

Author, year	Country	Setting and Population	Study Aim	Age at baseline	Sample size at baseline	Measure of depressive and/or anxiety symptoms	Cut off scores	One year follow-up	Quality Assessment (NOS)
Fan et al., 2016	China	High Schools in Dujiangyan, China; Population drawn from adolescents exposed to the 2008 Wenchuan earthquake in China.	This study explored the associations between posttraumatic stress disorder, depressive symptoms, and sleep disturbance after the Wenchuan earthquake	13 to 17 years old	455 participants	Chinese version of the Depression Self-Rating Scale for Children ( <i>Self-report</i> )	Score of 15 has been used as the cut-off for screening depressive disorders	292 participants recovered from depressive symptoms (64%)	6
Yang et al., 2008	Taiwan	Middle Schools in Taiwan; population drawn from the students	This study evaluated the influence of personality traits and non-severe life events on depressive episodes in adolescents from six middle schools	12 to 16 years old	213 participants	Chinese version of the Centre for Epidemiologic Studies Depression ( <i>Self-report</i> )	Wave 2 CES-D score becoming 28 or less by a decrease from Wave 1 CES-D score of >28	107 participants recovered (50%)	6
Goodyer et al., 2003	U.K	Three secondary schools within Cambridge; population drawn from secondary school students who met the diagnostic criteria for major depressive disorder.	This study investigated whether hormones influence recovery in a community sample of adolescents with major depression	12 to 16 years old	30 participants (depressive symptoms)	Kiddie-SADS Schedule for Schizophrenia and Affective Disorders; Mood ( <i>Clinician led scale</i> )  Mood and Feelings Questionnaire ( <i>Self-report</i> )	-	19 participants recovered from depression (63%)	7
Leikanger, E & Larrison, B., 2012	Norway	18 schools across 17 municipalities in Sunnmøre county in western Norway;	This study explored the stability, incidences and changes in the DSM-IV related anxiety	13 to 15 years old	141 participants	The Screen for Child Anxiety Related Emotional Disorders (SCARED) Scale	Those who scored lower than 25 at baseline were defined as "low-moderate scorers", and those who scored 25 or	67 participants had reduced symptoms of anxiety (48%)	5

		population drawn from Norwegian adolescents	symptoms amongst Norwegian adolescents			(Self-report)	higher were defined as "high scorers"		
Jinnin et al., 2016	Japan	Hiroshima University in Japan; population drawn from first-year undergraduate students	This study looked at the progression of depressive symptoms and the potential risk for developing major depressive episodes in older adolescents	18 to 19 years old	172 participants	Japanese version of BDI-II  (Self-report)	Low-symptom group: BDI-II score $\leq 10$  Middle-symptom group: BDI-II score = 11–17  High-symptom group: BDI-II score $\geq 18$	81 participants had reduced symptoms of depression (47%)	7

Table 1. Characteristics of the included studies.