| Section/topic | Item No | Checklist item                                                                 | Reported on Page Number/Line Number | Reported on Section/Paragraph |
|---------------|---------|--------------------------------------------------------------------------------|-----------------------------------|------------------------------|
| TITLE         | 1       | Identify the report as a systematic review.                                   | Page 1/Lines 3-5                  | Title page                   |
| ABSTRACT      | 2       | See the PRISMA 2020 for Abstracts checklist (Table 2).                       | Page 1/Lines 27-34 and            | Abstract                     |
| INTRODUCTION  | 3       | Describe the rationale for the review in the context of existing knowledge.   | Page 2/Lines 62-68 and            | Introduction/Paragraphs      |
|               | 4       | Provide an explicit statement of the objective(s) or question(s) the review addresses. | Page 3/Lines 99-101              | Introduction/Paragraph 3     |
| METHODS       | 5       | Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses. | Page 4/L.116-127                 | Methods/Paragraph 2          |
|               | 6       | Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted. | Page 3/Lines 106-107             | Methods/Paragraph 1          |
|               | 7       | Present the full search strategies for all databases, registers and websites, including any filters and limits used. | Page 4/L.107-113                 | Methods/Paragraph 1          |
|               | 8       | Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process. | Page 4/L.111-113                 | Methods/Paragraph 1          |
|               | 9       | Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process. | Page 4/Lines 130-133 & Page 5/Lines 134-135 | Methods/Paragraph 3          |
|               | 10a     | List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect. | Page 4/Lines 134-135             | Methods/Paragraph 3          |
|               | 10b     | List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information. | Page 4/Lines 132-134             | Methods/Paragraph 3          |
| Study risk of bias assessment | 11 Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process. | Page 5/Lines 139-141 | Methods/Paragraph 4 |
|---|---|---|---|
| Effect measures | 12 Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results. | Page 5/Lines 147-148 | Methods/Paragraph 5 |
| Synthesis methods | 13a Describe the processes used to decide which studies were eligible for each synthesis. | Page 4/Lines 116-126 | Methods/Paragraph 2 |
| | 13b Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions. | N/A | For the meta-analyses of clinical remission and SAD: Housman et al. (2011) |
| | 13c Describe any methods used to tabulate or visually display results of individual studies and syntheses. | Page 5/Lines 135-136 | Methods/Paragraph 3 |
| | 13d Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used. | Page 5/Lines 149-153 | Methods/Paragraph 5 |
| | 13e Describe any methods used to explore possible causes of heterogeneity among study results. | Page 5/Lines 153 | Methods/Paragraph 5 |
| | 13f Describe any sensitivity analyses conducted to assess robustness of the synthesized results. | Page 5/Lines 154 | Methods/Paragraph 5 |
| Reporting bias assessment | 14 Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases). | Page 5/Lines 139-141 | Methods/Paragraph 4 |
| Certainty assessment | 15 Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome. | Page 5/Lines 153-154 | Methods/Paragraph 5 |
| RESULTS | 16a Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram. | Page 5/Lines 164-167 and Page 6/Lines 168-174 | Results/Paragraph 1 |
| | 16b Cite studies that met many but not all inclusion criteria ('near-misses') and explain why they were excluded. | Page 5/Lines 166-167 | Results/Paragraph 1 |
| Study characteristics | 17 Cite each included study and present its characteristics. | Page 6/Lines 173; Table 1 | Results/Paragraph 1 |
| Risk of bias in studies | 18 Present assessments of risk of bias for each included study. | Page 6/Lines 182-184; Figures 2 and 3 | Results/Paragraph 3 |
| Results of individual studies | 19 For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots. | Page 6/Lines 188-201 and Page 7/Lines 202-232 | Results/Paragraphs 4-8 and Supplementary |

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| Results of syntheses | 20a | For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies. | Page 6/Line 173; Table 1 | Results/Paragraph 1 |
|---------------------|-----|-------------------------------------------------------------------------------------------------|------------------------|-------------------|
|                     | 20b | Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect. | Page 6/Lines 188-201 and Page 7/Lines 202-232 | Results/Paragraphs 4-8 |
|                     | 20c | Present results of all investigations of possible causes of heterogeneity among study results. | Page 6/Line 193-201; | Results/Paragraph 5 and 7 |
|                     | 20d | Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results. | Page 7/Lines 228-229 | Results/Paragraph 8 |
| Reporting biases    | 21  | Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed. | Page 6/Line 183; Figure 3 | Results/Paragraph 3 |
| Certainty of evidence | 22 | Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed. | Page 6/Lines 189-201 and Page 7/Lines 202-229 | Results/Paragraphs 4-8 |

**DISCUSSION**

| Discussion | 23a | Provide a general interpretation of the results in the context of other evidence. | Page 7/Line 232-235 and | Discussion/Paragraph 1 |
|------------|-----|---------------------------------------------------------------------|------------------------|-------------------|
|            | 23b | Discuss any limitations of the evidence included in the review. | Page 8/Lines 255-258 | Discussion/Paragraph 3 |
|            | 23c | Discuss any limitations of the review processes used. | Page 8/Lines 259-260 | Discussion/Paragraph 3 |
|            | 23d | Discuss implications of the results for practice, policy, and future research. | Page 9/Lines 294-296 | Discussion/Paragraph 5 |

**OTHER INFORMATION**

| Registration and protocol | 24a | Provide registration information for the review, including register name and registration number, or state that the review was not registered. | N/A | Protocol not registered |
|---------------------------|-----|-----------------------------------------------------------------|-----|------------------------|
|                           | 24b | Indicate where the review protocol can be accessed, or state that a protocol was not prepared. | N/A | Protocol not registered |
|                           | 24c | Describe and explain any amendments to information provided at registration or in the protocol. | N/A | Protocol not registered |
| Support                  | 25  | Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review. | N/A | No funding was involved in the present study |
| Competing interests      | 26  |Declare any competing interests of review authors. | Page 10/Lines 311-313 | Footnote/All authors have completed the ICMJE authorship form |
| Availability of data, code and other materials | 27  |Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review. | N/A | Data are available with authors |
| Section/topic | Item No | Checklist item                                                                 | Reported on Page Number/Line Number | Reported on Section/Paragraph |
|---------------|---------|---------------------------------------------------------------------------------|-------------------------------------|------------------------------|
| TITLE         | 1       | Identify the report as a systematic review.                                    | Page 1/Lines 3-5                    | Title page/Paragraph 1       |
| BACKGROUND    | 2       | Provide an explicit statement of the main objective(s) or question(s) the review addresses. | Page 1/Lines 30-32                  | Abstract/Paragraph 1        |
| METHODS       | 3       | Specify the inclusion and exclusion criteria for the review.                    | Page 2/Lines 33-37                  | Abstract/Paragraph 2        |
|               | 4       | Specify the information sources (e.g. databases, registers) used to identify studies and the date when each was last searched. | Page 1/Lines 33-34                  | Abstract/Paragraph 2        |
|               | 5       | Specify the methods used to assess risk of bias in the included studies.         | Page 2/Lines 37-38                  | Abstract/Paragraph 2        |
|               | 6       | Specify the methods used to present and synthesize results.                     | Page 2/Lines 38-41                  | Abstract/Paragraph 2        |
| RESULTS       | 7       | Give the total number of included studies and participants and summarise relevant characteristics of studies. | Page 2/Lines 42-43                  | Abstract/Paragraph 3        |
|               | 8       | Present results for main outcomes, preferably indicating the number of included studies and participants for each. If meta-analysis was done, report the summary estimate and confidence/credible interval. If comparing groups, indicate the direction of the effect (i.e. which group is favoured). | Page 2/Lines 43-53                  | Abstract/Paragraph 3        |
| DISCUSSION    | 9       | Provide a brief summary of the limitations of the evidence included in the review (e.g. study risk of bias, inconsistency and imprecision). | Page 2/Lines 55-57                  | Abstract/Paragraph 4        |
|               | 10      | Provide a general interpretation of the results and important implications.      | Page 2/Lines 52-54                  |                              |
| OTHER         | 11      | Specify the primary source of funding for the review.                           | NA                                  | This study was not funded    |
|               | 12      | Provide the register name and registration number.                              | NA                                  | This study was not funded    |
