

Supplementary Table S2. Results of sensitivity analysis after removal of studies in which confidence interval does not overlap with the confidence interval of the pooled effect.

Outcomes	RCT	Sample size	RR or SMD	95% CI	<i>I</i> ² value	Z value	P value
HM combined with antidepressants vs. antidepressants alone							
5-HT	9	1152	SMD 1.26	0.87, 1.66	89%	6.29	< 0.0001
NE	6	954	SMD 1.20	0.84, 1.56	84%	6.51	< 0.0001
BDNF	9	798	SMD 1.11	0.84, 1.39	69%	7.93	< 0.0001
CORT	4	224	SMD -3.08	-3.48,-2.67	52%	14.80	< 0.00001
HAMD	12	1183	SMD -1.45	-1.75, -1.14	81%	9.33	< 0.00001

5-HT = 5-hydroxytryptamine (Serotonin); BDNF = Brain Derived Neurotrophic Factor; CI = Confidence Interval; CORT = Cortisol; HAMD = Hamilton Depression Scale; NE = Norepinephrine; RCT = Randomized Controlled Trials; RR = Risk Ratio; SMD = Standardized Mean Difference