

Supplementary File 1: Psychological and behavioral therapies

<p>Behavior Therapy / Behavior Modification</p> <ul style="list-style-type: none"> • Activity Scheduling • Assertiveness Training • Aversion Therapy • Behavior Contracting • Behavior Modification • Biofeedback, Psychology • Contingency Management • Conversion Therapy • Distraction Therapy • Exposure Therapy • Pleasant Events • Psychoeducation • Problem-Focused • Reciprocal Inhibition Therapy • Relaxation Techniques • Response Cost • Sleep Phase Chronotherapy • Social Skills Training 	<p>Cognitive Behavioral Therapy</p> <ul style="list-style-type: none"> • Problem Solving • Rational Emotive Therapy • Reality Therapy • Restructuring • Role Play • Schemas • Self-Control • Stress Management
<p>Psychodynamic Therapies</p> <ul style="list-style-type: none"> • Brief Psychotherapy • Countertransference • Freudian • Group Therapy • Insight Oriented Therapy • Jungian • Kleinian • Object Relations • Person Centered Therapy, Client-Centered Therapy • Psychoanalytic Therapy • Short-Term Psychotherapy • Transference 	<p>Third Wave Cognitive Behavioral Therapies</p> <ul style="list-style-type: none"> • Acceptance And Commitment Therapy (ACT) • Behavioral Activation • Cognitive Behavioral Analysis System Of Psychotherapy (CBASP) • Compassion-Focused • Dialectical Behavior Therapy • Diffusion • Functional Analytic Psychotherapy (FAP) • Metacognitive Therapy • Mind Training • Mindfulness
<p>Humanistic Therapies</p> <ul style="list-style-type: none"> • Existential Therapy • Experiential Therapy • Expressive Therapy • Griefwork • Rogerian • Non-Directive Therapy • Supportive Therapy • Transactional Analysis 	<p>Integrative Therapies</p> <ul style="list-style-type: none"> • Cognitive Analytical Therapy • Counselling • Eclectic Therapy • Interpersonal Therapy • Multimodal • Transtheoretical
<p>Systemic Therapies</p> <ul style="list-style-type: none"> • Conjoint Therapy • Integrative Behavioral Couple Therapy (IBCT) • Narrative Therapy • Personal Construct • Socioenvironmental Therapy • Solution Focused Brief Therapy 	<p>Other Psychologically-Oriented Interventions</p> <ul style="list-style-type: none"> • Acting Out • Age Regression Therapy • Art Therapy • Bibliotherapy • Catharsis • Colour Therapy • Crisis Intervention • Dance Therapy • Drama Therapy • Emotional Freedom Techniques • Hypnotherapy • Meditation¹ • Morita Therapy • Music Therapy • Play Therapy • Primal Therapy • Psychodrama • Reminiscence Therapy • Sex Therapy

Source: CCDAN¹

Supplementary File 1: Complementary and alternative medicine interventions

<p>Dietary Supplements</p> <ul style="list-style-type: none"> • 5-hydroxy-L-tryptophan • Carnitine/Acetyl-L-carnitine • Chromium • Folate • Glutamine • Inositol • Magnesium • Omega-3-fatty acids (fish oil) • Phenylalanine • SAME (s-adenosylmethionine) • Selenium • Tyrosine • Vitamin B6 • Vitamin B12 • Vitamin D • Zinc 	<p>Other CAM Therapies</p> <ul style="list-style-type: none"> • Acupuncture • Aromatherapy • Autogenic training • Ayurveda • Bach Flower Remedies • Bibliotherapy • Craniosacral therapy • Distraction • Dolphins (swimming with) • Homeopathy • Humor/humor therapy • Hydrotherapy • LeShan distance healing • Massage • Meditation • Melatonin • Music • Nature-assisted therapy • Negative air ionisation • Painkillers • Pets • Prayer • Qigong • Recreational dancing • Reiki • Relaxation training • Sleep deprivation • Tai chi • Yoga • Young tissue extract
<p>Herbal Remedies</p> <ul style="list-style-type: none"> • Borage • Ginkgo biloba • Kampo • Lavender • Marijuana • Rhodiola rosea (golden root) • Saffron • Schizandra • St John's wort • Traditional Chinese herbal medicine 	

Source: beyondblue: A guide to what works for depression [<http://resources.beyondblue.org.au/prism/file?token=BL/0556>]

1. Cochrane Depression, Anxiety, and Neurosis Group. CCDAN Topic List: Intervention - Psychological therapies. The Cochrane Collaboration: London, 2013.
http://cmd.cochrane.org/sites/cmd.cochrane.org/files/public/uploads/CCDAN%20topics%20list_psychological%20therapies%20for%20website_0.pdf Accessed July 5, 2016.