**Background**: The number of trials on psychotherapies for adult depression is very large and is quickly growing. Thus, it is important that the results of these studies are summarized and integrated in meta-analytic studies. We developed a meta-analytic database of randomized trials on psychotherapy for depression, which is updated yearly through systematic literature searches. We have recently made this database publicly available at: www.metapsy.org where everyone can run a meta-analysis online through an embedded meta-analytic tool (developed using the Shiny application in R).

**Description**: We conducted systematic literature searches in bibliographical databases (PubMed, Embase, PsycINFO, Cochrane Register of Controlled Trials) to identify all trials on psychotherapy for adult depression (last updated 1/1/2019). After reading 16,701 records, we included 661 randomized trials. We distinguished the following categories of trials: psychotherapy versus pharmacotherapy (65 studies), combined treatment versus pharmacotherapy alone (46), combined treatment versus psychotherapy alone (29), combined treatment versus psychotherapy plus placebo (18), psychotherapy versus control (335), psychotherapy versus another therapy (109), psychotherapy for inpatients (34), unguided self-help interventions (48), comparisons of different treatment formats (38), cognitive bias modification (14) and other comparisons (99). Over the years we have published several dozens of meta-analyses using this database. Conclusion: Psychotherapy for depression is definitely the best studied type of psychotherapy for any mental health problem. We have made our database publicly available and hope that it can be used as a resource for researchers who want to conduct systematic reviews and meta-analyses of subgroups of these studies.

**Open Science efforts**

We built an open-access website, which includes all trials we have identified through our searches and all data we have extracted so far. This freely accessible website allows anyone to run full meta-analyses on subgroups of studies on psychotherapy for depression. We have made our methods fully transparent by providing all the necessary manuals to conduct a meta-analysis, but also all the necessary information needed to fully replicate what we did during the development of this database. In the website, we have built an embedded tool with which the users can run meta-analyses in subgroups of studies depending on their interest. Using this tool, one can apply filtering criteria to select the data he/she/they wish to use for his/her/their meta-analysis. Once the users have made their selection, they can run the meta-analysis, which will then be computed. Then, users are directed to the “Meta-Analysis Tool” panel to view the results. Furthermore, the website includes:

- The full protocol of the METAPSY project
- The search strings and filters that were used for the searches in bibliographic databases
- Description of the variables that were extracted from the included randomized trials
- Definitions of types of psychotherapies that are included in the METAPSY database
- A general manual for doing meta-analyses (free e-book)
- A guide on how to conduct meta-analysis in R
- Tutorials on how to conduct a meta-analysis
- The METAPSY database flowchart
- References of the 661 studies in the METAPSY database
- The depression database updated on 1st of January 2019, including categorization of all included studies
- The data on the included studies comparing psychotherapy with control conditions, including the effect sizes
- Published meta-analyses using the METAPSY database
- A paper summarizing main results of the METAPSY database
- Published ‘individual participant data’ meta-analyses, based on the METAPSY database

This is a continuous collaborative effort. We plan to update this website annually to include the most recent studies on psychotherapy for depression. The first version of the website is available at www.metapsy.org. We plan to develop a more extensive version with separate pages for clinicians and patients. Currently, we are also building a database on randomized trials on psychotherapy for anxiety that we hope to add to the METAPSY database to enrich and expand its focus.

We are continuously trying to disseminate this database through publications, conferences, lectures, and social media.

Impact, successes and failures

This a new open access website, which includes a large number of trials on psychotherapy for depression. Thus, possible successes and failures have not been realized yet. However, given the exponential growth of the number of trials in this field, meta-analyses are becoming more and more important. We hope that this database will help researchers with the integration of the knowledge that emerges from trials and to learn more about what works and for whom. Moreover, because the embedded meta-analytic tool allows to easily conduct meta-analyses, we hope that this database will help key stakeholders, such as clinicians, policymakers, but also patients in getting the best evidence to facilitate treatment decision-making. We expect that the impact of this database will be further expanded by the inclusion of trials on anxiety. So far, we have received very positive and encouraging comments about our effort, while we have openly asked for peer feedback to help us preventing possible failures.

Although this website has been built recently, the previous form of our meta-analytic database was available to all researchers who requested access to it. This work has made a tremendous impact on the research of psychotherapy for depression. It has led to numerous publications, which have guided the development of new trials and treatment guidelines (e.g., the updated World Health Organization (WHO) mental health gap program – treatment guidelines and Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts American Psychological Association).

Open Science Resources
The database: www.metapsy.org

Specific links
- Meta-analysis tool
- The full protocol of the METAPSY project
- The search strings and filters that were used for the searches in bibliographic databases
- Description of the variables that were extracted from the included randomized trials
- Definitions of types of psychotherapies that are included in the METAPSY database
- A general manual for doing meta-analyses (free e-book)
- A guide on how to conduct meta-analysis in R
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References

This work has led to 81 published conventional meta-analyses and 15 individual patient data meta-analyses conducted by several (inter-)national research groups. A list of published studies using this database is provided by:
https://evidencebasedpsychotherapies.shinyapps.io/metapsy/_w_fa7e8293/published_meta_analyses.pdf &
https://evidencebasedpsychotherapies.shinyapps.io/metapsy/_w_5c0d7de4/ipd_ma.pdf
Records identified through database searching (n = 21976)
PubMed (n = 5169); Embase (n = 6424); PsycINFO (n = 3461); Cochrane Library (n = 6922)
Additional records identified through other sources (n = 73)
Records after duplicates removed (n = 16701)
Records screened (n = 16701)
Records excluded (n = 14148)
Full-text articles excluded, with reasons (n = 1892)
- Companion papers, n = 573
- Depression is not an inclusion criterion, n = 275
- Dissertations, n = 19
- Effect sizes cannot be estimated, n = 64
- Maintenance trial, n = 122
- No control condition, n = 57
- No psychotherapy for depression, n = 222
- No random assignment, n = 50
- Not available, n = 46
- Other, n = 169
- Other language, n = 19
- Protocol paper, n = 206
- Stepped care/management programme, n = 27
- Studies with adolescents, n = 43
Studies included in quantitative synthesis (database) (n = 661)
Full-text articles assessed for eligibility (n = 2553)