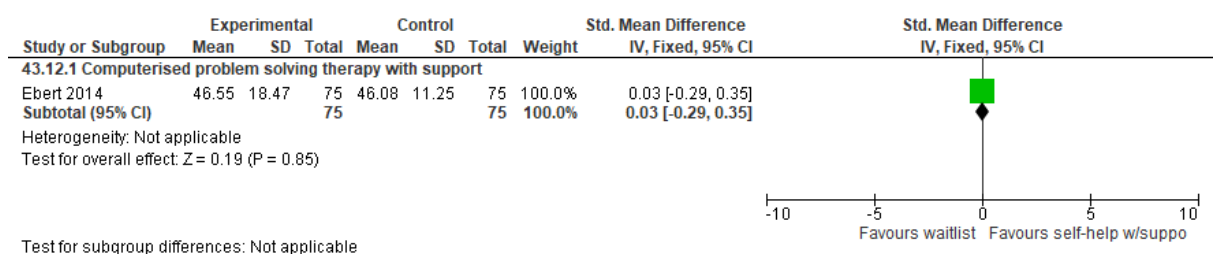
**Figure 268: Quality of life physical health component endpoint**

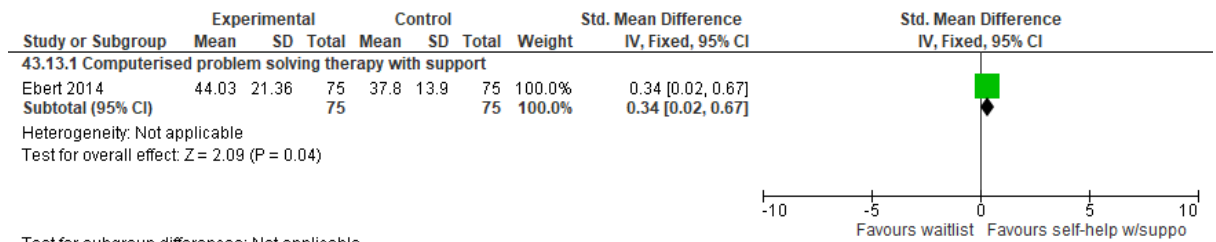
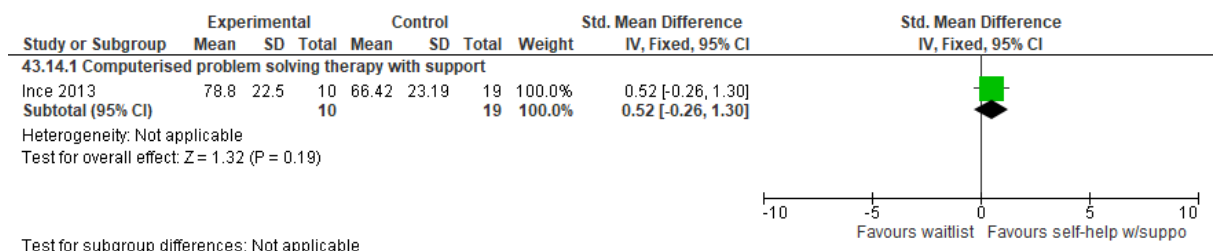
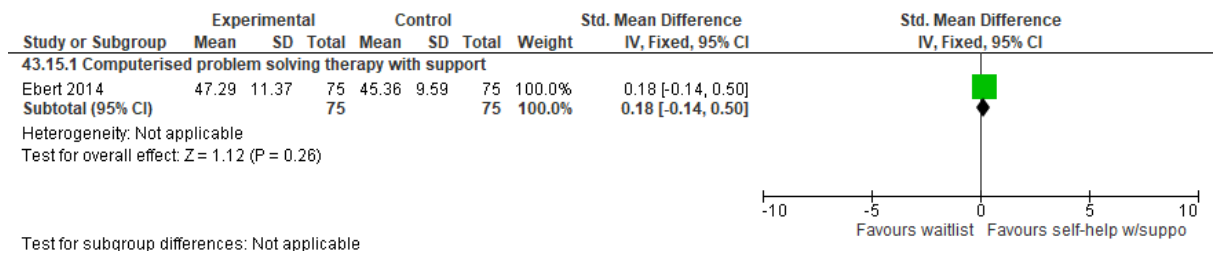
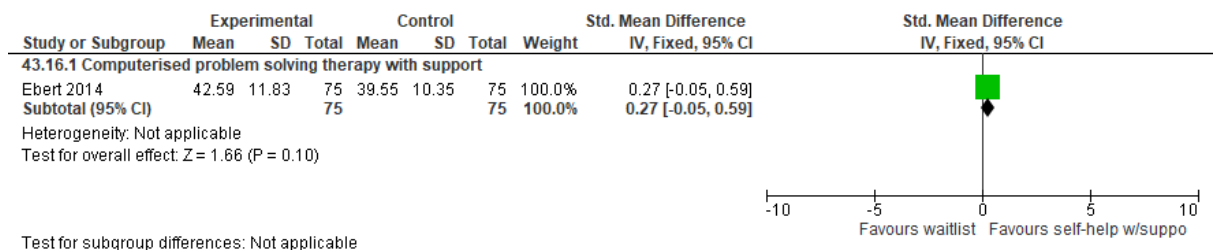
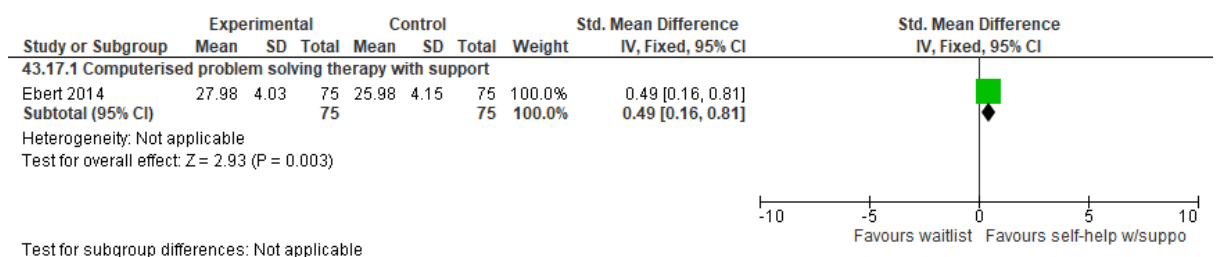


**Figure 269: Quality of life mental health component endpoint**

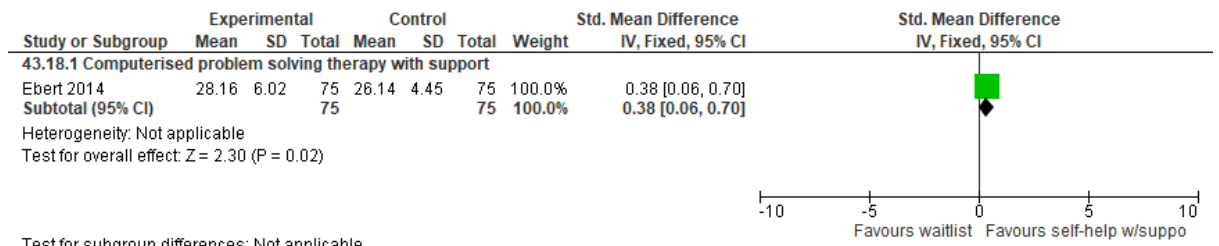
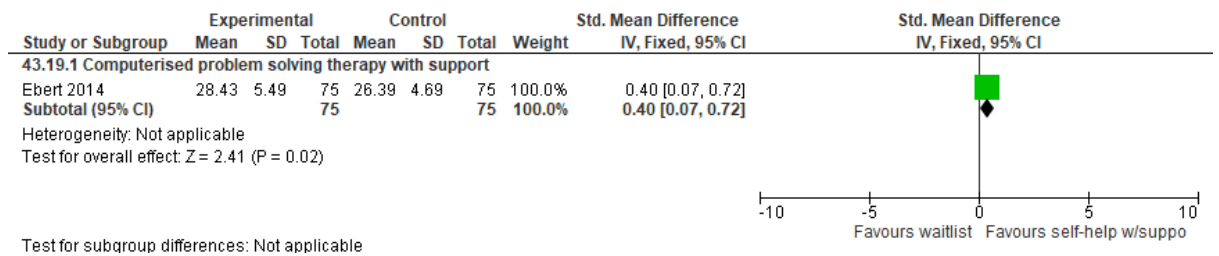
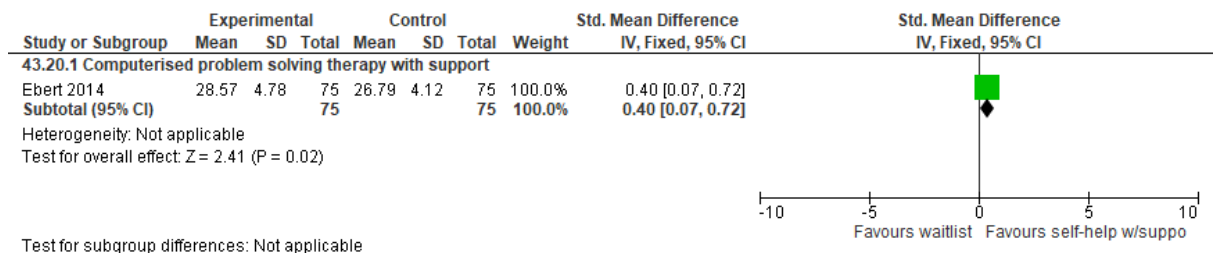
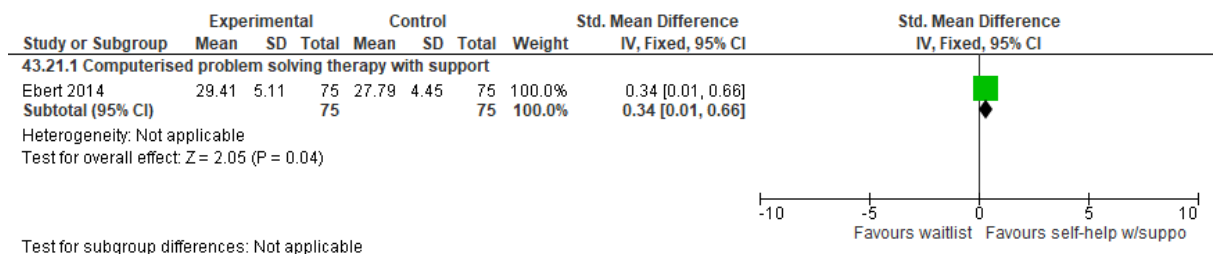
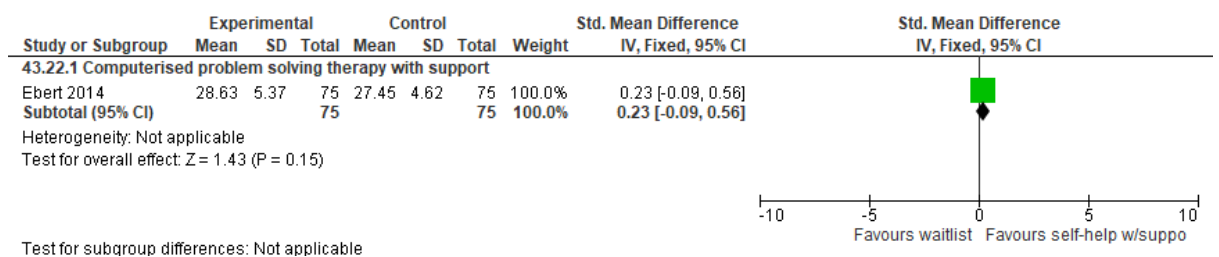


**Figure 270: Quality of life physical health component at 1-month follow-up**

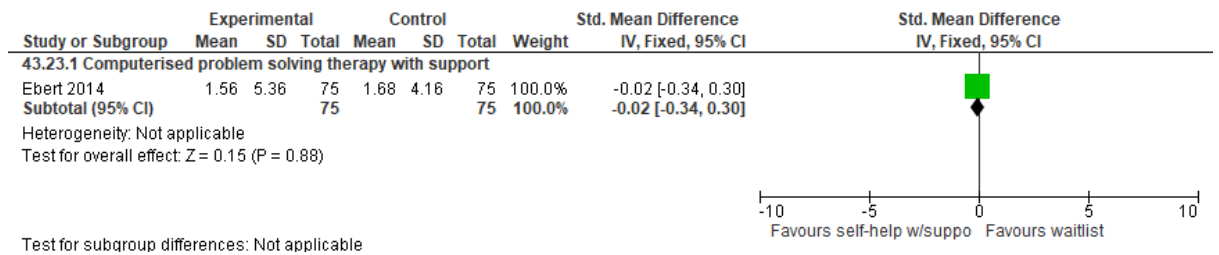


**Figure 271: Quality of life mental health component at 1-month follow-up****Figure 272: Quality of life at 2-month follow-up****Figure 273: Quality of life physical health component at 4-month follow-up****Figure 274: Quality of life mental health component at 4-month follow-up****Figure 275: Global functioning endpoint**

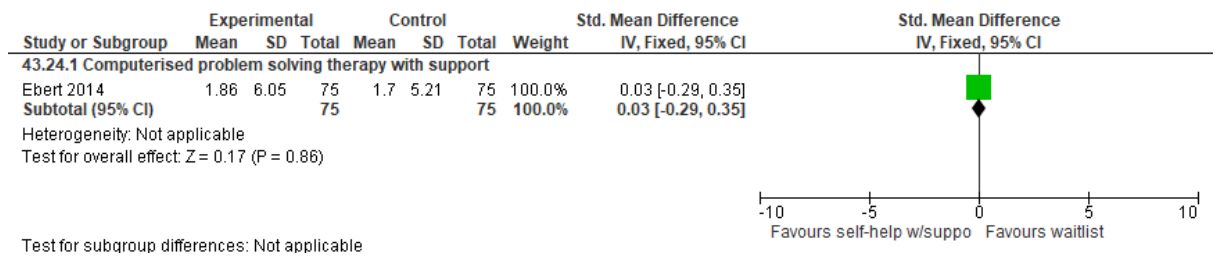


**Figure 276: Global functioning at 1-month follow-up****Figure 277: Global functioning at 4-month follow-up****Figure 278: Employment (work-related self-efficacy) endpoint****Figure 279: Employment (work-related self-efficacy) at 1-month follow-up****Figure 280: Employment (work-related self-efficacy) at 4-month follow-up**

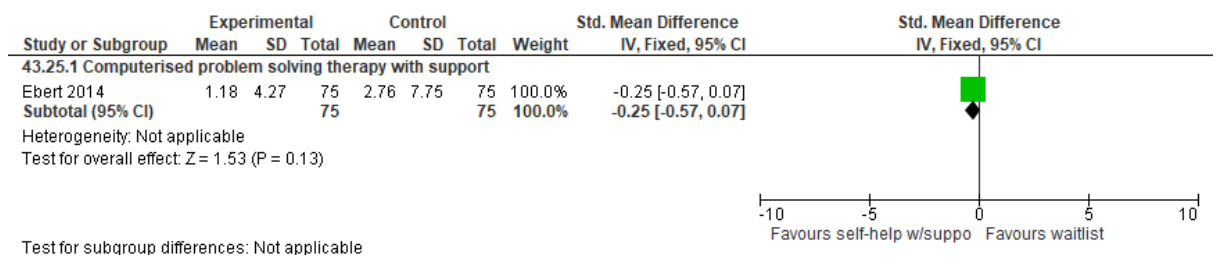
**Figure 281: Days on sick leave (during past 4 weeks) endpoint**



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

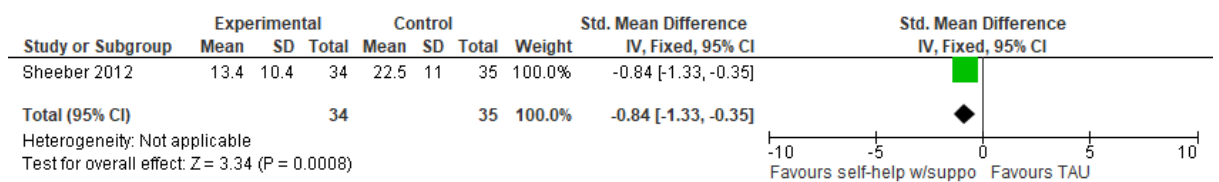


**Figure 283: Days on sick leave (during past 4 weeks) at 4-month follow-up**

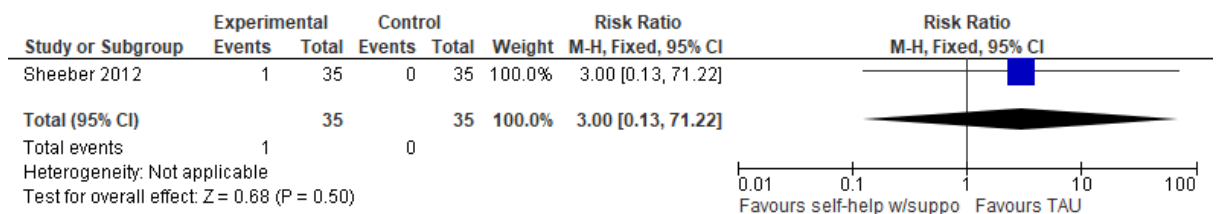


**Less severe: Computerised Coping with Depression course with support versus TAU**

**Figure 284: Depression symptomatology endpoint**

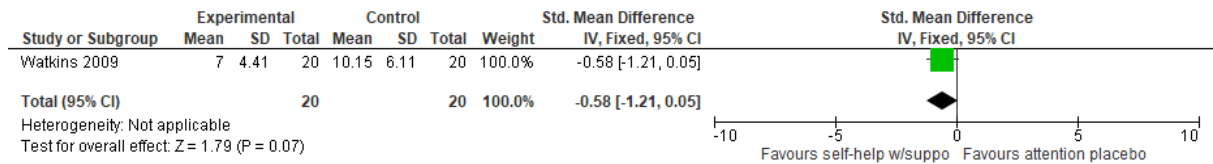


**Figure 285: Discontinuation (any reason)**

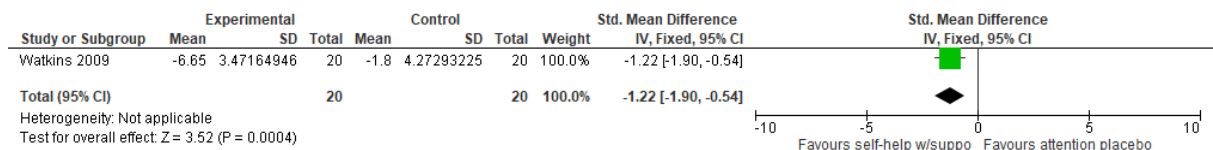


## Less severe: Cognitive bias modification with support versus attention placebo

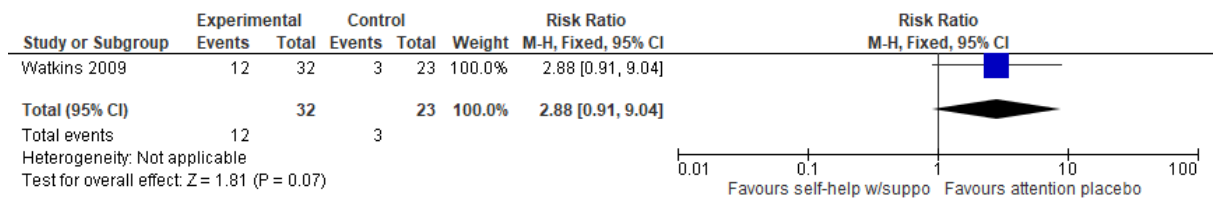
**Figure 286: Depression symptomatology endpoint**



**Figure 287: Depression symptomatology change score**

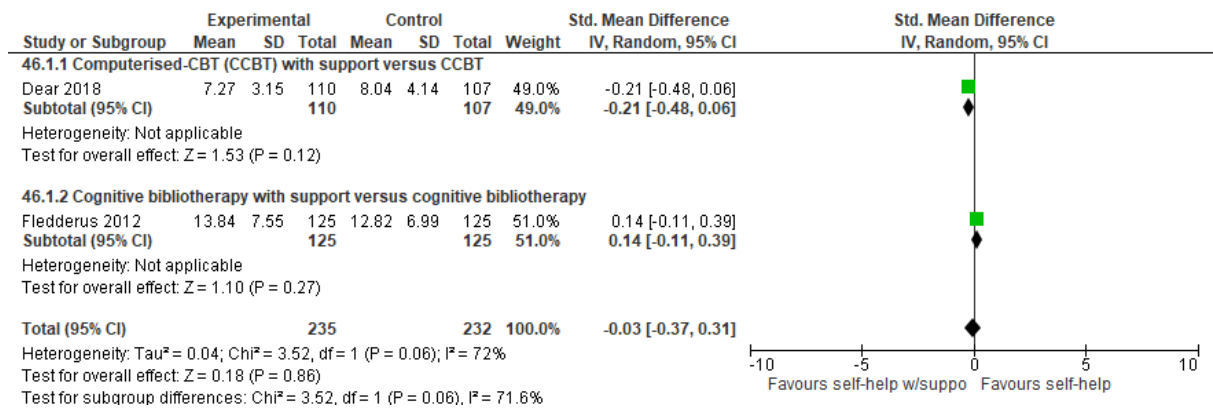


**Figure 288: Discontinuation (any reason)**

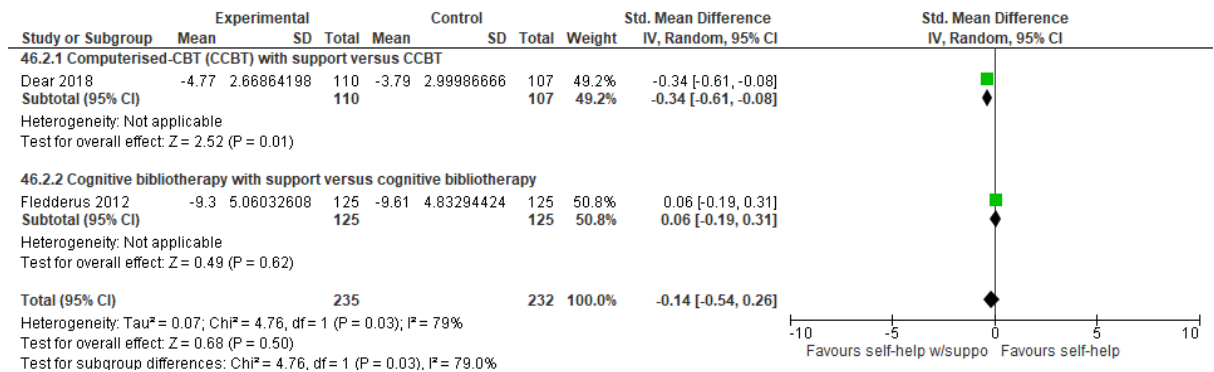


## Less severe: Self-help with support versus self-help

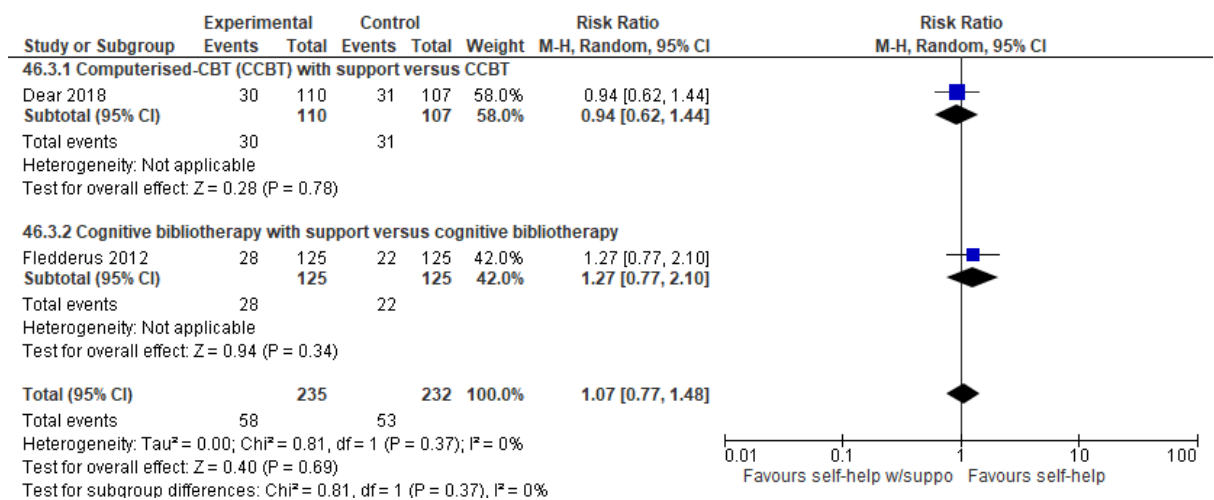
**Figure 289: Depression symptomatology endpoint**



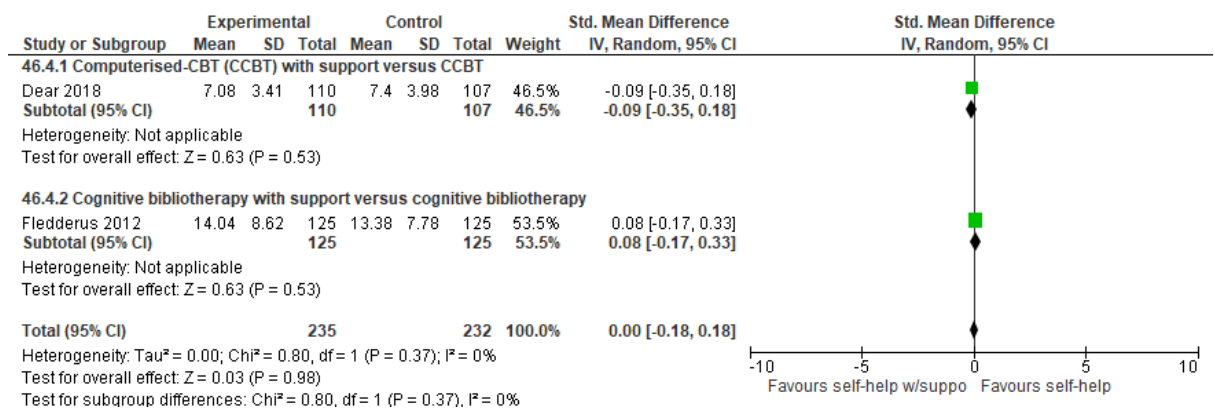
**Figure 290: Depression symptomatology change score**



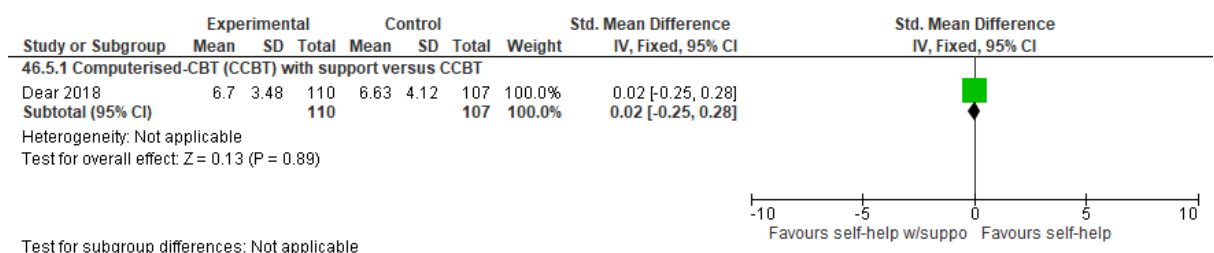
**Figure 291: Discontinuation (any reason)**



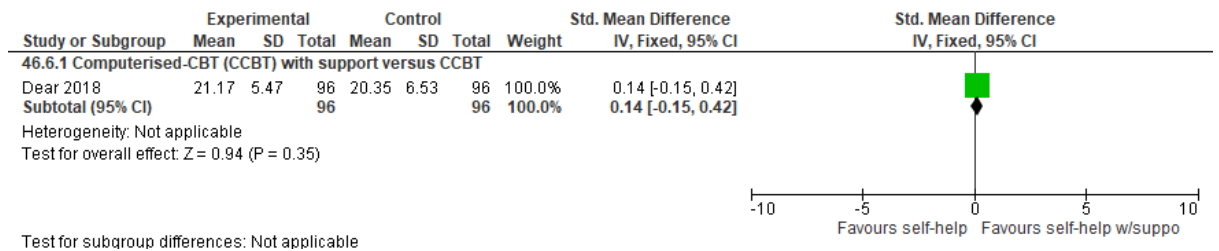
**Figure 292: Depression symptomatology at 3-month follow-up**



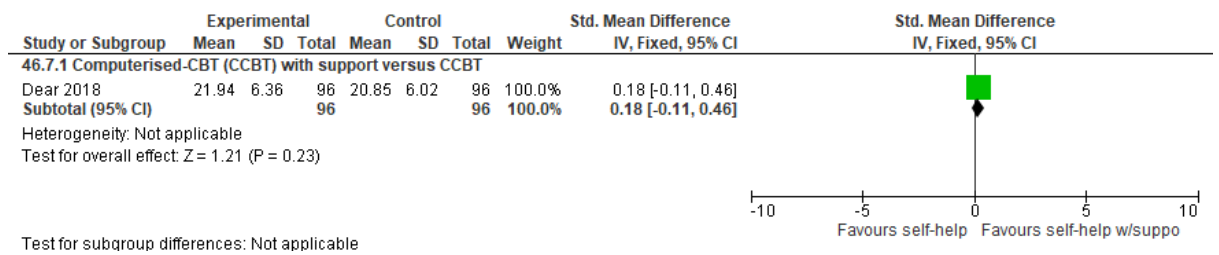
**Figure 293: Depression symptomatology at 12-month follow-up**



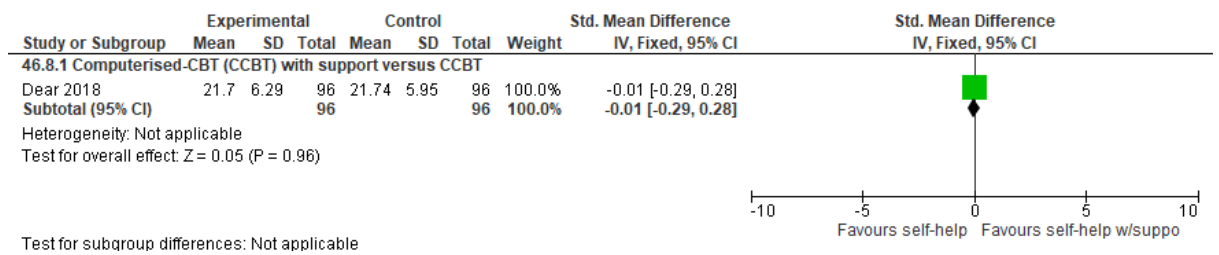
**Figure 294: Quality of life endpoint**



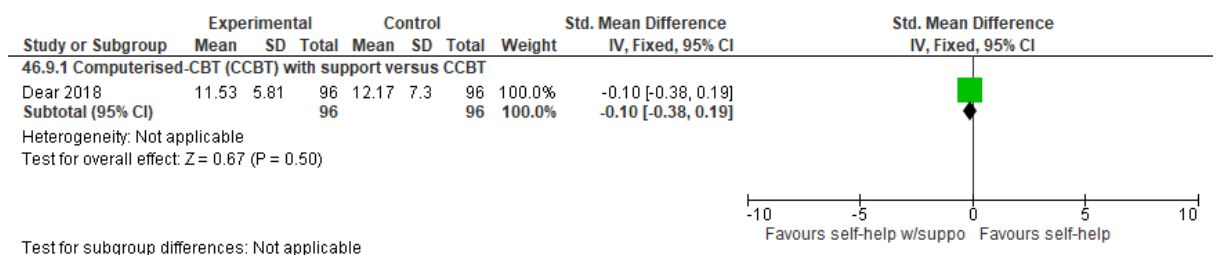
**Figure 295: Quality of life at 3-month follow-up**



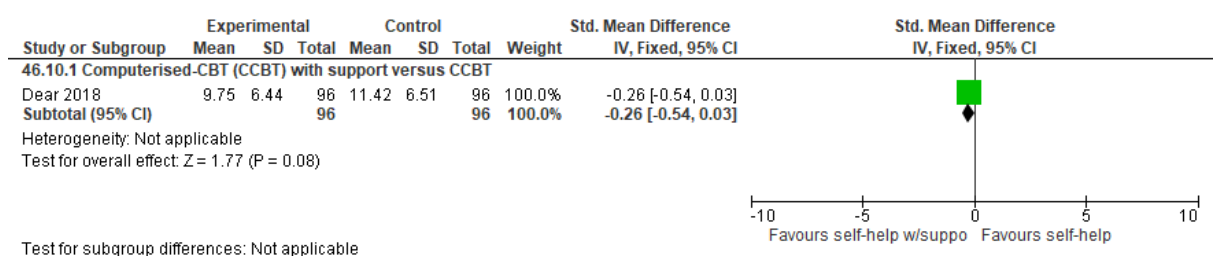
**Figure 296: Quality of life at 12-month follow-up**



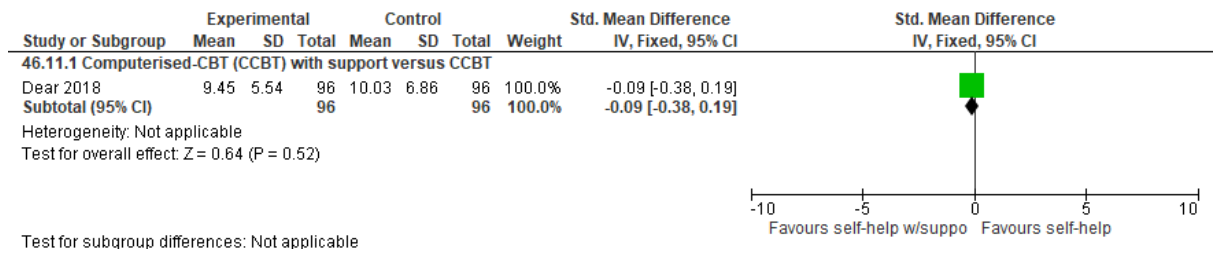
**Figure 297: Functional impairment at endpoint**



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

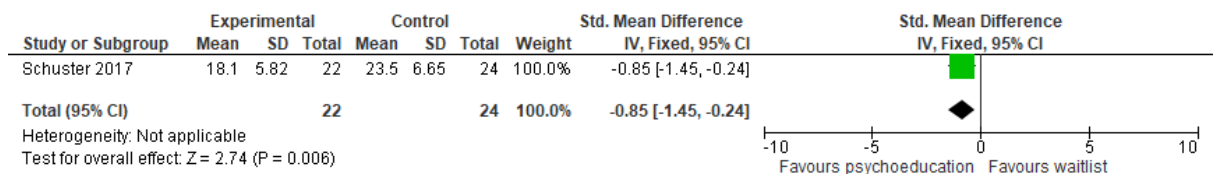


**Figure 299: Functional impairment at 12-month follow-up**

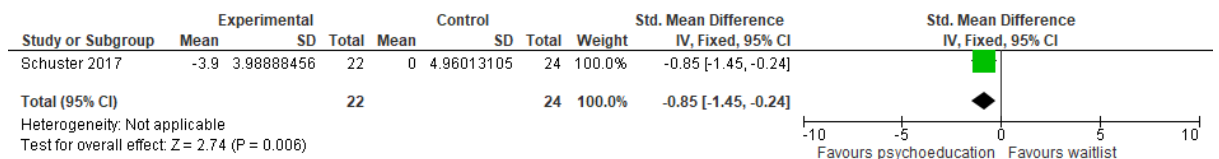


**Less severe: Psychoeducation group versus waitlist**

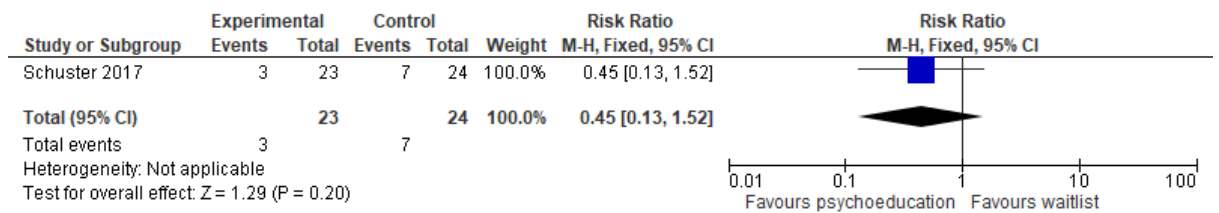
**Figure 300: Depression symptomatology endpoint**



**Figure 301: Depression symptomatology change score**

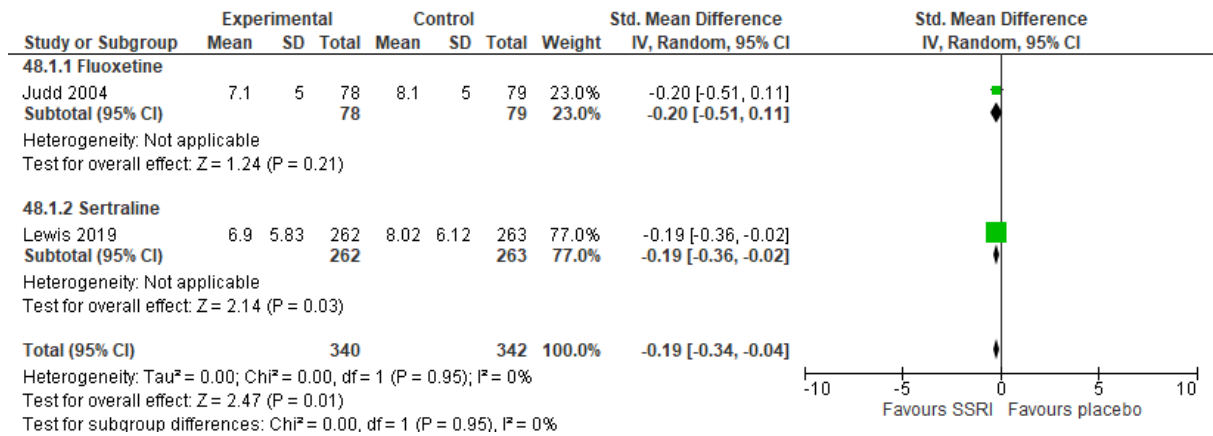


**Figure 302: Discontinuation (any reason)**

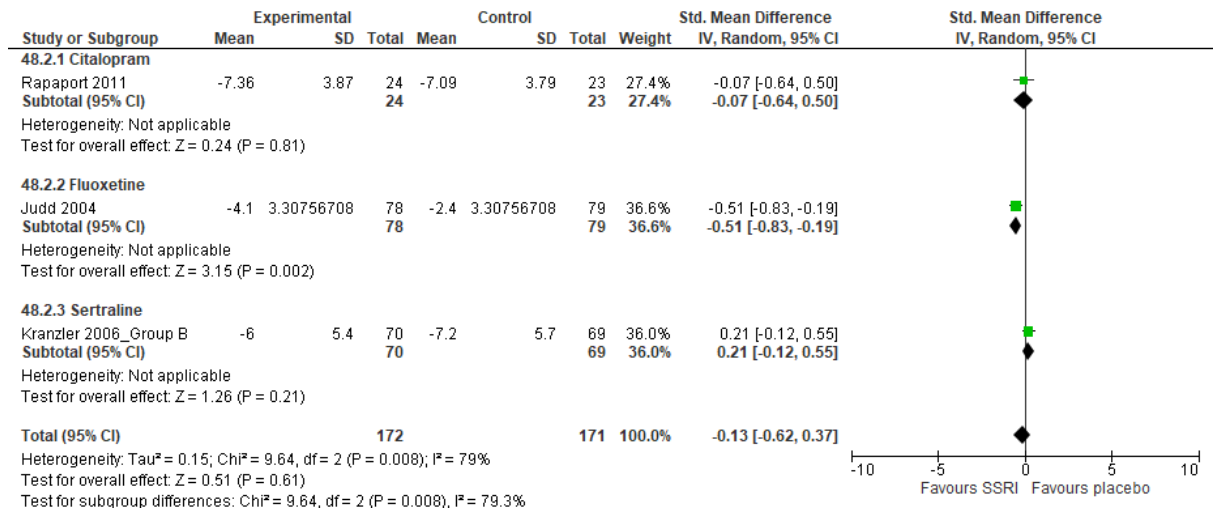


## Less severe: SSRIs versus placebo

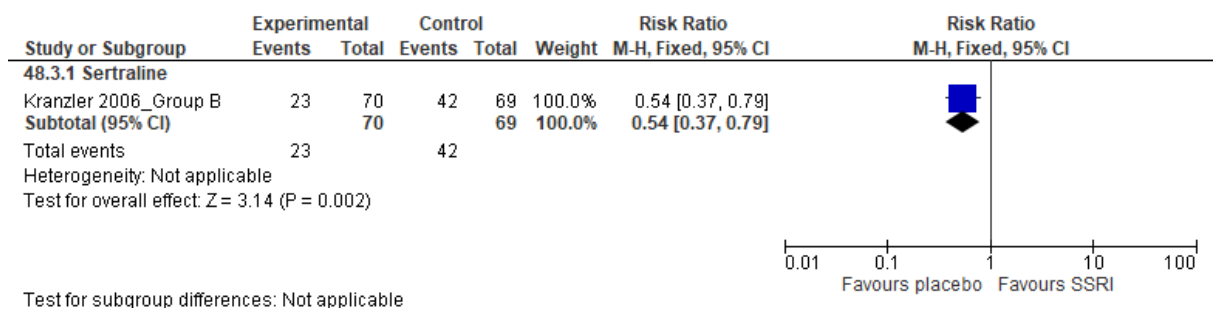
**Figure 303: Depression symptomatology endpoint**



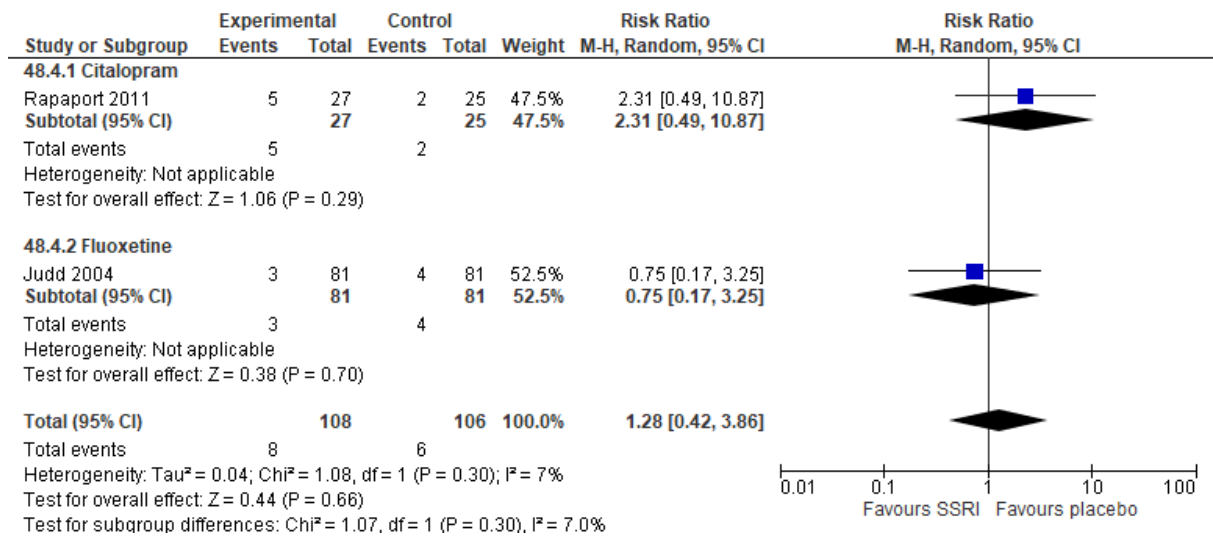
**Figure 304: Depression symptomatology change score**



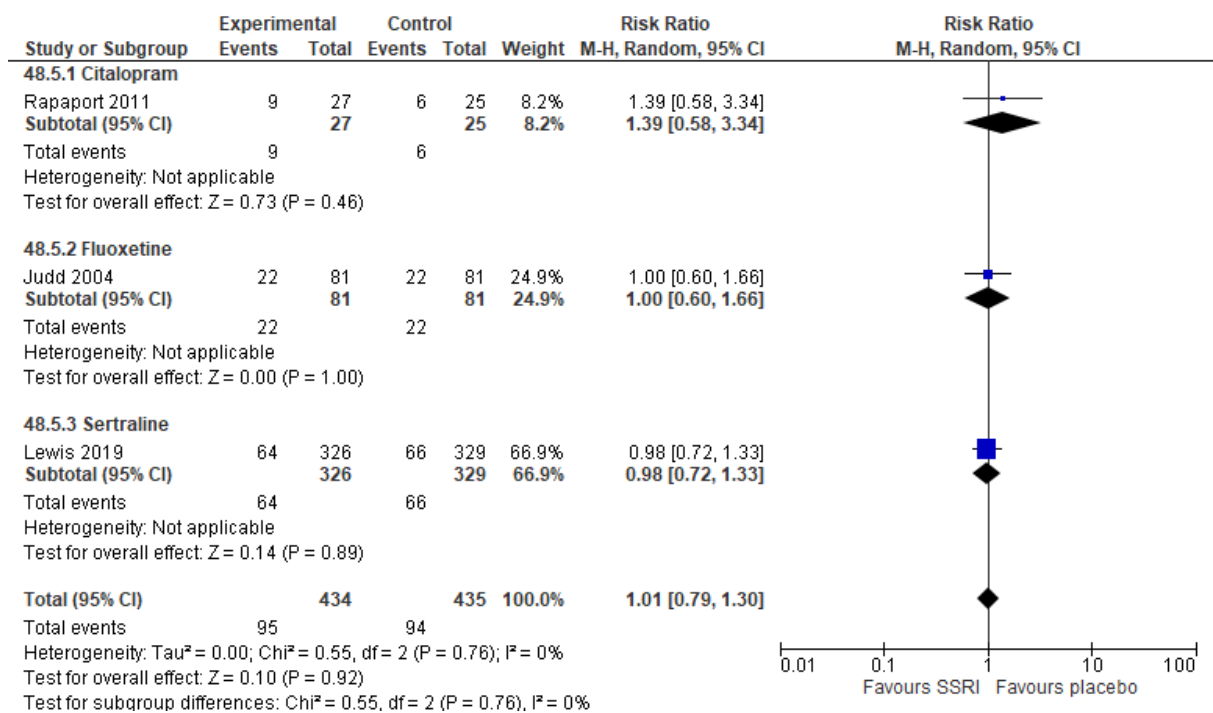
**Figure 305: Response (ITT)**



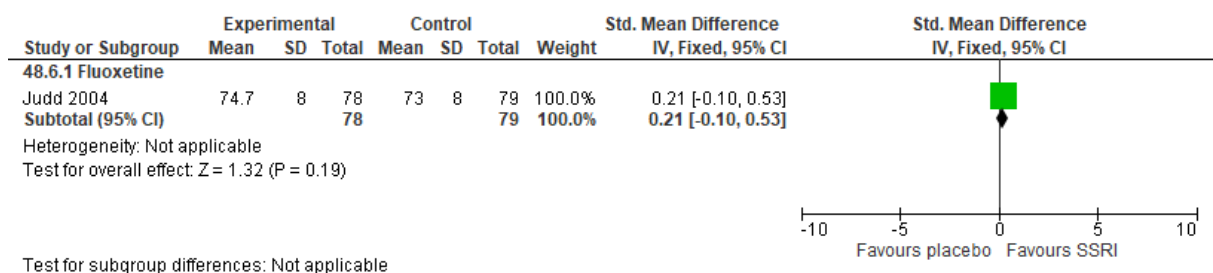
**Figure 306: Discontinuation due to SE**



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

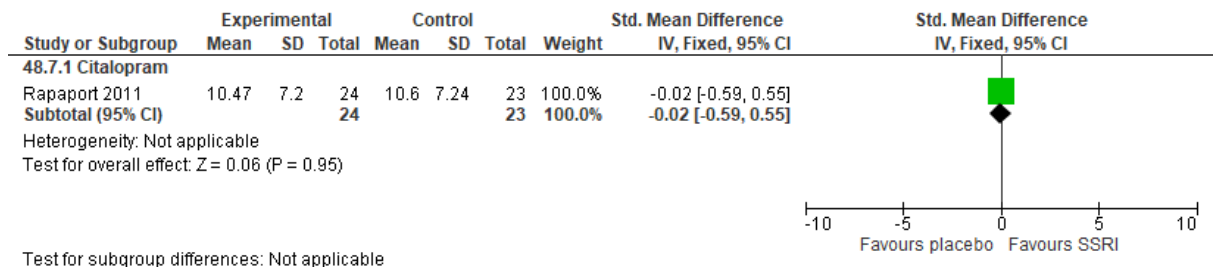


**Figure 308: Global functioning endpoint**

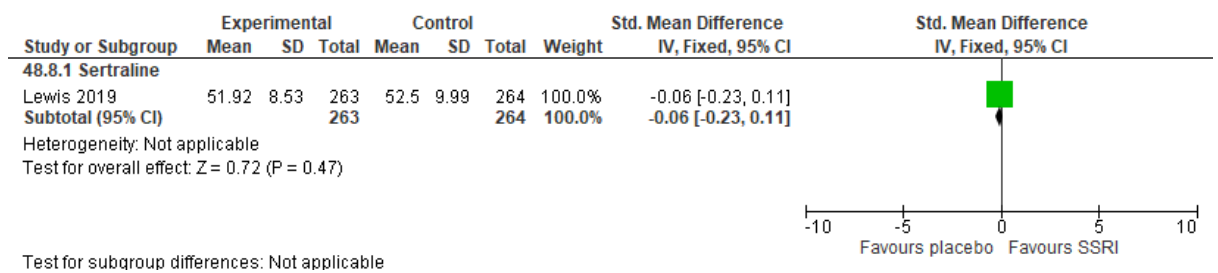




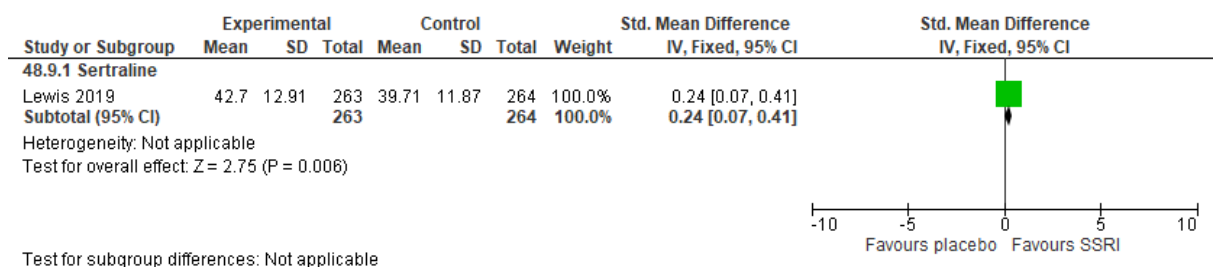
**Figure 309: Global functioning change score**



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

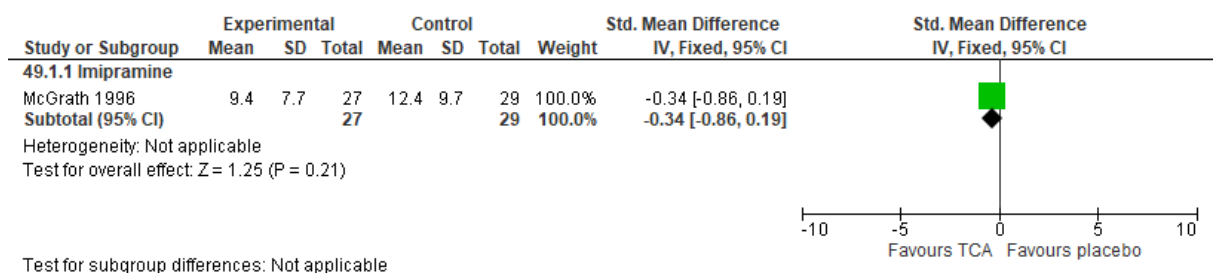


**Figure 311: Quality of life mental health component endpoint**

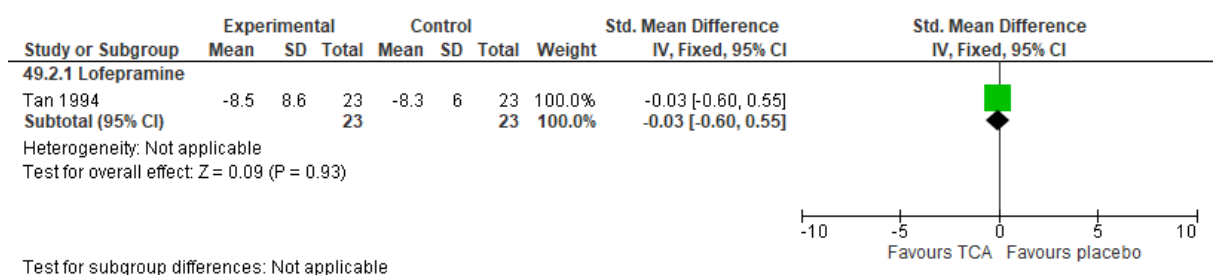


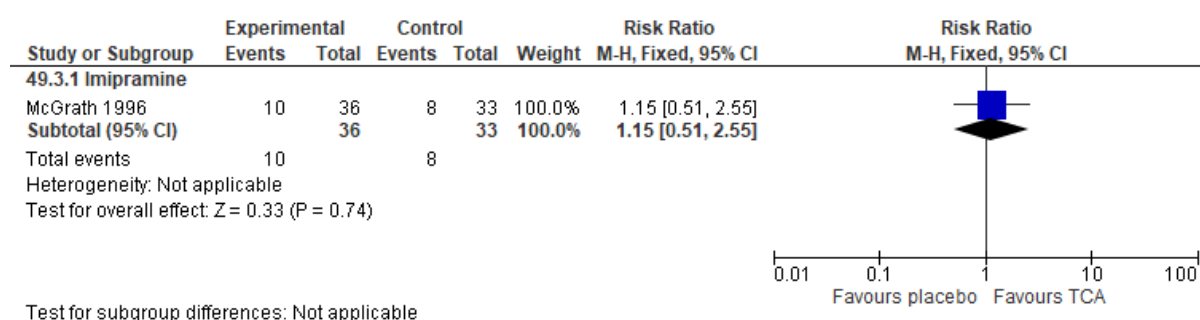
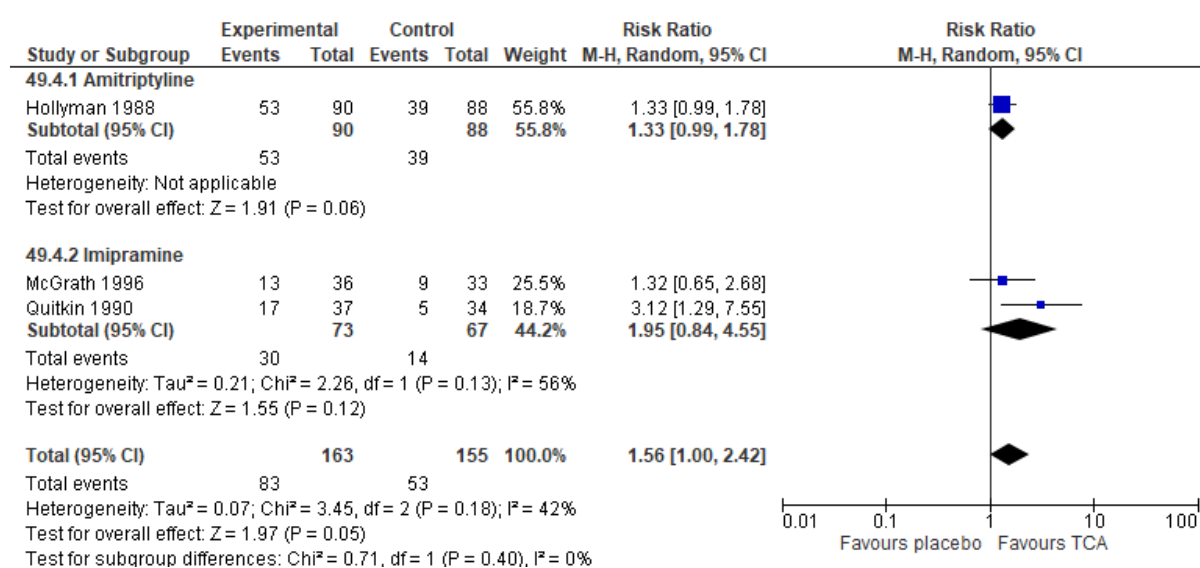
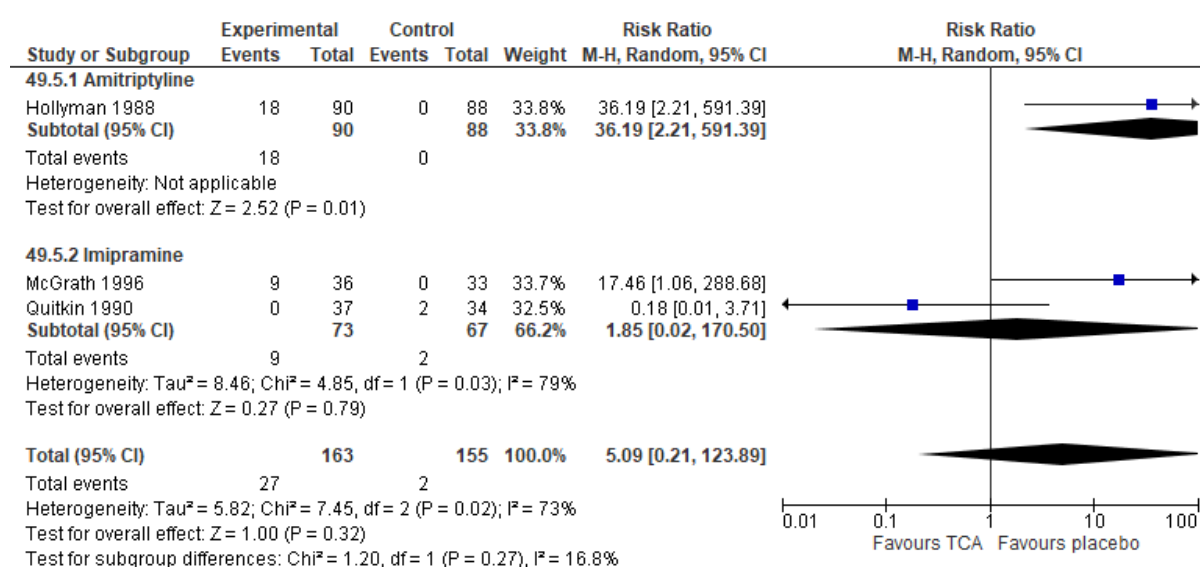
**Less severe: TCAs versus placebo**

**Figure 312: Depression symptomatology endpoint**

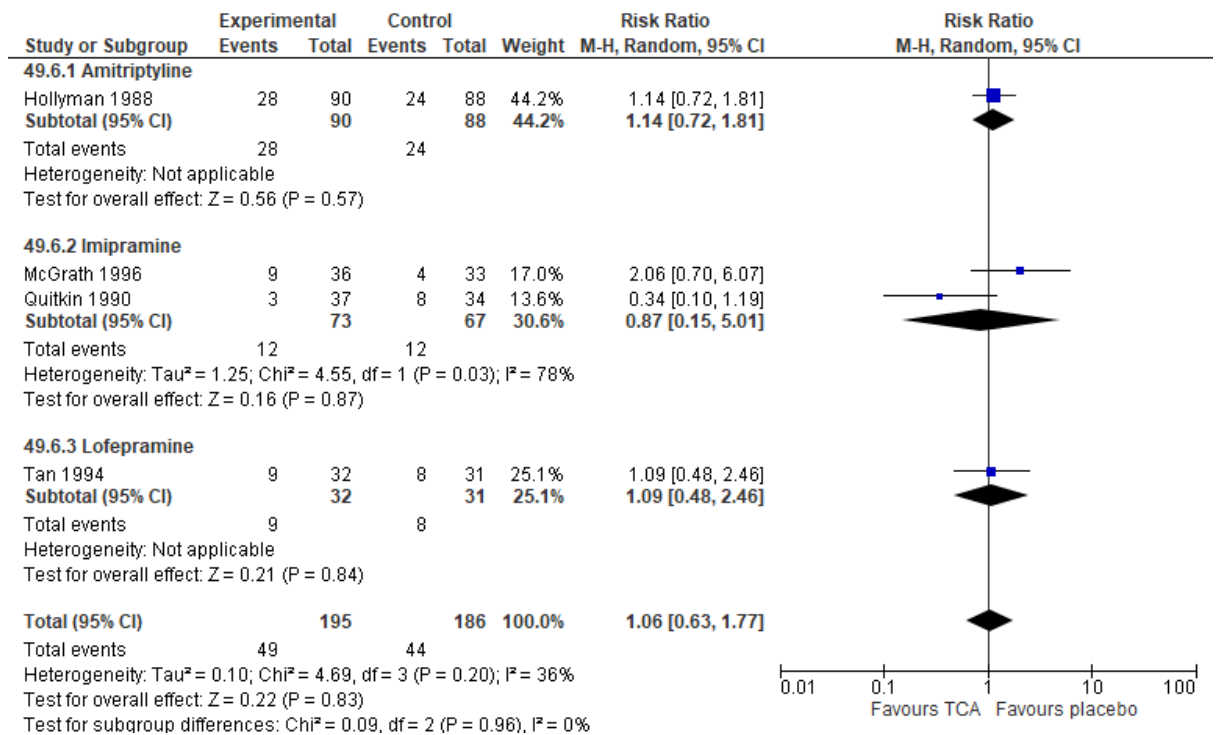


**Figure 313: Depression symptomatology change score**



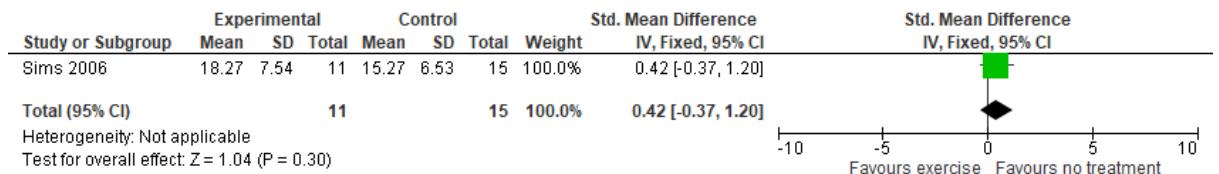
**Figure 314: Remission (ITT)****Figure 315: Response (ITT)****Figure 316: Discontinuation due to SE**

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

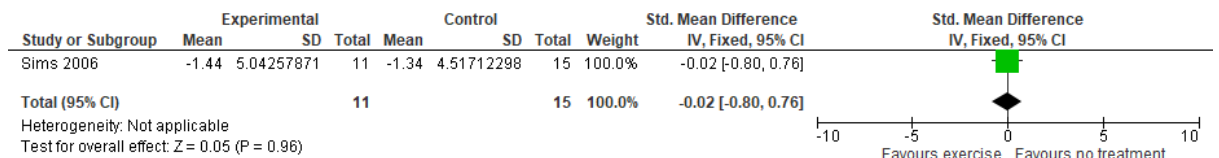


**Less severe: Supervised high intensity exercise individual versus no treatment**

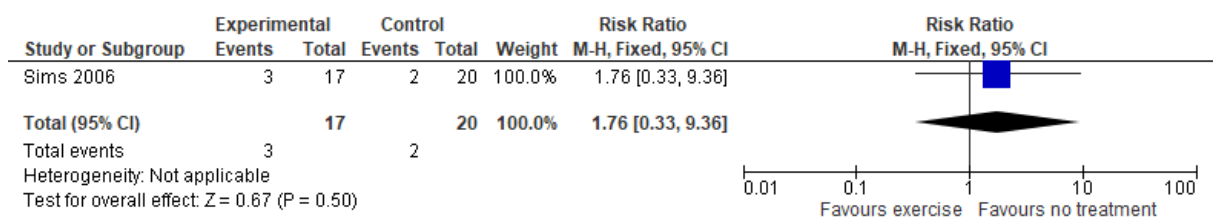
**Figure 318: Depression symptomatology endpoint**



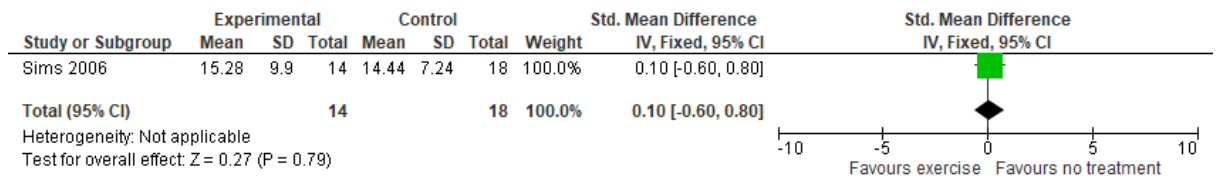
**Figure 319: Depression symptomatology change score**



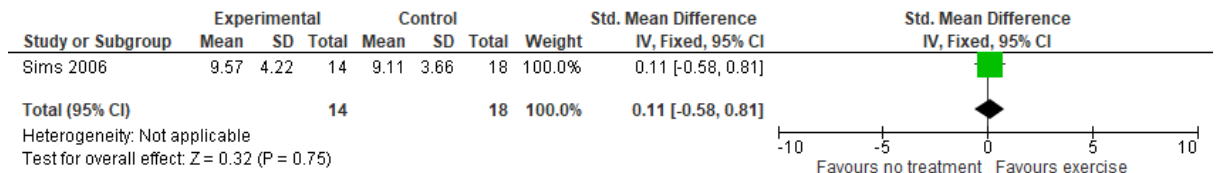
**Figure 320: Discontinuation (any reason)**



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

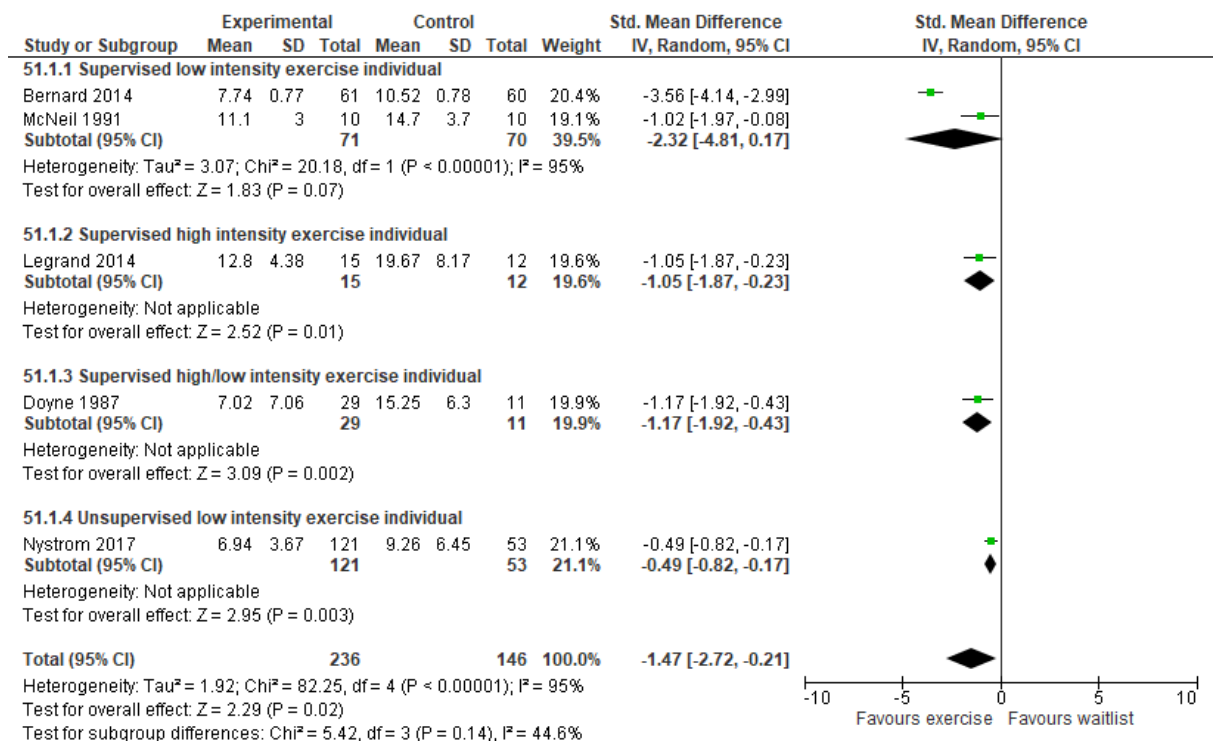


**Figure 322: Quality of life at 6-month follow-up**

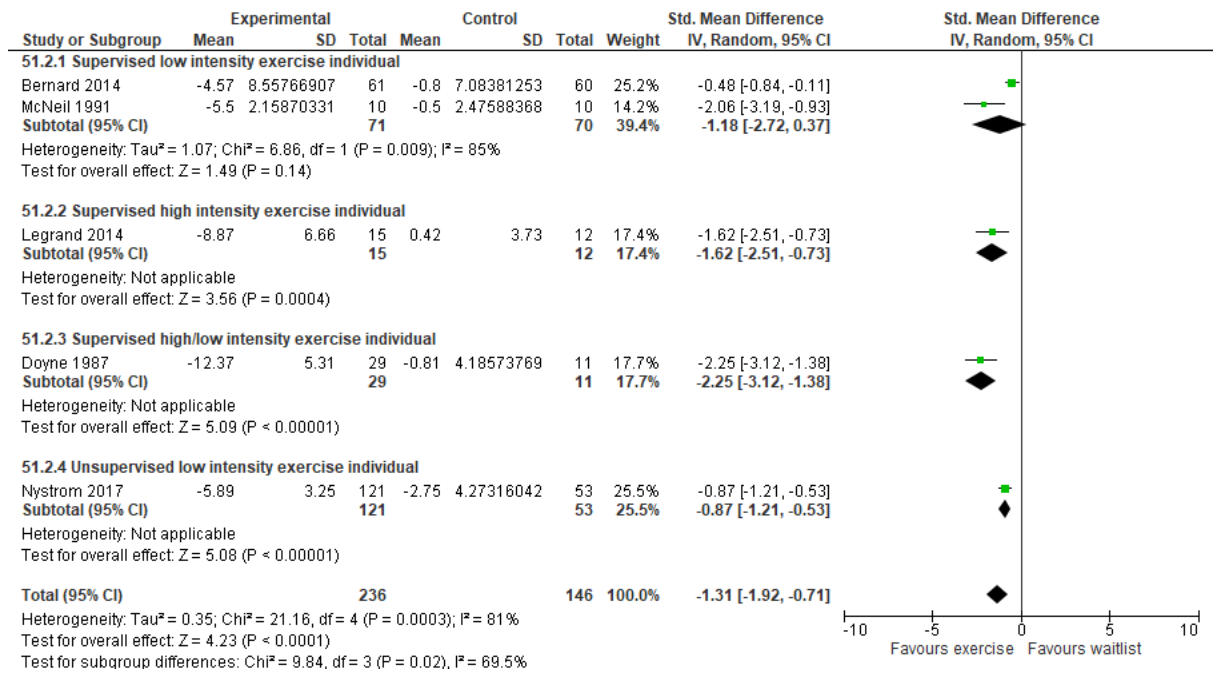


**Less severe: Exercise individual versus waitlist**

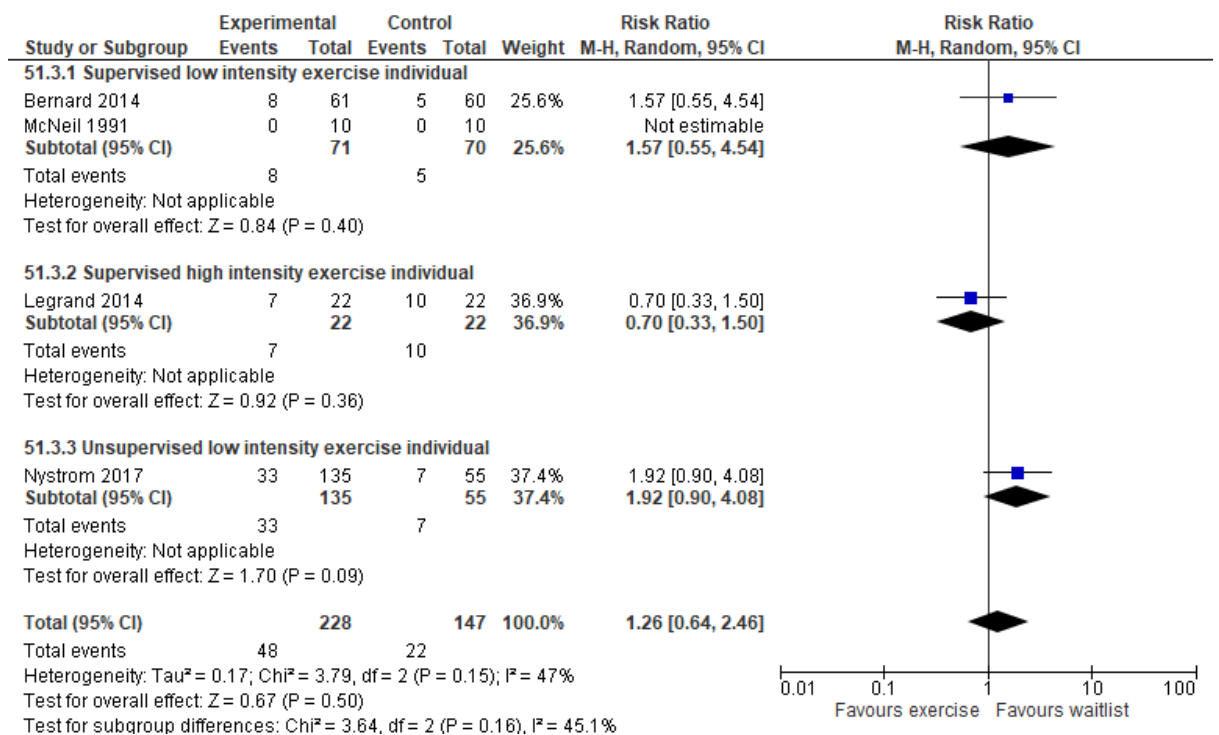
**Figure 323: Depression symptomatology endpoint**



**Figure 324: Depression symptomatology change score**



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



## Less severe: Supervised low intensity exercise individual versus attention placebo

Figure 326: Depression symptomatology endpoint

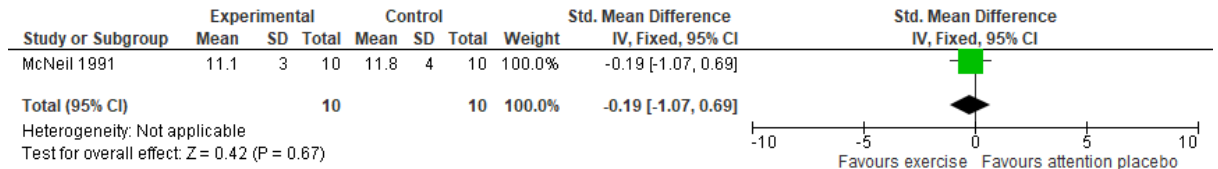


Figure 327: Depression symptomatology change score

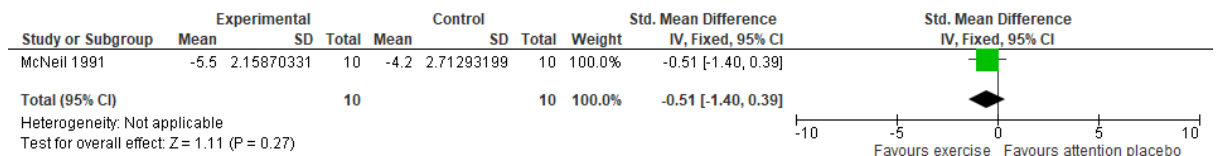
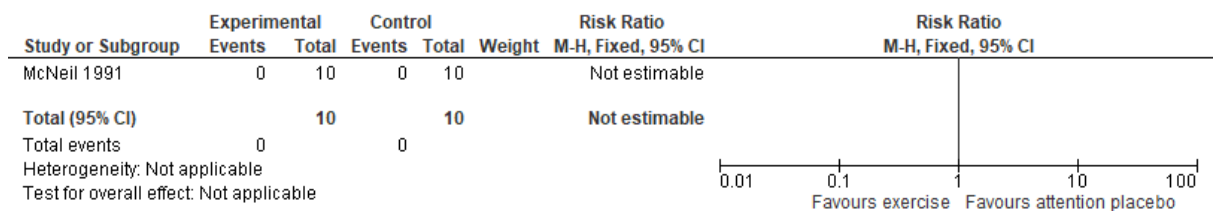


Figure 328: Discontinuation (any reason)



## Less severe: Supervised low intensity exercise group versus waitlist

Figure 329: Depression symptomatology endpoint

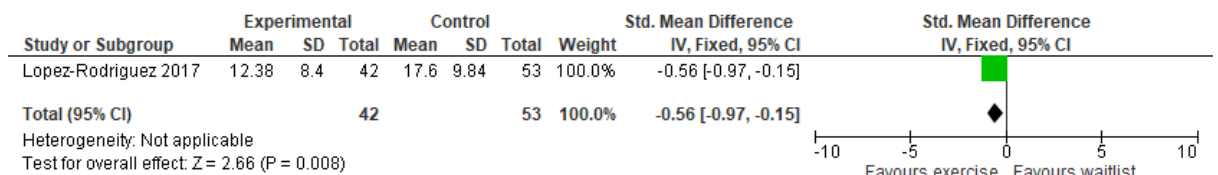
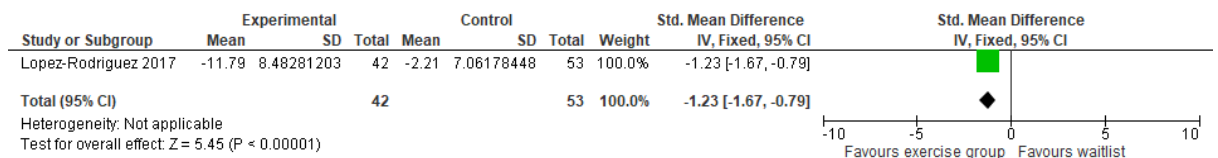
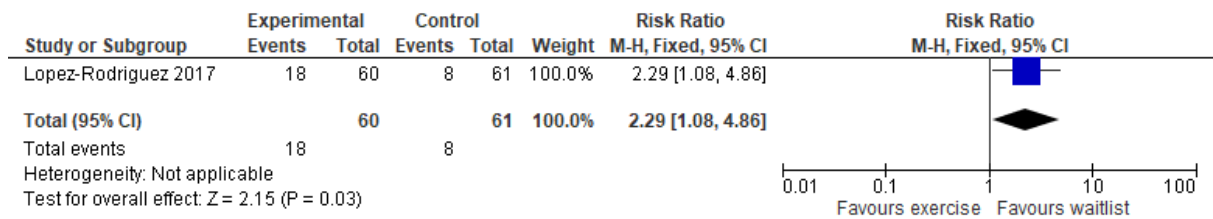


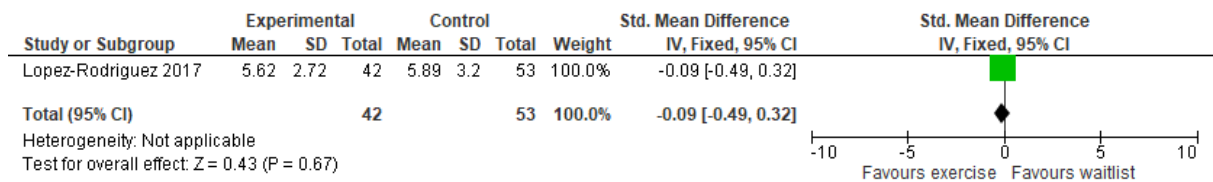
Figure 330: Depression symptomatology change score



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

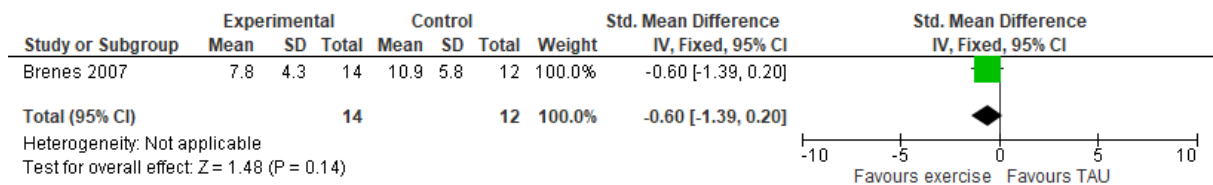


**Figure 332: Sleeping difficulties endpoint**

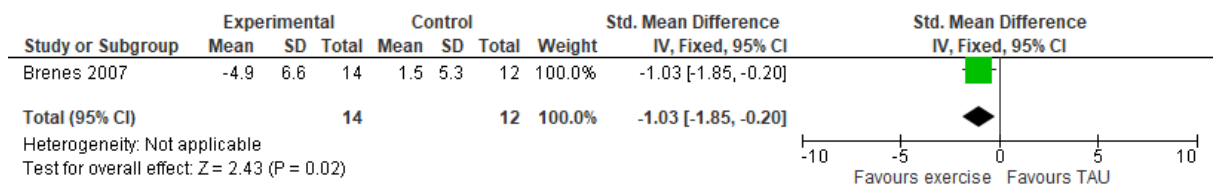


**Less severe: Supervised high intensity exercise group versus TAU**

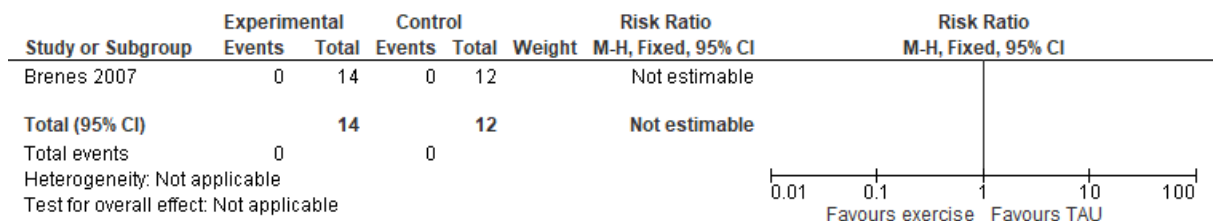
**Figure 333: Depression symptomatology endpoint**



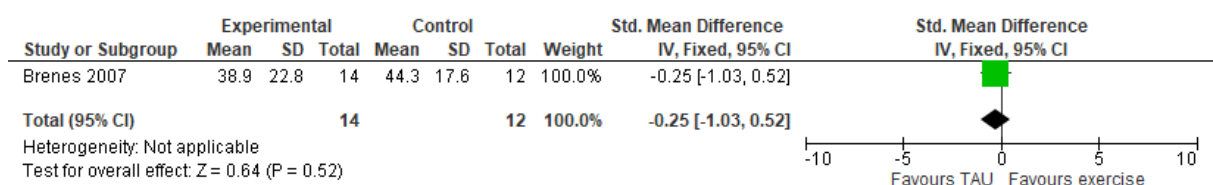
**Figure 334: Depression symptomatology change score**



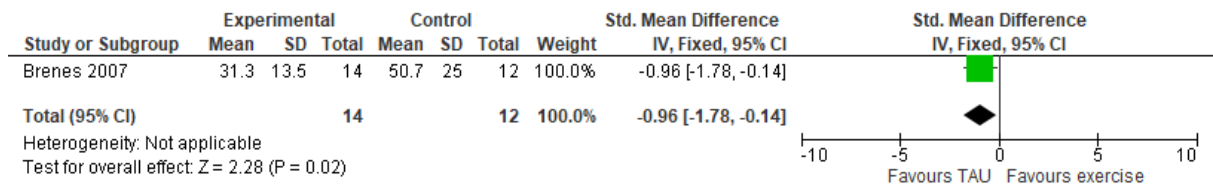
**Figure 335: Discontinuation (any reason)**



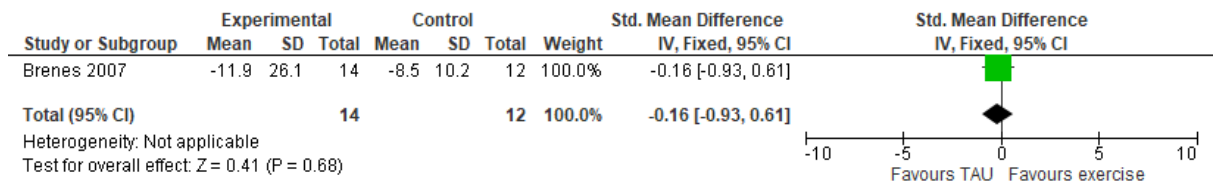
**Figure 336: Quality of life physical health component endpoint**



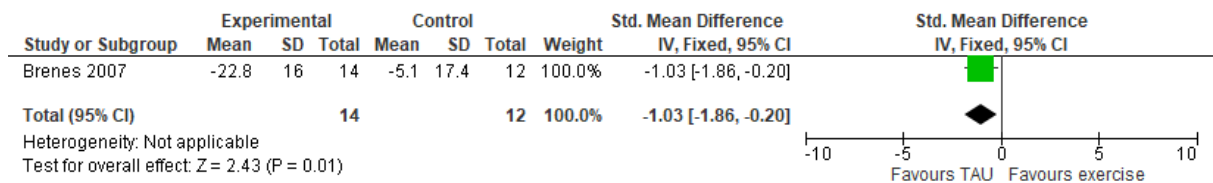
**Figure 337: Quality of life mental health component endpoint**



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

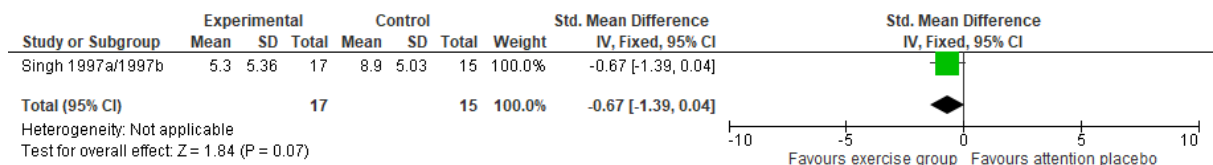


**Figure 339: Quality of life mental health component change score**

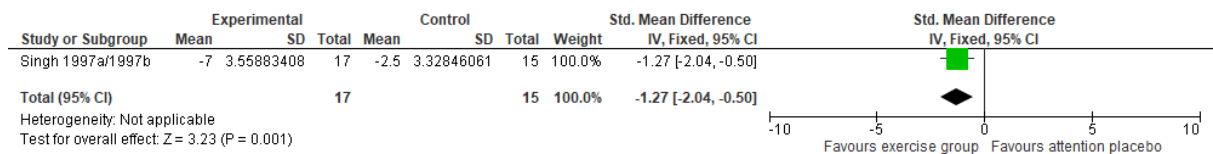


**Less severe: Supervised high intensity exercise group versus attention placebo**

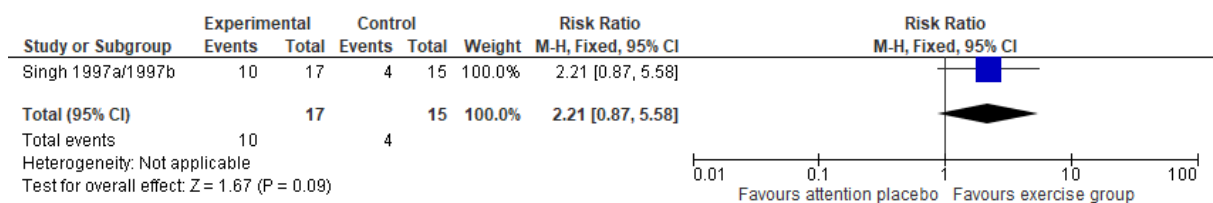
**Figure 340: Depression symptomatology endpoint**



**Figure 341: Depression symptomatology change score**

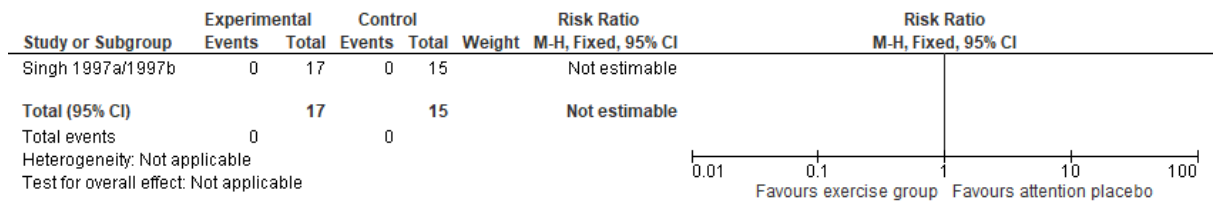


**Figure 342: Response (ITT)**

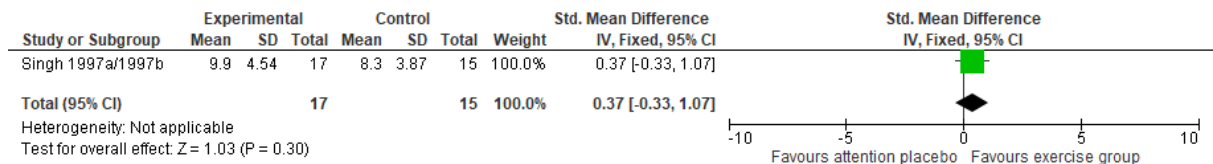




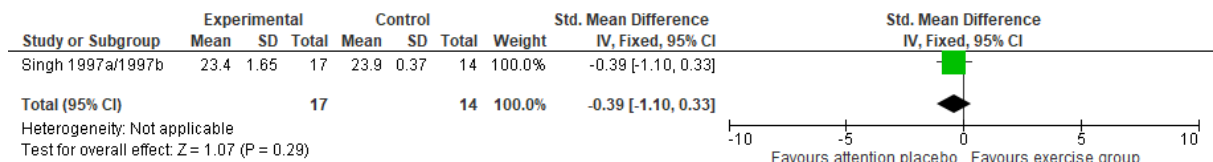
**Figure 343: Discontinuation (any reason)**



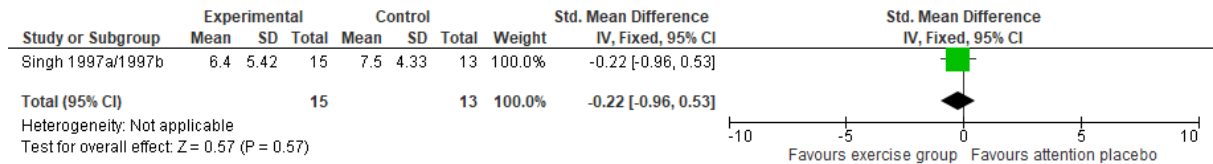
**Figure 344: Quality of life endpoint**



**Figure 345: Global functioning endpoint**

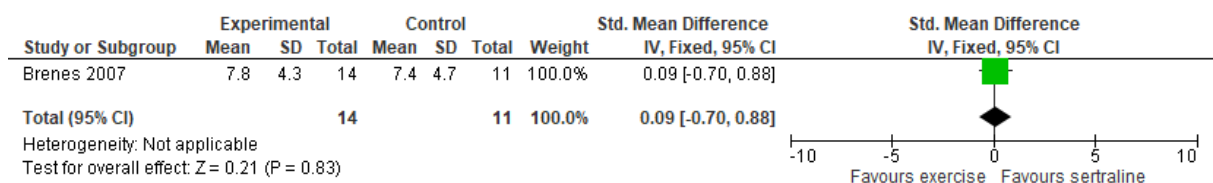


**Figure 346: Sleeping difficulties endpoint**

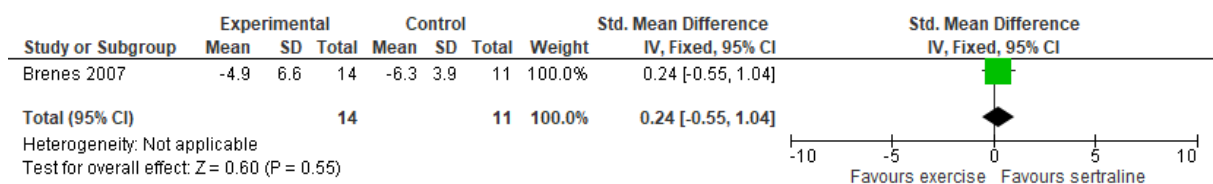


**Less severe: Supervised high intensity exercise group versus sertraline**

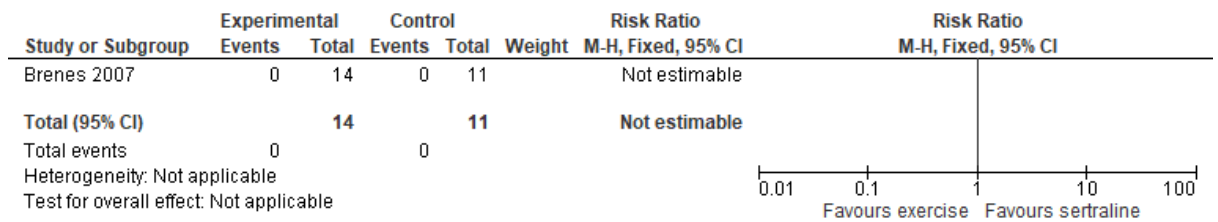
**Figure 347: Depression symptomatology endpoint**



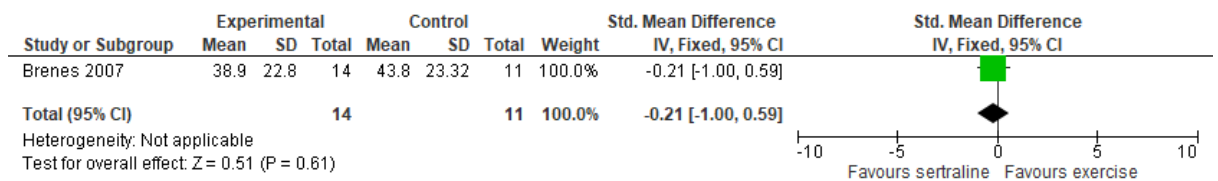
**Figure 348: Depression symptomatology change score**



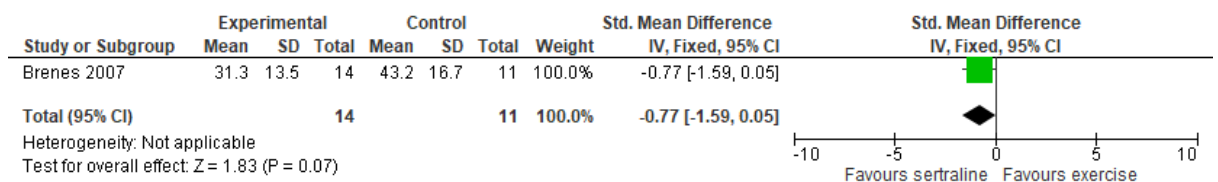
**Figure 349: Discontinuation (any reason)**



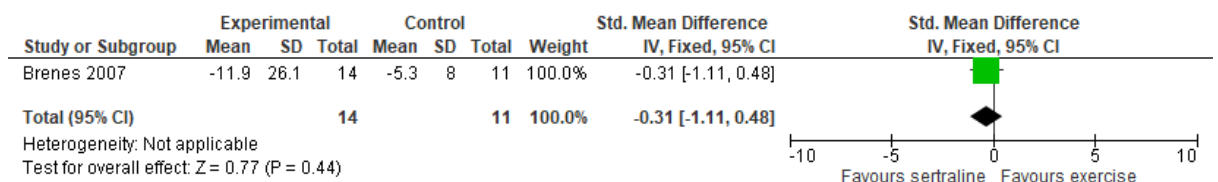
**Figure 350: Quality of life physical health component endpoint**



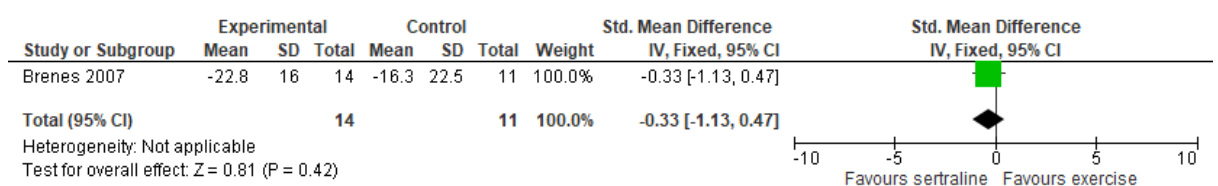
**Figure 351: Quality of life mental health component endpoint**



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

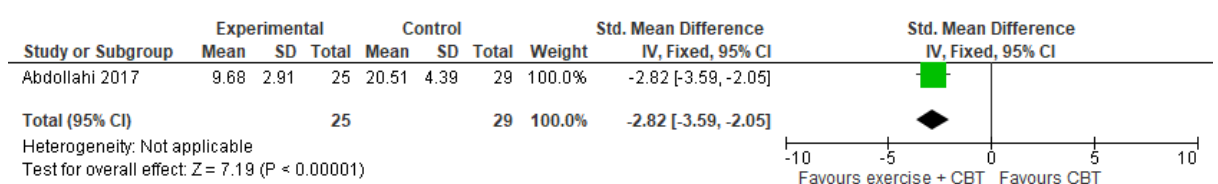


**Figure 353: Quality of life mental health component change score**

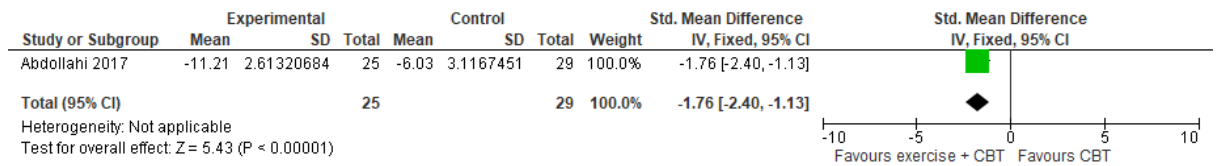


**Less severe: Supervised low intensity exercise group + CBT group (under 15 sessions) versus CBT group (under 15 sessions)**

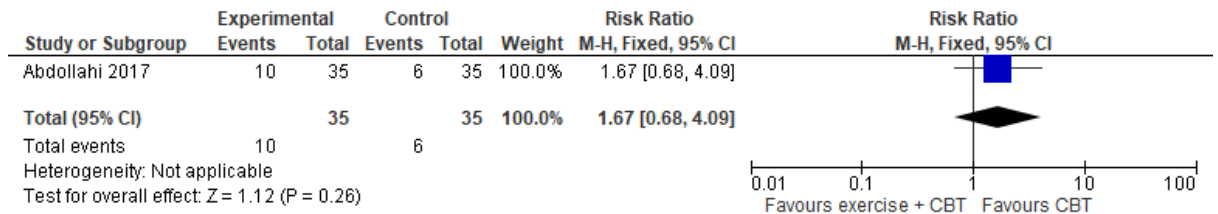
**Figure 354: Depression symptomatology at endpoint**



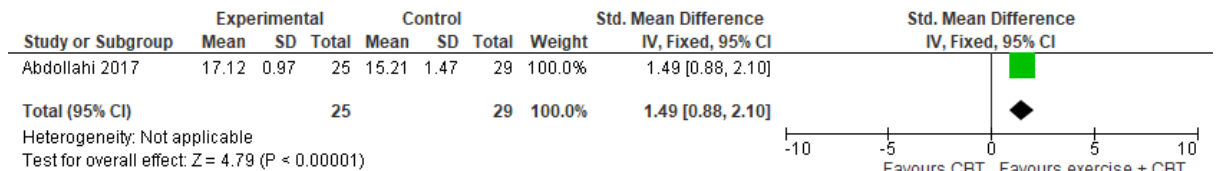
**Figure 355: Depression symptomatology change score**



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

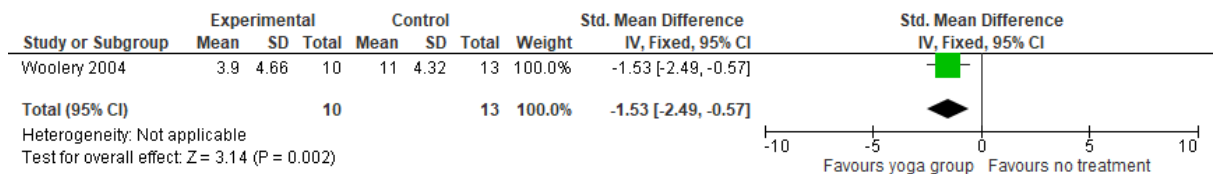


**Figure 357: Global functioning at endpoint**

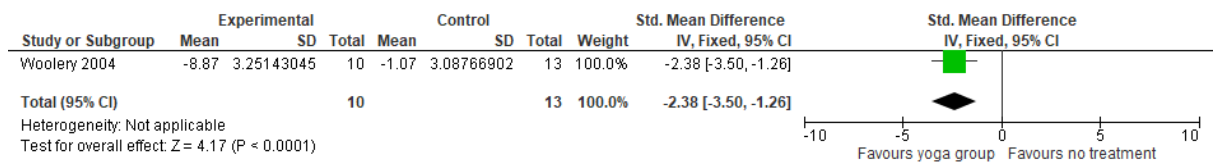


**Less severe: Yoga group versus no treatment**

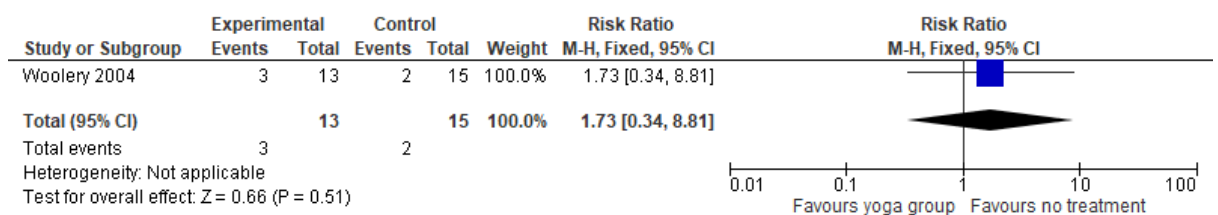
**Figure 358: Depression symptomatology endpoint**



**Figure 359: Depression symptomatology change score**

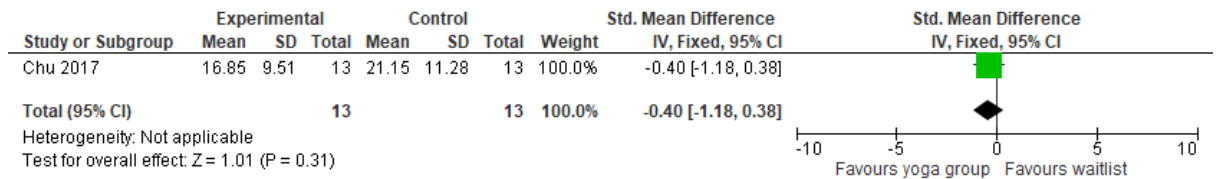


**Figure 360: Discontinuation (any reason)**

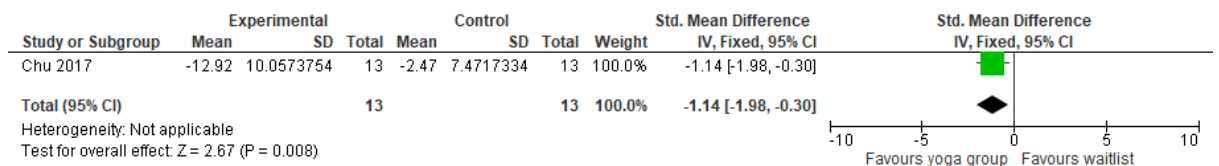


## Less severe: Yoga group versus waitlist

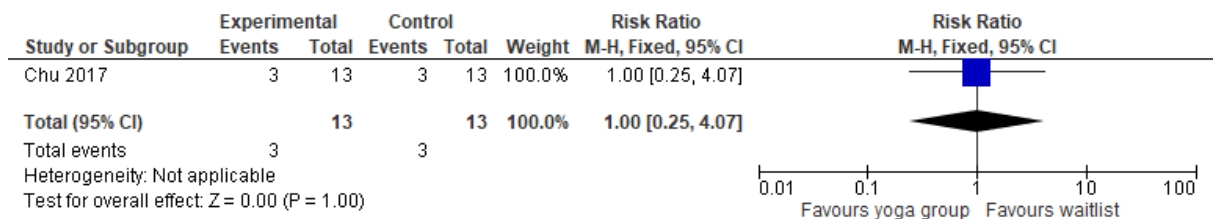
**Figure 361: Depression symptomatology endpoint**



**Figure 362: Depression symptomatology change score**

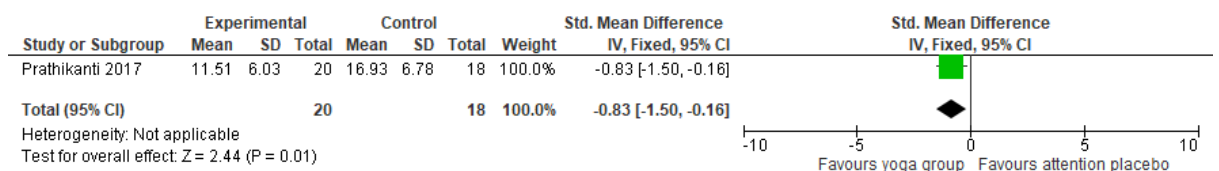


**Figure 363: Discontinuation (any reason)**

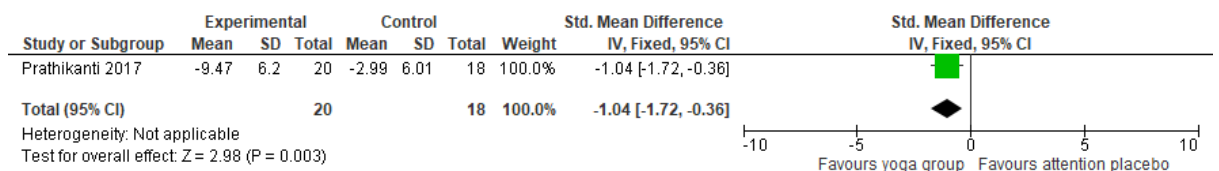


## Less severe: Yoga group versus attention placebo

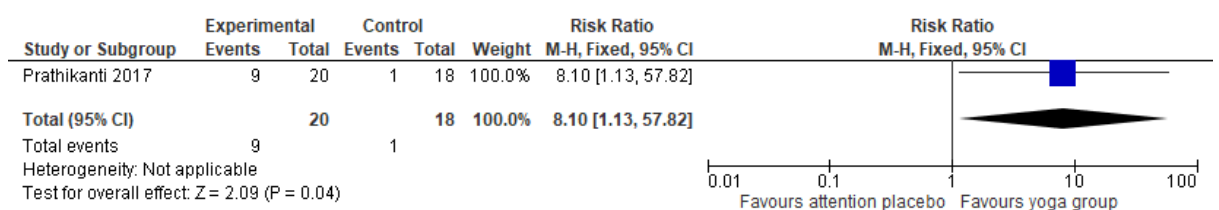
**Figure 364: Depression symptomatology endpoint**



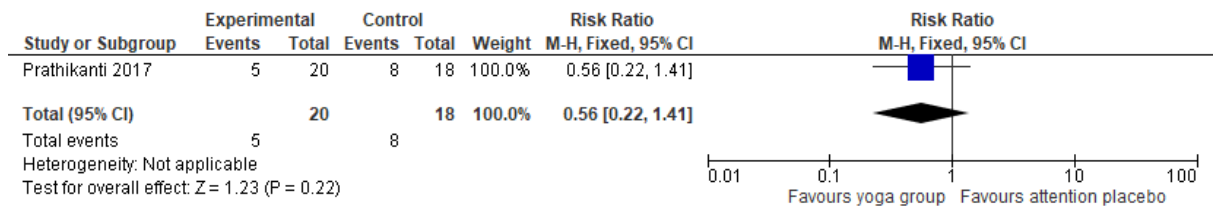
**Figure 365: Depression symptomatology change score**



**Figure 366: Remission (ITT)**

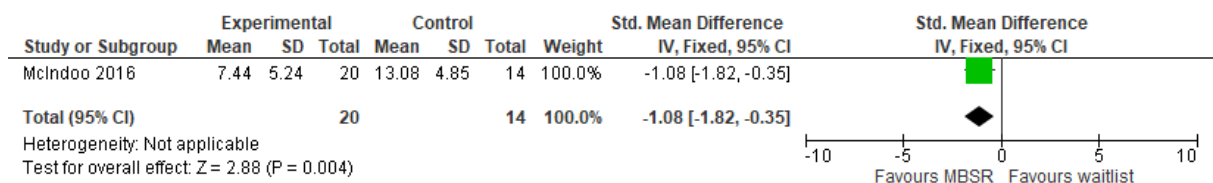


**Figure 367: Discontinuation (any reason)**

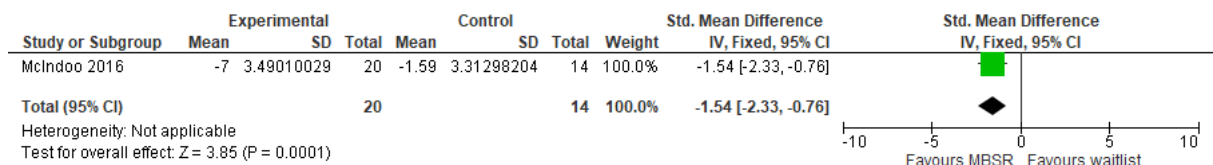


**Less severe: Mindfulness-based stress reduction (MBSR) individual versus waitlist**

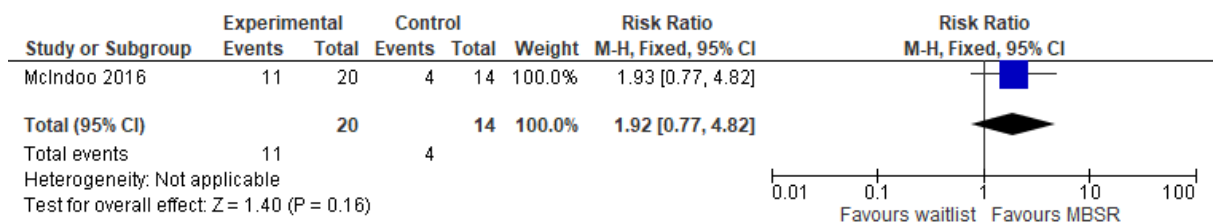
**Figure 368: Depression symptomatology endpoint**



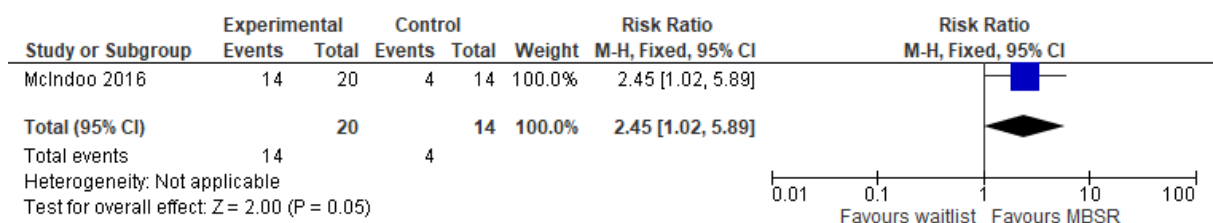
**Figure 369: Depression symptomatology change score**



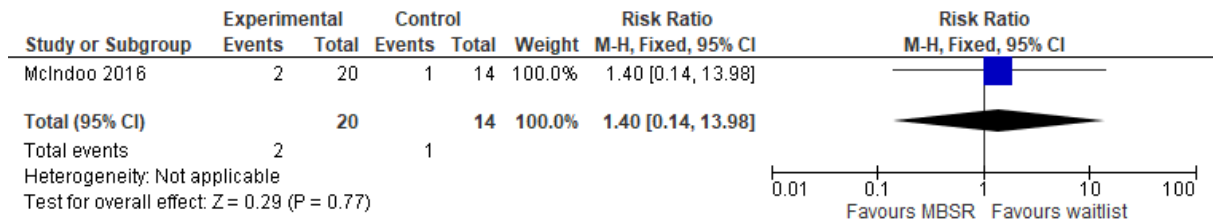
**Figure 370: Remission (ITT)**



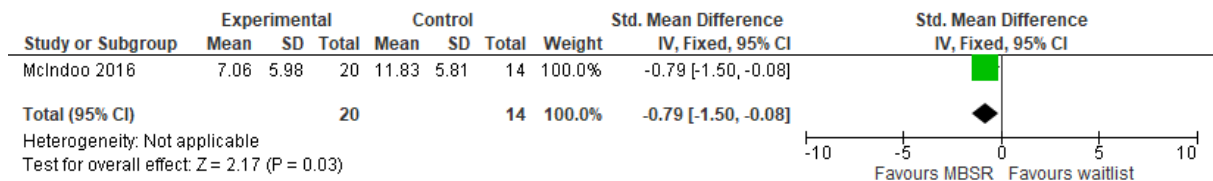
**Figure 371: Response (ITT)**



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

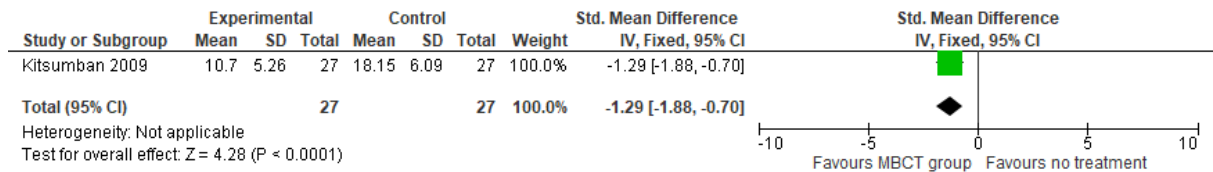


**Figure 373: Depression symptomatology at 1-month follow-up**

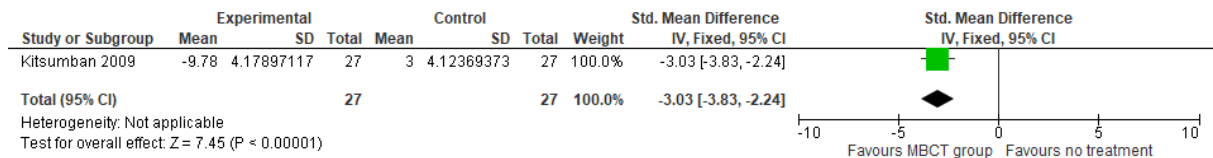


**Less severe: Mindfulness-based cognitive therapy (MBCT) group versus no treatment**

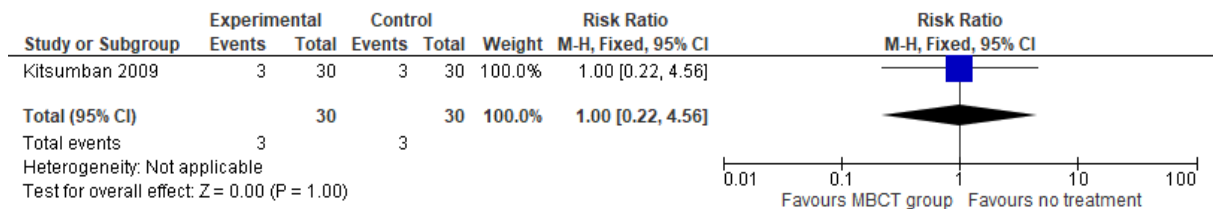
**Figure 374: Depression symptomatology endpoint**



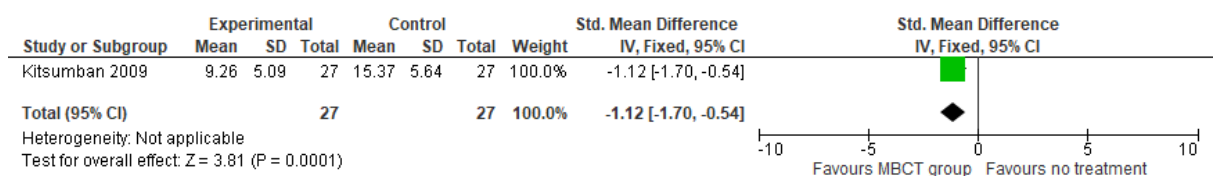
**Figure 375: Depression symptomatology change score**



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

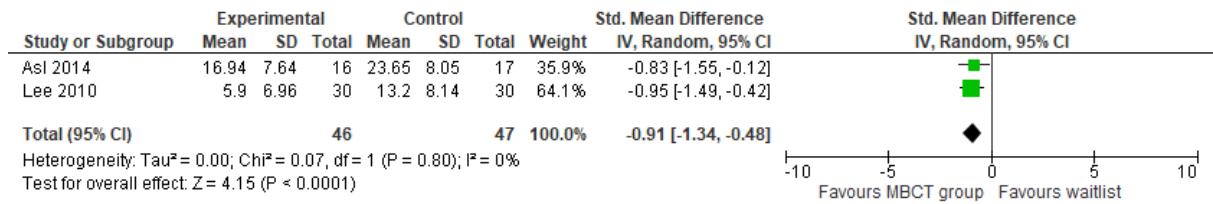


**Figure 377: Depression symptomatology at 3-month follow-up**

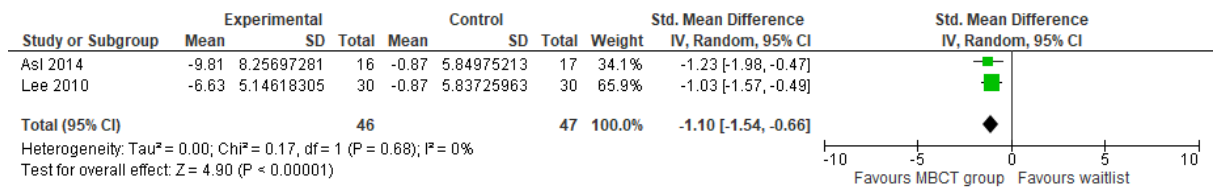


## Less severe: Mindfulness-based cognitive therapy (MBCT) group versus waitlist

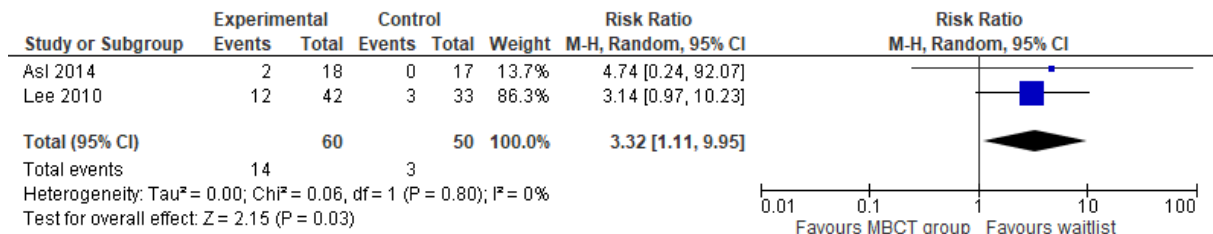
**Figure 378: Depression symptomatology endpoint**



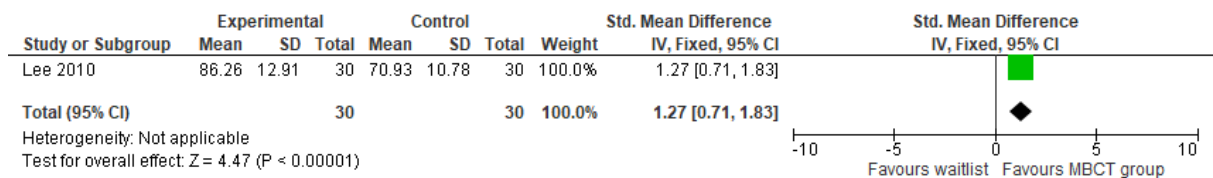
**Figure 379: Depression symptomatology change score**



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

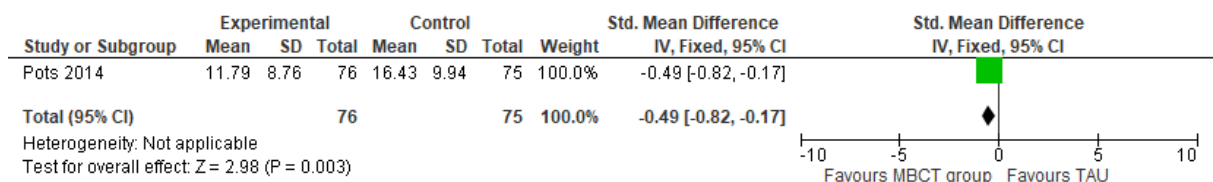


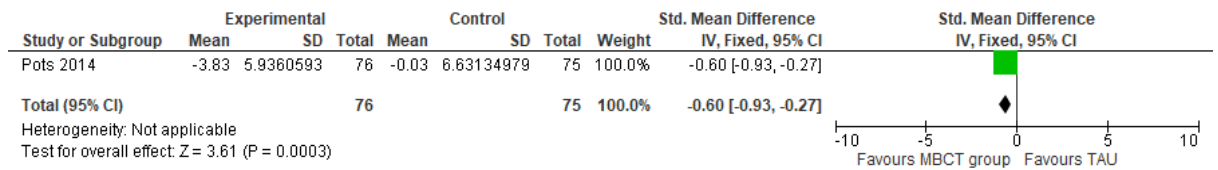
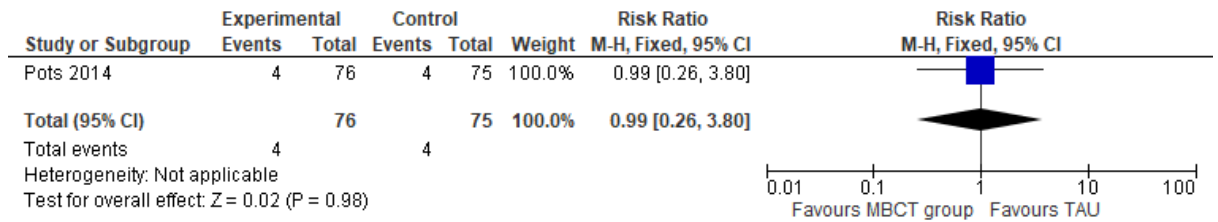
**Figure 381: Quality of life endpoint**



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

**Figure 382: Depression symptomatology endpoint**

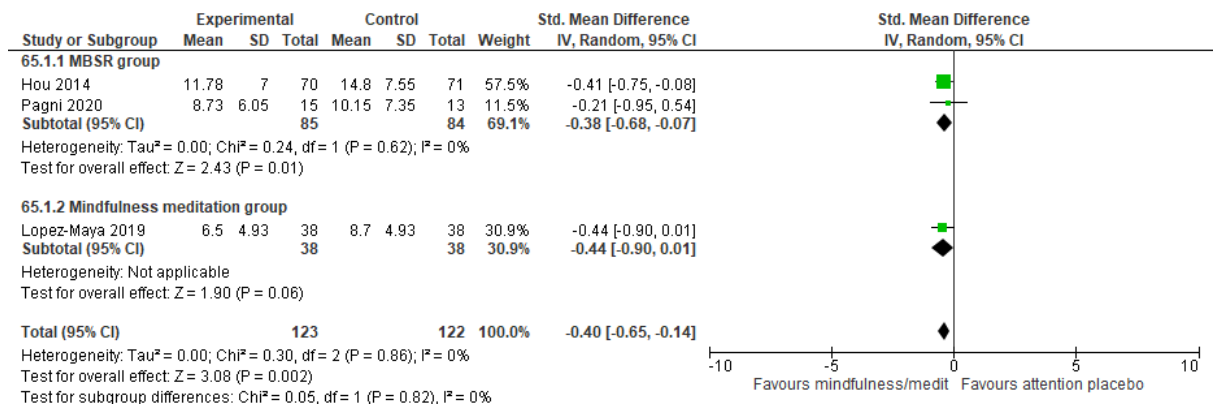


**Figure 383: Depression symptomatology change score****Figure 384: Discontinuation (any reason)**

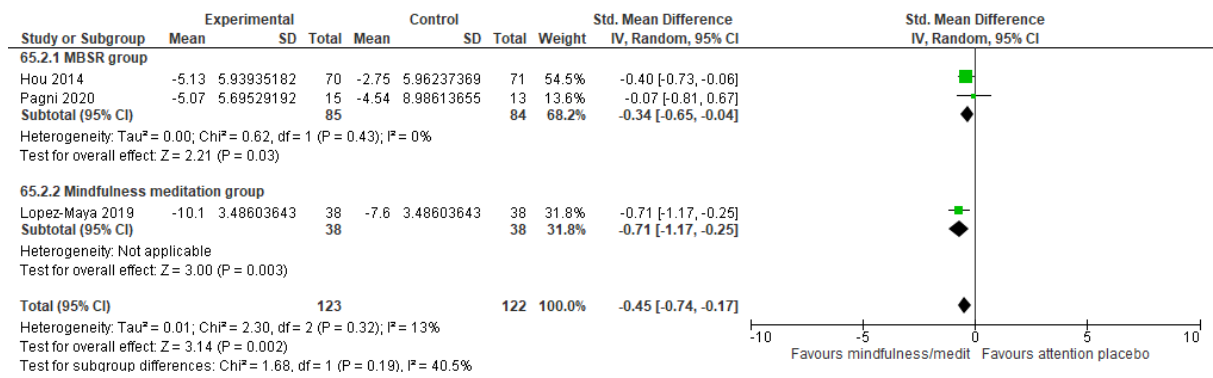


### Less severe: Mindfulness/meditation group versus attention placebo

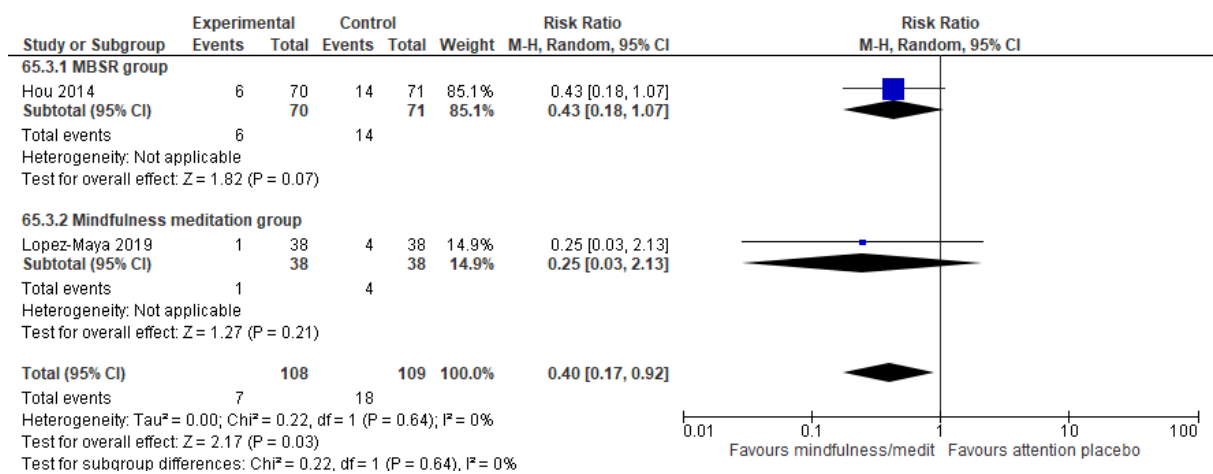
**Figure 385: Depression symptomatology endpoint**



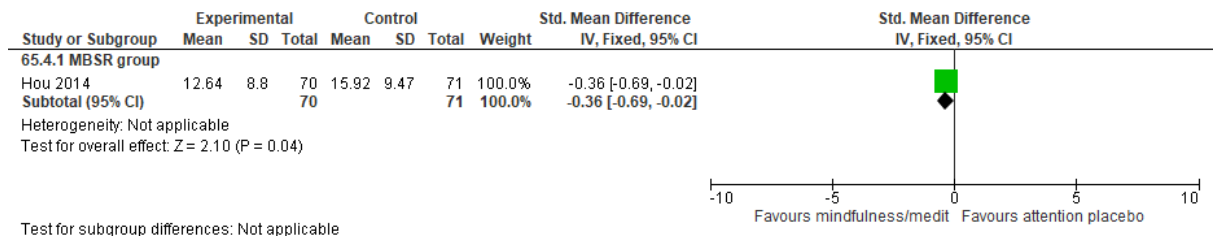
**Figure 386: Depression symptomatology change score**



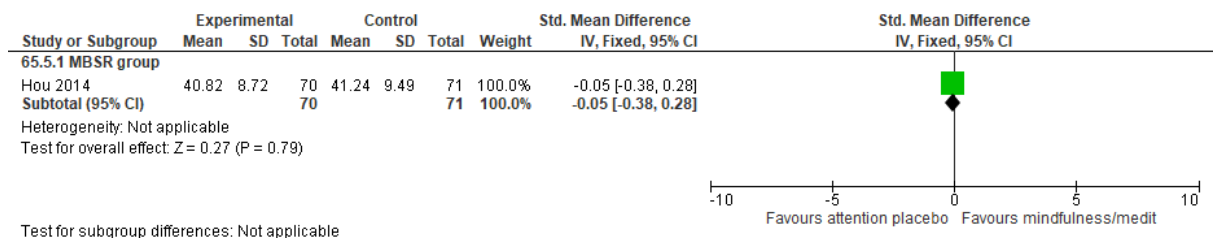
**Figure 387: Discontinuation (any reason)**



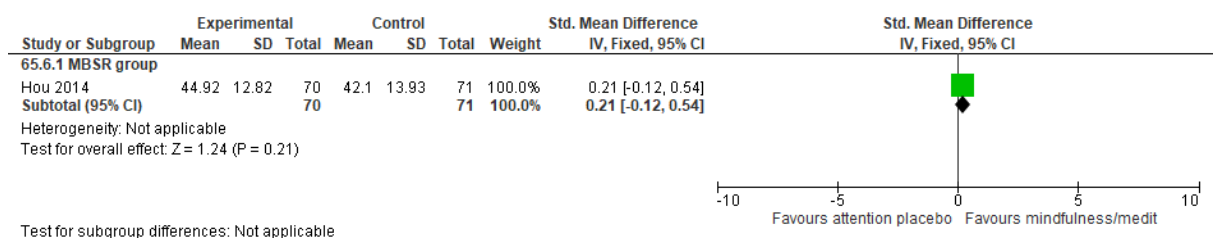
**Figure 388: Depression symptomatology at 3-month follow-up**



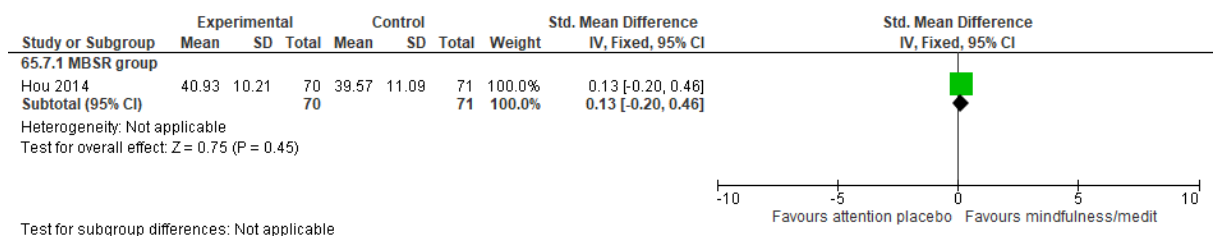
**Figure 389: Quality of life physical health component endpoint**



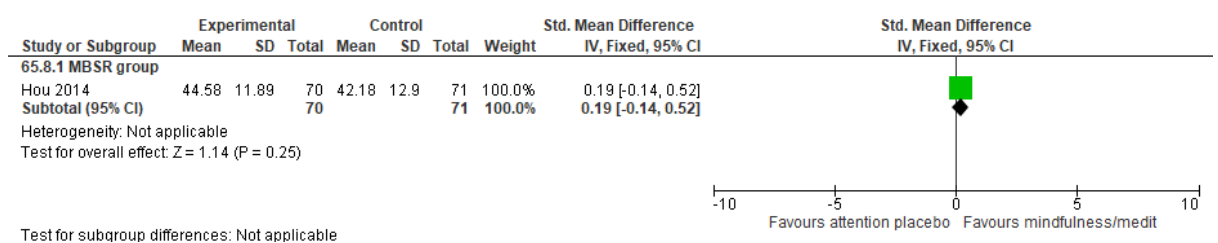
**Figure 390: Quality of life mental health component endpoint**



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

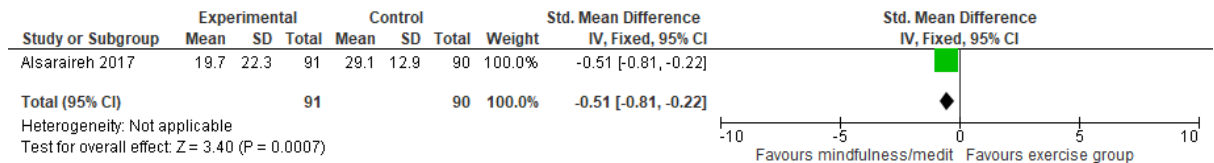


**Figure 392: Quality of life mental health component at 3-month follow-up**

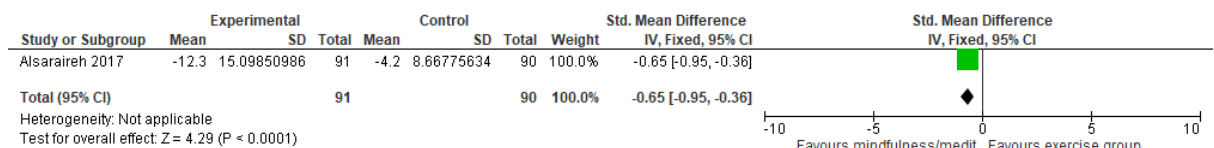


### Less severe: Mindfulness meditation group versus supervised high intensity exercise group

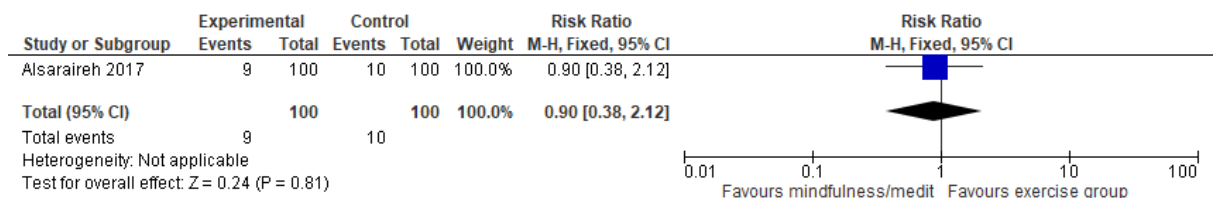
**Figure 393: Depression symptomatology at endpoint**



**Figure 394: Depression symptomatology change score**

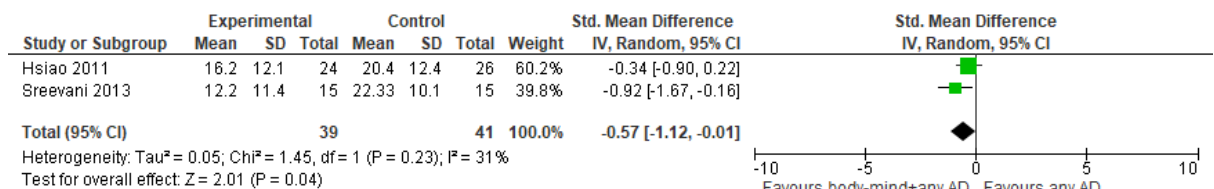


**Figure 395: Discontinuation (any reason)**

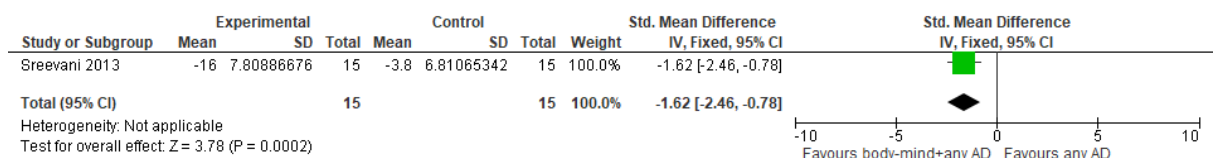


### Less severe: Body-mind-spirit group + any AD versus any AD

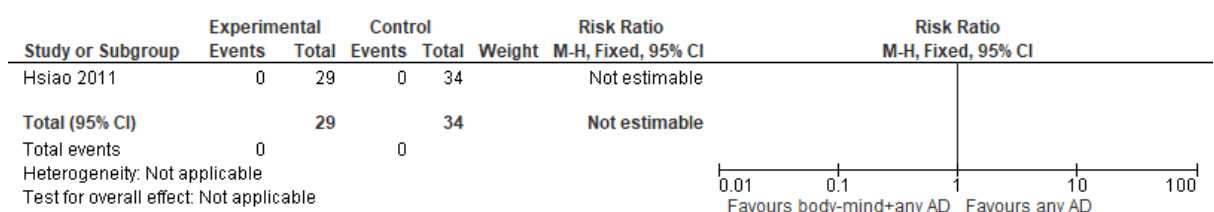
**Figure 396: Depression symptomatology endpoint**



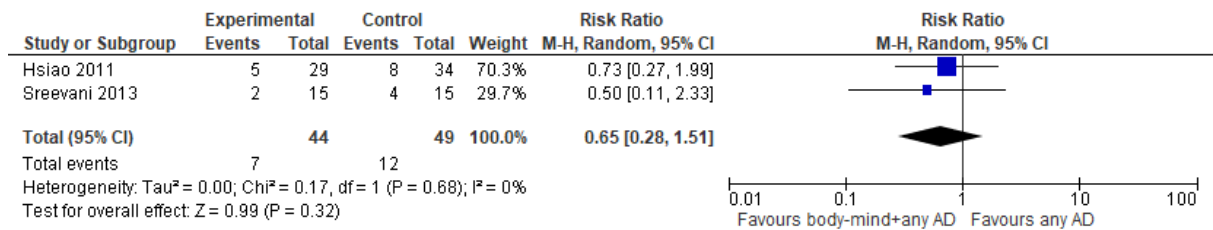
**Figure 397: Depression symptomatology change score**



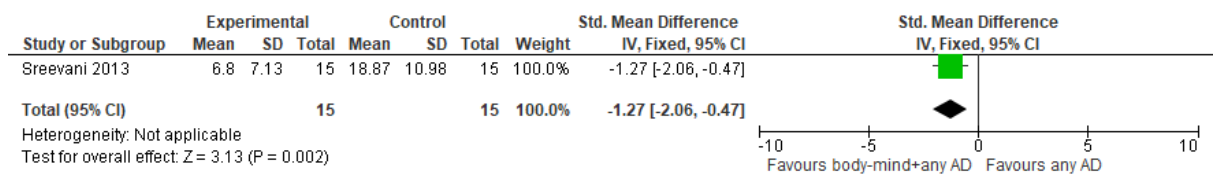
**Figure 398: Discontinuation due to SE**



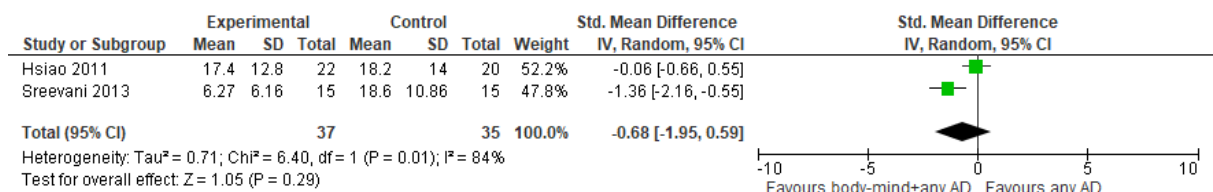
**Figure 399: Discontinuation (any reason including SE)**



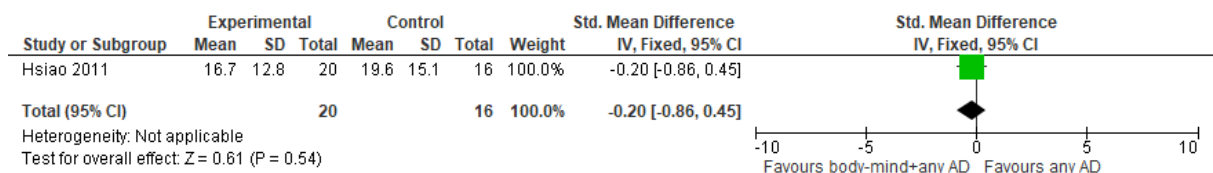
**Figure 400: Depression symptomatology at 1-month follow-up**



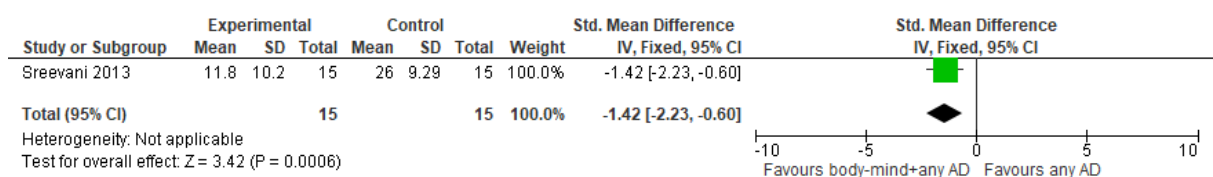
**Figure 401: Depression symptomatology at 2-3 month follow-up**



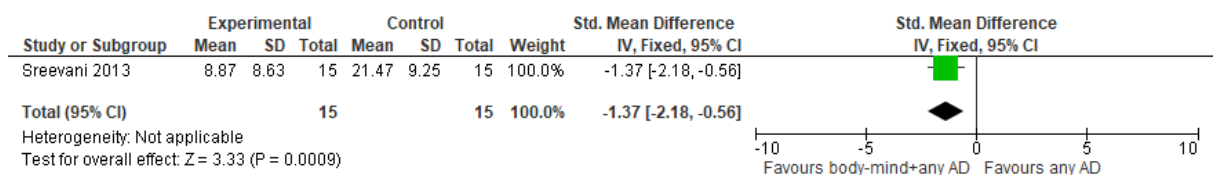
**Figure 402: Depression symptomatology at 6-month follow-up**



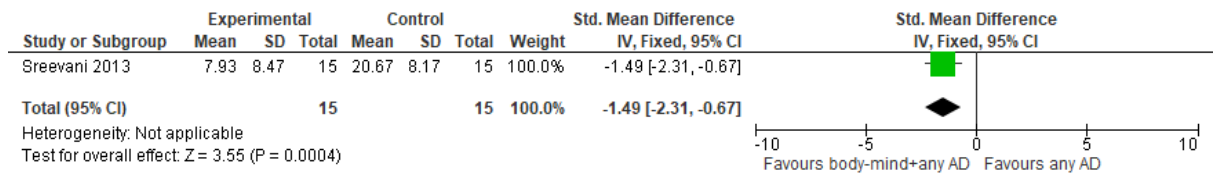
**Figure 403: Functional impairment endpoint**



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

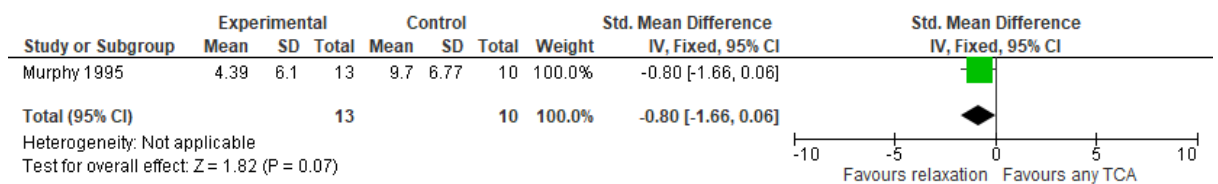


**Figure 405: Functional impairment at 2-month follow-up**

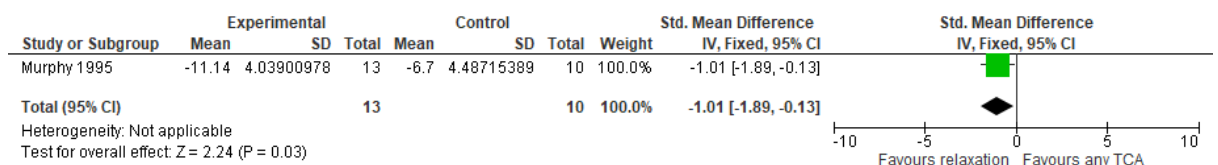


**Less severe: Progressive muscle relaxation individual versus any TCA**

**Figure 406: Depression symptomatology endpoint**



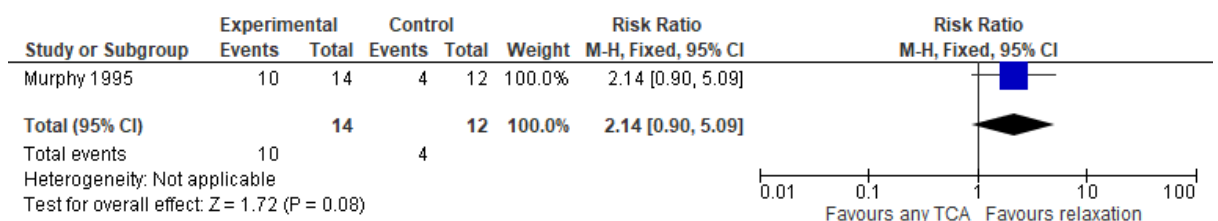
**Figure 407: Depression symptomatology change score**



**Figure 408: Remission (ITT)**



**Figure 409: Response (ITT)**

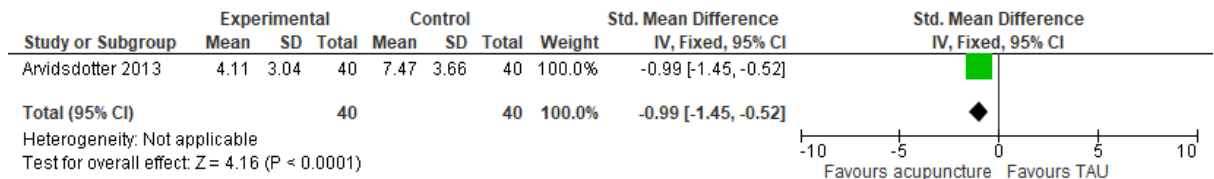


**Figure 410: Discontinuation (any reason)**

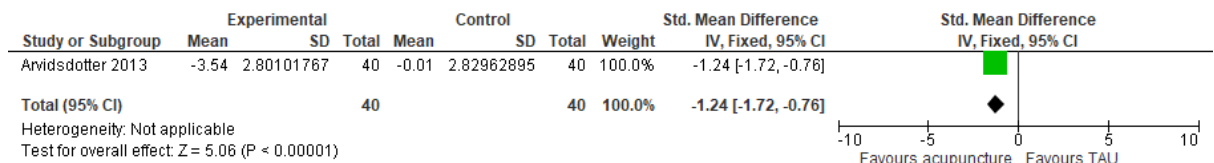


## Less severe: Traditional acupuncture versus TAU

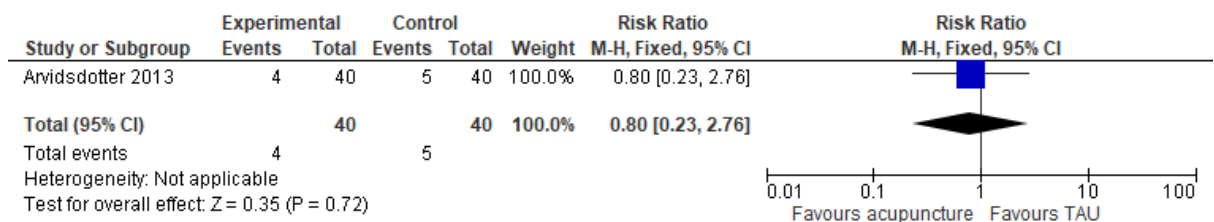
**Figure 411: Depression symptomatology endpoint**



**Figure 412: Depression symptomatology change score**

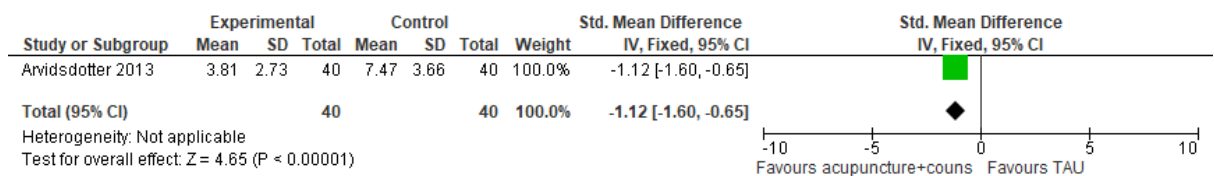


**Figure 413: Discontinuation (any reason)**

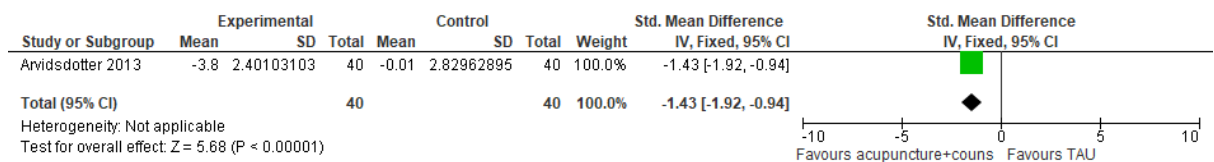


## Less severe: Traditional acupuncture + counselling versus TAU

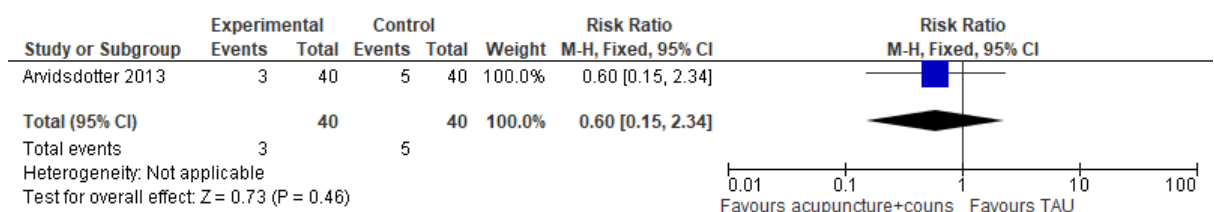
**Figure 414: Depression symptomatology endpoint**



**Figure 415: Depression symptomatology change score**



**Figure 416: Discontinuation (any reason)**



1