

Supplementary File

File S1: Search Strategy

PsycINFO (Ovid)

1. exp cognitive behavior therapy/
2. (Cognitive therap* OR Cognitive behavio*).ti,ab,id,hw.
3. CBT.ti,ab,id,hw.
4. 1 OR 2 OR 3
5. South Asian Cultural Groups/
6. (South Asia* OR Southern Asia* OR Afghanistan OR Afghan OR Bangladesh* OR Bengali OR Bhutan* OR Dari OR Divehi OR Dzongkha OR Hindi OR Maithili OR Maldiv* OR Nepal* OR India OR Indian OR Pakistan* OR Pashto OR Punjabi OR Sri Lanka* OR Tamil OR Urdu).ti,ab,id,hw.
7. 5 OR 6
8. (clinical trial OR empirical study OR randomized OR placebo OR single blind OR double blind OR triple blind).ti,ab,id,hw.
9. 4 AND 7 AND 8

Limits: English language; human; adult

MEDLINE (Ovid)

1. exp Cognitive Behavioral Therapy/
2. (Cognitive therap* OR CBT OR Cognitive behavio*).ti,ab.
3. 1 OR 2
4. exp South Asia/ OR exp Indians/ OR (South Asia* OR India* OR Pakistan* OR Bangladesh* OR Sri Lanka* OR Tamil OR Urdu OR Punjabi).ti,ab.
5. 3 AND 4
6. randomized controlled trial.pt. OR controlled clinical trial.pt. OR (randomized OR placebo).ab.
7. 5 AND 6

Limits: English language; human; adult

Embase (Elsevier)

1. 'cognitive behavior therapy'/exp OR (CBT OR 'cognitive behavio*' OR 'cognitive therap*'):ab,ti
2. 'south asia'/exp OR (South Asia* OR Indian OR Pakistani OR Bangladeshi OR Sri Lanka* OR Tamil OR Urdu OR Punjabi):ab,ti
3. 1 AND 2
4. ('randomized controlled trial'/exp OR randomized:ab,ti OR placebo:ab,ti)
5. 3 AND 4

Limits: English; human; adult

CINAHL (EBSCOhost)

((MH "Cognitive Behavioral Therapy+") OR TI (CBT OR "cognitive therap*" OR "cognitive behavio*")) OR AB (CBT OR "cognitive therap*" OR "cognitive behavio*"))

AND

((MH "South Asians") OR TI (South Asia* OR Indian OR Pakistani OR Bangladeshi OR Sri Lanka* OR Tamil OR Urdu OR Punjabi) OR AB (South Asia* OR Indian OR Pakistani OR Bangladeshi OR Sri Lanka* OR Tamil OR Urdu OR Punjabi))

AND

(TI (random* OR “clinical trial” OR “placebo”) OR AB (random* OR “clinical trial” OR “placebo”))

Limiters: English Language; Human; Adult

Web of Science (Core Collection)

TS = ((CBT OR “cognitive behavio**” OR “cognitive therap**”) AND (“South Asia**” OR India OR Indian OR Pakistan* OR Bangladesh* OR Sri Lanka* OR Tamil OR Urdu OR Punjabi) AND (random* OR “clinical trial” OR placebo))

Refined by: Languages = English; Document Types = Article

Cochrane Library

#1 MeSH descriptor: [Cognitive Behavioral Therapy] explode all trees

#2 (CBT OR “cognitive behavio**” OR “cognitive therap**”):ti,ab,kw

#3 #1 OR #2

#4 (South Asia* OR Indian OR Pakistan* OR Bangladesh* OR Sri Lanka* OR Tamil OR Urdu OR Punjabi):ti,ab,kw

#5 randomized OR placebo

#6 #3 AND #4 AND #5

Index Islamicus

(CBT OR “cognitive behavio**” OR “cognitive therap**”) AND (“South Asia**” OR India OR Pakistan OR Bangladesh OR Sri Lanka OR Tamil OR Urdu OR Punjabi) AND (random* OR “clinical trial” OR placebo)

Limit: English language

File S2: Data Extraction Form

Notes on using a data extraction form:

Be consistent in the order and style you use to describe the information for each report.

Be succinct.

Record any missing information as unclear or not described, to make it clear that the information was not found in the study report(s), not that you forgot to extract it.

Include any instructions and decision rules on the data collection form, or in an accompanying document. It is important to practice using the form and give training to any other authors using the form.

Study ID (<i>surname of first author and year first full report of study was published e.g. Smith 2001</i>)
Report IDs of other reports of this study (<i>e.g. duplicate publications, follow-up studies</i>)
Notes:

General Information

Date form completed (<i>dd/mm/yyyy</i>)	
Name of person extracting data	
Report ID (<i>ID for this paper/ abstract/report e.g. 01 plus surname of first author and year first full report of study was published e.g. Smith 2001</i>)	
Reference details of study (APA Style)	
Report author contact details	
Publication type (<i>e.g. full report, abstract, letter, original journal article, etc</i>)	
Study funding sources (<i>including role of funders</i>)	
Possible conflicts of interest (<i>for study authors</i>)	
Language of the Publication	
Notes:	

Study Eligibility

Study Characteristics	Eligibility criteria (<i>Insert eligibility criteria for each characteristic as defined in the Protocol</i>)	Yes	No	Unclear	Notes
Population	Clinical practice guideline introduced in a ____ population (Specify ethnicity e.g. <i>Middle Eastern/Chinese, indigenous or diaspora</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Comparison group (specify):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Type of study	Randomised Controlled Trial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<i>Quasi randomised trial (randomisation not truly random, e.g. allocation by date of birth or day of week)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Controlled before and after study	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Interrupted time series study	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Uncontrolled before and after study	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Other design (specify):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
CBT Intervention	CBT used	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Type of CBT specified (e.g. standard, adapted) (specify):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	CBT tool was culturally validated (e.g. by language, by population) (specify):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Type of intervention		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Medical Condition(s) Targeted	Specify using DSM-V Terminology:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Implementation Strategy	Description of guideline implementation strategy outlined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Types of outcome measures	Pre and post measurement of process or outcome targeted by guideline. (Post implementation measurement can take place at any point following introduction of guideline and accompanying implementation strategy. Outcomes may be patient or clinician reported). Name of scales; primary and secondary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Notes:					

Population and setting

	Description <i>Include comparative information for each group (i.e. intervention and controls) if available</i>	
Population description <i>(Country, health condition targeted by the guideline, ethnic group)</i>		
Setting <i>(including home/ hospital, location (urban/rural), country, etc)</i>		
Level of intervention: <i>National, regional (province/district etc.)</i>		
Inclusion criteria		
Exclusion criteria		
Informed consent obtained	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear	
Notes:		

Methods

	Descriptions as stated in report/paper	
Aims of study		
Targeted behaviour		
Design if an RCT <i>(e.g. parallel, crossover, cluster)</i>		
Unit of allocation is control group used <i>(by individuals or cluster/ groups)</i>		
Number of data measurement points		
Start date of recruitment		
End date of recruitment		
Method of Recruitment/Sampling Technique <i>(e.g. random or convenience)</i>		
Ethical approval obtained for study	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear	
Notes:		

Risk of Bias (Quality) Assessment

See Chapter 8 of the Cochrane Handbook.

RCTs, controlled clinical trials, and controlled before and after study

Domain	Risk of bias			Support for judgement
	Low risk	High risk	Unclear	
Random sequence generation <i>(selection bias)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Allocation concealment <i>(selection bias)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blinding of participants and personnel <i>(performance bias)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blinding of outcome assessment <i>(detection bias)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Incomplete outcome data <i>(attrition bias)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Baseline characteristics similar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Baseline outcome measures similar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Selective outcome reporting? <i>(reporting bias)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other bias	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Notes:				

Participants/participating units

Provide overall data and, if available, comparative data for each intervention or comparison group.

	Description as stated in report/paper
Total number eligible	
Total number recruited <i>(or total pop. at start of study for NRCTs)</i>	
Clusters <i>(if applicable, no., type, no. people per cluster)</i>	
Baseline data collected	
Withdrawals and exclusions <i>(if not provided below by outcome)</i>	
Characteristics of participants	
Notes:	

Intervention groups

Copy and paste table for each intervention and comparison group.

	Description as stated in report/paper
Group name	
No. randomised to group <i>(specify whether no. people or clusters)</i>	
Theoretical basis <i>(include key references)</i>	
Description <i>(include sufficient detail for replication, e.g. content, dose, components)</i>	
Description of Guideline development process	
Description of implementation strategy development	
Type of implementation strategy according to EPOC taxonomy. <i>Identify all 'implementation strategies' adopted in the study using the list presented (see file).</i>	
Timing of Guideline dissemination and implementation strategies	
Duration of intervention period	
Timing <i>(e.g. frequency, duration of each episode)</i>	
Delivery <i>(e.g. mechanism, medium, intensity, fidelity)</i>	
Providers <i>(e.g. no., profession, training, ethnicity etc. if relevant)</i>	
Co-interventions	
Economic variables <i>(i.e. intervention cost, changes in other costs as result of intervention)</i>	
Resource requirements to replicate intervention <i>(e.g. staff numbers, cold chain, equipment)</i>	
Notes:	

CONTROL GROUP	
Timing of GL only	
Delivery process	
Notes:	

Results

Copy and paste the appropriate table for each outcome, including additional tables for each time point and subgroup as required.

PROCESS VARIABLES

1)		
2a)		
2b)		
3)		

Dichotomous outcome

Outcome #1 (name)	Description as stated in report/paper: - - -			
Comparison				
Outcome (with diagnostic criteria if relevant)				
Is outcome/tool validated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Yes	No	Unclear	
Method of data collection				
Time point <i>(measured/reported; specify if this is while receiving intervention or post intervention)</i>				
Results	Intervention		Comparison	
	No. events	No. participants	No. events	No. participants
No. missing participants and reasons				
Notes:				

Dichotomous outcome

Outcome #2	Description as stated in report/paper			
Comparison				
Outcome (with diagnostic criteria if relevant)				
Is outcome/tool validated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Yes	No	Unclear	
Method of data collection				
Time point <i>(specify if this is while receiving intervention or post intervention)</i>				
Results	Intervention		Comparison	
	No. events	No. participants	No. events	No. participants
No. missing participants and reasons				
Notes:				

Dichotomous outcome

Outcome #3	Description as stated in report/paper			
Comparison				
Outcome (with diagnostic criteria if relevant)				
Is outcome/tool validated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Yes	No	Unclear	
Method of data collection				
Time point <i>(specify if this is while receiving intervention or post intervention)</i>				
Results	Intervention		Comparison	
	No. events	No. participants	No. events	No. participants
No. missing participants and reasons				
Notes:				

Continuous outcome 1

	Description as stated in report/paper					
Comparison						
Outcome						
Unit of measurement <i>(if relevant)</i>						
Scales: upper and lower limits <i>(indicate whether high or low score is good)</i>						
Is outcome/tool validated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
	Yes	No	Unclear			
Timepoint <i>(specify whether from start or end of intervention)</i>						
Post-intervention or change from baseline?						
Results	Intervention			Comparison		
	Mean	SD 95% CI	No. part.	Mean	SD 95% CI	No. part.
No. missing participants and reasons						
Notes						

Continuous outcome 2

		Description as stated in report/paper				
Comparison						
Outcome						
Unit of measurement <i>(if relevant)</i>						
Scales: upper and lower limits <i>(indicate whether high or low score is good)</i>						
Is outcome/tool validated?		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear				
Timepoint <i>(specify whether from start or end of intervention)</i>						
Post-intervention or change from baseline?						
Results	Intervention			Comparison		
	Mean	SD (or other variance)	No. participants	Mean	SD (or other variance)	No. participants
No. missing participants and reasons						
Notes						

Continuous outcome 3

		Description as stated in report/paper				
Comparison						
Outcome						
Unit of measurement <i>(if relevant)</i>						
Scales: upper and lower limits <i>(indicate whether high or low score is good)</i>						
Is outcome/tool validated?		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear				
Timepoint <i>(specify whether from start or end of intervention)</i>						
Post-intervention or change from baseline?						
Results	Intervention			Comparison		
	Mean	SD (or other variance)	No. participants	Mean	SD (or other variance)	No. participants
No. missing participants and reasons						
Notes						

Applicability

Have important populations been excluded from the study? <i>(consider disadvantaged populations, and possible differences in the intervention effect)</i>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear	
Discussion of plans for potential scale up and spread of intervention		
Is the intervention likely to be aimed at disadvantaged groups? <i>(e.g. lower socioeconomic groups)</i>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear	
Does the study directly address the review question? <i>(any issues of partial or indirect applicability)</i>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear	
Notes:		

Limitation and Mitigation Strategy

	Description as stated in report/paper
Strengths	
Limitations	
Strategies to overcome the limitations	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear
Notes:	

Conclusions and Other Information

	Description as stated in report/paper
Key conclusions of study authors	
Notes:	