

Supplementary file 3. Search strategy for all databases (updated meta-analyses)

Table S3.1 Full search strategy for Medline (through Ovid)

Theme or description	Search terms
Dietary pattern	1 exp diet/
	2 (diet OR diet* pattern* OR diet* quality).ti,ab,kw.
	3 eating pattern*.ti,ab,kw.
	4 food pattern*.ti,ab,kw.
	5 1 OR 2 OR 3 OR 4
Depression	6 exp depressive disorder/ OR depression/ OR mood disorders/
	7 (depression* OR (depressive ADJ3 (condition* OR disorder* OR symptom*))).ti,ab,kw.
	8 6 OR 7
Combining search themes	9 5 AND 8
Language	10 limit 9 to (english or french)
Search years	11 limit 10 to yr="2 years prior last SR publication - date of search"

Table S3.2 Full search strategy for EMBASE (through Ovid)

Theme or description	Search terms
Dietary pattern	1 exp diet/
	2 (diet OR diet* pattern* OR diet* quality).ti,ab,kw.
	3 eating pattern*.ti,ab,kw.
	4 food pattern*.ti,ab,kw.
	5 1 OR 2 OR 3 OR 4
Depression	6 mood disorder/ OR depression/
	7 (depression* OR (depressive ADJ3 (condition* OR disorder* OR symptom*))).ti,ab,kw.
	8 6 OR 7
Combining search themes	9 5 AND 8
Language	10 limit 9 to (english or french)
Search years	11 limit 10 to yr="2 years prior last SR publication - date of search"

Table S3.3 Full search strategy for PsycINFO (through Ovid)

Theme or description	Search terms
Dietary pattern	1 diets/
	2 (diet OR diet* pattern* OR diet* quality).mp.
	3 eating pattern*.mp.
	4 food pattern*.mp.
	5 1 OR 2 OR 3 OR 4
Depression	6 major depression/ OR dysthymic disorder/ OR recurrent depression/ OR treatment resistant depression/
	7 (depression* OR (depressive ADJ3 (condition* OR disorder* OR symptom*))).mp.
	8 8 OR 9
Combining search themes	9 5 AND 8
Language	10 limit 9 to (english or french)
Search years	11 limit 10 to yr="2 years prior last SR publication - date of search"

Table S3.4 Full search strategy for the Cochrane Central Register of Controlled Trials

Theme or description	Search terms
Dietary pattern	1 (diet OR diet* pattern* OR diet* quality).mp.
	2 eating pattern*.mp.
	3 food pattern*.mp
	4 1 OR 2 OR 3
Depression	5 (depression* OR (depressive ADJ3 (condition* OR disorder* OR symptom*))).mp.
Combining search themes	6 4 AND 5
Search years	7 limit 6 to yr="2 years prior last SR publication - date of search"

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Table S3.5 Full search strategy for Web of Science

Theme or description	Search terms	
Dietary pattern	1	TS=(diet OR diet* pattern* OR diet* quality OR eating pattern* OR food pattern*)
Depression	2	TS=(depression* OR (depressive ADJ3 (condition* OR disorder* OR symptom*)))
Combining search themes	3	#1 AND #2
Language	4	#3 AND LANGUAGE: (English OR French)
Search years	5	Timespan=2 years prior last SR publication - date of search