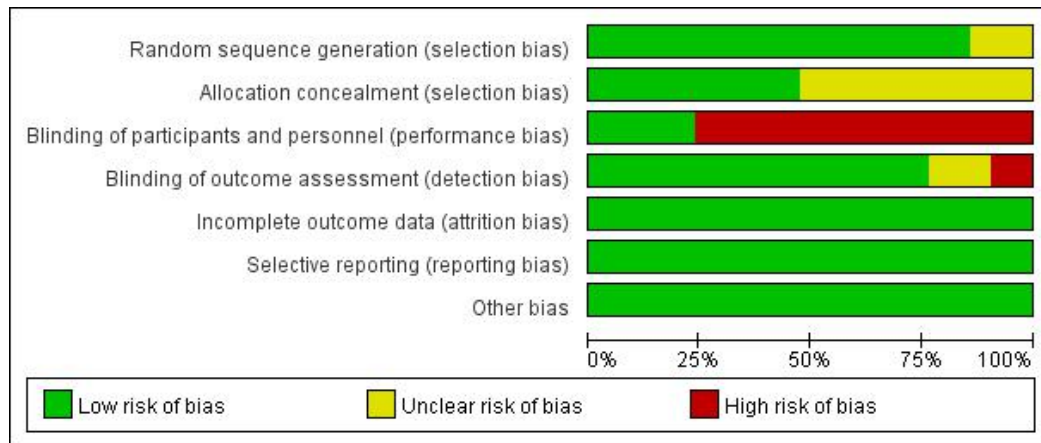


## *Supplementary Material*

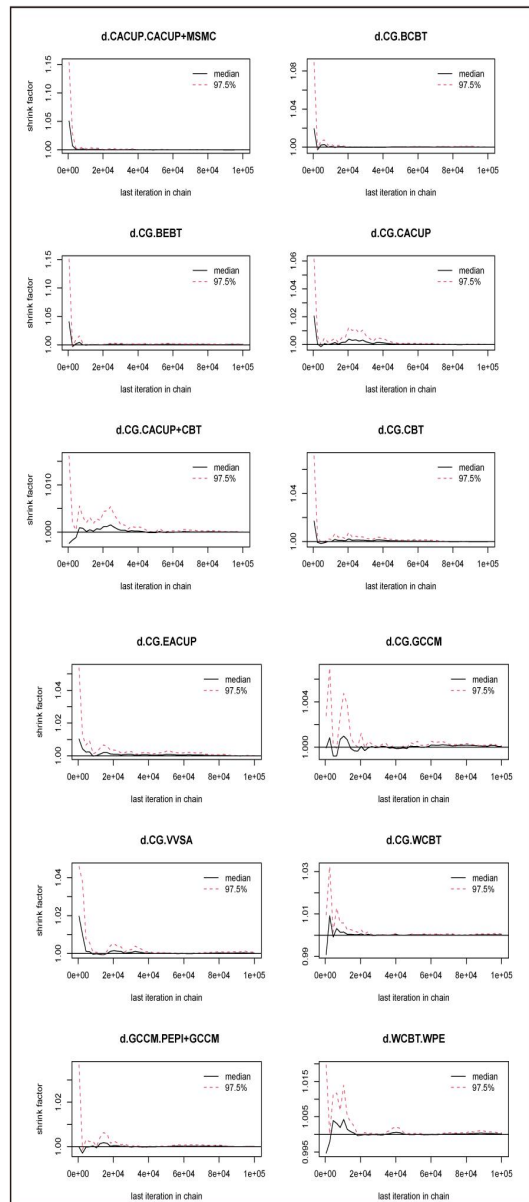
### 1. Supplementary figure

**Supplementary Figure 1.** The risk of bias assessment graph of individual RCTs.

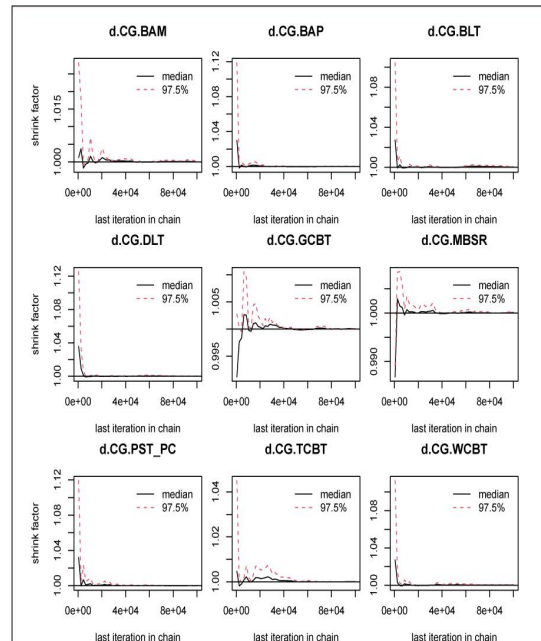


**Supplementary Figure 2.** Brooks Gelman Rubin diagnostic plots for model convergence with 10000 burn-ins and 50000 iterations of 4 each chain. (A) CES-D; (B) BDI; (C) PHQ-9; (D) K-6. Abbreviations: CES-D, Center for Epidemiologic Studies Depression scale; BDI, Beck Depression Inventory Scale; PHQ-9, the 9-item Patient Health Questionnaire; K6, Kessler Screening Scale for Psychological Distress.

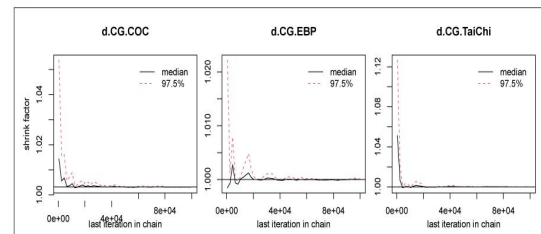
**A**



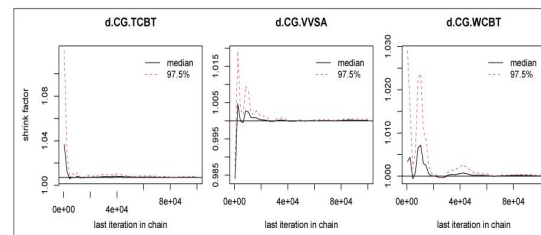
**B**



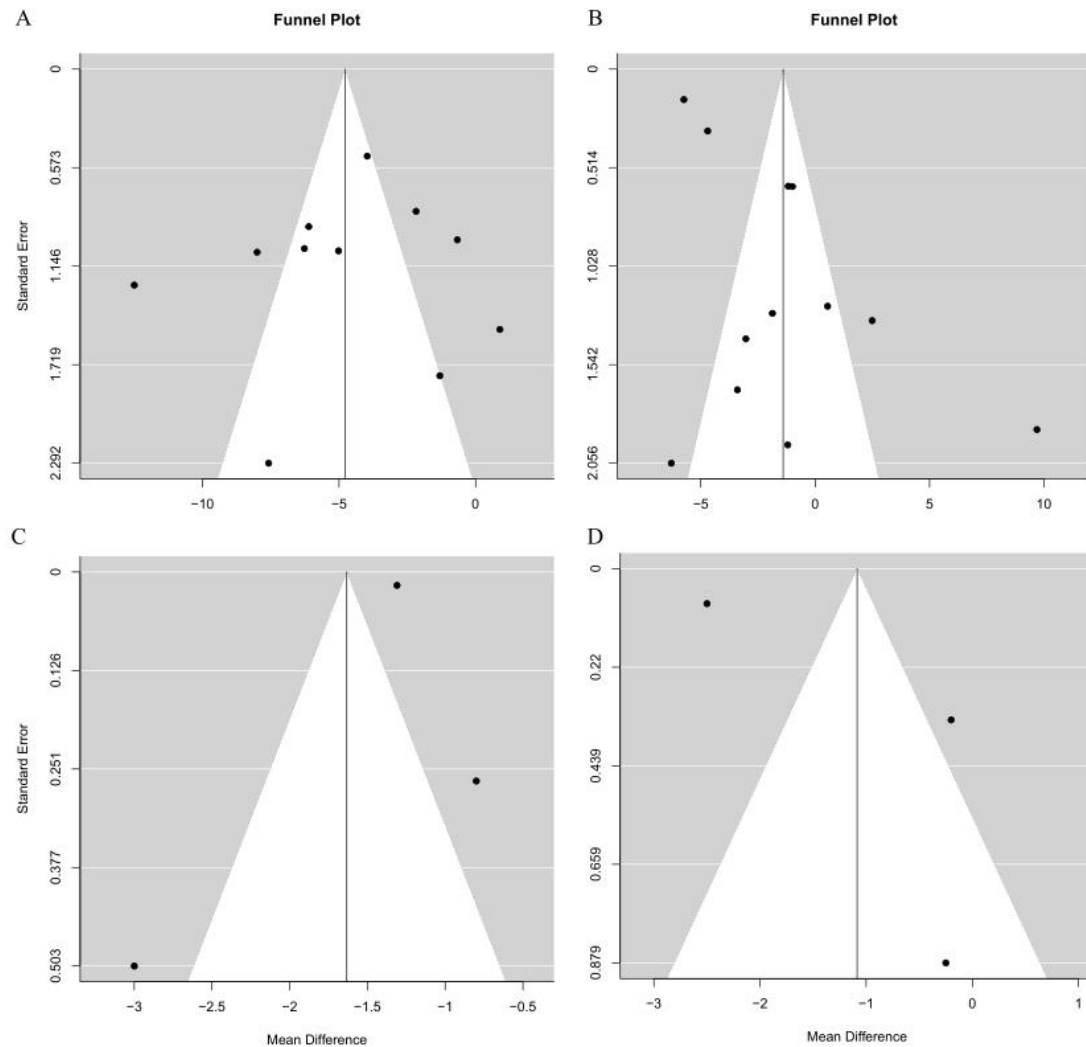
**C**



**D**



**Supplementary Figure 3.** Funnel plot for effect size and standard error of the included studies. (A) CES-D; (B) BDI; (C) PHQ-9; (D) K-6. Abbreviations: CES-D, Center for Epidemiologic Studies Depression Scale; BDI, Beck Depression Inventory Scale; PHQ-9, the 9-item Patient Health Questionnaire; K6, Kessler Screening Scale for Psychological Distress.



## 2. Supplementary table

**Supplementary Table 1.** Assessment of publication bias by Begg's and Egger's tests and model fit. Abbreviations: CES-D, Center for Epidemiologic Studies Depression Scale; BDI, Beck Depression Inventory Scale; PHQ-9, the 9-item Patient Health Questionnaire; K6, Kessler Screening Scale for Psychological Distress.

Outcome	P-value		Model fit	
	Egger's test	Begg's test	I <sup>2</sup>	data points
BDI	0.213	0.947	7	18
CES	0.896	0.648	5	22
K6	0.277	1.000	17	6
PHQ	0.328	1.000	17	6