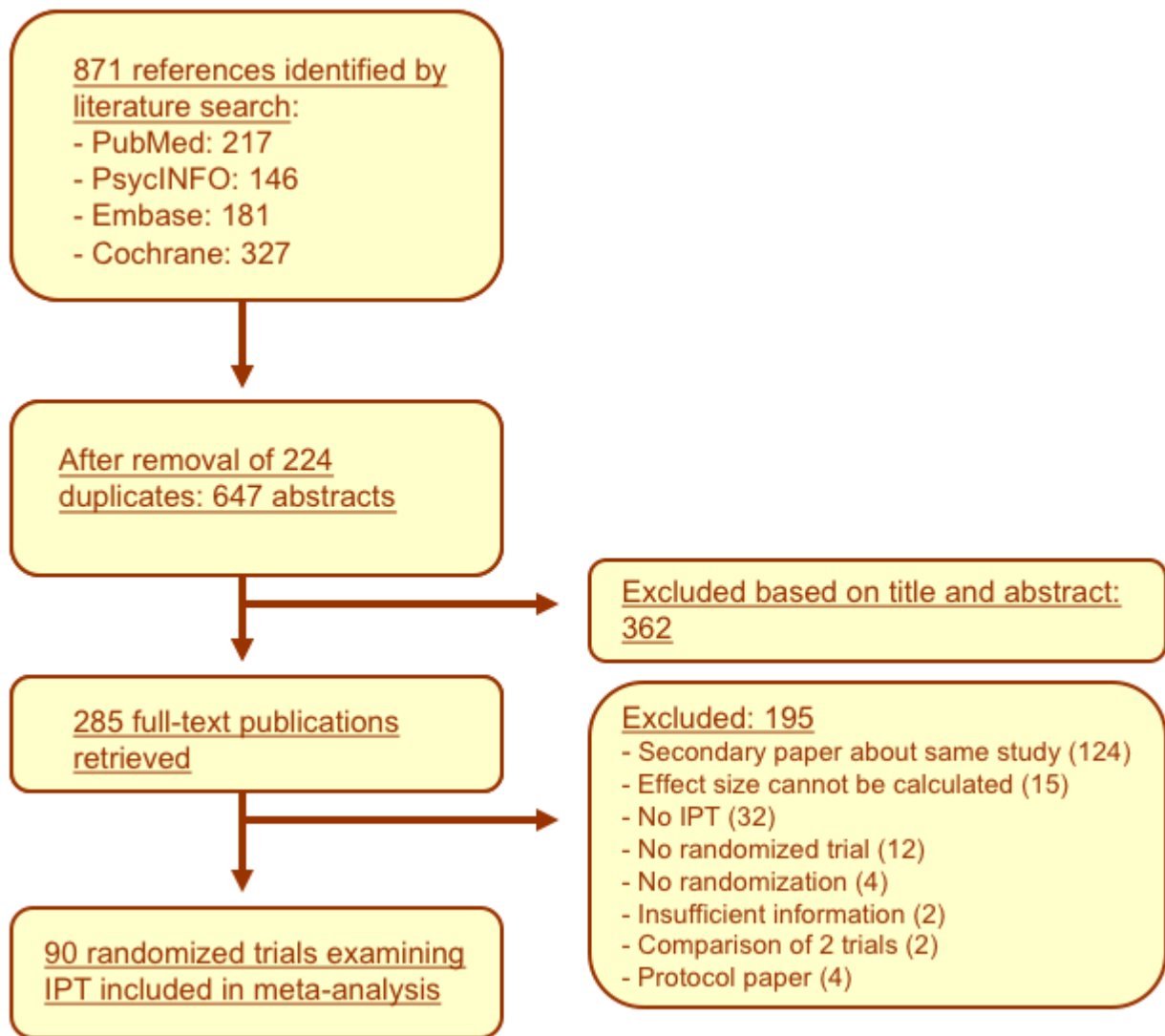


Appendix A. Flowchart inclusion of studies



Appendix B. References of included studies

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Appendix C. Selected characteristics of included studies

<i>Study</i>	<i>Disorder</i>	<i>Conditions</i>	<i>N</i>	<i>Format</i>	<i>N sess</i>	<i>Risk of bias^{a)}</i>	<i>Country</i>
Agras, 2000	Bulimia outpatients (DSM-III)	1. IPT 2. CBT	110 110	Ind Ind	19 19	++++	US
Badger, 2007	Breast cancer patients and their partners	1. IPC 2. Exercise 3. Attention control	38 23 37	Tel Tel	9 9	--sr+	US
Badger, 2011	Prostate cancer survivors and their partners	1. IPC 2. Health education	36 35	Tel Tel	12 12	--sr+	US
Badger, 2013a	Early-stage breast cancer patients and their partners	1. IPC - t 2. IPC -v 3. Health education	20 14 18	Tel Vid.ph Tel	12 12	--sr-	US
Badger, 2013b	Latinas with breast cancer and their partners	1. IPC 2. Health education	45 45	Tel Tel	12 12	--sr-	US
Beeber, 2013	Depression in Low-Income Mothers of Infants and Toddlers	1. IPT + PE 2. CAU	114 112	Ind + tel	11	+----	US
Bellino, 2006	Adults with borderline personality disorder and MDD	1. IPT+ ADM 2. ADM	20 19	Ind	24	---+-	IT
Bellino, 2010	Adults with borderline personality disorder	1. IPT + ADM 2. ADM	27 28	Ind	34	+--+-	IT
Blom, 2007	Adults with MDD	1. IPT 2. IPT+ ADM 3. ADM 4. IPT + ADM	50 49 47 47	Ind	12	--++	NL
Bodenmann, 2008	Adults <60 (and their partners) with MDD or DYS	1. IPT 2. COCT 3. CBT	20 20 20	Ind	20	++-+	Swe
Bolton, 2003	Adults with MDD or subsyndromal depression	1. IPT 2. CAU	107 117	Grp	16	++-+	UG
Bolton, 2007	Adolescent survivors of war and displacement with MDD or subsyndromal depression	1. IPT 2. WL 3. Creative play	105 104 105	Grp	16	+--+	UG
Borge, 2008	Inpatients with social anxiety disorder	1. IPT 2. CBT	40 40	Ind / grp	50	??+-	NO
Browne, 2002	Adults with depression	1. IPT 2. IPT+ADM 3. ADM	178 212 196	Ind	10	++++	CA
Carroll, 1991	Adults with cocaine abuse	1. IPT 2. Relapse prevent.	21 21	ind	12	???+	US
Clark, 2003	Women with postpartum depression	1. IPT 2. M-I therapy 3. Waiting list	15 13 11	Grp	12	-??-	US
Dagoo, 2014	Social anxiety disorder	1. mCBT 2. mIPT	27 25	SG	9	++++	Swe
de Mello, 2001	Adults with MDD or DysDepression	1. IPT+ADM 2. ADM	16 19	Ind	16	++-+	BR
Donker, 2013	Adults with depression	1. iIPT 2. iCBT 3. Active control	620 610 613	SG	4	++++	Austr
Elkin, 1989	Adults with MDD	1. IPT 2. CBT 3. ADM 4. Placebo	61 59 57 62	Ind	16	++++	US
Fairburn, 1991	Patients with bulimia	1. CBT 2. BT 3. IPT	25 24 24	Ind	19	??+-	UK
Field, 2013	Pregnant women with depression	1. IPT 2. Peer support	22 22	Grp	12	??sr?	US

Finkenzeller, 2009	Adults with depression	1. IPT 2. IPT+ADM 3. ADM	27 23 24	Grp	8	-- ++	Ger
Frank, 1990	Adults with MDD	1. mIPT+mADM 2. mADM 3. mIPT 4. mIPT + Plac 5. Placebo	25 28 26 26 23	Ind	Monthly	-- ++	US
Frank, 2011	Adults with depression	1. IPT 2. ADM	160 158	Ind	12	?? ?+	US
Gao, 2010	Pregnant women	1. IPT 2. Control	96 98	Grp / ind	3	+ ? sr +	China
Gois, 2014	Type 2 diabetes patients with MDD	1. IPT 2. ADM	17 17	Ind	12	+++ -	Port
Grote, 2009	Depressed pregnant women	1. IPT 2. CAU	25 28	Ind	9	?? ?-	US
Holmes, 2007	Patients with major physical trauma	1. IPC 2. CAU	41 39	Ind	Nr	+++ -	Austr
Horowitz, 2007	Universal prevention of depression in adolescents	1. CBT 2. IPT 3. Control	112 99 169	Grp	8	+ - sr +	US
Johnson, 2012	MDD among women prisoners with substance use disorder	1. IPT 2. Attention control	19 19	Grp / ind	27	? + + +	US
Klerman, 1974	Adults with depression	1. mIPT+mADM 2. mIPT + Plac 3. mIPT 4. mADM 5. Placebo 6. Clinical manag	25 25 25 25 25 25	Ind	Week-ly	--- +	US
Koszycki, 2012	Depressed infertile women	1. IPT 2. Supportive ther.	15 16	Ind	12	?? ?+	CA
Krupnick, 2008	Low-income women with posttraumatic stress disorder	1. IPT 2. WL	32 19	Grp	16	?? ?+	US
Lesperance, 2007	Depressed patients with coronary heart disease	1. IPT+ADM 2. ADM 3. IPT + Plac 4. Placebo	67 75 75 67	Ind	12	++++	CA
Levkovitz, 2000	Adults recovered from MDD	1. mIPT+mADM 2. mADM	7 7	Grp	18	++ --	IS
Lipsitz, 2008	Adults with social anxiety disorder	1. IPT 2. Supportive ther	36 34			+ ? + -	
Luty, 2007	Adults with MDD	1. IPT 2. CBT	91 86	Ind	16	++++	UK
Markowitz, 1998	Adults with depression	1. IPT 2. Supportive ther 3. CBT 4. Supp + ADM	24 24 27 26	Ind	11	++++	US
Markowitz, 2005	Adults with DYS	1. IPT 2. IPT+ADM 3. Supportive ther 4. ADM	23 21 26 24	Ind	16	++++	US
Markowitz, 2008	Adults with DYS	1. IPT 2. Supportive ther	14 12	Ind	16	+ - ++	US
Marshall, 2008	Adults with MDD	1. IPT 2. CBT 3. ADM	35 37 30	Ind	16	----	CA
Martin, 2001	Adults with MDD	1. IPT 2. ADM	13 15	Ind	16	-- ++	UK
McIntosh, 2005	Patients with Anorexia	1. CBT 2. IPT 3. Supportive ther	19 21 16	Ind	20	? ? ++	UK

Meffert, 2011	Sudanese refugees with symptoms of PTSD	1. IPT 2. WL	13 9	Ind	7	+ ? - +	Egypt
Menchetti, 2014	Primary care patients with depression	1. IPC 2. ADM	243 244	Ind	6	+ + + +	Italy
Miklowitz, 2007	Patients with bipolar depression	1. Collab care 2. CBT 3. IPT 4. Family foc. ther.	130 75 62 26	Ind	30	? ? - +	US
Miller, 2002	Patients with recurrent depression	1. IPT-t 2. No treatment	15 15	Tel	12	? ? + -	US
Mitchell, 2002	Bulimia patients who do not respond to CBT	1. IPT 2. Med manag	31 31	Ind	20	+ ? ? -	US
Mossey, 1996	Older adults with subdysthymic depression	1. IPT 2. CAU	31 38	Ind	10	? ? sr -	US
Mufson, 1999	Depressed adolescents	1. IPT 2. Monitoring	24 24	Ind	12	+ - + +	US
Mufson, 2004	Depressed adolescents	1. IPT 2. CAU	34 29	Ind	12	+ - + +	US
Mulcahy, 2010	Adults with MDD	1. IPT 2. CAU	29 28	Grp	10	+ - + +	Austr
Muller-Popkes, 1996	Patients with Insomnia	1. IPT 2. Relaxation	13 12	Ind	12	? ? ? +	Ger
Neugebauer, 2006	Adults with depression	1. IPC 2. CAU	10 9	Ind	6	? ? + +	US
O'Hara, 2000	Adults with MDD	1. IPT 2. WL	60 60	Ind	12	+ - - +	US
Oranta, 2010	Depression and stress after myocardial infarction	1. IPC 2. CAU	51 52	Ind	5	? ? sr ?	Fin
Poleshuck, 2014	Major depression and pelvic pain	1. IPT 2. referral/CAU	34 28	Ind	8	+ ? ? +	US
Power, 2012	Adults with depression	1. IPT 2. CBT 3. CAU	39 22 10	Ind	16	? ? + ?	UK
Ransom, 2008	Adults with MDD or DYS	1. IPT 2. CAU	41 38	Tel	10	- - + +	US
Reynolds, 1999 A	Adults with MDD	1. IPT+ADM 2. ADM	16 25	Ind	16	- - - +	US
Reynolds, 1999B	Patients recovered from MDD	1. mADM+mIPT 2. mADM 3. mIPT+Placebo 4. Placebo	25 28 25 29	Ind	Mon- thly	+ + + +	US
Reynolds, 2006	Patients recovered from MDD	1. mADM+mIPT 2. mADM 3. mIPT+Placebo 4. Placebo	28 35 35 18	Ind	Mon- thly	+ + + +	US
Reynolds, 2010	Elderly responders to treatment of depression	1. IPT + ADM 2. ADM	60 64	Ind	12	+ + + +	US
Rosselló, 1999	Depressed adolescents	1. IPT 2. CBT 3. WL	23 25 23	Ind	12	- - + +	PR
Rosselló, 2008	Depressed adolescents	1. IPT 2. CBT	60 52	Ind / grp	12	+ - - +	PR
Schaal, 2009	Rwandan genocide orphans with PTSD	1. IPT 2. Narrative exposure ther.	14 12	Grp	4	- - + +	Rwan
Schramm, 2007	Inpatients with MDD	1. IPT+ADM 2. ADM	63 61	Ind / grp	23	+ + + +	Ger
Schramm, 2011	Patients with early onset chronic depression	1. CBASB 2. IPT	15 15	Ind	23	+ + + -	Ger
Schulberg, 1996	Patients with MDD	1. IPT 2. ADM 3. CAU	93 91 92	Ind	16	- - + +	US

Serretti, 2013	Patients with MDD	1. IPC 2. ADM	43 117	Ind	6	-- ? -	Italy
Shear, 2005	Patients with complicated grief	1. IPT 2. Complicated grief treatment	46 49	Ind	16	+ ? + -	US
Sloane, 1985	Patients with MDD	1. IPT 2. ADM 3. Placebo	19 10 14	Ind	6	-- + -	US
Spinelli, 2003	Depressed pregnant women	1. IPT 2. PE	21 17	Ind	10	--- +	US
Stangier, 2011	Patients with Social anxiety disorder	1. CBT 2. IPT 3. WL	38 38 41	Ind	16	++++	UK
Swartz, 2008	Patients with MDD	1. IPT 2. CAU	26 21	Ind	9	-----	US
Talbot, 2011	Depressed women with sexual abuse histories	1. IPT 2. CAU	34 24	Ind	16	? ? - +	US
Tang, 2009	Patients with MDD	1. IPT 2. CAU	35 38	Ind	12	-- + -	TW
Tanofsky-Kraff, 2010	Adolescent girls at-risk for obesity	1. IPT 2. Health education	19 19	Grp	12	? + ? +	US
van Schaik, 2006	Patients with MDD	1. IPT 2. CAU	69 74	Ind	8	++++	NL
Vos, 2012	Patients with panic disorder with agoraphobia	1. CBT 2. IPT	43 48	Ind	12	+ + sr +	NL
Weissman, 1979	Patients with MDD	1. IPT 2. IPT+ADM 3. On dem tel. supp 4. ADM	17 23 21 20	Ind	16	-- + -	US
Wilfley, 1993	Patients with Nonpurging bulimia	1. CBT 2. IPT 3. WL	18 18 20	Grp	16	? ? sr +	US
Wilfley, 2002	Patients with Binge eating disorder	1. CBT 2. IPT	81 81	Grp	20	? -- +	US
Wilson, 2010	Patients with Binge eating disorder	1. Behav weight l. 2. CBT gsh 3. IPT	64 66 75	Ind	20	+ ? + +	US
Young, 2006	Adolescents with elevated depression	1. IPT 2. School-couns.	27 14	Ind / grp	10	+ ? + +	US
Young, 2010	Adolescents with elevated depression	1. IPT 2. School-couns.	36 21	Ind / grp	10	+ ? + +	US
Zlotnick, 2001	Pregnant women at risk for PPD	1. IPT 2. CAU	17 18	Grp	4	? ? ? -	US
Zlotnick, 2006	Pregnant women at risk for PPD	1. IPT 2. CAU	53 46	Grp	4	+ ? ? -	US
Zlotnick, 2011	Low-income pregnant women with intimate partner violence	1. IPT 2. CAU	28 26	Grp	4	+ + ? +	US

^{a)} In this column a positive sign, a “?” (when the information was unclear), or a negative sign is given for the four items of risk of bias: allocation sequence; concealment of allocation to conditions; blinding of assessors; and intention-to-treat analyses. For Blinding of assessor we reported “sr” when only self-report outcome measures were used.

Abbreviations: ADM: antidepressive medication; Austr: Australia; Behav weight l.: behavioral weight loss; BR: Brasil; BT: Behavior therapy; CA: Canada; CAU: care-as-usual; CBASB: Cognitive Behavioral Analysis System of Psychotherapy; CBT: cognitive behavior therapy; COCT: Coping-oriented couples therapy; Collab care: Collaborative care; Couns: counseling; Family foc. Ther: family focused therapy; Fin: Finland; Ger: Germany; Grp: group; Gsh: guided self-help; iCBT: Internet-based CBT; iIPT: Internet-based IPT; Ind: individual; IPC-t: IPC by telephone; IPC-v: IPC by videophone; IPC: interpersonal counseling; IPT: interpersonal psychotherapy; IS: Israel; M-I therapy: mother-infant therapy; mADM: maintenance ADM; mCBT: maintenance CBT; MDD: major depressive disorder; Med manag: medical management; mIPT: maintenance IPT; N sess: number of sessions; NL: Netherlands; NO: Norway; On dem tel. supp: Telephone support on demand; PE: psychoeducation; Port: Portugal; PR: Puerto Rico; Rwan: Rwanda; Sg: self-

guided; Supp: supportive therapy; Swe: Sweden; Tel: telephone; ther: therapy; TW: Taiwan; UG: Uganda; UK: United Kingdom; US: United States; Vid.ph: videophone; WL: waiting list.

Appendix D. Effects of IPT for acute phase depression versus control groups and versus other psychotherapies: Hedges' g ^{a)}

		N_{comp}	g	95% CI	I^2	95% CI	p ^{b)}	NNT
<u>IPT vs control groups</u>								
	All studies	31	0.60	0.45, 0.75	63	43, 74		3
	2 outliers excluded ^{c)}	29	0.58	0.46, 0.70	32	0, 56		3
	Only HAM-D	14	0.52	0.36, 0.67	24	0, 59		4
<u>Subgroup analyses</u>								
Recruitment	Community	5	0.35	0.01, 0.69	6	0, 66	0.03	5
	Clinical populations	11	0.48	0.26, 0.70	0	0, 51		4
	Other	15	0.78	0.59, 0.96	65	32, 79		2
Diagnosis	Diagnosed mood dis.	19	0.47	0.31, 0.64	32	0, 60	0.01	4
	Cutoff / other	12	0.81	0.60, 1.02	65	23, 80		2
Age group	Adolescents	7	0.77	0.48, 1.06	16	0, 65	0.05	2
	Adults	20	0.63	0.45, 0.80	67	43, 78		3
	Older adults	4	0.18	-0.22, 0.57	0	0, 68		10
Target group	Women	11	0.64	0.38, 0.90	0	0, 51	0.76	3
	Other target groups	20	0.59	0.40, 0.77	74	57, 82		3
Format	Individual	19	0.52	0.34, 0.69	49	0, 69	0.34	4
	Group	5	0.76	0.45, 1.08	80	36, 90		2
	Mixed/other	7	0.71	0.40, 1.02	44	0, 75		3
Country	United States	24	0.60	0.42, 0.78	31	0, 57	0.99	3
	Other countries	7	0.60	0.32, 0.89	88	76, 92		3
Risk of bias	High (0-2)	23	0.53	0.36, 0.70	35	0, 60	0.11	3
	Low (3-4)	8	0.79	0.52, 1.06	81	60, 89		2
Type of control group	Care as usual	17	0.59	0.39, 0.79	71	49, 81	0.82	3
	Other	14	0.62	0.39, 0.86	50	0, 71		3
<u>IPT vs other psychotherapies</u>								
	All studies	14	0.06	-0.14, 0.26	52	0, 72		29
	Only HAM-D	7	0.12	-0.11, 0.35	28	0, 69		15
One study removed	Mixed ind/grp format	13	0.10	-0.10, 0.30	47	0, 71		18
<u>Subgroup analyses</u>								
Comparison therapy	CBT	8	0.00	-0.24, 0.25	51	0, 76	0.44	0
	Other	6	0.17	-0.17, 0.51	53	0, 79		10
Chronic depression/dysth	No	11	0.08	-0.15, 0.30	51	0, 74	0.69	22
	Yes	3	-0.03	-0.54, 0.47	69	0, 89		63
Target group	Adults	9	-0.05	-0.29, 0.20	33	0, 68	0.16	36
	Specific target group	5	0.25	-0.08, 0.59	68	0, 85		7
Risk of bias	High (0-2)	8	0.03	-0.24, 0.31	40	0, 72	0.76	63
	Low (3-4)	6	0.10	-0.23, 0.43	67	0, 84		18

Abbreviations: CI: Confidence interval; N_{comp} : number of comparisons; NNT: Numbers-needed-to-treat.

^{a)} according to the random effects model.

^{b)} the p-values in this column indicate whether the difference between the effect sizes in the subgroups is significant.

^{c)} Bolton et al., 2003; Van Schaik et al., 2006

Appendix E. Effects of IPT for acute phase depression versus ADM and combined treatments:
Hedges' g^{a)}

		N_{comp}	g	95% CI	I^2	95% CI	p ^{b)}	NNT
<u>IPT vs pharmacotherapy</u>								
All studies		16	-0.13	-0.28, 0.02	51	0, 71		14
1 outlier excluded ^{c)}		15	-0.17	-0.31, -0.04	29	0, 61		10
Only HAM-D		9	-0.24	-0.46, -0.02	49	0, 75		7
One study removed: Group format		15	-0.15	-0.31, 0.01	53	0, 72		12
Two studies removed: dysthymia patients		14	-0.09	-0.25, 0.08	48	0, 71		20
<u>Subgroup analyses</u>								
Type of ADM	SSRI	6	-0.12	-0.38, 0.14	72	10, 86	0.90	15
	TCA	6	-0.11	-0.38, 0.17	0	0, 61		16
	Other	4	-0.21	-0.56, 0.14	60	0, 84		8
Risk of bias	High (0-2)	10	-0.12	-0.33, 0.09	19	0, 61	0.85	15
	Low (3-4)	6	-0.15	-0.40, 0.10	74	20, 87		12
Target group	Adults	12	-0.11	-0.28, 0.07	51	0, 73	0.54	16
	Specific target group	4	-0.22	-0.56, 0.11	47	0, 81		8
<u>Combined versus pharmacotherapy only</u>								
All studies		10	0.14	-0.04, 0.33	28	0, 65		13
Only HAM-D		7	0.22	-0.03, 0.46	37	0, 72		8
<u>Subgroup analyses</u>								
Risk of bias	High (0-2)	5	-0.00	-0.17, 0.16	0	0, 64	0.007	-
	Low (3-4)	5	0.48	0.17, 0.79	0	0, 64		4
Medication	SSRI	5	0.01	-0.18, 0.21	41	0, 77	0.07	167
	Other	5	0.32	0.05, 0.59	0	0, 64		6
Disorder	Major depression	7	0.22	0.00, 0.45	26	0, 68	0.21	8
	Dysthymia	3	-0.01	-0.31, 0.28	0	0, 73		167
<u>Combined versus IPT only</u>								
All studies		7	0.24	0.03, 0.46	28	0, 69		7
Only HAM-D		4	0.16	-0.11, 0.42	24	0, 75		11
<u>Subgroup analyses</u>								
Risk of bias	High (0-2)	3	0.42	-0.04, 0.88	38	0, 82	0.39	4
	Low (3-4)	4	0.19	-0.08, 0.46	33	0, 78		9

Abbreviations: ADM: antidepressive medication; CI: Confidence interval; N_{comp} : number of comparisons; NNT: Numbers-needed-to-treat.

^{a)} according to the random effects model.

^{b)} the p-values in this column indicate whether the difference between the effect sizes in the subgroups is significant.

^{c)} Menchetti et al., 2014

Appendix F. Effects of interpersonal psychotherapy on other mental disorders than depression: Hedges' g ^{a)}

	N_{comp}	g	95% CI	I^2	95% CI	NNT
<u>Eating disorders</u>						
<u>IPT vs other psychotherapies</u>						
• All outcomes	8	-0.15	-0.32, 0.03	0	0, 56	12
• All behavioral outcomes	8	-0.22	-0.39, -0.05	0	0, 56	8
• Weight and BMI	7	0.10	-0.08, 0.28	0	0, 58	18
• Only CBT (behavioral outcomes)	6	-0.20	-0.39, -0.01	0	0, 61	9
• Low risk of bias (behav. outc.)	2	-0.13	-0.44, 0.19	0	-	14
<u>Specific outcomes</u>						
• Eating concerns (EDE)	4	-0.30	-0.54, -0.07	0	0, 68	6
• Restraint (EDE)	6	-0.56	-0.85, -0.27	39	0, 75	3
• Shape concerns (EDE)	4	-0.12	-0.35, 0.12	0	0, 68	15
• Weight concerns (EDE)	4	-0.00	-0.24, 0.23	0	0, 68	-
<u>IPT vs control groups</u>	2	0.47	-0.17, 1.12	66	-	4
<u>IPT vs pharmacotherapy in CBT non-responders</u>	1	0.18	-0.69, 1.04	0	-	10
<u>Anxiety disorders</u>						
<u>IPT vs other psychotherapies</u>						
All studies (anxiety outcomes)	6	-0.16	-0.39, 0.07	21	0, 69	11
Only CBT (anxiety outcomes)	4	-0.24	-0.51, 0.03	28	0, 76	7
Only CBT for SAD (anxiety outcomes)	3	-0.31	-0.67, 0.06	45	0, 83	6
Only low risk of bias	3	-0.33	-0.59, -0.06	13	0, 76	5
All studies (depression outcomes)	5	-0.05	-0.45, 0.35	64	0, 84	36
<u>IPT vs control groups</u>						
All studies (anxiety outcomes)	3	0.89	0.22, 1.56	58	0, 86	2
All studies (depression outcomes)	3	0.82	0.45, 1.19	0	0, 73	2

Abbreviations: CI: Confidence interval; N_{comp} : number of comparisons; NNT: Numbers-needed-to-treat.

^{a)} according to the random effects model.