

## Supplementary Material

### Supplement 1 – Search strategy

Five databases were searched on 2 September 2021 to identify relevant studies (APA PsycINFO (EBSCOhost), CINAHL (EBSCOhost), Cochrane Library (DSR and CENTRAL), Medline (EBSCOhost), and Scopus. A limiter was applied to each database search for publication year (2000-). Searches returned a total of 4,828 results.

APA PsycINFO (959)

((depression OR "depressive disorder\*") AND ((treatment N6 efficacy) OR (treatment N6 effective\*) OR (intervention N6 efficacy) OR (intervention N6 effective\*) OR "treatment outcome\*") AND (diet OR food OR nutrition OR "dietary intake" OR "food intake" OR "nutrition intake" OR "diet therapy" OR "nutrition therapy"))

CINAHL (729)

((depression OR "depressive disorder\*" OR (MH "Depression")) AND ((treatment N6 efficacy) OR (treatment N6 effective\*) OR (intervention N6 efficacy) OR (intervention N6 effective\*) OR (MH "Treatment Outcomes+")) AND (diet OR food OR nutrition OR "dietary Intake" OR "food Intake" OR "nutrition intake" OR (MH "Diet Therapy+"))

Cochrane Library (807)

((depression OR "depressive disorder\*" OR (MH "Depression") OR (MH "Depressive Disorder+") OR (MH "Depressive Disorder, Major")) AND ((treatment NEAR efficacy) OR (treatment NEAR effective\*) OR (intervention NEAR efficacy) OR (intervention NEAR effective\*) OR (MH "Treatment Outcome+")) AND (diet OR food OR nutrition OR "dietary intake" OR "food intake" OR "nutrition intake" OR (MH "Diet Therapy+") OR (MH "Nutrition Therapy+"))

MEDLINE (1,522)

((depression OR "depressive disorder\*" OR (MH "Depression") OR (MH "Depressive Disorder+") OR (MH "Depressive Disorder, Major")) AND ((treatment N6 efficacy) OR (treatment N6 effective\*) OR (intervention N6 efficacy) OR (intervention N6 effective\*) OR (MH "Treatment Outcome+")) AND (diet OR food OR nutrition OR "dietary intake" OR "food intake" OR "nutrition intake" OR (MH "Diet Therapy+") OR (MH "Nutrition Therapy+"))

Scopus (811)

TITLE-ABS ((depression OR "depressive disorder\*") AND ((treatment W/6 efficacy) OR (treatment W/6 effective\*) OR (intervention W/6 efficacy) OR (intervention W/6 effective\*) OR "treatment outcome\*") AND (diet OR food OR nutrition OR "dietary intake" OR "food intake" OR "nutrition intake" OR "diet therapy" OR "nutrition therapy"))