

OVID MEDLINE SEARCH STRATEGY (ADAPTED FROM OPIE ET AL., 2015) PERFORMED ON 12TH MARCH 2018

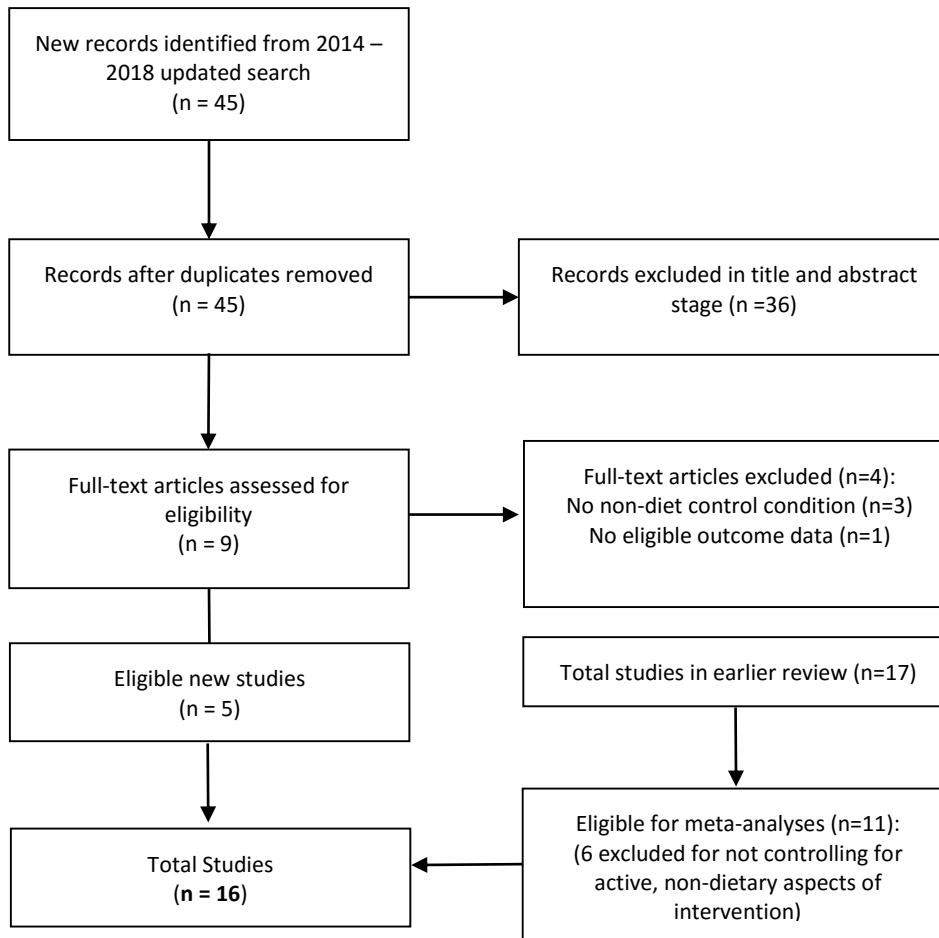
<b>Diet Interventions</b>
Diet/
Diet, Mediterranean/
Diet Therapy/
(diet\$ adj1 (educat\$ or counsel\$ or intervention\$ or treatment\$)).mp

<b>Intervention Style</b>
Randomized Controlled Trial/
randomised controlled trial.mp.
Random Allocation/
Clinical Trial/
Control Groups/

<b>Outcomes</b>
Depression/
Anxiety/
Depressive Disorder, Major/ or Depressive Disorder/

Note: Additional searches were conducted of Cochrane Central Register of Controlled Trials, Health Technology Assessment Database, Allied and Complementary Medicine (AMED), Embase, Health Management Information Consortium (HMIC) and PsycINFO using identical keywords.

PRISMA Diagram Search of OVID Medline



*Ineligible studies excluded from full-text screening*

Name	Identified from	Title	Reason for Exclusion
Toobert 2007	Opie et al. (2015)'s review	Long-term effects of the Mediterranean lifestyle program: a randomized clinical trial for postmenopausal women with type 2 diabetes	Not controlling for active, non-dietary components of intervention
Ghroubi 2009	Opie et al. (2015)'s review	Physical training combined with dietary measures in the treatment of adult obesity. A comparison of two protocols	Not controlling for active, non-dietary components of intervention
Glasgow 2006	Opie et al. (2015)'s review	Effects of a brief computer-assisted diabetes self-management intervention on dietary, biological and quality-of-life outcomes	Not controlling for active, non-dietary components of intervention
Andersen 2004	Opie et al. (2015)'s review	Psychological, Behavioral, and Immune Changes After a Psychological Intervention: A Clinical Trial	Not controlling for active, non-dietary components of intervention
Merrill 2008	Opie et al. (2015)'s review	Coronary Health Improvement Project (CHIP) is associated with improved nutrient intake and decreased depression	Not controlling for active, non-dietary components of intervention
Garcia-Toro 2012	Opie et al. (2015)'s review	Four hygienic-dietary recommendations as add-on treatment in depression A randomized-controlled trial	Not controlling for active, non-dietary components of intervention
Nam 2016	Updated Search	Lifestyle Intervention for Sleep Disturbances among Overweight or Obese Individuals	Not controlling for active, non-dietary components of intervention

Jimenez 2015	Updated Search	Improving Health-Related Quality of Life in Older African American and Non-Latino White Patients	No eligible outcome data (did not report changes in depression / anxiety)
Perez-Cornago 2014	Updated Search	A decline in inflammation is associated with less depressive symptoms after a dietary intervention in metabolic syndrome patients: a longitudinal study	Lack of non-diet/habitual diet control condition
Breymeyer 2016	Updated Search	Subjective mood and energy levels of healthy weight and overweight/obese healthy adults on high-and low-glycemic load experimental diets	Lack of non-diet/habitual diet control condition
Parletta 2017	Not in main search; identified from google scholar	A Mediterranean-style dietary intervention supplemented with fish oil improves diet quality and mental health in people with depression: A randomized controlled trial (HELFIMED).	Not controlling for active, non-dietary components of intervention
Lee 2015	Not in main search; identified from google scholar	Switching to a 10-day Mediterranean-style diet improves mood and cardiovascular function in a controlled crossover study	No eligible outcome data (crossover study not reporting data from parallel comparisons (i.e. first leg) between diet and control conditions )