



### Bilaga 9 Information om interventionerna i studierna/Appendix 9 Description of interventions in included studies with sufficient evidence for summary results

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Table 1 Cognitive behavioural therapy (CBT): Description, format, frequency and intensity of interventions

Format	Study	Country	Description of intervention	Profession(s)	Number of sessions	Duration per F2F session (mins)	Further information
<i>Individual</i>	Ammerman 2013 [64]	US	In home	Social workers	16	60	15 weekly sessions, incl. 1 booster session 1 month post-treatment
	Hou 2014 [66]	China	Face-to-face (F2F); in combination with systemic family therapy	Psychological counsellors	13	60	
	Milgrom 2011 [70]	Australia	Face-to-face, at maternal and child health centres	Nurses or psychologists	6	Unclear	Adjunctive to management by general practitioner
	Milgrom 2021 [69]	Australia	Face-to-face (another arm received internet)	Psychologist	10	Unclear	9 individual sessions and 1 session with partner
	Pinheiro 2014 [73]	Brazil	At psychological clinic	Clinical psychology interns	7	Unclear	
	Prendergast 2001 [74]	Australia	In home, face-to-face	Early childhood nurses	6	60	
<b>Mean number of sessions</b>					<b>10</b>		
<i>Group</i>	Honey 2002 [65]	UK	Face-to-face	Health visitors	8	120	4–6 patients per group; weekly group sessions
	Leung 2016 [67]	Hong Kong	Group CBT	Unclear	6	120	10–12 patients per group; weekly group sessions

	Van Lieshout 2022 [76]	Canada	Group CBT	Public health nurses	9	120	Weekly group sessions
<b>Mean number of sessions</b>					<b>8</b>		
<u>Internet</u>	Milgrom 2016 [68]	Australia	Internet	Psychologist trainees and licensed psychologists	6		Weekly sessions, including up to 30 mins telephone coaching/week
	Milgrom 2021 [69]	Australia	Internet (another arm received face-to-face)	Low-intensity coaching support	6		Weekly sessions, including a maximum of 30 mins telephone coaching/week
	O'Mahen 2013 [72]	UK	Internet-based behavioural activation	Health visitor or psychologist	11		Weekly sessions with access to online questions & answers, up to 40 mins each
	O'Mahen 2014 [71]	UK	Guided internet behavioural activation treatment	Mental health workers	12		12 modules and 12 telephone support sessions à 20–30 mins
	Pugh 2016 [75]	Canada	Therapist-assisted, internet- delivered CBT	Doctoral clinical psychology students	7		About 20 mins of email support per week
<b>Mean number of sessions</b>					<b>8</b>		

CBT = Cognitive behavioral therapy; F2F = Face to face

Studies not included in table due to different formats:

- Van Lieshout 2021: Online 1-day CBT-based workshops
- Wozney 2017: CBT-informed handbook with telephone support

Table 2 Interpersonal psychotherapy (IPT): Description, format, frequency and intensity of interventions

<b>Format</b>	<b>Study</b>	<b>Country</b>	<b>Description of intervention</b>	<b>Profession(s)</b>	<b>Number of sessions</b>	<b>Duration per F2F session (mins)</b>	<b>Further information</b>
<i><u>Individual</u></i>	Dennis 2020 [78]	Canada	Telephone-based IPT	Trained nurses	12	60	Weekly sessions
	O'Hara 2000 [80]	US	Individual IPT	Psychotherapists	12	60	Weekly sessions
	Posmontier 2016 [83]	US	Telephone-based IPT	Nurse-midwives	8	50	
	Posmontier 2019 [84]	Israel	Face-to-face IPT	Social workers	8	50	
<b><i>Mean number of sessions</i></b>					<b>10</b>		
<i><u>Group</u></i>	Mulcahy 2010 [79]	Australia	Group IPT	Psychologists	11	120	Weekly sessions; first 2 individual, then 8 group, then 1 with partner
<b><i>Mean number of sessions</i></b>					<b>11</b>		

F2F = Face to face; IPT = Integrated Psychological Therapy

Studies not included in table due to different format or other reason:

- Reay 2012: Follow-up of Mulcahy 2010
- Vigod 2021: Online therapist-facilitated discussion board and support group

Table 3 Counselling: Description, frequency and intensity of interventions

Study	Country	Description of intervention	Profession(s)	Number of sessions	Duration per F2F session (mins)	Further information
Glavin 2010 [85]	Norway	Supportive counselling at well baby clinic	Public health nurses	3	30	Mean number of sessions for women needing more than 1 session (range 2–7)
Morrell 2009 [86]	UK	Psychologically informed sessions	Health visitors	8	60	
Tamaki 2008 [87]	Japan	Home visits, incl. active listening, support, psychoeducation	Mental health nurses	4	60	At least 1 hour duration
Wickberg 1996 [88]	Sweden	Counselling visits, at home or at clinic	Child health clinic nurse	6	60	Weekly visits
<b>Mean number of sessions</b>				<b>5</b>		

F2F = Face to face

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