## Forest Plot

| Studies                                                                    |                                                 | Follow-up | Intervention                                                              |
|----------------------------------------------------------------------------|-------------------------------------------------|-----------|---------------------------------------------------------------------------|
|                                                                            | 1                                               |           |                                                                           |
| Arnarson 2009                                                              | 1                                               | 0.000     | Dray contian Dragger                                                      |
| Structured Clinical Interviews (Child Assessment Scale, A-Life)            |                                                 | 0.000     | Prevention Program                                                        |
| Structured Clinical Interviews (Child Assessment Scale, A-Life)            |                                                 | 26.100    | Prevention Program                                                        |
| Structured Clinical Interviews (Child Assessment Scale, A–Life)            | <u> </u>                                        | 52.100    | Prevention Program                                                        |
| Briere 2019                                                                | 1<br>1<br>1                                     |           |                                                                           |
| Structured Clinical Interview for DSM-IV Disorders                         |                                                 | 0.000     | Cognitive-Behavioral (CB) Group Program                                   |
| Structured Clinical Interview for DSM–IV Disorders                         | · i                                             | 26.100    | Cognitive-Behavioral (CB) Group Program                                   |
|                                                                            | 1<br>1<br>1                                     |           |                                                                           |
| Johnstone 2014                                                             | <br>                                            |           |                                                                           |
| Diagnostic Interview for Children and Adolescents, IV (Incidence)          |                                                 | 0.000     | Aussie Optimism Program                                                   |
| Diagnostic Interview for Children and Adolescents, IV (Recovery)           |                                                 | 0.000     | Aussie Optimism Program                                                   |
| Diagnostic Interview for Children and Adolescents, IV (Incidence)          | 1<br>1                                          | 26.100    | Aussie Optimism Program                                                   |
| Diagnostic Interview for Children and Adolescents, IV (Recovery)           |                                                 | 26.100    | Aussie Optimism Program                                                   |
| Diagnostic Interview for Children and Adolescents, IV (Incidence)          |                                                 | 78.200    | Aussie Optimism Program                                                   |
| Diagnostic Interview for Children and Adolescents, IV (Recovery)           |                                                 | 78.200    | Aussie Optimism Program                                                   |
| Kindt 2014                                                                 | !<br>!                                          |           |                                                                           |
| Children's Depression Inventory (>18)                                      | ¦ <del></del>                                   | 0.000     | Op Volle Kracht (OVK)                                                     |
| Children's Depression Inventory (>18)                                      | <del>_</del> =_                                 | 26.100    | Op Volle Kracht (OVK)                                                     |
| Children's Depression Inventory (>18)                                      | <del></del>                                     | 52.100    | Op Volle Kracht (OVK)                                                     |
|                                                                            | <br>                                            |           |                                                                           |
| Kowalenko 2005                                                             | <u> </u>                                        |           |                                                                           |
| Childrens Depression Inventory (>20)                                       | -                                               | 0.000     | Adolescents Coping with Emotions (ACE)                                    |
| Na 000 4                                                                   | 1<br>1<br>1                                     |           |                                                                           |
| Merry 2004  Reals Depression Inventory, II (DDI II) Impressed              | _ !                                             | 0.000     | Description Adelegant Program King (DAD King)                             |
| Beck Depression Inventory–II (BDI–II) – Improved                           |                                                 | 0.000     | Resourceful Adolescent Program Kiwi (RAP Kiwi)                            |
| Beck Depression Inventory–II (BDI–II) – Deteriorated                       | •                                               | 0.000     | Resourceful Adolescent Program-Kiwi (RAP-Kiwi)                            |
| Miu 2015                                                                   | <br>                                            |           |                                                                           |
| Children's Depression Inventory (CDI) – Short Form                         | -                                               | 39.100    | Intervention Group                                                        |
|                                                                            | 1                                               |           |                                                                           |
| O'Kearney 2006                                                             |                                                 | 0.000     | MoodCVM                                                                   |
| Center for Epidemiologic Studies Depression Scale (CES-D) >15              |                                                 | 0.000     | MoodGYM                                                                   |
| Center for Epidemiologic Studies Depression Scale (CES-D) >15              |                                                 | 16.000    | MoodGYM                                                                   |
| O'Kearney 2009                                                             |                                                 |           |                                                                           |
| Center for Epidemiologic Studies Depression Scale (CES-D) > 24             | <u>i</u>                                        | 0.000     | MoodGYM                                                                   |
| Center for Epidemiologic Studies Depression Scale (CES-D) > 24             | <del></del> !                                   | 14.000    | MoodGYM                                                                   |
|                                                                            | !<br>!<br>!                                     |           |                                                                           |
| Perry 2017                                                                 | 1<br>1<br>1                                     |           |                                                                           |
| Major Depression Inventory (MDI)                                           | · :                                             | 0.000     | Smart, Positive, Active, Realistic, X–factor thoughts – Revised (SPARX–R) |
| Major Depression Inventory (MDI)                                           | <del>: -</del>                                  | 19.100    | Smart, Positive, Active, Realistic, X–factor thoughts – Revised (SPARX–R) |
| Major Depression Inventory (MDI)                                           | - <del>-  </del>                                | 71.200    | Smart, Positive, Active, Realistic, X–factor thoughts – Revised (SPARX–R) |
| Raes 2014                                                                  | !<br>!                                          |           |                                                                           |
| Depression Anxiety Stress Scale-Short Form (DASS-21): Depression Sub-Scale | <del></del>                                     | 0.000     | Mindfulness                                                               |
| Depression Anxiety Stress Scale-Short Form (DASS-21): Depression Sub-Scale | <del></del>                                     | 26.100    | Mindfulness                                                               |
|                                                                            | <br>                                            |           |                                                                           |
| Stallard 2013b                                                             | !<br>!                                          |           |                                                                           |
| Mood and Feelings Questionnaire – Short Form (SMFQ) > 5                    | -                                               | 26.100    | Classroom Based Cognitive Behavioural Therapy (CBT)                       |
| Mood and Feelings Questionnaire – Short Form (SMFQ) > 5                    | -                                               | 26.100    | Classroom Based Cognitive Behavioural Therapy (CBT)                       |
| Mood and Feelings Questionnaire – Short Form (SMFQ) > 5                    | -                                               | 52.100    | Classroom Based Cognitive Behavioural Therapy (CBT)                       |
| Mood and Feelings Questionnaire – Short Form (SMFQ) > 5                    | <del>                                    </del> | 52.100    | Classroom Based Cognitive Behavioural Therapy (CBT)                       |
| Mood and Feelings Questionnaire – Short Form (SMFQ) > 5                    | -                                               | 52.100    | Classroom Based Cognitive Behavioural Therapy (CBT)                       |
| Mood and Feelings Questionnaire – Short Form (SMFQ) > 5                    | <del>-=</del>                                   | 52.100    | Classroom Based Cognitive Behavioural Therapy (CBT)                       |
|                                                                            | ÷                                               |           |                                                                           |
|                                                                            | -                                               |           |                                                                           |
|                                                                            | <u>,                                    </u>    |           |                                                                           |

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 -2
 0
 2

Effect Size