

This is a repository copy of *Culturally adapted psychotherapies for depressed adults:* A *systematic review and meta-analysis*.

White Rose Research Online URL for this paper: <u>https://eprints.whiterose.ac.uk/166009/</u>

Version: Supplemental Material

Article:

Anik, E orcid.org/0000-0003-3599-3404, West, RM orcid.org/0000-0001-7305-3654, Cardno, AG orcid.org/0000-0002-6136-5965 et al. (1 more author) (2021) Culturally adapted psychotherapies for depressed adults: A systematic review and meta-analysis. Journal of Affective Disorders, 278. 12453. pp. 296-310. ISSN 0165-0327

https://doi.org/10.1016/j.jad.2020.09.051

© 2020 Elsevier B.V. All rights reserved. This is an author produced version of an article published in Journal of Affective Disorders. Uploaded in accordance with the publisher's self-archiving policy. This manuscript version is made available under the CC-BY-NC-ND 4.0 license http://creativecommons.org/licenses/by-nc-nd/4.0/.

Reuse

This article is distributed under the terms of the Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND) licence. This licence only allows you to download this work and share it with others as long as you credit the authors, but you can't change the article in any way or use it commercially. More information and the full terms of the licence here: https://creativecommons.org/licenses/

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.



eprints@whiterose.ac.uk https://eprints.whiterose.ac.uk/

Highlights

- Interest in culturally adapted psychotherapies (CAPs) for depression is increasing
- Adaptation processes usually follow the MRC framework for development of complex interventions
- CAPs are more efficacious than control conditions
- CAPs work better for majority ethnic groups than minority ethnic groups
- CAPs have the potential to help reduce the global health burden of depression