

**Resource use in RCTs included in the network meta-analysis for review questions: For adults with a new episode of less severe depression or more severe depression, what are the relative benefits and harms of psychological, psychosocial, pharmacological and physical interventions alone or in combination?**

**Table 138. Resource use reported in RCTs of psychological treatments for less severe depression included in the NMAs that informed the economic analysis.**

Psychological treatments for less severe depression				
Study	Duration (weeks)	Reported intended resource use (RCTs)	N	Delivered by
<b>Self-help (no support): computerised cognitive behavioural therapy (CBT)</b>				
Christensen 2004a/ Mackinnon 2008	6	5 modules (29 exercises, actual 14.8)	182	Non-applicable
Dear 2018	5	4 modules	107	
de Graaf 2009/2011	8	8 x 30-min sessions (actual 3.4)	100	
Ebert 2018	7	6 modules (actual 5)	102	
Fitzpatrick 2017	2	12.14 check-ins	34	
Hur 2018	3	21x 10-15 min sessions	24	
Levin 2011	6	5 modules (mean use 258 min)	100	
Lintvedt 2013	8	5 modules	81	
Lobner 2018	6	5 modules	320	
McDermott 2019	6	6x 40-min sessions	144	
Melnyk 2015	10	7 modules	82	
Noguchi 2017	5	5 modules	326	
Powell 2013	6	5 modules	1534	
Rosso 2017	10	6 modules	37	
<b>Self-help with support: computerised cognitive behavioural therapy (CBT) with support</b>				
Dear 2018	5	4 modules (34.20 min therapist contact)	110	Psychologist
Geraedts 2014a/2014b	8	6 lessons	116	Master's students in clinical psychology
Ruwaard 2009	11	8 modules	36	graduate-level clinical psychologists /therapists
Sheeber 2017	16	8 modules (actual 6.6) + 8 coach calls (actual 6.9)	134	masters level therapist/bachelor level paraprofessional
Wagner 2014	8	7 modules	32	psychologist/psychotherapist
<b>Behavioural therapies group: Behavioural activation (BA) group</b>				
Vazquez 2020	5	5x 90-min sessions [actual mean 4]	70	Psychologist
Yang 2018	8	8 x 90 min sessions, 7-8 per group	37	Psychologist
Zemestani 2016	8	8x 90-min sessions	15	PhD student in psychology
<b>Cognitive and cognitive behavioural therapies group: cognitive behavioural therapy (CBT) group &lt;15 sessions</b>				
Abdollahi 2017	12	12x 90-min sessions, 4-6 in group	35	Researcher (PhD in psychology)
Gordon 1987	14	14x 2-hour sessions	10	Nurse
Jones 2011	10	10x 90-min sessions	30	Principal investigator
Vazquez 2012	8	8x 90-min sessions, 5-6 in group	70	Clinical psychology PhD student
Vazquez 2016	5	5x 90-min sessions [actual 4.2], group of 5	88	Psychologist
Vazquez 2020	5	5x 90-min sessions [actual 4.4], 5 in group	69	Psychologist
Zemestani 2017	14	14x 90-min sessions	21	Doctoral students in psychology

<b>Mindfulness or meditation group: mindfulness-based cognitive therapy (MBCT) group</b>				
Asl 2014	8	8x 2-hour sessions	18	Not reported
Kitsumban 2009	4	11 sessions	30	Principal investigator
Lee 2010	8	8x 2.5-hour sessions	42	Clinical psychologist
Pots 2014	12	11x 45-min sessions, groups of 8-15	76	Psychologist/mental health nurse
<b>Behavioural therapies individual: Behavioural activation (BA) individual</b>				
Gawrysiak 2009	2	1x 90-min session	14	Doctoral students in clinical psychology
Luxton 2016 arm 1	8	8x 5-60 min sessions face-to-face	62	Doctoral-level mental health providers
Luxton 2016 arm 2	8	8x 5-60 min sessions over telephone	59	Doctoral-level mental health providers
McIndoo 2016	4	4x 1-hour sessions	16	Clinical psychology (doctoral) students
Taylor 2017	10	10x 1-hour sessions	16	Doctoral-level/master's level clinician
Yokoyama 2018	5	5x 1-hour sessions	19	Trained therapist
<b>Cognitive and cognitive behavioural therapies individual: cognitive behavioural therapy (CBT) individual &lt;15 sessions</b>				
de Azevedo Cardoso 2014 arm 1	7	7x 1-hour sessions	60	Undergraduate psychology student
de Azevedo Cardoso 2014 arm 2	7	7x 1-hour sessions	60	Undergraduate psychology student
Fremont 1987	10	10x 1-hour sessions	19	Therapist (at least master's degree)
Gallagher-Thompson 2007	16	7x 90-min sessions	27	Not reported
Losada 2015	8	8x 90-min sessions	42	Clinical psychologist
Mondin 2014/2015 arm 1	7	7x 1-hour sessions	60	Senior psychology student
Mondin 2014/2015 arm 2	7	7x 1-hour sessions	60	Senior psychology student
Pace 1993	4-7	6-8 sessions [actual 7.39]	44	Graduate student in counselling
Wagner 2014	8	8 sessions	30	Psychologist/psychotherapist
<b>Problem solving individual</b>				
Kasckow 2014	16	6-8 sessions [actual 7]	25	Psychologist/psychiatrist/nurse
Kendrick 2005/2006a	8	6 sessions [actual 4.1]	90	Community mental health nurse
Lynch 1997	7	6x 20-min sessions	15	2 <sup>nd</sup> year medical student or graduate nursing student
Rosen 2018	-	Not reported	29	Not reported
<b>Non-directive counselling individual</b>				
Friedli 1997	12	6-12x 50-min sessions (actual 7.7)	70	Therapist (with necessary qualifications and experience to be accredited by the British Association for Counselling)
Rosso 2013	26	15-30 sessions (actual 16.94)	55	Psychotherapist (psychiatrist/psychologist/advanced supervised resident in psychiatry or clinical psychology)
<b>Interpersonal psychotherapy (IPT) individual</b>				
Beeber 2010	22	16 sessions	39	master's-prepared psychiatric nurses and project-trained Spanish language interpreters
Bernecker 2016	16	16 sessions	27	Psychologist/psychiatrist/doctoral-level psychology trainees (with at least a master's degree)
Van Schaik 2006	26	10 sessions (actual 8)	69	Psychologist/psychiatric nurse
<b>Short-term psychodynamic psychotherapy individual</b>				
Ajlchi 2016	NA	15 sessions	20	Psychologist
Rosso 2013	26	15-30 sessions (actual 18.61)	33	Psychotherapist (psychiatrist/psychologist/ advanced supervised resident in psychiatry or clinical psychology)

**Table 139. Resource use reported in RCTs of psychological treatments (alone or combined with antidepressants) for more severe depression included in the NMA that informed the economic analysis.**

Psychological treatments (alone or combined with antidepressants) for more severe depression				
Study	Duration (weeks)	Reported intended resource use (RCTs)	N	Delivered by
<b>Self-help (no support): computerised cognitive behavioural therapy (CBT)</b>				
Farrer 2011/Farrer 2012 arm 1	6	5 modules (actual 1.5)	38	Non-applicable
Farrer 2011/Farrer 2012 arm 2	6	5 modules (actual 2)	45	
Kay-Lambkin 2009	15	9 modules (actual 6.61)	32	
Kay-Lambkin 2011/2017	12	9x 1-hour sessions (actual 5.3)	97	
<b>Self-help with support: computerised cognitive behavioural therapy (CBT) with support</b>				
Alavi 2016	12	12 modules	47	Psychiatrist or psychiatry resident
Choi 2012	8	6 modules (actual 5.56); therapist time 97 min	32	Clinical psychologist or clinical psychology student (2 <sup>nd</sup> year of doctoral training)
Hatcher 2018	12	Not reported	35	Coach (occupational therapy background)
Lindegard 2019	8	7 modules (actual 4.4)	25	Master's degree-level students in clinical psychology
Thase 2018	16	9 modules (actual 8.1) + 12 therapist sessions (actual 11.0 sessions - 5 hrs)	77	Therapist (no further detail reported)
Vernmark 2010	8	7 modules (actual 6). Therapist time 53 mins per participant	29	Masters student
Vernmark 2010	8	7 modules; therapist time 509 min / participant	30	Masters student
Wright 2005	8	8 modules + 9 therapist sessions	15	Therapist (masters/doctoral level clinician)
<b>Cognitive and cognitive behavioural therapies group: cognitive behavioural therapy (CBT) group &lt;15 sessions</b>				
Covi 1987	14	15x 2-hour sessions, group of 8	32	Psychiatrist & psychologist
Hamamci 2006	12	11x 1.5 hour sessions	10	Therapist
Husain 2014	12	10x 60-90 min sessions [actual 6.3], group of 11	33	Clinical psychologist & health visitor
Miranda 2003/2006	13	8 sessions	90	Psychotherapist
Sahranavard 2018	-	8x 90-min sessions	10	Masters degree level psychologist
Schmidt 1983 arm 1	8	8x 90 min sessions [actual 6.7], group of 5-6	11	Graduate paraprofessional therapist
Schmidt 1983 arm 2	8	8x 90min sessions [actual 6.7], group of 11	11	Graduate paraprofessional therapist
Thomas 1987	6	6 sessions, group of 5	15	Doctoral students in clinical psychology
<b>Behavioural therapies individual: Behavioural activation (BA) individual</b>				
Egede 2015	8	8x 1-hour sessions – same room	121	Masters-level counsellor
Egede 2015	8	8x 1-hour sessions - videoconferencing	120	Masters-level counsellor
Jacobson 1996	-	20 sessions	57	Clinical psychologist
Kanter 2015	12	12x 50-min sessions	21	Mental health practitioner
Moradveisi 2013	12	16 sessions	50	Counsellor psychologist
Patel 2017/Weobong 2017	12	6-8x 30-40 min sessions	247	Lay counsellor
<b>Cognitive and cognitive behavioural therapies individual: cognitive behavioural therapy (CBT) individual ≥15 sessions</b>				
Beach 1992	15	15-20 sessions	15	doctoral level psychologist or advanced graduate student in clinical psychology
Blackburn 1981	12-20	15-23 sessions [actual 15.3]	22	Clinical psychologist
Blackburn 1997	16	16 sessions	27	Clinical psychologist
Bulmash 2009	16	16 sessions	37	Psychologist (master's in social work or PhD)
Connolly Gibbons 2016	22	16 sessions	119	Clinician (masters degree or above)
Elkin 1989/Imber 1990	16	16-20x 50-min sessions [average 13]	62	Psychologist/psychiatrist

Fonagy 2019	16-24	14-18x 1-hour sessions	20	Trained CBT practitioner (within IAPT)
Gallagher-Thompson 1994	16	20 sessions	36	Therapist (masters degree in social work or PhD-level psychologists)
Hautzinger 1996	8	24x 50-60 min sessions	40	Clinical psychologist
Hollon 1992	12	Max 20x 50-min sessions [actual 14.9]	25	Clinical psychologist or clinical social worker
Jacobson 1996 arm 1	-	20 sessions	44	Clinical psychologist
Jacobson 1996 arm 2	-	20 sessions	50	Clinical psychologist
Kennedy 2007	16	16 sessions [actual 14.1]	17	Trained CBT therapist
Marshall 2008	16	16 sessions	37	Doctoral-level or postdoctoral clinical psychology student
Mohr 2011	20	16x 45-50 min sessions	41	Clinical psychologist
Murphy 1984	12	20x 50-min sessions [actual 17.1]	19	Psychologist/psychiatrist
Quilty 2014	16	16 sessions	49	Psychologist/doctoral trainee
Rosner 1999	20	20 sessions	18	Psychologist/psychiatrist
Rush 1977/Kovacs 1981	12	20x 50-min sessions [actual 15.3]	19	Psychiatric resident, post- or pre-doctoral clinical psychologist/psychiatrist
Thase 2018	16	20x 50-min sessions [actual 16]	77	Therapist (no further detail)
Zu 2014	24	20x 1-hour sessions	30	Clinical psychologist
<b>Problem solving individual</b>				
Alexopoulos 2003b	12	12 sessions	12	Therapist (no further detail)
Arean 2010	12	12 sessions	110	Doctoral-level clinical psychologist/licensed social worker
Choi 2014a/Choi 2014b arm 1	12	6x 1-hour sessions	42	Licensed master's-level social workers
Choi 2014a/Choi 2014b arm 2	12	6x 1-hour sessions	43	Licensed master's-level social workers
Kramer 2014	9	5x 1-hour sessions [actual 1.36]	131	Healthcare professional
Mynors-Wallis 1995	12	6x 30-60 min sessions	30	GP or psychiatrist
Mynors-Wallis 2000 arm 1	12	6x 30-60 min sessions [actual 4.6]	39	GP
Mynors-Wallis 2000 arm 2	12	6x 30-60 min sessions [actual 4.6]	41	Nurse
<b>Non-directive counselling individual</b>				
Alexopoulos 2003b	12	12 sessions	13	Therapist (no further detail)
Arean 2010	12	12 sessions	111	Doctoral-level clinical psychologist/licensed social worker
Bedi 2000/Chilvers 2001	8	6 sessions	52	Counsellor (at least 2000 hours of supervised experience or attached to primary care team)
Kay-Lambkin 2011/2017	12	9x 1-hour sessions [actual 5.4]	89	Therapist
Markkula 2019	4	5x 45-min sessions [actual 5.2]	141	Lay counsellor
Ward 2000/King 2000	16	6-12x 50-min sessions [actual 6.4]	67	Counsellors (accredited by British Association for Counselling)
<b>Interpersonal psychotherapy (IPT) individual</b>				
Blom 2007	12	12 sessions	34	Therapist (no further detail)
Bulmash 2009	16	16 sessions	42	Psychologist (master's in social work or PhD level)
Elkin 1989/Imber 1990	16	16-20x 50-min sessions (actual 13)	63	Psychologist/psychiatrist
Marshall 2008	16	16 sessions	35	Doctoral-level or postdoctoral clinical psychology students
<b>Short-term psychodynamic psychotherapy individual</b>				
Connolly Gibbons 2012	12	12x 1-hour sessions (actual 7.4)	21	Therapist with master's degree in a mental health field
Connolly Gibbons 2016	22	16 sessions	118	Clinician (masters degree or above)

Gallagher-Thompson 1994	16	20 sessions	30	Therapist (masters degree in social work/PhD-level psychologists)
Salminen 2008	16	16 sessions	26	Psychiatrist/psychologist
<b>Cognitive and cognitive behavioural therapies individual + antidepressant: cognitive behavioural therapy (CBT) individual ≥15 sessions + antidepressant</b>				
Ashouri 2013	-	Not reported	10	PhD student of Clinical Psychology
Blackburn 1981	12-20	15-23 sessions (actual 14.6)	22	Clinical psychologist
Hautzinger 1996	8	24x 50-60 min sessions	38	Clinical psychologist
Hollon 1992	12	Max of 20 x 50-min sessions (actual 14.9)	25	Clinical psychologist or clinical social worker
Klieser 1988 arm 1	3	21x 20-min sessions	12	NR
Klieser 1988 arm 2	3	21x 20-min sessions	11	NR
Murphy 1984	12	20x 60-min sessions (actual 16.17)	18	Psychologist
Zu 2014	24	20x 1-hour sessions	60	Clinical psychologist

**Table 140. Resource use reported in RCTs of physical treatments for less severe depression included in the NMAs that informed the economic analysis.**

Physical treatments for less severe depression				
Study	Duration (weeks)	Reported intended resource use (RCTs)	N	Delivered by
<b>Exercise individual: supervised high intensity individual exercise</b>				
Doyne 1987	8	32 sessions [actual 21.12]	14	Undergraduate exercise monitor
Legrand 2014	7	14x 1-hour sessions [some were delivered in groups of 80]	22	Exercise instructor
Sims 2006	10	30 sessions	17	Not reported
<b>Exercise group: supervised high intensity group exercise</b>				
Alsaraireh 2017	10	30x 1-hour sessions	100	Not reported
Balchin 2016	6	36x 1-hour sessions	11	Not reported
Brenes 2007	16	48x 1-hour sessions	14	Certified American College of Sports Medicine exercise leader
Fremont 1987	10	30 sessions, 6-8 per group	21	Running coach
Singh 1997a/1997b	10	30x 50-min sessions, 1-8 per group	17	Principal investigator

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Physical treatments (alone or combined with antidepressants) for more severe depression				
Study	Duration (weeks)	Reported intended resource use (RCTs)	N	Delivered by
<b>Acupuncture: traditional acupuncture</b>				
Allen 2006	8	12 sessions	53	Trained & board certified acupuncturist
Du 2005	6	42 sessions	78	Not reported
Fu 2003	8	16x 30-min sessions	32	Not reported
Fu 2008	12	24x 30-min sessions	NA	Not reported
Jiahui 2006	4	30 sessions	30	Not reported
Li 2004b	6	30 sessions	49	Not reported
Pei 2006	6	30x 30-min sessions	62	Not reported
Zhang 2005	6	30-40 sessions	43	Not reported
Zhang 2007b	4	28 sessions	50	Not reported
<b>Exercise individual: Supervised high intensity exercise individual</b>				
Blumenthal 1999/Babyak 2000	16	48x 45-min sessions	53	Not reported
Dunn 2005 arm 1	12	60 sessions	17	Laboratory staff

Dunn 2005 arm 2	12	36 sessions	16	Laboratory staff
Gerber 2020	6	18 sessions	20	Not reported
Hemat-Far 2012	8	24x 40-60-min sessions	10	Not reported
Huipeng 2013	6	30 sessions	35	Not reported
Jinchun 2015	8	40 sessions	35	Not reported
Krogh 2012	12	36x 45-min sessions (actual 13.5)	56	Physiotherapist
Khoshnab 2017	8	24x 40-60 min sessions	15	Not reported
<b>Exercise group: Supervised high intensity exercise group</b>				
Blumenthal 2007/Hoffman 2011	16	48x 45-min sessions (median 37)	51	Not reported
Guifeng 2015	8	40 sessions	35	Not reported
Herman 2002	16	48x 45-min sessions (median 43)	53	Not reported
Klieser 1988	3	21x 20-min sessions	11	Not reported
Singh 2005	8	24x 65-min sessions, in groups of 1-8	20	Not reported
<b>Acupuncture + AD: traditional acupuncture + SSRI</b>				
Ai 2018	6	42 x 50-min sessions	50	Not reported
Qu 2013	6	18 sessions	54	Acupuncturist
Wang 2014a	6	30 sessions	48	Acupuncturist
Xu 2011	6	18 sessions	NA	Not reported
Zhao 2019a	6	18 x 30-min sessions	161	Acupuncturist