

Table 1. Characteristics of excluded studies – Mood disorders

N	STUDY	REASONS FOR EXCLUSION
1	Ahlen et al., 2015	Does not specify interventions
2.	Bellón et al., 2015	Review of reviews
3.	Bevan Jones et al., 2018	No meta-analysis
4.	Breedvelt et al., 2021	Focus on symptom reduction
5.	Caldwell et al., 2019	Focus on symptom reduction
6.	Calear & Christensen, 2010	No meta-analysis
7.	Carter et al., 2019	Focus on symptom reduction
8.	Cipriani et al., 2013	Suicide prevention
9.	Cluxton-Keller & Bruce, 2018	Focus on subjective symptoms
10.	Deady et al., 2017	Focus on symptom reduction
11.	Felnhofer et al., 2016	Not a systematic review
12.	Forneris et al., 2015	No meta-analysis
13.	Gartlehner et al., 2015	Initial study of another updated
14.	Grosso et al., 2016	Focus on risk factors
15.	Ho et al., 2016	Focus on symptom reduction and treatment
16.	Huang et al., 2020	Focus on symptom reduction
17.	Kaminski-Hartenthaler et al., 2015	No group control
18.	Lambrichts et al., 2021	High risk of bias
19.	Lin et al., 2018	Focus on symptom reduction
20.	Loechner et. al., 2018	Focus on symptom reduction
21.	Mártin-Gómez et al., 2020	Just protocol
22.	Martinez et al., 2018	No meta-analysis
23.	Merry et al. , 2011	High risk of bias
24.	Miller et al., 2013	No meta-analysis

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25.	Mocking et al., 2020.	Focus on treatment
26.	Molyneaux et al., 2018	No meta-analysis
27.	Morrell et al., 2016	Focus on symptom reduction
28.	Nakamura et al., 2019	Focus on symptom reduction
29.	Nussbaumer et al., 2015	High risk of bias
30.	Nussbaumer-Streit et al., 2019	High risk of bias
31.	O'Connor et al., 2019	Presence of non-randomized clinical trials
32.	Poyatos-León et al., 2017	Focus on symptom reduction
33.	Rigabert et al., 2018	High risk of bias
34.	Sado et al., 2012	High risk of bias
35.	Salazar de Pablo et al., 2021	Review of reviews
36.	Sockol et al., 2013	High risk of bias
37.	Sockol et al., 2015	Focus on symptom reduction
38.	Stockings et al., 2015	Review of reviews
39.	Uguz et al., (2020)	No meta-analysis
40.	Werner-Seidler et al., 2017	Focus on symptom reduction
41.	Zhaid et al., 2020	High risk of bias
42.	Zhang et al., (2018).	High risk of bias
43.	Zhou et al., 2021	Not a systematic review

Source: The authors.