Identification

Total N = 6504
Six electronic bibliographic sources

Total N = 30
Expert contact, websites, reference lists of included studies and other systematic reviews

4888 studies after duplicates removed

4888 studies were screened by one author, using titles and abstracts

4820 studies were excluded. Titles and abstracts which were very unlikely to be relevant

65 studies were screened by at least two authors, using titles and abstracts

29 studies were excluded. Titles and abstracts which were very unlikely to be relevant

22 studies were excluded
Not trials with participants >18 years old: 6
Non-CBT computerised self-help: 4
Different outcome from our inclusion criteria: 2
Quasi-factorial RCT by internet-support group: 1
Non-depression specific intervention: 1
No ITT, allocation concealment: 1
Not regarded as self-help: 1
Economic evaluation: 3
Combination of CCBT plus TAU versus TAU: 3

Eligibility

36 of full-texts were obtained and assessed for eligibility by at least two authors

Included

A total of 14 studies (16 comparisons) met the selection criteria and were included