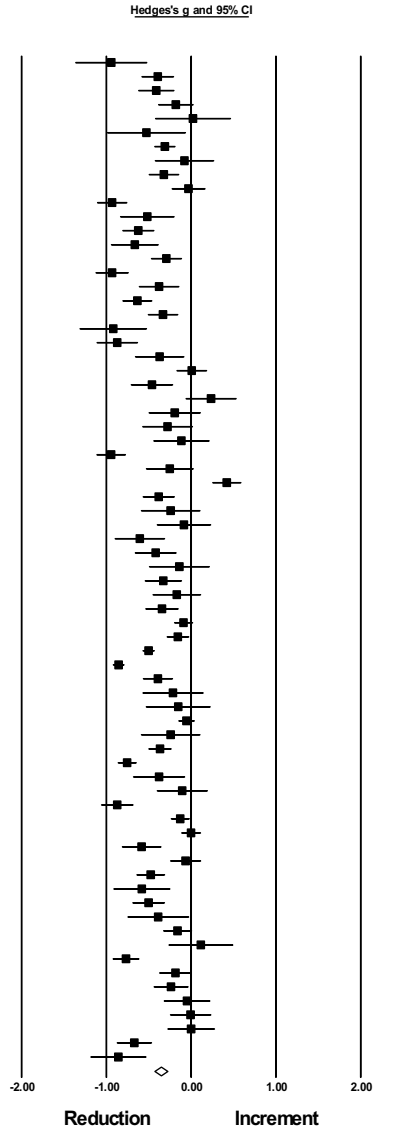


Multimedia Appendix 3.1.1

Forrest plot of immediate effects

Immediate effects

Study name	Outcome	Statistics for each study							Total	Relative weight	Hedges's g and 95% CI
		Hedges's g	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value			
A-Alawi et al., 2021	PHQ-9	-0.942	0.217	0.047	-1.307	-0.516	-4.340	0.000	24	1.08	
Beavers et al., 2017	Combined	-0.394	0.038	0.010	-0.386	-0.201	-4.003	0.000	91	1.48	
Bihlmeier et al., 2021a	CES-D	-0.411	0.109	0.012	-0.626	-0.197	-3.782	0.000	73	1.45	
Bihlmeier et al., 2021b	CES-D	-0.181	0.107	0.011	-0.301	0.029	-1.686	0.092	71	1.45	
Browning et al., 2012a	Combined	0.022	0.229	0.052	-0.427	0.471	0.036	0.924	14	1.04	
Browning et al., 2012b	Combined	-0.527	0.238	0.057	-0.993	-0.060	-2.213	0.027	15	1.01	
Butrocket et al., 2015	CES-D	-0.310	0.065	0.004	-0.437	-0.183	-4.783	0.000	204	1.56	
Calkins et al., 2015	BDI-II	-0.078	0.179	0.032	-0.429	0.273	-0.437	0.662	24	1.21	
Clarke et al., 2005	CES-D	-0.322	0.092	0.009	-0.502	-0.141	-3.489	0.000	100	1.49	
Clarke et al., 2009	PHQ-8	-0.091	0.102	0.010	-0.231	0.169	-0.303	0.762	77	1.47	
Däner-Best et al., 2018	CES-D	-0.932	0.091	0.008	-1.111	-0.753	-10.235	0.000	140	1.50	
Day, McGrath & Wójcisz, 2013	DASS-21-D	-0.517	0.164	0.027	-0.839	-0.195	-3.146	0.002	33	1.26	
DeGraf et al., 2011	BDI-II	-0.623	0.097	0.009	-0.813	-0.433	-6.400	0.000	103	1.48	
Fygiare et al., 2020	Combined	-0.665	0.144	0.021	-0.948	-0.381	-4.602	0.000	47	1.33	
Fonseca et al., 2020	EPDS	-0.292	0.094	0.009	-0.475	-0.108	-3.114	0.002	96	1.49	
Graeds et al., 2014	CES-D	-0.932	0.101	0.010	-1.130	-0.735	-9.280	0.000	115	1.47	
Gil et al., 2020	PHQ-9	-0.378	0.123	0.015	-0.618	-0.138	-3.085	0.002	57	1.40	
Hallford et al., 2021	PHQ-9	-0.634	0.060	0.008	-0.811	-0.458	-7.037	0.000	120	1.50	
Harrer et al., 2021	CES-D	-0.332	0.032	0.001	-0.513	-0.151	-3.994	0.000	100	1.49	
Häcker et al., 2018	PHQ-9	-0.919	0.204	0.041	-1.318	-0.520	-4.512	0.000	27	1.13	
Helmet et al., 2021	PHQ-9	-0.872	0.125	0.016	-1.117	-0.626	-6.959	0.000	71	1.40	
Hirsch et al., 2018	PHQ-9	-0.371	0.149	0.022	-0.663	-0.079	-2.481	0.013	38	1.32	
Höfoll et al., 2016	CESD-10	0.007	0.093	0.009	-0.174	0.189	0.081	0.936	94	1.49	
Hofstet et al., 2013	BDI-II	-0.462	0.128	0.016	-0.713	-0.211	-3.611	0.000	54	1.39	
Hörsbake & Koster, 2017	BDI-II	0.235	0.154	0.024	-0.097	0.537	1.527	0.127	34	1.30	
Jelinski et al., 2020a	PHQ-9	-0.193	0.198	0.025	-0.502	0.116	-1.226	0.220	32	1.29	
Jelinski et al., 2020b	PHQ-9	-0.278	0.153	0.023	-0.577	0.021	-1.822	0.068	35	1.30	
Johansson et al., 2019	Combined	-0.114	0.170	0.029	-0.447	0.219	-0.672	0.501	27	1.24	
Kessler et al., 2019	BDI-II	-0.943	0.099	0.008	-1.118	-0.769	-10.981	0.000	148	1.50	
Kladnik et al., 2020	PHQ-9	-0.251	0.144	0.021	-0.534	0.032	-1.739	0.082	39	1.33	
Kok et al., 2015	IDS-SR	0.421	0.088	0.008	0.247	0.594	4.762	0.000	113	1.50	
Lavine et al., 2011	Combined	-0.382	0.098	0.010	-0.574	-0.191	-3.917	0.000	91	1.48	
Lindgaard et al., 2019	Combined	-0.241	0.180	0.032	-0.594	0.111	-1.344	0.179	25	1.21	
Lindgaard et al., 2021	PHQ-9	-0.085	0.164	0.027	-0.405	0.237	-0.916	0.363	29	1.27	
Loughran et al., 2019a	Combined	-0.035	0.152	0.023	-0.503	0.437	-0.916	0.363	41	1.31	
Loughran et al., 2019b	Combined	-0.418	0.128	0.016	-0.665	-0.172	-3.325	0.001	55	1.39	
Lui et al., 2021	PHQ-9	-0.139	0.183	0.034	-0.498	0.220	-0.757	0.449	23	1.20	
Ludtke et al., 2018	PHQ-9	-0.328	0.112	0.013	-0.548	-0.108	-2.918	0.004	67	1.44	
Lukes et al., 2021	Combined	-0.169	0.147	0.022	-0.457	0.119	-1.151	0.250	37	1.32	
McCloud et al., 2020	HADS	-0.344	0.101	0.010	-0.541	-0.146	-3.410	0.001	84	1.47	
Mcberg, Niles & Baermann, 2019	Combined	-0.090	0.069	0.003	-0.203	0.023	-1.552	0.118	247	1.57	
Monteiro et al., 2020	EPDS	-0.196	0.088	0.005	-0.280	-0.112	-2.288	0.022	176	1.55	
Morgan, Jorm & Mackinnon, 2012	PHQ-9	-0.932	0.037	0.001	-0.976	-0.428	-13.436	0.000	661	1.61	
Morgan, Jorm & Mackinnon, 2013	PHQ-9	-0.895	0.036	0.001	-0.925	-0.765	-29.300	0.000	894	1.61	
Moritz et al., 2012	BDI-II	-0.382	0.091	0.008	-0.571	-0.214	-4.306	0.000	105	1.50	
Mullin et al., 2015	PHQ-9	-0.214	0.185	0.034	-0.575	0.146	-1.188	0.247	23	1.19	
Nevby et al., 2014	BDI-II	-0.152	0.196	0.038	-0.536	0.231	-0.778	0.436	20	1.16	
Naguchi et al., 2017	Combined	-0.054	0.050	0.003	-0.153	0.044	-1.086	0.277	325	1.59	
Ngren et al., 2019	Combined	-0.241	0.180	0.032	-0.594	0.111	-1.344	0.179	25	1.21	
O'Hara et al., 2020	Combined	-0.357	0.071	0.005	-0.505	-0.228	-5.193	0.000	174	1.55	
Phillips et al., 2014	PHQ-9	-0.755	0.057	0.003	-0.868	-0.642	-13.141	0.000	318	1.57	
Ridat, Jermann & Caschi, 2019a	BDI-II	-0.378	0.157	0.025	-0.686	-0.070	-2.403	0.016	34	1.29	
Ridat, Jermann & Caschi, 2019b	BDI-II	-0.105	0.154	0.024	-0.407	0.198	-0.679	0.497	33	1.30	
Proudfoot et al., 2004	BDI-II	-0.871	0.098	0.010	-1.064	-0.679	-8.886	0.000	116	1.48	
Proudfoot et al., 2013a	DASS-21-D	-0.129	0.068	0.003	-0.242	-0.015	-2.226	0.026	246	1.57	
Proudfoot et al., 2013b	DASS-21-D	-0.001	0.060	0.004	-0.118	0.116	-0.018	0.986	228	1.57	
Rains et al., 2019	HRSD	-0.584	0.119	0.014	-0.818	-0.350	-4.891	0.000	66	1.41	
Richards et al., 2015	BDI-II	-0.095	0.094	0.009	-0.249	0.118	-0.688	0.485	92	1.49	
Richards et al., 2020	PHQ-9	-0.477	0.037	0.002	-0.647	-0.307	-5.487	0.000	120	1.51	
Ridich et al., 2020	PHQ-9	-0.691	0.172	0.030	-0.919	-0.464	-3.359	0.001	31	1.24	
Rogge et al., 2015	CES-D	-0.502	0.059	0.010	-0.695	-0.308	-5.071	0.000	93	1.48	
Ruhlman et al., 2021	PHQ-8	-0.388	0.186	0.035	-0.752	-0.024	-2.089	0.037	24	1.19	
Salamanca-Santibria et al., 2020	PHQ-9	-0.161	0.087	0.008	-0.332	0.011	-1.836	0.066	107	1.51	
Sanddal et al., 2017	BDI-II	0.115	0.195	0.038	-0.288	0.487	0.589	0.586	20	1.16	
Schure et al., 2019	PHQ-9	-0.768	0.081	0.007	-0.926	-0.610	-9.922	0.000	162	1.52	
Sun et al., 2021	EPDS	-0.184	0.069	0.010	-0.378	0.009	-1.857	0.062	84	1.48	
Trends et al., 2018	PHQ-9	-0.227	0.108	0.011	-0.444	-0.010	-2.246	0.025	74	1.46	
Tilovet et al., 2010	Combined	-0.949	0.141	0.020	-1.094	-0.704	-13.369	0.000	40	1.35	
Tilovet et al., 2013	PHQ-9	-0.006	0.125	0.016	-0.251	0.239	-0.049	0.961	51	1.40	
Tvornoy et al., 2014	DASS-21-D	0.000	0.144	0.021	-0.282	0.282	0.000	1.000	38	1.33	
Wärmdam et al., 2009	CES-D	-0.670	0.107	0.011	-0.879	-0.461	-6.281	0.000	87	1.46	
Young et al., 2018	CES-D	-0.868	0.169	0.029	-1.190	-0.526	-5.069	0.000	38	1.25	
		-0.368	0.039	0.002	-0.434	-0.281	-9.172	0.000			

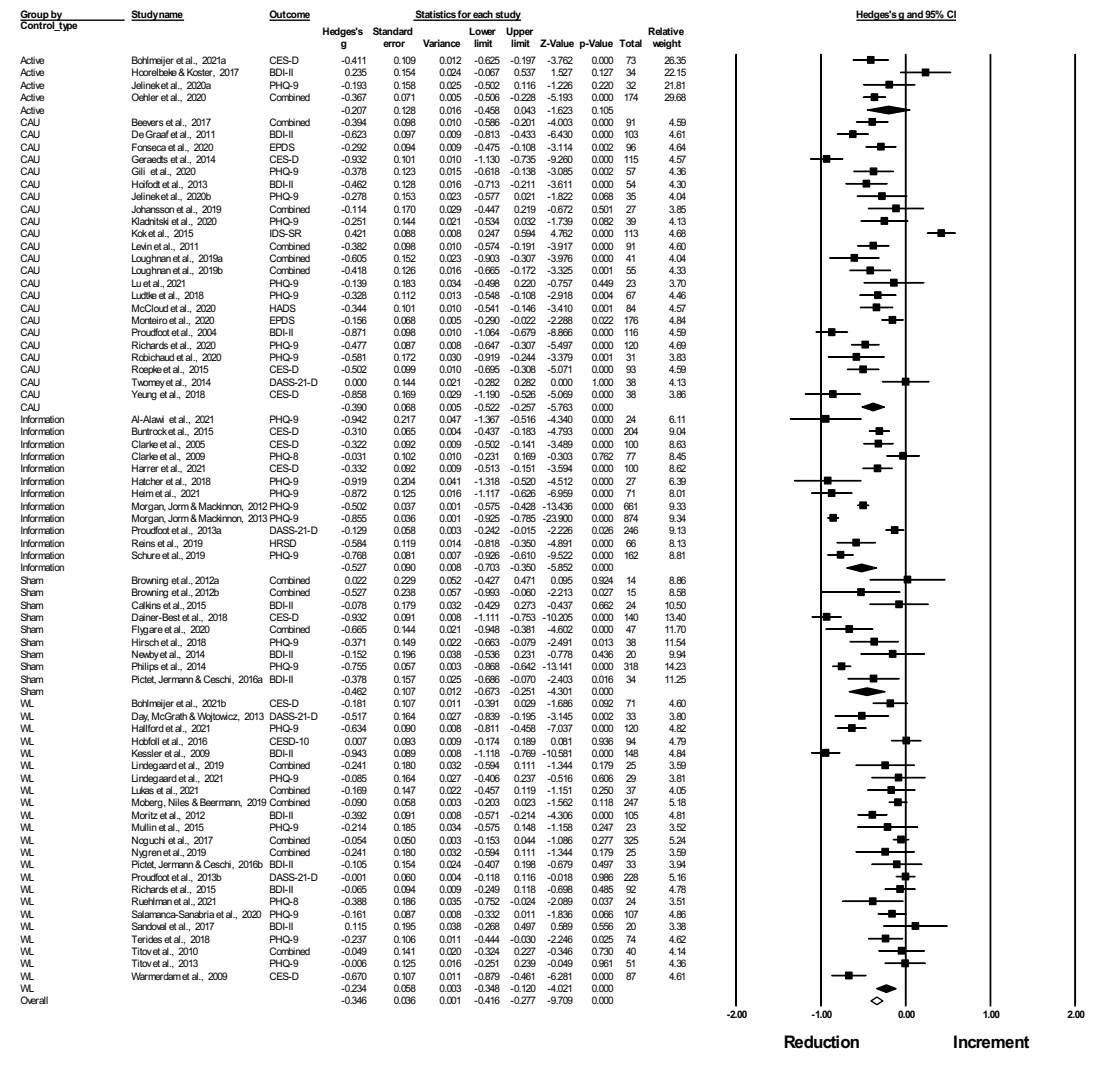


Meta Analysis

Multimedia Appendix 3.1.2

Forrest plot of immediate effects by control type

Immediate effects by control type

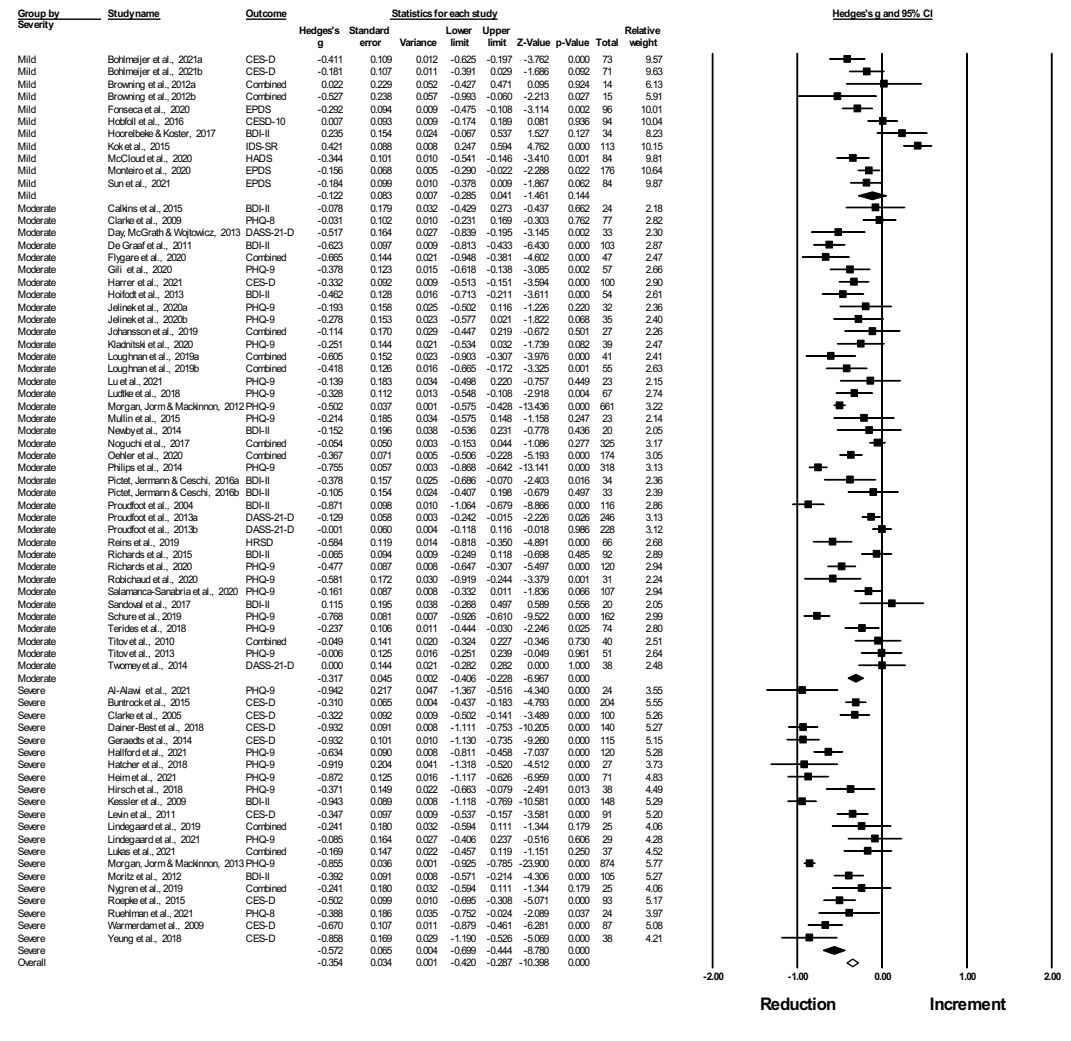


Meta Analysis

Multimedia Appendix 3.1.3

Forrest plot of immediate effects by severity

Immediate effects by severity

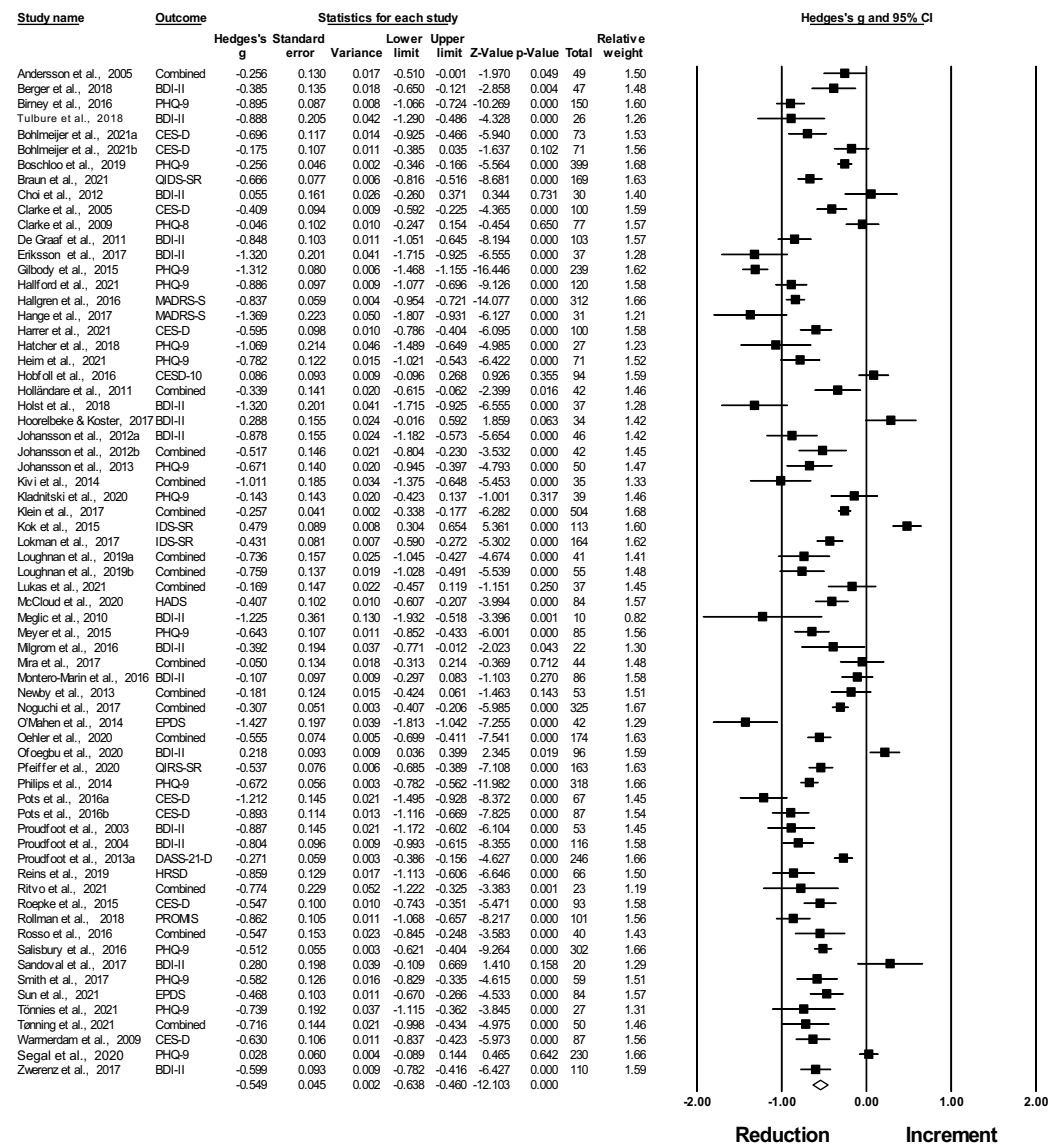


Meta Analysis

Multimedia Appendix 3.2.1

Forrest plot of short-term effects

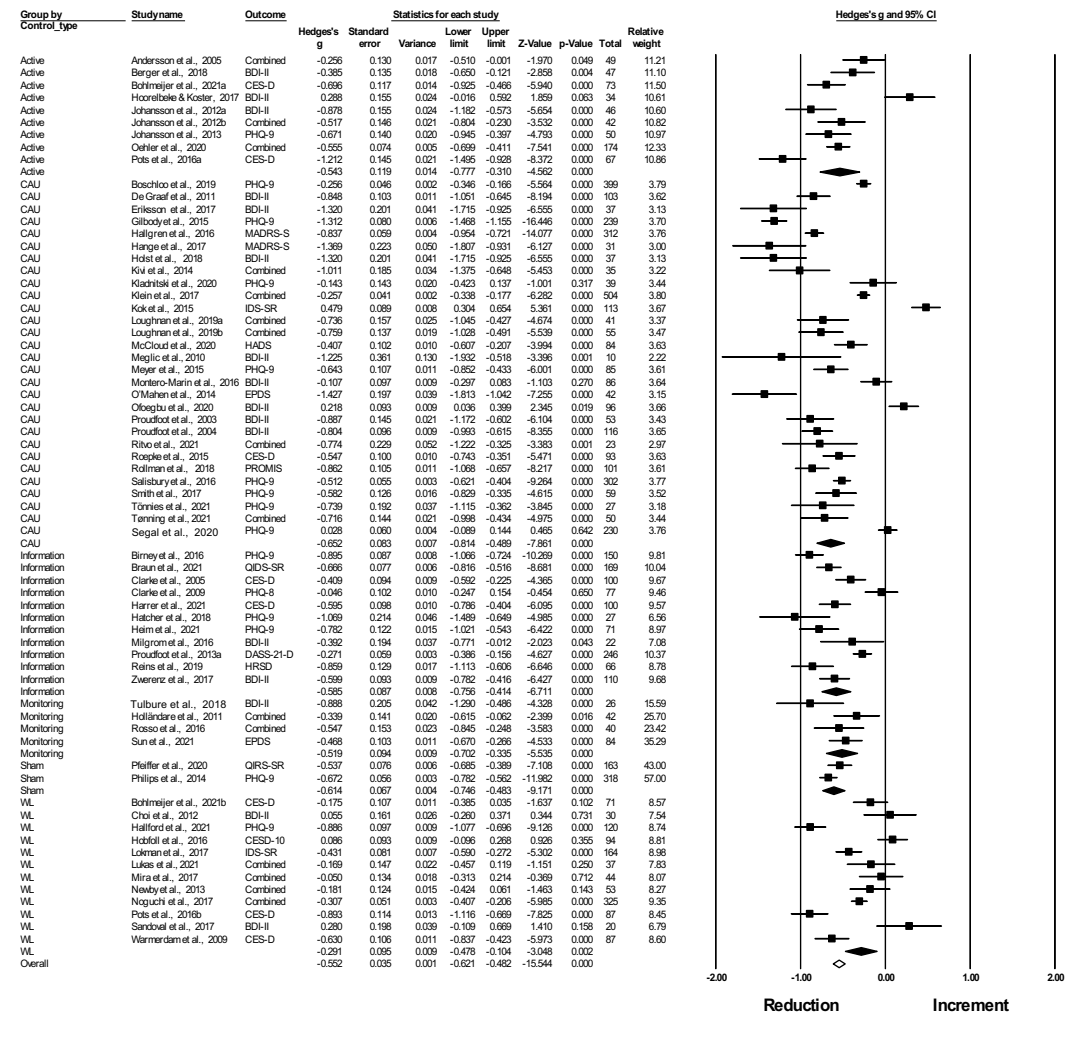
Short-term effects



Multimedia Appendix 3.2.2

Forrest plot of short-term effects by control type

Short-term effects by control type

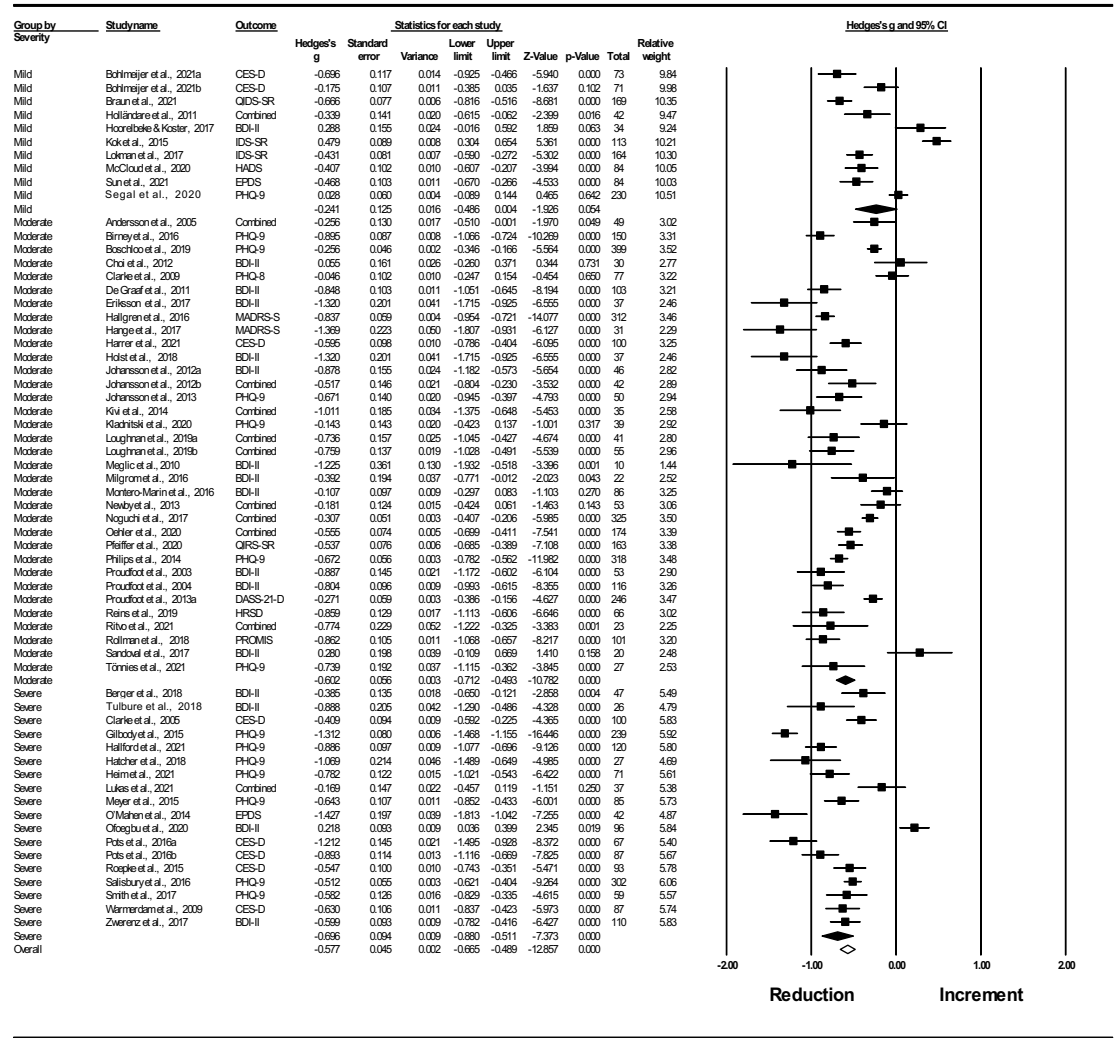


Meta Analysis

Multimedia Appendix 3.2.3

Forrest plot of short-term effects by severity

Short-term effects by severity

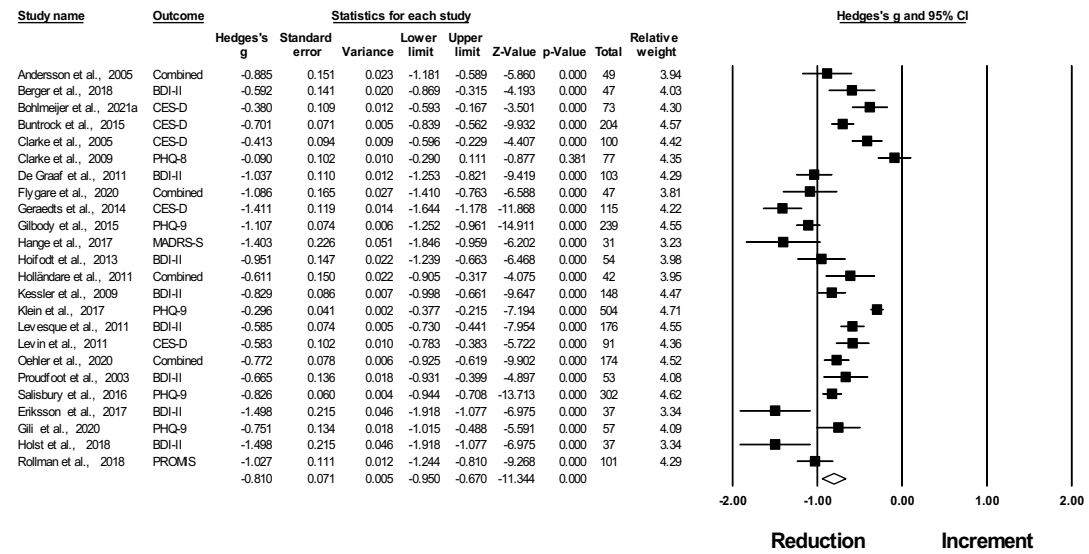


Meta Analysis

Multimedia Appendix 3.3.1

Forrest plot of medium-term effects

Medium-term effects

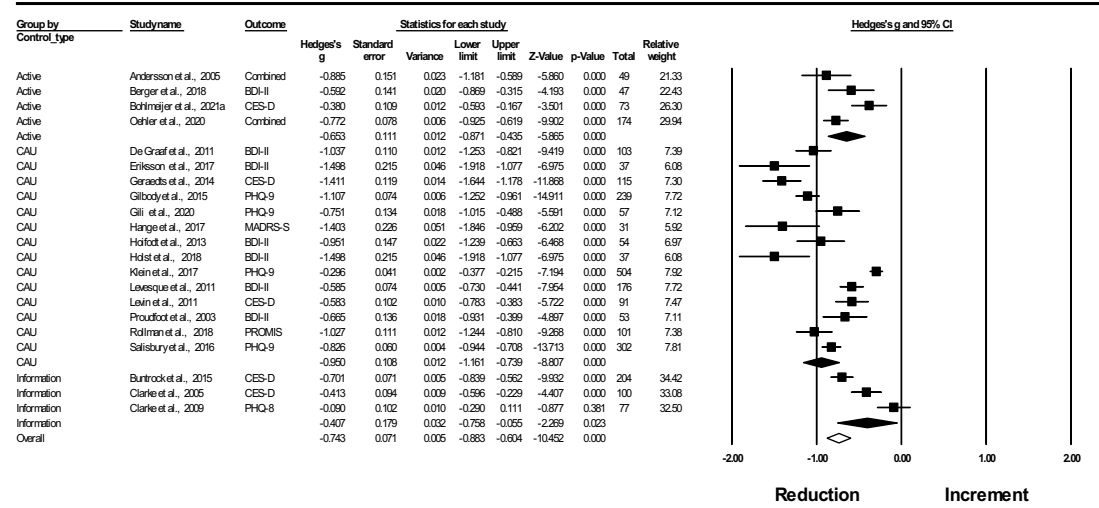


Meta Analysis

Multimedia Appendix 3.3.2

Forrest plot of medium-term effects by control type

Medium-term effects by control type

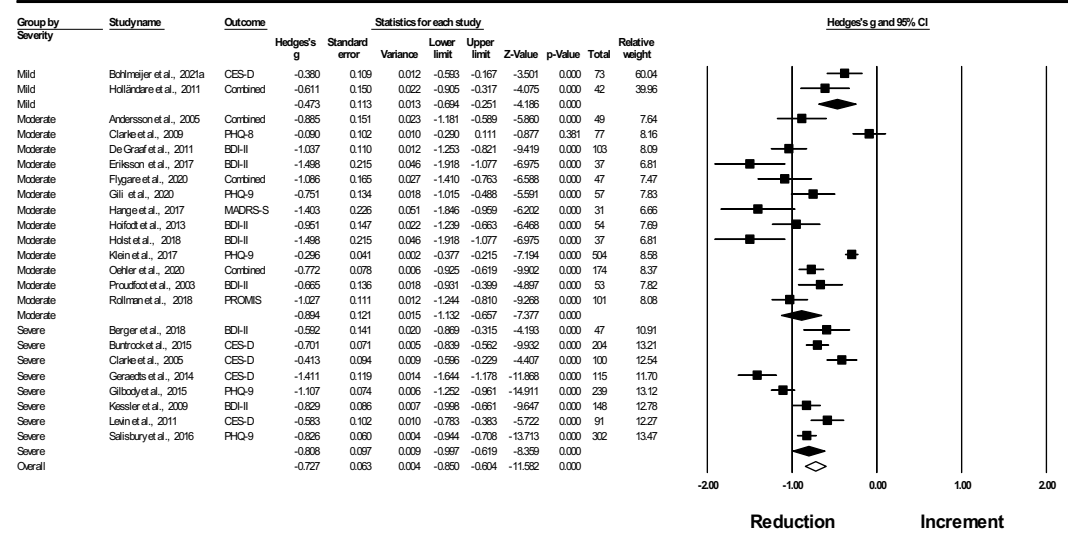


Meta Analysis

Multimedia Appendix 3.3.3

Forrest plot of medium-term effects by severity

Medium-term effects by severity

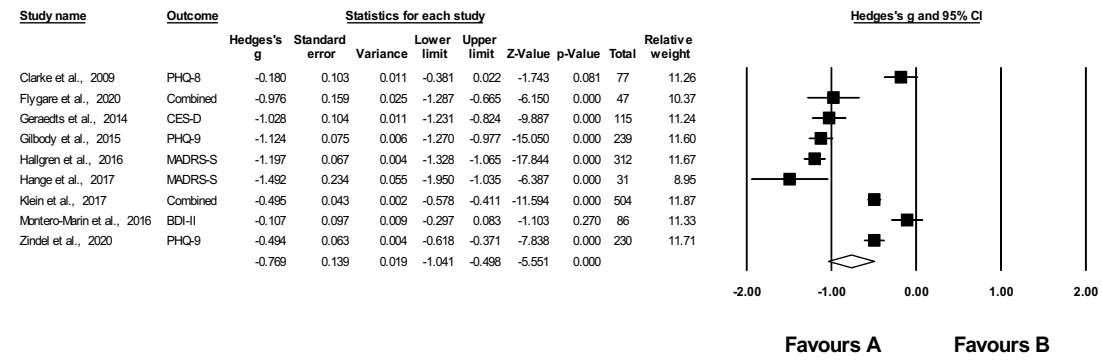


Meta Analysis

Multimedia Appendix 3.4.1

Forrest plot of long-term effects

Long-term effects

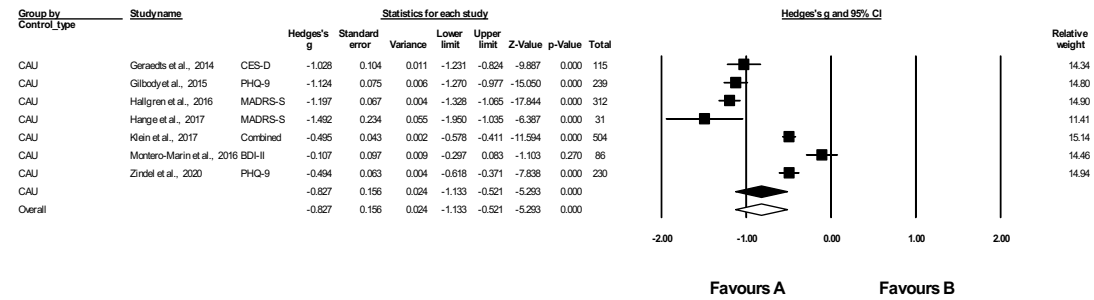


Meta Analysis

Multimedia Appendix 3.4.2

Forrest plot of long-term effects by control type

Long-term effects by control type

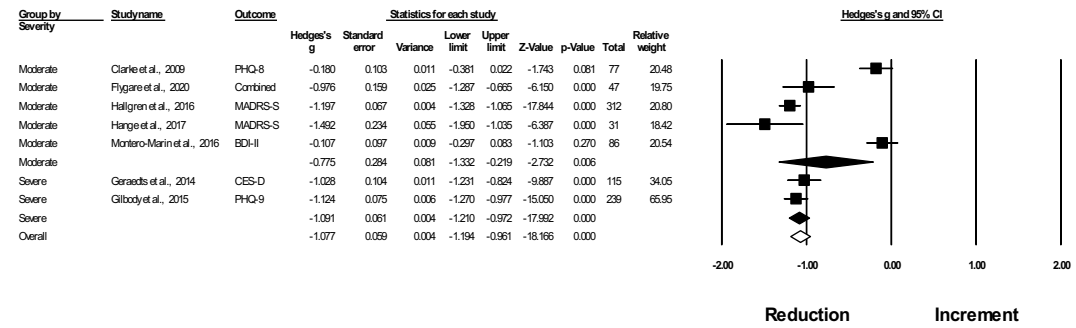


Meta Analysis

Multimedia Appendix 3.4.3

Forrest plot of long-term effects by severity

Long-term effects by severity



Meta Analysis