

Table 1. *Effects of psychotherapies compared with control groups ($k = 369$): Hedges' g^a*

		k	g	95% CI
All studies		369	0.70	0.64–0.75
Extreme outliers excluded ($g > 2.0$)		352	0.61	0.57–0.66
One effect size per study (only highest)		289	0.70	0.65–0.76
One effect size per study (only lowest)		289	0.64	0.58–0.69
Only HAMD		103	0.86	0.75–0.97
Only BDI		128	0.87	0.77–0.98
Only BDI-II		80	0.68	0.57–0.80
Subgroup analyses				
Type of therapy	CBT	192	0.70	0.63–0.77
	Behavioural activation	20	0.94	0.66–1.22
	Interpersonal psychotherapy	25	0.60	0.40–0.80
	Problem-solving therapy	27	0.77	0.54–1.01
	Third wave therapies	18	0.77	0.58–0.97
	Supportive counselling	19	0.58	0.42–0.75
	Psychodynamic therapy	11	0.40	0.17–0.63
	Other	57	0.68	0.54–0.82
Control group	Waiting list	159	0.89	0.80–0.98
	Care-as-usual	144	0.61	0.53–0.68
	Other	66	0.51	0.40–0.62
Country	Western	325	0.63	0.58–0.68
	Non-Western	44	1.13	0.94–1.33
Risk of bias score	0 (high risk)	14	1.11	0.87–1.36
	1	122	0.92	0.79–1.05
	2	63	0.73	0.60–0.86
	3	62	0.71	0.58–0.85
	4 (low risk)	108	0.46	0.41–0.52

BDI, Beck Depression Inventory; CBT, cognitive behavioural therapy; CI, confidence interval; N_{comp} , number of comparisons; NNT, numbers-needed-to-treat.

^aAccording to the random-effects model.