SUPPLEMENTARY DATA

Details of studies excluded at the full text articles review stage

One article was a systematic review [1]. Four studies were excluded because the sample population only consists of individuals with diabetes [2-4] or excluded those with depression [5]. Five randomised trials from database search and one from hand search did not have an appropriate comparison group [6-11]. Depressive symptoms were not evaluated in one study [12]. Diabetes status was ascertained by oral glucose tolerance test in eight studies [13-20] and impaired fasting glucose test in two [21, 22]).

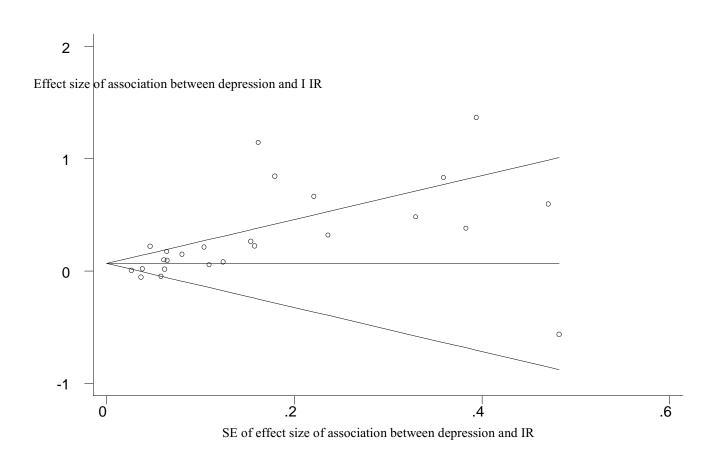
Supplementary Table 1. Search terms.

- 1. Depression/
- 2. Depressive Disorder/
- 3. Depressive Disorder, Major/
- 4. Dysthymic Disorder/
- 5. dysthym*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 6. depress*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 7. 1 or 2 or 3 or 4 or 5 or 6
- 8. random* controlled trial.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 9. cross-sectional.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 10. case-control.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 11. cohort.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 12. Randomized Controlled Trial/
- 13. Cross-Sectional Studies/
- 14. Case-Control Studies/
- 15. Cohort Studies/
- 16. 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15
- 17. Humans/
- 18. Insulin Resistance/
- 19. Metabolic Syndrome X/
- 20. metabolic syndrome.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 21. Insulin/bl, me [Blood, Metabolism]
- 22. Blood Glucose/
- 23. Glucose Tolerance Test/
- 24. insulin sensitiv*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 25. insulin insensitiv*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 26. insulin resistan*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 27. Glucose Intolerance/

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- 28. glucose intoleran*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 29. glucose toleran*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, protocol supplementary concept, rare disease supplementary concept, unique identifier]
- 30. 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29
- 31. 7 and 16 and 17 and 30

Supplementary Figure 1. Begg's funnel plot with 95% confidence limits of all the studies included in the meta-analysis



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