

File 4. Definitions of Psychological Treatments of Depression

Type of therapy	Description/definition
Cognitive Behavior Therapy (CBT)	In CBT the therapists focus on the impact that a patient's present dysfunctional thoughts have on current behavior and future functioning. CBT is aimed at evaluating, challenging and modifying a patient's dysfunctional beliefs (cognitive restructuring). In this form of treatment the therapist mostly emphasizes homework assignments and outside-of-session activities. Therapists exert an active influence over therapeutic interactions and topics of discussion, use a psycho educational approach, and teach patients new ways of coping with stressful situations. The most used subtypes are CBT according to Beck's manual (Beck et al., 1979) and the "Coping with Depression" course (Lewinsohn et al., 1984).
Behavioral activation therapy (BAT)	We considered an intervention to be behavioral activation when the registration of pleasant activities and the increase of positive interactions between a person and his or her environment were the core elements of the treatment. Social skills training could be a part of the intervention. There are several subtypes of behavioral activation (Mazzucchelli et al. 2009).
Problem-solving therapy (PST)	We defined PST as a psychological intervention in which the following elements had to be included: definition of personal problems, generation of multiple solutions to each problem, selection of the best solution, the working out of a systematic plan for this solution, and evaluation as to whether the solution has resolved the problem. Subtypes of PST are described elsewhere (Cuijpers et al., 2018).
Interpersonal psychotherapy (IPT)	IPT is a brief and highly structured manual based psychotherapy that addresses interpersonal issues in depression, to the exclusion of all other foci of clinical attention. IPT has no specific theoretical origin although its theoretical basis can be seen as coming from the work of Sullivan, Meyer and Bowlby. The current form of the treatment was developed by the late Gerald Klerman and Myrna Weissman in the 1980s (Klerman et al., 1984). There is a brief version of IPT, called Interpersonal counseling.
Third wave cognitive behavioral therapies	Third wave therapies are a heterogeneous group of therapies that introduce several new techniques to cognitive behavior therapies. They have in common that they abandon or only cautiously use content-oriented cognitive interventions, and the use of skills deficit models to delineate the core maintaining mechanisms of the addressed disorders (Kahl, Winter, & Schweiger, 2012). Well-known therapies that we clustered in this category include Acceptance and Commitment Therapy, Mindfulness-based CBT, and meta-cognitive therapy.
Psychodynamic Therapy	The primary objective in (short-term) psychodynamic therapy is to enhance the patient's understanding, awareness and insight about repetitive conflicts (intra psychic and intrapersonal). An assumption in psychodynamic therapy is that a patient's childhood experiences, past unresolved conflicts, and historical relationships significantly affect a person's present life situation. In this form of treatment, the therapist concentrates on the patient's past, unresolved conflicts, historical relationships and the impact these have on a patient's present functioning. Furthermore, in psychodynamic therapy the therapists explore a patient's wishes, dreams, and fantasies. The time limitations and the focal explorations of the patient's life and emotions distinguish psychodynamic therapy from psychoanalytic psychotherapy.
Non-directive supportive therapy	We defined non-directive therapy as any unstructured therapy without specific psychological techniques other than those common to all approaches such as helping people to ventilate their experiences and emotions and offering empathy. It is not aimed at solutions, or acquiring new skills. It assumes that relief from personal problems may be achieved through discussion with others. These non-directive therapies are commonly described in the literature as either counseling or supportive therapy.
Life review therapy	Reminiscence is a naturally occurring process of recalling the past, that is hypothesized to resolve conflicts from the past and make up the balance of one's life (Bohlmeijer, Smit, & Cuijpers, 2003; Butler, 1963). Since the beginning of the 1970s, reminiscence has been used by therapists as a specific treatment of depression in older adults. In these "life review" therapies the patients work through the memories of all phases in their life with the aim of re-evaluation of their life, resolving conflicts or assessing adaptive coping-responses. We defined life review therapies as all therapies that are aimed at the systematic evaluation of the lives of participants.