

**Table 1**

Background data of the included studies.

Study	Country	RCT	Method of CBT	Comparison	N	% declining	% with prior episodes	Severity %	% fem.	Age	% ADM	% comorb
Cragie, 2009a	Australia	N	CBT-ind	None	116		75	47.6	60.0	34.0	69.0	54.0
Cragie, 2009b	Australia	N	CBT-grp	None	240		86	49.7	67.0	37.6	75.0	57.0
Crits-Christoph, 2021	USA	Y	BA	TAU	60	18.3		36.7	75.0	38.0		
David, 2008	Romania	Y	CBT	REBT/ADM	56		M=4	44.0	67.9	39.0	0.0	32.1
Ekeblad, 2016	Sweden	Y	CBT	IPT	48	4.2	90	42.8	68.8	32.0	67.0	44.7
Ekers, 2011	UK	Y	BA	TAU	23	4.2		56.5	65.0	46.4	65.0	
Gibbons, 2016	USA	Y	CT	SEDT	119	16.8		40.6	73.9	36.3		88.6
Hedman, 2014	Sweden	N	ICBT	None	1203			36.7	67.2	37.9		24.7
Johansson, 2019	Sweden	Y	ICBT	WLC	27	0.0	96	43.7	67.0	37.4	81.0	
Kanter, 2010	USA	N	BA	None	12	16.7		55.6	100.0	39.1		
Kanter, 2015	USA	Y	BA	TAU	21	9.5		40.6	76.2	38.7	14.3	66.6
Kenter, 2016	Netherlands	Y	IPST	Biblio.	136			61.7	57.4	38.6	21.3	
Kessler, 2009	UK	Y	CBT	TAU	149		79	52.1	69.1	35.6	54.0	99.7
Kivi, 2014	Sweden	Y	ICBT	TAU	36			40.5	66.0	36.6	25.0	
Kröger, 2015a	Germany	Y	CBT	W-CBT	13	0.0	62	33.2	53.8	41.9		61.5
Kröger, 2015b	Germany	Y	W-CBT	CBT	13	0.0	46	32.1	38.5	41.9		46.2
Laidlaw, 2008	UK	Y	CBT	TAU	20	4.8	70	21.9	60.0	74.0	0.0	10.0
Lee, 2022	S. Korea	Y	BA	TAU	31	9.9		46.5	54.8	41.5	93.5	
Lemmens, 2015	Netherlands	Y	CT	IPT/WLC	76	1.3		39.4	71.1	41.2	0.0	
Mathiasen, 2022	Denmark	Y	CBT	TAU	38	5.3		59.6	78.0	35.2		
Merrill, 2003	USA	N	CT	None	192	0.0	65	40.6	70.0	32.7	52.0	
Moore, 2017a	Ireland	N	CBT-12 sess.	CBT-8 sess.	62	3.1	60	51.3	61.3	38.7	90.3	
Moore, 2017b	Ireland	N	CBT-8 sess.	CBT-12 sess.	67	2.9	60	48.1	68.7	39.5	85.1	
Nordgren, 2019	Norway	N	ICBT	None	105	0.0		37.2	58.1	35.0	27.0	
Power, 2012	UK	Y	CBT	IPT/TAU	22	6.6		47.3	61.8	36.1		
Richards, 2016	UK	Y	BA	CBT	221	0.7	M=6	64.4	64.0	43.9	78.0	59.0

Richards, 2016	UK	Y	CBT	BA	219	3.8	M=5	65.6	68.0	43.0	79.0	64.0
Scott, 1990 Study 1	UK	N	CT-grp	CT-ind/WLC	17			46.0	70.1	33.0	47.7	
Scott, 1990 Study 1	UK	N	CT-ind	CT-grp/WLC	27			45.4	70.1	33.0	47.4	
Scott, 1990 Study 2	UK	N	CT-grp	CT-ind	23			45.1	61.1	36.0	47.2	
Scott, 1990 Study 2	UK	N	CT-ind	CT-grp	13			49.5	61.1	36.0	47.2	
Scott, 1992	UK	Y	CBT	ADM/TAU	30	0.0	7	35.2	83.3	28.8	0.0	
Scott, 1997	UK	Y	CT	TAU	24	0.0		41.2	66.7	41.0	95.8	
Ward, 2000	UK	Y	CBT-Rand.	CBT-Pref.	194			43.8	78.0	37.0	0.0	
Ward, 2000	UK	N	CBT-Pref.	CBT-Rand.	81			42.5	78.0	38.0	0.0	

*Note:* Empty cells mean that the information on this variable was not provided. RCT: Y = yes, N = no. Method of CBT: BA = Behavioral Activation, CT = Cognitive Therapy, ICBT = Internet-based CBT, IPST = Internet-based Problem Solving Therapy, Pref. = selected by preference, Rand. = randomized to, W-CBT = Work-related CBT. Comparison: ADM = antidepressant medication, Biblio. = Bibliotherapy, IPT = Interpersonal Therapy, REBT = Rational Emotive Behavior Therapy, SEDT = Supportive-Expressive Dynamic Therapy, TAU = Treatment as Usual, WLC = Waitlist Control. Severity = the mean of the sample on the depression measure divided by the maximum score possible for that measure. ADM = antidepressant medication.

**Table 2**

Treatment data for the included studies.

Study	Treatment format	# of therapists	Profession	Weeks	Sessions	Tx hours	% attrition	F-up months	Stat. analysis
Cragie, 2009a	I	10	Psychol.	NI	NI	10.0	33.6		ITT
Cragie, 2009b	G	9	Psychol.	10	10	20.0	34.6		ITT
Crits-Christoph, 2021	I			9	9	7.5	22.4		Compl.
David, 2008	I	8	Psychol.	14	20	20.0	9.1	6	ITT
Ekeblad, 2016	I	25	Mixed	14	14	14.0	40.4		ITT
Ekers, 2011	I	2	Nurse	12	12	12.0	30.4		Compl.
Gibbons, 2016	I	9		20	16	16.0			ITT
Hedman, 2014	I		Psychol.	12	NA	2.5	24.8	6	ITT
Johansson, 2019	I	2	Psychol.	8	NA	NA	11.1	12	ITT
Kanter, 2010	I	2	Mixed	20	12	7.7	40.0		ITT
Kanter, 2015	I	4	Mixed	12	12	10.0	26.3		ITT
Kenter, 2016	I			5	5	NA	30.9		ITT
Kessler, 2009	I		Psychol.	10	10	5.5	40.0	4	Compl.
Kivi, 2014	I	12	Psychol.	12	NA	NA	20.0		ITT
Kröger, 2015a	I	7		24	24	24.0	0.0	12	ITT
Kröger, 2015b	I	7		24	24	24.0	0.0	12	ITT
Laidlaw, 2008	I		Psychol.	8	8	8.0	0.0	6	ITT
Lee, 2022	I	10	Mixed	10	10	10.0	29.0	6	ITT
Lemmens, 2015	I	5	Mixed	17	17	13.5	25.0	5	ITT
Mathiasen, 2022	I	1	Psychol.	12	12	9.8	25.0	9	ITT
Merrill, 2003	I	8	Psychol.	16	16	7.8	62.0		Compl.
Moore, 2017a	G		Psychol.	12	12	12.0	8.1	6	ITT
Moore, 2017b	G		Psychol.	8	9	8.0	3.0	6	ITT
Nordgren, 2019	I		Mixed	14	NA	NA	29.5	6	ITT
Power, 2012	I	9	Mixed	14	14	14.0	52.2	5	Compl.
Richards, 2016	I		Mixed	16	11	11.5	33.8		ITT
Richards, 2016	I		Mixed	16	12	12.5	28.6		ITT
Scott, 1990 Study 1	G	1		12	12	20.3	41.2	12	ITT
Scott, 1990 Study 1	I	1		12	12	9.0	29.6	12	ITT
Scott, 1990 Study 2	G	1		12	12	20.3	13.0	6	ITT
Scott, 1990 Study 2	I	1		12	12	9.0	0.0	6	ITT
Scott, 1992	I	2	Psychol.	16	16	13.3	3.3		Compl.
Scott, 1997	I	1		6	6	3.0	25.0	12	Compl.
Ward, 2000	I	12	Psychol.	12	12	10.0	12.4	8	ITT
Ward, 2000	I	12	Psychol.	12	12	10.0	.0	8	ITT

Note: Empty cells mean that the information on this variable was not provided. Treatment format: G = group, I = individual. Profession: Mixed = different professions in the treatment team, Psychol. = psychologists. Statistical analysis: Compl. = completers only, ITT = intention to treat analysis. NA = not applicable, NI = no information.

**Table 3**

Within-group effect size (Hedges' *g*) of the depression, general anxiety, and quality of life measures at post and follow-up with treatment condition as unit of analysis.

Time point	<i>k</i>	<i>g</i>	95% CI	<i>z</i> -value	Q-value	95% PI
<i>Depression</i>						
Post	35	1.51	1.36-1.66	19.75 <sup>a</sup>	236.1 <sup>a</sup>	0.77-2.25
Follow-up	21	1.71	1.53-1.89	18.64 <sup>a</sup>	84.9 <sup>a</sup>	1.03-2.43
<i>General anxiety</i>						
Post	11	0.71	0.51-0.92	6.72 <sup>a</sup>	95.2 <sup>a</sup>	-0.06-1.49
Follow-up	5	0.67	0.35-0.98	4.17 <sup>a</sup>	22.3 <sup>a</sup>	-0.47-1.80
<i>Quality of life</i>						
Post	13	0.78	0.56-0.99	7.06 <sup>a</sup>	113.2 <sup>a</sup>	-0.06-1.61
Follow-up	7	0.54	0.37-0.71	6.23 <sup>a</sup>	12.0 <sup>a</sup>	0.08-0.99

Note: *k* = number of treatment conditions, CI = confidence interval, PI = prediction interval, a =  $p < 0.0001$ .

**Table 4**  
Subgroup analysis of the effect size at post-treatment.

Variable	<i>k</i>	<i>g</i>	95% CI	Qb	<i>p</i> -value
<i>Type of study</i>					
RCT	22	1.62	1.40-1.84	5.34	0.02
NSRI/Pre-post trial	13	1.26	1.11-1.46		
<i>Statistical analysis</i>					
Intent-to-treat	28	1.45	1.30-1.60	0.97	0.32
Treatment completers	7	1.67	1.26-2.09		
<i>Risk-of-Bias</i>					
Moderate	24	1.52	1.34-1.70	0.11	0.74
High	11	1.46	1.34-1.70		
<i>Format</i>					
Individual	30	1.53	1.38-1.68	1.88	0.17
Group	5	1.24	0.86-1.63		

Note: *k* = number of treatment conditions, CI = confidence interval, Qb = Q between subgroups.

**Table 5**

Some background and treatment data (M and SD) for effectiveness and efficacy studies.

Study type	<i>k</i>	Age (years)	% females	% severity	% comorbidity	% medicated	Tx time	% attrition
Effectiveness	35	38.7 (7.1)	67.5 (10.6)	45.3 (9.3)	55.6 (26.9)	56.4 (26.0)	12.1 (5.6)	25.1 (13.1)
Efficacy	60	42.0 (11.4)	69.4 (11.7)	43.1 (11.5)	49.7 (31.4)	34.0 (26.5)	12.7 (6.7)	15.8 (10.6)
		<i>p</i> = 0.09	<i>p</i> = 0.42	<i>p</i> = 0.35	<i>p</i> = 0.56	<i>p</i> = 0.01	<i>p</i> = 0.67	<i>p</i> = 0.01

**Table 6**

Effect sizes (Hedges'  $g$ ) for effectiveness and efficacy studies at post and follow-up assessment for depression measures.

Time point	Study type	$k$	$g$	95% CI	$z$ -value	Qb†	$p$ -value
<b>All studies</b>							
<i>Mean of measures</i>							
Post	Effectiveness	35	1.51	1.36-1.66	19.75 <sup>a</sup>	3.32	0.07
	Efficacy	60	1.71	1.55-1.87	21.10 <sup>a</sup>		
Follow-up	Effectiveness	21	1.71	1.53-1.89	18.64 <sup>a</sup>	0.84	0.36
	Efficacy	35	1.85	1.61-2.09	14.92 <sup>a</sup>		
<i>Self-report measures</i>							
Post	Effectiveness	31	1.52	1.37-1.68	19.45 <sup>a</sup>	1.05	1.31
	Efficacy	59	1.63	1.48-1.78	21.28 <sup>a</sup>		
Follow-up	Effectiveness	21	1.70	1.52-1.88	18.07 <sup>a</sup>	0.50	0.48
	Efficacy	35	1.81	1.57-2.04	14.97 <sup>a</sup>		
<i>Assessor measures</i>							
Post	Effectiveness	9	1.70	1.25-2.16	7.33 <sup>a</sup>	6.41	0.01
	Efficacy	21	2.44	2.09-2.79	13.64 <sup>a</sup>		
Follow-up	Effectiveness	4	1.90	1.32-2.49	6.38 <sup>a</sup>	1.15	0.29
	Efficacy	11	2.31	1.86-2.75	10.14 <sup>a</sup>		
<b>RCTs only</b>							
<i>Mean of measures</i>							
Post	Effectiveness	22	1.62	1.39-1.85	13.97 <sup>b</sup>	0.39	0.53
	Efficacy	60	1.71	1.55-1.87	21.10 <sup>b</sup>		
Follow-up	Effectiveness	12	1.87	1.58-2.15	12.99 <sup>b</sup>	0.01	0.94
	Efficacy	35	1.85	1.61-2.09	14.92 <sup>b</sup>		

Note:  $k$  = number of comparisons. CI = confidence interval,  $a = p < 0.0001$ . Qb = Q between, † Comparison Effectiveness vs. Efficacy studies.