



**Fig. 1.** Effect sizes for psychological interventions for depression. Error bars represent standard errors. PT = psychotherapy. Overall is based on all effect sizes without outliers and corrected for publication bias ( $k = 146$  contrasts with WL,  $k = 142$  contrasts with CAU,  $k = 65$  contrasts with 'other' controls). PT for adult depression only includes (individual or group) psychotherapy for adults with a diagnosis of depression ( $k = 30$  contrasts with WL,  $k = 29$  contrasts with CAU,  $k = 12$  contrasts with 'other control').