| **Intervention category** | **Study** | **Age range (mean age)** | **Outcome** | **Followup time (m)** | **Intervention group, mean (SD)** | **Control group, mean (SD)** | **P-value** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Cognitive behavioral therapy | Donaldson 2005153 | 12-17 (15) | CES-D | BL | 25.8 (20.5) | 24.6 (14.3) | NSD\* |
| 3 | 12.2 (14.1) | 14.4 (12.1) |
| 6 | 10.9 (15.2) | 16.8 (15.1) |
| Developmental group therapy | Green 2011155, 190 | 12-17 (NR) | MFQ | BL | 41.0 (12.7) | 38.6 (13.7) | NR |
| 6 | 28.5 (16.1) | 27.6 (16.5) | 0.78 |
| 12 | 24.4 (16.6) | 24.6 (17.6) | 0.41 |
| Hazell 2009157 | 12-16 (15) | MFQ | BL | 35.2 (13.7) | 37.0 (17.5) | NR |
| 2 | 30.9 (17.2) | 32.3 (19.9) | NR |
| 6 | 31.6 (17.4) | 34.0 (17.5) | NR |
| 12 | 37.4 (17.2) | 31.8 (18.9) | 0.6 |
| Wood 2001160 | 12-16 (14) | MFQ | BL | 40.6 (10.6) | 39.8 (14.2) | NSD |
| 7 | 21.9 (15.6) | 23.4 (18.0) | NSD |
| Psychodynamic or interpersonal therapy | Diamond 2010108,191 | 12-17 (15) | BDI-II | BL | 33.0 (9.7) | 33.0 (9.2) | NR |
| 1.5 | 16.6 (15.1) | 24.5 (14.8) | 0.09 |
| 3 | 12.6 (13.1) | 18.5 (15.2) | 0.09† |
| 6 | 12.4 (12.9) | 16.2 (15.0) | 0.57† |
| Tang 2009159 | 12-18 (15) | BDI-II (Chinese version) | BL | 32.7 (10.1) | 32.3 (8.7) | NR |
| 1.5 | 20.0 (14.7) | 31.6 (1.0) | <0.001 |
| Other therapy, with direct therapeutic contact | Eggert 2002154, 192-194 | 14-19 (16) | HSQ | BL | 2.7 (NR) | 2.7 (NR) | <0.001\* |
| 1 | 2.1 (NR) | 2.1 (NR) |
| 2.5 | 2.0 (NR) | 2.2 (NR) |
| 9 | 1.8 (NR) | 2.2 (NR) |
| Hooven 2012161 | 14-19 (16) | HSQ, rate of change coefficients | 1 | IG1: -0.951IG2: -0.815IG3: -1.021 | -0.685 | IG1: <0.01IG2: NSIG3: <0.01 |
| 15 | NR | NR | NSD |
| Other therapy, without direct therapeutic contact | King 2009158 | 13-17 (16) | CDRS-R | BL | 60.8 (13.8) | 61.0 (12.6) | NR |
| 1.5 | 39.7 (NR) | 40.8 (NR) | 0.4 |
| 3 | 38.3 (NR) | 38.6 (NR) | 0.84 |
| 6 | 34.8 (NR) | 34.0 (NR) | 0.55 |
| 12 | 33.2 (NR) | 34.0 (NR) | 0.52 |
| Improving treatment adherence without direct person-to-person contract | Robinson 2012162,195 | 15-24 (19) | CES-D | BL | 28.7 (14.0) | 30.9 (13.5) | NR |
| 12 | 18.7 (12.9) | 18.9 (12.2) | 0.917 |

\*Group by time interaction.

†Over last 3 months.

**Abbreviations:** BDI-II = Beck Depression Inventory II; BL = baseline; CDRS-R = Children’s Depression Rating Scale-Revised; CES-D = Center for Epidemiologist Studies Depression Scale; HSQ = High School Questionnaire; MFQ = Mood and Feelings Questionnaire; NR = not reported; NSD = no significant difference; SD = standard deviation.