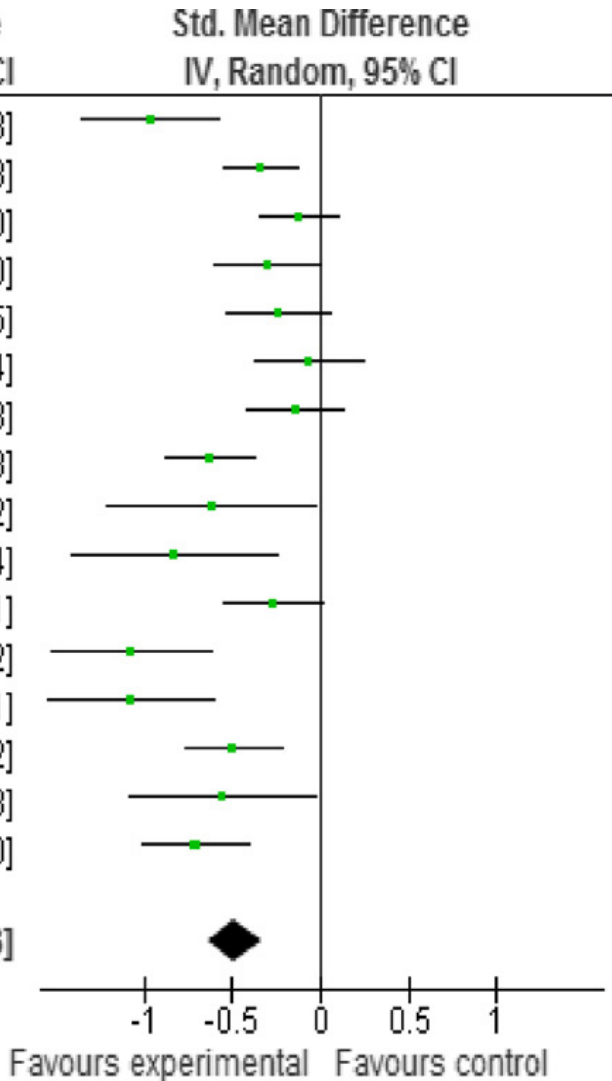
Review: CCBT for depression

Comparison: CCBT versus control

Outcome: Reduction in depression symptoms post treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
Andersson 2005	12.2	6.8	57	19.5	8.1	60	5.8%	-0.97 [-1.35, -0.58]
Christensen 2004a	17.6	9.1	182	20.6	8.4	178	8.0%	-0.34 [-0.55, -0.13]
Clarke 2002	21.3	13.1	144	23	14	155	7.8%	-0.12 [-0.35, 0.10]
Clarke 2005a	18.2	12.8	75	22.3	13.8	100	6.9%	-0.31 [-0.61, -0.00]
Clarke 2005b	19	13.1	80	22.3	13.8	100	6.9%	-0.24 [-0.54, 0.05]
Clarke 2009	8.6	7.2	83	9.1	7	77	6.7%	-0.07 [-0.38, 0.24]
de Graaf 2009a	20.6	10.4	100	22.1	10.2	103	7.2%	-0.15 [-0.42, 0.13]
Meyer 2009	19.87	11.85	320	27.15	10.01	76	7.5%	-0.63 [-0.88, -0.38]
Perini 2009	17.3	9.86	29	23.33	9.29	19	3.8%	-0.62 [-1.21, -0.02]
Ruwaard 2009	9.8	6.5	36	15.6	7.6	18	3.8%	-0.83 [-1.42, -0.24]
Spek 2007a	11.97	8.05	102	14.46	10.42	100	7.2%	-0.27 [-0.54, 0.01]
Titov 2009a	14.59	11.12	46	26.15	10.14	40	5.1%	-1.07 [-1.53, -0.62]
Titov 2009b	15.29	9.81	41	26.15	10.14	40	4.9%	-1.08 [-1.55, -0.61]
van Straten 2008	20.9	10.8	107	26.2	10.5	106	7.2%	-0.50 [-0.77, -0.22]
Venrnmark 2010a	12.3	7.3	29	16.6	7.9	29	4.4%	-0.56 [-1.08, -0.03]
Warmerdam 2008a	17.9	11.7	88	25.8	10.4	87	6.8%	-0.71 [-1.02, -0.40]
Total (95% CI)			**1519**			**1288**	**100.0%**	**-0.48 [-0.63, -0.33]**

Heterogeneity: Tau² = 0.06; Chi² = 51.17, df = 15 (P < 0.00001); I² = 71%

Test for overall effect: Z = 6.34 (P < 0.00001)