

Summary of findings:

Dietary pattern compared to active control for depressive disorders

Patient or population: depressive disorders

Setting:

Intervention: dietary pattern

Comparison: active control

Outcomes	Anticipated absolute effects* (95% CI)		Relative effect (95% CI)	№ of participants (studies)	Certainty of the evidence (GRADE)	Comments
	Risk with active control	Risk with dietary pattern				
depressive symptom severity-short term	-	SMD 1.25 SD lower (5.11 lower to 2.61 higher)	-	128 (2 RCTs)	⊕○○○ Very low ^{a,b,c}	
health related quality of life-short term	-	SMD 0.71 SD higher (3.38 lower to 4.79 higher)	-	128 (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. At least one study has high risk of bias
- b. Confidence interval crosses 3 interpretation zones completely
- c. Large effect of SMD
- d. The results of the studies are in 2 interpretation zones