|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Intervention category** | **Study** | **Age range** **(mean age)** | **Outcome** | **Followup time (m)** | **Intervention** **group, mean (SD)** | **Control group, mean (SD)** | **P-value** |
| Cognitive behavioral therapy | Brown 2005126, 168,169 | 18-66 (35) | BHS | BL | 11.5 (5.4) | 11.8 (6.2) | NR |
| 1 | 9.1 (5.9) | 8.7 (6.6) | 0.4 |
| 3 | 7.4 (5.0) | 9.1 (7.0) | 0.24 |
| 6 | 5.6 (4.5) | 8.2 (7.0) | 0.045 |
| 12 | 6.6 (5.8) | 8.2 (6.8) | 0.13 |
| 18 | 6.1 (5.3) | 7.2 (6.4) | 0.25 |
| Rudd 1996144 | “Young Adult” (22) | BHS | BL | 8.9 (6.5) | 8.2 (6.3) | NR |
| 1 | 4.8 (4.7) | 5.2 (5.4) | NSD |
| Dialectical behavior therapy | Linehan 1991140 | 18-45 (NR) | BHS | 12 | NR | NR | NSD\* |
| Problem-solving therapy | Bannan 2012109 | 18-53 (29) | BHS | BL | 13.7 (4.4) | 13.3 (3.4) | <0.05\* |
| 2 | 10.8 (3.3) | 12.8 (3.5) |
| 4 | 7.7 (3.0) | 12.8 (4.0) |
| Fitzpatrick 2005106 | 18-24 (19) | BHS | BL | 9.0 (5.8) | 8.8 (5.1) | NSD\* |
| Posttest | 8.5 (6.1) | 8.7 (5.6) |
| 0.25 | 8.9 (5.8) | 8.5 (5.8) |
| 0.5 | 8.7 (6.0) | 8.9 (6.5) |
| 1 | 8.0 (6.7) | 9.0 (6.1) |
| Hatcher 2001107 | ≥16 (34) | BHS | BL | 11.5 (5.8) | 10.2 (6.5) | NR |
| 3 | 5.7 (5.5) | 8.9 (6.6) | <0.01 |
| 12 | 5.8 (5.8) | 7.2 (6.4) | <0.01 |

\*Group by time interaction.

**Abbreviations:** BHS = Beck Hopelessness Scale; BL = baseline; NR = not reported; NSD = no significant difference;

SD = standard deviation.