**Supplementary Information**

**Supplementary information 1: Measures of depressive symptoms.**

The included studies used a range of outcome measures to measure depressive symptoms, including:

* BDI-II: A 21-item multiple choice, a self-administered indicator of depression.
* Clinical Global Impression (CGI): A 3-item observer-rated scale, measuring illness severity (CGI-S), global change (CGIC) and therapeutic response.
* Cognitive and Physical Functioning Questionnaire (CPFQ): Assesses cognitive and physical symptoms associated with depression.
* Hamilton Depression Rating Score (Ham-D/HDRS): Clinician-administered depression rating tool. Various lengths exist (HDRS-7, HDRS-17, HDRS-21, HDRS-24, HDRS-28).
* Mental Health Inventory (MHI): 5- or 38-item self-administered tool for evaluating mental health issues including anxiety, depression, behavioral control, positive effect, and general distress.
* MINI: Structured, clinician- or patient-administered diagnostic interview used for psychiatric evaluation in drug trials and population studies.
* MADRS: 10-item scale used by clinicians to assess the severity of depression in those with a diagnosis of depression. Is also sensitive to changes in depressive state.
* Kessler Psychological Distress Scale (K-10): 10-item self-administered questionnaire measuring depression and anxiety within the previous 4 weeks.
* Patient Health Questionnaire (PHQ-9): Self-administered version of the PRIME-MD. Mainly used to monitor rather than screen depression severity.
* Primary care Evaluation of Mental Disorders (PRIME-MD): Consists of both self-administered and clinician-administered sections assessing mental health status in the senior population. The self-administered section covers mood, anxiety, somatoform, eating disorders and alcohol abuse, while the clinician-administered section follows up on any positive responses.

Other health measures used in the included studies include:

* Short Form Health Survey (SF-12): Self-administered, measures functional health and well-being, consisting of 12 questions. Is a valid and reliable measure of physical and mental well-being.
* EuroQoL 5 Dimensions (EQ-5D): A standardized instrument to assess health-related quality of life, and it is not disease specific. Assesses people across five domains – mobility, self-care, usual activities, pain/discomfort, and anxiety/depression.