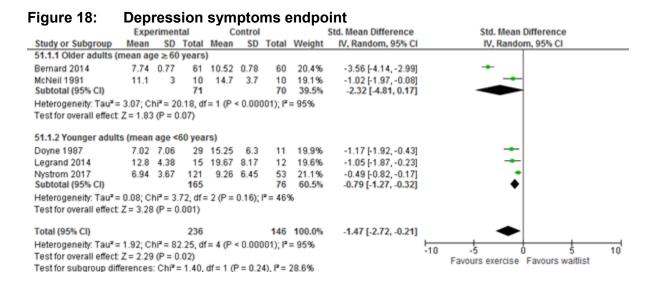
# Forest plots for review questions: For adults with a new episode of less severe depression, what are the relative benefits and harms of psychological, psychosocial, pharmacological and physical interventions alone or in combination?

This section includes forest plots only for outcomes that were synthesised using pairwise meta-analysis but were not included in the NMA (couple interventions) and sub-group analyses.

### Subgroup analyses

## Subgroup analyses of older adults (60 years and older) compared to younger adults (younger than 60 years)

### Exercise individual versus waitlist



### Figure 19: Depression symptoms change score

		p: 000.0	··· •.	,b			9000		
	E	xperimental			Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
51.2.1 Older adults	(mean ag	e ≥ 60 years)							
Bernard 2014	-4.57	8.55766908	61	-0.8	7.08381253	60	25.2%	-0.48 [-0.84, -0.11]	•
McNeil 1991	-5.5	2.15870331	10	-0.5	2.47588368	10	14.2%	-2.06 [-3.19, -0.93]	
Subtotal (95% CI)			71			70	39.4%	-1.18 [-2.72, 0.37]	-
Heterogeneity: Tau <sup>2</sup>	= 1.07; Ch	ni <sup>2</sup> = 6.86, df =	1 (P = 0	0.009);1	°= 85%				
Test for overall effect	t Z= 1.49	(P = 0.14)							
51.2.2 Younger adul	lts (mean	age <60 years	s)						
Doyne 1987	-12.37	5.31	29	-0.81	4.18573769	11	17.7%	-2.25 [-3.12, -1.38]	
Legrand 2014	-8.87	6.66	15	0.42	3.73	12	17.4%	-1.62 [-2.51, -0.73]	
Nystrom 2017	-5.89	3.25	121	-2.75	4.27316042	53	25.5%	-0.87 [-1.21, -0.53]	
Subtotal (95% CI)			165			76	60.6%	-1.51 [-2.39, -0.63]	◆
Heterogeneity: Tau <sup>2</sup>	= 0.47; Ch	ni <sup>2</sup> = 9.83, df =	2 (P = 0	0.007);1	<sup>2</sup> = 80%				
Test for overall effect	t Z = 3.36	(P = 0.0008)							
Total (95% CI)			236			146	100.0%	-1.31 [-1.92, -0.71]	◆
Heterogeneity: Tau <sup>2</sup>	= 0.35; Ch	ni <sup>2</sup> = 21.16, df =	= 4 (P =	0.0003	0; I <sup>#</sup> = 81%				
Test for overall effect									-10 -5 0 5 1
Test for subgroup di			f = 1 (P	= 0.71	). I <sup>2</sup> = 0%				Favours exercise Favours waitlist
Test for subgroup di	fferences:	Chi <sup>2</sup> = 0.14, d	f=1 (P	= 0.71)	), I² = 0%				

Figure 20: Discontinuation due to any reason

i iyule zv.	DISCOL	iunua		uue	iu any	reason	
	Experim	ental	Contr	ol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% Cl
51.3.1 Older adults (	mean age	≥ 60 yea	ars)				
Bernard 2014	8	61	5	60	25.6%	1.57 [0.55, 4.54]	
McNeil 1991	0	10	0	10		Not estimable	
Subtotal (95% CI)		71		70	25.6%	1.57 [0.55, 4.54]	
Total events	8		5				
Heterogeneity: Not ap	oplicable						
Test for overall effect	Z=0.84 (F	P = 0.40)	)				
51.3.2 Younger adult	s (mean a	ge <60 y	(ears)				
Legrand 2014	7	22	10	22	36.9%	0.70 [0.33, 1.50]	
Nystrom 2017	33	135	7	55	37.4%	1.92 [0.90, 4.08]	
Subtotal (95% CI)		157		77	74.4%	1.16 [0.42, 3.20]	-
Total events	40		17				
Heterogeneity: Tau <sup>2</sup> =	= 0.39; Chi <sup>a</sup>	= 3.57,	df=1 (P	= 0.06)	; I <sup>2</sup> = 72%		
Test for overall effect	Z=0.29 (F	P = 0.77	)				
Total (95% CI)		228		147	100.0%	1.26 [0.64, 2.46]	+
Total events	48		22				
Heterogeneity: Tau <sup>2</sup> =	= 0.17; Chi <sup>2</sup>	= 3.79,	df= 2 (P	= 0.15)	; I <sup>2</sup> = 47%	6	0.01 0.1 1 10 100
Test for overall effect	Z=0.67 (F	P = 0.50	)				0.01 0.1 1 10 100 Favours exercise Favours waitlist
Test for subgroup dif	foroncos <sup>.</sup> (	2bi₹ = 0 <sup>2</sup>	16 df = 1	P = 0	0 = 51 <i>(</i> 93	196	Favours exercise Favours waluist

Test for subgroup differences: Chi<sup>2</sup> = 0.16, df = 1 (P = 0.69), l<sup>2</sup> = 0%