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 assessed for eligibility 
(n = 2553)

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)