

Summary of findings:

Dietary pattern compared to passive control for depressive disorders

Patient or population: depressive disorders

Setting:

Intervention: dietary pattern

Comparison: passive control

Outcomes	Anticipated absolute effects* (95% CI)		Relative effect (95% CI)	№ of participants (studies)	Certainty of the evidence (GRADE)	Comments
	Risk with passive control	Risk with dietary pattern				
depressive symptom severity- short term	-	SMD 0.22 SD lower (0.74 lower to 0.29 higher)	-	689 (3 RCTs)	⊕⊕○○ Low ^{a,b}	
depressive symptom severity- intermediate term	-	SMD 0.14 SD lower (0.98 lower to 0.7 higher)	-	580 (2 RCTs)	⊕○○○ Very low ^{a,b,c}	
depressive symptom severity- long term	-	SMD 0.16 SD lower (1.13 lower to 0.81 higher)	-	583 (2 RCTs)	⊕○○○ Very low ^{a,b,d}	
health related quality of life-long term	-	SMD 0.07 SD higher (1.11 lower to 1.25 higher)	-	583 (2 RCTs)	⊕○○○ Very low ^{a,b,d}	

*The risk in the intervention group (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI).

CI: confidence interval; SMD: standardised mean difference

GRADE Working Group grades of evidence

High certainty: we are very confident that the true effect lies close to that of the estimate of the effect.

Moderate certainty: we are moderately confident in the effect estimate: the true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different.

Low certainty: our confidence in the effect estimate is limited: the true effect may be substantially different from the estimate of the effect.

Very low certainty: we have very little confidence in the effect estimate: the true effect is likely to be substantially different from the estimate of effect.

Explanations

- a. All of the studies have some concerns for risk of bias
- b. Interested control group is not provided across the studies
- c. Confidence interval crosses 2 interpretation zones
- d. Confidence interval crosses near 3 interpretation zones