

# Database of randomized trials of psychotherapy for adult depression

In this document you find information about the database of 352 randomized controlled trials on psychotherapy for adult depression. This database is updated until January 1, 2013. More information about the methods of the database can be found in an open access paper: Cuijpers P, van Straten A, Warmerdam L, Andersson G (2008). Psychological treatment of depression: A meta-analytic database of randomized studies. *BMC Psychiatry*, 8(1), 36.

In this document we describe the different tabs in the excel sheet and the information you can find behind these tabs. The excel sheet contains five tabs:

- All1476Refs
- Characteristics
- Conditions
- Refs
- Duplicates

We have another version of this excel sheet in which we have another tab (PrePostData). In this tab we have collected the data on all outcomes instruments (means, standard deviations, N for all conditions) and other statistics to calculate effect sizes. We will not make this tab available but are willing to share these data with researchers who are willing to work with us on collaborative publications.

**CAUTION:** If you use the data from this database, please verify the data in the primary studies. We have tried hard not to make any errors, but it is inevitable that some errors are still in there. Furthermore, rating data from studies is always based on assumptions that may not have been made explicit.

## **TAB: All1476Refs**

This tab gives the references of 1476 studies that were identified as studies that could meet inclusion criteria for the database. All 1476 references have been retrieved and checked for possible inclusion in the database. Access to the pdfs can be given to researchers who want to collaborate in this project. The first column gives the number of the pdf, the second the first author, the third the year of publication, and the fourth column gives the full reference. The fifth column indicated whether the study is included in the database of 352 trials (1) or not (0). The sixth column indicates whether this paper reports on the the same data of a study that was included earlier in the study (duplicate studies), and gives the number of the study to which it belongs).

## **TAB: Characteristics**

This tab gives general information about the 352 studies. The following columns are available:

Inpatients	0. Outpatients	The study was conducted with outpatients.
	1. Inpatients	The study was conducted with inpatients.
Recruitment	0. Not reported	Recruitment method is not reported in the paper;
	1. Community	Participants are recruited through announcements in local media, flyers, etc, and participate as volunteers in the study. Basic characteristic is that people have to take action

		themselves for participating in the study. This type of recruitment can be conducted in the general population, but also in more selected populations, such as university students, or patient groups
	2. Clinical	Participants are recruited from general practice populations or outpatient samples. Participants actively seek help for depression. Recruitment of other, general medical medical patient groups do not fall into this category.
	3. Other	Other recruitment methods (which are not community or clinical recruitment), such as systematic screening.
	4. Inpatients	Only inpatients were recruited
Diagnosis	1. Major depression	MDD according to DSM-IV criteria, DSM-III-R criteria, DSM-III criteria, Research Diagnostic Criteria (RDC) for major depression, of Feighner criteria for depressive disorder
	2. Mood disorder	MDD, or other diagnosed disorders (e.g., dysthymia; depression NOS; minor depression according to Research Diagnostic Criteria, etc)
	3. Other definition	Other definition (typically a high score on a selfrating depression questionnaire)
	4. Subthreshold	Subthreshold depression (no major depression according to a diagnostic interview, but with depressive symptoms)
Target group	1. Adults	
	2. Older adults	
	3. Student population	
	4. women with PPD	Women with postpartum depression (PPD)
	5. General medical	People with general medical disorders
	6. Other	
ITT	0. Per protocol analyses	
	1. Intention-to-treat	If the study reports that ITT analyses have been conducted this variable is positive, whether or not the reported mean and SD is about the total population or not. When drop-out is zero, this variable is positive
IndepRandom	1. Independent randomization	It is reported that in the study that randomization to conditions was conducted by an independent (third) party; This variable is positive if an independent person did the randomization, when a computer program was used to assign patients to conditions and when sealed envelopes were used.
	0. No independent randomization	
BlindingAssesm	1. Blinding of assessors of outcome	The assessors of outcome were blinded and did not know to which condition the respondents were assigned to. When the study did not report blinding of assessors of outcome, it was assumed that blinding had not taken place. If only selfreport measures were used to examine the effects, we assumed that blinding of assessors was not relevant and the study was marked with a "1"
	0. No blinding of assessors of outcome	

Country	1. US	United States
	2. UK	United Kingdom
	3. EU	Europe
	4. CA	Canada
	5. AU	Australia
	6. Other	Other countries

### TAB: Conditions

This tab gives the conditions that are examined in each of the 352 included studies. The first three columns give the number of the trial, the first author + year of publication, and a brief (unstandardized) description of the conditions.

Then there are three columns with general information about each of the columns (GENERAL), three columns with information about the psychotherapy conditions (PSYCHOTHERAPY), two on the pharmacotherapy condition (PHARMACOTHERAPY), one on the control conditions (CONTROL), and one on the other conditions (OTHER CONDITION). Below we describe the contents of these columns.

	Values	Description
<u>GENERAL</u>		
Type	PSY	Psychotherapy condition
	PHA	Pharmacotherapy condition
	COMB	combined treatment
	PSY+PLA	psychotherapy + placebo condition
	CTR	control group
	OTHER	Other condition (no psychotherapy, pharmacotherapy, combined, or control condition, e.g., light therapy, running therapy)
N baseline		Numbers of respondents in the condition at baseline
ES calc		This column indicates how the effect sizes for the conditions are calculated (if not enough data for the first method are available, the second method is used, then the third, etc)
	MSD	with means, standard deviations (or standard error; or 95% CI) and N given in the paper
	CHANGE	using M, SD and N of the change from baseline to post-test
	DICH	using dichotomous outcomes
	EXACTP	from an exact p-value or t-value given in the study
	GENP	in the study only a general p-value is given (e.g., p<0.05)
<u>PSYCHOTHERAPY</u>		
Type		This column describes the type of psychotherapy used in this condition. For operational definitions of the psychotherapies, please see Table 2 of: Cuijpers P, van Straten A, Andersson G, van Oppen P (2008). Psychotherapy for depression in adults: A meta-analysis of comparative outcome studies. <i>Journal of Consulting and Clinical Psychology</i> , 76, 909-922.
	CBT	Cognitive behavior therapy

Format	IPT	Interpersonal psychotherapy
	PST	Problem-solving therapy
	SUP	Non-directive supportive therapy
	BAT	Behavioral activation therapy
	DYN	Psychodynamic therapy
	OTH	Another type of psychotherapy
Nsess	ind	Individual
	grp	Group
	gsh	Guide self-help
	Unguided	no support is given (number of treatment sessions is zero)
		This column gives the number of treatment sessions

#### PHARMACOTHERAPY

Name		This column gives the name of the medication (unstandardized)
Type		This column gives the type of medication
	SSRI	selective serotonin reuptake inhibitors
	TCA	Tricyclic antidepressants
	SNRI	Serotonine-Noradrenaline reuptake inhibitors
	MAOI	Monoamino-oxidase inhibitors
	Other	This can be a combination of different types of medication; pharmacotherapy according to a protocol or guideline; or another pharmacological treatment

#### CONTROL

Type		This column indicates the type of control group
	WL	Waiting list: In this control group, respondents receive the intervention after termination of the intervention in the experimental group
	CAU	Care-as-usual: In this control group, respondents have access to regular routine care. In situations where no intervention is provided in the control group it is assumed that respondents have access to routine care.
	Other	These are any other control conditions, such as pill placebo, psychoeducation and psychological placebo.

#### OTHER CONDITION

Description		This column gives a brief (non-standardized) description of the other condition
-------------	--	---

#### **TAB: Refs**

Under this tab you find the references of the 352 studies included in the database. This reference list still contains some errors; we are working on a full and complete list and will add it when it is ready.

**TAB: Duplicates**

This tab indicates for each of the 352 studies, which papers were written about the study. The numbers after the primary studies refer to the numbers of the references from the tab All1476Refs.