

## Supplementary Materials

**Table S1.** Study characteristics of all included articles in the scoping review.

<i>Data extraction of records</i>											
Record Number	Author(s) & Year	Study Title	Publication Type	Design	Patient diagnosis	Treatment type	Duration of Treatment	Number of Sessions	Frequency of Sessions	Type of Treatment	Demographics
1	Baer, R. A., et al. (2016).	Treating acute depression with Mindfulness-based cognitive therapy	Book Chapter	None	Depression	MBCT	2 h sessions for 8 weeks	8 sessions	1/week	Group therapy	Adults
2	Beck, A.T. (1979)	Cognitive therapy of depression	Book Chapter	None	Depression	CBT	1 hr session for 12 weeks	12 sessions	1/week	Individual therapy	Adults
3	Beck, J.S. & Beck, A.T., (2011) A	Cognitive therapy: basics and beyond Identifying Automatic Thoughts.	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	Adults
4	Beck, J.S. & Beck, A.T., (2011) B	Cognitive therapy: basics and beyond Evaluating Automatic Thoughts	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	Adults
5	Beck, A.T. et al. (1989)	An interview with a depressed and suicidal patient	Book Chapter	None	Depression	CBT	Not specified	1 Session	Not specified	Individual therapy	40 year old female
6	Berk, M.S., et al., (2004)	A cognitive therapy intervention for suicide attempters: An overview of the treatment and case examples.	Journal Article	Review	MDD	CBT	Not specified	10 sessions	Not specified	Individual therapy	Adults
7	Bieling, P.J., et al., (2006)	Cognitive-behavioral therapy in groups	Book Chapter	None	Anxiety and Mood Disorders	CBT	Not specified	Not specified	Not specified	Group therapy	Adults
8	Braun, J.D., et al., (2015)	Therapist use of Socratic questioning predicts session-to-session symptom change in cognitive therapy for depression	Journal Article	Within-subject	MDD	CT	16 weeks	Not specified	Not specified	Individual Therapy	female, n=29, male, n=26; mean age = 37;
9	Clore, J., et al., (2006)	Self-statement modification techniques for distressed college students with low self-esteem and depressive symptoms	Journal Article	RCT	Depression	CBT	3 weeks	3 sessions	1x/week	Individual therapy	Undergraduate students
10	Covi, L., et al., (1982)	Cognitive group psychotherapy of depression: The close-ended group.	Journal Article	Review	MDD	CBT	2-hours	15-20 sessions	Not specified	Group therapy	Adults
11	Dobson, K.S., et al.,(1996)	Common change processes in cognitive-behavioral therapies for depression.	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults
12	Dobson, K.S, et al., (2008)	Cognitive therapy for depression.	Book Chapter	None	Depression	CT	Not specified	20 sessions	Not specified	Individual therapy	Adults
13	Dowd, E.T, et al., (2004)	Depression: Theory, assessment, and new directions in practice.	Journal Article	Review	Dysthymia, unipolar-depression, bipolar depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults
14	Dunn, R.J. et al., (1979)	Cognitive modification with depression-prone psychiatric patients.	journal Article	RCT	Depression	CBT	8-weeks	16-sessions total	2/week	Individual Therapy	n=24, 25-60, out-patient
15	Evans, M.D., et al.,(1988)	Patterns of personal and causal inference: Implications for the cognitive therapy of depression.	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults

16	Eisendrath, S., et al., (2011)	Adapting mindfulness-based cognitive therapy for treatment-resistant depression	Journal Article	Case study	MDD, TRD	MBCT +ACT	2.5-hour sessions, 8-weeks	8 sessions	1/week	Group therapy	49, female, married
17	Fefergrad, M., et al., (2013) A	Cognitive behavioral therapy for depression. Cognitive Restructuring	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	Adults
18	Fefergrad, M., et al., (2013) B	Cognitive behavioral therapy for depression.- The Automatic Thought Record And Socratic Questioning	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	Adults
19	Fennell, M.J. et al.,(1989)	Depression.	Book Chapter	None	MDD	CBT	Not specified	Not specified	Not specified	Not specified	Adults
20	Freeman, A.,(2005)	Encyclopedia of cognitive behavior therapy.	Book Chapter	None	Depression	CT	Not specified	Not specified	Not specified	Not specified	Adults
21	Freeman, A., et al., (1990)	Cognitive therapy of depression.	Book Chapter	None	Depression	CT	Not specified	12-20 sessions	Not specified	Not specified	Adults
22	Freeman, A., et al., (1998)	Cognitive therapy and depression	Book Chapter	None	Depression	CT	Not specified	12-20 sessions	Not specified	Not specified	Adults
23	Freeman, A., et al., (1999)	Cognitive behavior therapy.	Book Chapter	None	Depression	CBT	Not specified	12-20 Sessions	Not specified	Not specified	Adults
24	Freeman, A., et al., (1989)	Comprehensive handbook of cognitive therapy Cognitive Therapy with the Adult Depressed Patient.	Book Chapter	None	Depression	CT	Not specified	15-20 sessions	Not specified	Not specified	Adult
25	Freeman, S.M et al.,(2006)	Cognitive behavioral therapy in advanced practice nursing: An overview.	Journal Article	Review	Depression and anxiety disorders	CBT, ST	Not specified	Not specified	Not specified	Individual therapy	Adults
26	Freres, D.R., et al., (2006)	The Promotion of Optimism and Health.	Book Chapter	None	Depression	CBT	90-minutes	12-sessions total	Not specified	Group therapy	Adults, children, adolescents (School, out-patient)
27	Frojan-Parga, M.X., et al.,(2009)	Analysis of the therapist's verbal behavior during cognitive restructuring debates: A case study.	Journal Article	Case study	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	29, Female,
28	Goddard, A.U., et al., (1982)	Cognitive behaviour therapy and depression.	Journal Article	Review	Depression	CBT	Not specified	12 - 16 sessions	1/week	Individual/Group	Adults
29	Hallis, L., et al., (2016)	Combining Cognitive Therapy with Acceptance and Commitment Therapy for depression: A manualized group therapy.	Journal Article	Review/case study	MDD, dysthymia, social phobia	ACT, CBT	Not specified	15 sessions	Not specified	Group therapy	mean age = 45
30	Hawley, L.L., et al., (2017)	Cognitive-behavioral therapy for depression using mind over mood: CBT skill use and differential symptom alleviation	Journal Article	Repeated-measures	MDD, dysthymia	CBT	2-hour sessions	14 sessions	1/week	Group therapy	mean age = 41; 67% were female; 37% were married
31	Hayes, S.C., et al. (2003)	Mindfulness: Method and process	Journal Article	Review	N/A	ACT	Not specified	Not specified	Not specified	Not specified	Adults
32	Hinton, M.J., et al., (2010)	Cognitive defusion for psychological distress, dysphoria, and low self-esteem: A randomized technique evaluation trial of vocalizing strategies.	Journal Article	RCT	Dysphoria	ACT	1-hour sessions	3 sessions	1x/week	Individual therapy	Female (n = 16, 73%), Euro-American (n = 19, 86%), and full-time college students (n = 21, 96%).
33	Holland, S., (2016)	A cognitive-behavioral perspective on Robert Cohen's case of "Daniel."	Journal Article	Case study	Depression and anxiety disorders	ACT, CBT Psychodynamic	Not specified	5 sessions	1x/week	Individual therapy	Adult male
34	Hollon, S.D., et al., (1990)	Cognitive therapy for depression: A social cognitive perspective.	Journal Article	Review	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults
35	Holmes, E.A., et al.,(2016)	Mental Imagery in Depression: Phenomenology, Potential Mechanisms, and Treatment Implications.	Journal Article	Review	Depression	CBT, ST	Not specified	Not specified	Not specified	Not specified	Adults
36	Howland, et al., (1996)	Psychosocial therapies for dysthymia.	Book Chapter	None	Dysthymia	CT, IPT	Not specified	Not specified	Not specified	Individual therapy	Adults

37	Huppert, J.D. et al., (2009)	The building blocks of treatment in cognitive-behavioral therapy.	Journal Article	Review	Depression and anxiety disorders	CBT	Not specified	Not specified	1x/week	Individual therapy	Adults
38	Ilardi, S.S., et al., (1999)	Rapid early response, cognitive modification, and nonspecific factors in cognitive behavior therapy for depression: A reply to Tang and DeRubeis	Journal Article	Review	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults
39	Ilardi, S.S., et al., (1994)	The role of nonspecific factors in cognitive-behavior therapy for depression.	Journal Article	Review	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults
40	Jacobson, N.S., et al., (1996)	A component analysis of cognitive-behavioral treatment for depression.	Journal Article	RCT	MDD	CBT	Not specified	12 sessions	1x/week	Individual therapy	female, n = 110, male, n = 42
41	Jarrett, R.B., et al., (1987)	Mechanisms of change in cognitive therapy of depression.	Journal Article	RCT	MDD	CBT	Not specified	6 sessions	2/week	Not specified	mean age = 37; female, n=29; male, n= 8;
42	Jarrett, R.B., et al., (1996)	Cognitive therapy for depression	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults
43	Keefe, J. R., et a., (2015)	A critique of theoretical models of depression: Commonalities and distinctive features	Book Chapter	None	Depression	CT, ACT, MBCT	Not specified	10 sessions	1x/week	Individual therapy	Adults
44	Kellogg, S.H., et al., (2008)	Cognitive therapy	Book Chapter	None	Depression	CBT	12-16 weeks	12 sessions	1-2/week	Individual therapy	Adults
45	Keng, S.L., et al., (2016)	Effects of brief mindful acceptance induction on implicit dysfunctional attitudes and concordance between implicit and explicit dysfunctional attitudes.	Journal Article	Between-subject	Depression	ACT	3 weeks	3 sessions	1x/week	Individual	Age: 18,55, English Speaking , 43 Female,41 Chinese
46	Klosko, J.S., et al.,(1999) A	Cognitive-behavioral treatment of depression. Session 2	Book Chapter	None	Depression	CBT	Not specified	8 Sessions	Not specified	Individual	Adults
47	Klosko, J.S., et al.,(1999) B	Cognitive-behavioral treatment of depression. Session 3	Book Chapter	None	Depression	CBT	8 weeks	8 Sessions	1x/week	Individual	Adults
48	Knapp, P., et al., (2008)	Cognitive therapy: Foundations, conceptual models, applications and research.	Journal Article	Review	Depression and anxiety disorders	CBT	Not specified	Not specified	Not specified	Not specified	Adults
49	Kohlenberg, R.J., et al., (2004)	Functional Analytic Psychotherapy, Cognitive Therapy, and Acceptance	Book Chapter	None	Depression	FAP	Not specified	Not specified	Not specified	Not specified	Adults
50	Koster, E. H., et al., (2017)	Cognitive Control Training interventions for depression: A systematic review of findings from training studies	Journal Article	Review	Depression	CT	Not specified	Varied	Not specified	Individual/Group	Adults
51	Lam, D., et al.,(2001)	Cognitive behaviour therapy approach to assessing dysfunctional thoughts.	Journal Article	Review	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults
52	Lau, M.A., et al., (2005)	Integrating mindfulness meditation with cognitive and behavioural therapies: the challenge of combining acceptance- and change-based strategies.	Journal Article	Review	Depression	ACT, CBT, DBT	Not specified	Not specified	Not specified	Not specified	Adults
53	Lewinsohn, P.M., et al., (1989)	The Coping With Depression Course: Review and future directions.	Journal Article	Review	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults
54	Longmore, R.J., et al.,(2007)	Do we need to challenge thoughts in cognitive behavior therapy?	Journal Article	Review	Depression and anxiety disorders	CBT	Not specified	Not specified	Not specified	Not specified	Adults
55	Marchand, et al.,(2016)	Mindfulness for the treatment of depression.	Book Chapter	None	Depressive Disorders	MBCT, MBSR	Not specified	Not specified	Not specified	Not specified	Adults
56	McBride, C., et al.,(2007)	Major Depressive Disorder and Cognitive Schemas.	Book Chapter	None	MDD	CT	Not specified	Not specified	Not specified	Not specified	Adults

57	McCullough, J.P, et al.,(1984)	Cognitive-behavioral analysis system of psychotherapy: An interactional treatment approach for dysthymic disorder.	Journal Article	Within-subject	Dysthymia	CBT, CBASP	55 minutes	mean 32.5; Range= 26-42	1/week	Individual Therapy	n=4; mean age= 20
58	Moore, R. and A. Garland (2003)	Cognitive therapy for chronic and persistent depression Working with Automatic Thoughts	Book Chapter	None	Depression	CT	Not specified	Not specified	Not specified	Individual Therapy	Adults
59	Moore, R. and A. Garland (2003)	Cognitive therapy for chronic and persistent depression Working with Automatic Thoughts	Book Chapter	None	Depression	CT	Not specified	Not specified	Not specified	Individual Therapy	Adults
60	Mor, N., et al., (2009)	Cognitive-behavioral therapy for depression	Journal Article	Review	MDD	CBT	Not specified	Range = 10-20 sessions	1x/week	Individual Therapy	Adults
61	Moretti, M.M., et al., (1990)	Cognitive therapy: Current issues in theory and practice.	Book Chapter	None	Depression and Anxiety disorders	CT	Not specified	20 sessions	1x/week	Individual therapy	Adults
62	O'Donohue, W.T. and J.E. Fisher,(2008)	Cognitive behavior therapy : applying empirically supported techniques in your practice Cognitive Restructuring (14)	Book Chaoter	None	Anxiety and Depression	CBT	Not specified	Not specified	Not specified	Individual Therapy	Adults
63	O'Donohue, W.T. and J.E. Fisher(2008)	Cognitive behavior therapy : applying empirically supported techniques in your practice Identifying and Modifying Maladaptive Schemas (57)	Book Chapter	None	Depression & Anxiety disorders	CBT	Not specified	Not specified	Not specified	Individual Therapy	Adults
64	O'Donohue, W.T. and J.E. Fisher,(2008)	Cognitive behavior therapy : applying empirically supported techniques in your practice Cognitive Restructuring (14)	Book Chaoter	None	Anxiety and Depression	CBT	Not specified	Not specified	Not specified	Individual Therapy	Adults
65	O'Donohue, W.T. and J.E. Fisher,( 2008)	Cognitive behavior therapy: applying empirically supported techniques in your practice Attribution Change (5).	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Group and Individual	Children, Adolescents, and adults
66	O'Donohue, W.T. and J.E. Fisher,( 2008)	Cognitive behavior therapy: applying empirically supported techniques in your practice Mindfulness Practice (40).	Book Chapter	None	Depression, generalized anxiety disorder, eating disorders,	CBT	8 week program	Not specified	Not specified	Group Therapy	Adults
67	Overholser, J.C., et al., (1996)	Cognitive-behavioral treatment of depression, Part VII: Coping with precipitating events.	Journa Article	Review	MDD	CBT	Not specified	Not specified	Not specified	Individual Therapy	Adults
68	Perris, C.U., et al., (1989)	Cognitive therapy with the adult depressed patient	Book Chapter	None	Depression	CBT	45-50 minutes	Range= 15-20 sessions	1/week	Individual Therapy	Adults
69	Persons, J.B., et al., (2001) A	Using the Thought Record.	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Individual Therapy	Adults
70	Persons, J.B., et al., (2001) B	Schema change methods.	Book Chapter	None	Depression	CBT	Not specified	8 sessions	Not specified	Individual Therapy	Adults
71	Petersen, T.J., et al. (2016)	The Massachusetts General Hospital handbook of cognitive behavioral therapy.	Book Chapter	None	Depression, GAD, PTSD, Schizophrenia	CBT	Not specified	Not specified	Not specified	Individual Therapy	Adults
72	Piasecki, J., et al.,(1987)	Cognitive therapy for depression: Unexplicated schemata and scripts.	Book Chapter	None	Depression	CT	20 sessions for 12 weeks	20 sessions	1/week	Individual Therapy	Adults
73	Roberts, J.E., et al., (1996)	Cognitive rehabilitation interventions for depressed patients	Book Chapter	None	Depression (unipolar)	CT	Not specified	Not specified	Not specified	Not specified	Adults
74	Rude, S.S., et al., (2005)	The Use of Cognitive and Experiential Techniques to Treat Depression.	Journal Article	Case study	Depression (did not meet criteria for MDD)	CBT, Gestalt Therapy	17-weeks	Not specified	Not specified	Individual	32-years-old, female, caucasian, divorced

75	Rush, A., et al.,(1988)	Cognitive therapy of depression and suicide.	Book Chapter	None	Depression	CBT	20 sessions over 10-12 weeks	Not specified	Not specified	Individual therapy	Adults
76	Sanderson., et al.,(2001)	Cognitive-behavioral therapy of depression	Book Chapter	None	Depression	CT	Not specified	Not specified	Not specified	Individual therapy	Adults
77	Sacco, W.P., et al., (1995)	Cognitive theory and therapy.	Book Chapter	None	Depression	CT	Not specified	Not specified	Not specified	Individual/Group	Adults
78	Schuyler, D.S. et al., (2003)	Cognitive therapy for depression	Journal Article	Case study	MDD	CT	Not specified	6-10 sessions	Not specified	Individual	40 year old male; 45- year old white female
79	Segal, Z.V., et al., . (2002) A	Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse Chapter 9: Staying Present	Book Chapter	None	Depression	MBCT	Not specified	Not specified	Not specified	Individual	Adults
80	Segal, Z.V., et al., . (2002) B	Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse Chapter 11: Thoughts are not facts	Book Chapter	None	Depression	MBCT	Not specified	Not specified	Not specified	Individual	Adults
81	Sudak, D.M. et al., (2012)	Cognitive behavioral therapy for depression.	Journal Article	Review	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	Adults
82	Straarup, N.S., et al., (2015)	Helpful aspects of metacognitive therapy and cognitive behaviour therapy for depression: A qualitative study.	Journal Article	Qualitative interview	MDD	CBT, MCT	50 minutes	up to 24 sessions	Not specified	Individual therapy	n = 6; mean age = 25.5)
83	Shaw, B.F., et al.,(1993)	Cognitive therapy of unipolar depression	Book Chapter	None	Unipolar Depression	CBT	Not specified	Mean = 20 session	N/A	Individual	Adults
84	Thase, M.E., et al., (1997)	Psychotherapy of refractory depressions.	Journal Article	Review	Major Depressive Disorder	CBT	Not specified	Not specified	Not specified	Individual	Adults
85	Thase, M.E. et al.,(1993)	Inpatient cognitive-behavioral therapy of depression	Book Chapter	None	Depression	CBT	Not specified	12-20 sessions	1/week or 2/week	Individual/Group	Adults
86	Thase, M.E., et al., (1995)	Cognitive behavior therapy	Book Chapter	None	Depression	CBT	3-6 months	Not specified	Not specified	Individual	Adults
87	Thase, M.E. et al.,(1996)	Cognitive behavior therapy manual for treatment of depressed inpatients.	Book Chapter	None	Depression	CBT	Not specified	8-12 sessions	Daily	Individual	Adult Inpatients
88	Thase, M.E. et al.,(2013)	Cognitive behavior therapy.	Book Chapter	None	Depression	CBT	45-60 (individual) 90-120 (group) minutes, 6-16 weeks	6-20 sessions	1-2/week	individual/group	Adults
89	Watkins, E.R., et al., (2009)	Concreteness training reduces dysphoria: proof-of-principle for repeated cognitive bias modification in depression.	Journal Article	RCT	Major Depressive Episode	CBM	1.5-2 hours, one week	1 session	1/week	Individual therapy	female, n=39, male, n =21; mean age = 35
90	Wells, A.U., et al.,(2009)	Metacognitive Therapy in Recurrent and Persistent Depression: A Multiple-Baseline Study of a New Treatment	Journal Article	Case study	Depression	MCT	45-60 min for 6-8 weeks	8 sessions	1/week	Individual	4 women, age : 18-65
91	Wenzel, A. (2017)	Basic Strategies of Cognitive Behavioral Therapy.	Journal Article	Review	Depression	CBT	Not specified	Not specified	Not specified	Individual	Adults
92	Wheatley, J., et al., (2007)	I'll believe it when I can see it: Imagery rescripting of intrusive sensory memories in depression.	Journal Article	Case study	Major Depressive Episode	CBT	Not specified	12-16 sessions	1/week	Individual	females, n=2; mean age = 42
93	Whisman, M.A., et al., (2008)	Initial assessment, case conceptualization, and treatment planning.	Book Chapter	None	Depression	CT	Not specified	Not specified	Not specified	Individual	Adults
94	Whisman, M.A. et al., (1999)	The importance of the cognitive theory of change in cognitive therapy of depression.	Journal Article	Review	Depression	CT	Not specified	Not specified	Not specified	Not specified	Adults

95	Williams, J., et al.,(1989)	Suicidal patients	Book Chapter	None	Depression, following suicide attempt	CT	Not specified	Not specified	Not specified	Individual therapy	Adults
96	Williams, J.M.G.,(2004)	The psychological treatment of depression : a guide to the theory and practice of cognitive behaviour therapy.Treatment Techniques	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	Adults
97	Williams, J.M. et al., (1989)	Cognitive treatment for depression	Book Chapter	None	Depression	CT	Not specified	Not specified	Not specified	Individual therapy	Adults
98	Wright, J.H., et al.,( 2006) A	Learning cognitive-behavior therapy: an illustrated guide. Working with Automatic Thoughts	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	Adults
99	Wright, J.H., et al.,( 2006) B	Learning cognitive-behavior therapy: an illustrated guide. Modifying Schemas	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Individual therapy	Adults
100	Wright, J.H., et al., (2011)	Cognitive therapy.	Book Chapter	None	Depression , Anxiety disorders, eating disorders & Psychosis	CT	Not specified	5-20 Sessions	1x/week	Individual therapy	Adults
101	Yiend, J., et al.,(2014)	Modifying interpretation in a clinically depressed sample using 'cognitive bias modification-errors': A double blind randomised controlled trial.	Journal Article	Between-subject	Depression	CBM	Not specified	Not specified	Not specified	Individual therapy	female, n=26, male, n =10; mean age = 42
102	Young, J.E., et al.,(2014)	Cognitive therapy for depression.	Book Chapter	None	Depression	CT	15 to 25 (50-minute) sessions	15-25 Sessions	1/week	Individual therapy	Adults
103	Yovel, I., et al., (2014)	Examination of the core cognitive components of cognitive behavioral therapy and acceptance and commitment therapy: An analogue investigation	Journal Article	Between-subject	Depression	CBT, ACT	10 minutes	1 session	1x	Individual therapy	College Students, female, n=93, male, n =49; mean age = 23
104	Zettle, R.D., et al., (1987)	Component and process analysis of cognitive therapy.	Journal Article	2x2 Factorial	Depression	CBT	12 weeks	12 sessions	1/week	Individual	female, n= 12; mean age= 42
105	Zettle, R.D. et al., (2007)	ACT for depression: A clinician's guide to using acceptance and commitment therapy in treating depression.	Book Chapter	None	Depression	CBT	Not specified	Not specified	Not specified	Not specified	Adults

Note. MDD, Major Depressive Disorder; TRD, Treatment-resistant Depression; MBCT, Mindfulness-based Cognitive Therapy; CT, Cognitive Therapy; CBT, Cognitive Behaviour Therapy; ACT, Acceptance and Commitment Therapy; MCT, Meta-cognitive Therapy; FAP, Functional Analytic Psychotherapy; ST, Schema Therapy; MBSR, Mindfulness-based Stress Reduction; CBASP, Cognitive Behavioural Analysis System Psychotherapy; CBM, Cognitive Bias; Modification; IPT, Interpersonal Therapy; RCT, Randomized Control Trial.

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