

Supplementary Table 3. Self-help books for depression not evaluated in trials.

Self-help material	Description of intervention/sources of evidence
CBT based	
<p><i>Mind over Mood</i> Dennis Greenberger and Christine Padesky Printed 1995, no revisions Publisher, Guildford Press, ISBN 0-89862-128-3</p>	<p>Book, 215 pages, Flesch reading age, 12.2. Legibility: font size 12, text broken by plenty of worksheets with examples. Each chapter summarized. Extra worksheets in the appendix. Therapist input not explicitly stated but indicates that the book is to be used in conjunction with therapy. Recommended by therapists</p>
<p><i>Overcoming Depression: a five areas approach</i> Chris Williams Published 2001 by Arnold ISBN: 0340763833</p>	<p>Book, 187 pages, as ten stand-alone work books. Font size 12. Mean Flesch reading age across modules, 11.64. Includes illustrations, clear headings, bullet points and instructions rather than continuous text. Ten workbooks, with a concluding section on managing depression for professionals and a section on motivation for the user. Avoids traditional CBT terms. RCT in primary care underway.</p>
<p><i>Overcoming Depression</i> Paul Gilbert Revised 2000 Publisher, Constable & Robinson Ltd ISBN: 1-849119-125-6</p>	<p>Book, 368 pages, Flesch score 12.8. Legibility, mostly text, font size 12, chapters summarized, key points and exercises. Some worksheets, with extra forms at the back of the book. Recommended by therapists. One of the bestsellers in local bookstores.</p>
Not CBT based	
<p><i>Climbing out of Depression</i> Sue Atkinson Published 1993, Lion ISBN: 07459-2248-1</p>	<p>Book, 172 pages. Text broken up with cartoons, headings, sub text. Some exercises and activities. A bestseller on MIND website, listed on Depression Alliance website. Amazon.co.uk bestseller.</p>
<p><i>Depression — the way out of your prison</i> Dorothy Rowe Second edition, 1996. Publisher, Routledge ISBN 0415144825</p>	<p>Book, 239 pages, information, no worksheets or exercises. Legibility, font size 11, mostly text, some cartoons, insight driven therapy. Bestseller on Depression Alliance website. Listed on MIND and Eating Disorder Association website. Amazon.co.uk bestseller.</p>

CBT = cognitive behaviour therapy. RCT = randomised controlled trial.