

The current review identified only three studies that directly compared digital interventions with face-to-face therapy. We found no significant difference in outcomes between the two conditions, supporting findings from [Carlbring et al. \(2018\)](#). However, unlike the study by Carlbring and colleagues, which mixed individual and group-based psychotherapy, our analysis was limited to individual therapy alone. It is important to note that these were highly controlled trials across multiple conditions and with low sample sizes, the majority of whom were self-referred. Moreover, participants needed to consent to both possible assignments of Internet or on-site care, likely leading to a highly selective subsample of depressed participants in need of mental health care. Based on these findings, and the notable lack of high-quality studies providing direct comparisons, we believe it is premature to conclude that digital interventions are as equally effective as face-to-face psychotherapy for the treatment of depression and mark this out as a critical area for future research.