

Supplementary Information

Sensitivity Analysis: Excluding Jannati et al. (2020)

Table S1

Meta-Analytic Summary of Digital CBT Effects (Excluding Jannati et al., 2020)

	Test	p
Residual heterogeneity	$Q_e(12) = 26.09$	.010
Pooled effect	$t(12) = -5.97$	< .001
Moderation	$F_m(2, 12) = 8.46$	.005

Meta-Analytic Estimates

	Estimate	95% CI		95% PI	
		Lower	Upper	Lower	Upper
Pooled effect	-1.796	-2.451	-1.141	-3.717	0.125
τ	0.829	0.261	1.819		
τ^2	0.687	0.068	3.308		
I^2	57.306	11.779	86.600		

Note. The pooled effect size corresponds to the weighted average effect across studies. Estimates based on 15 studies. Jannati et al. (2020) excluded due to high risk of bias.

Table S2

Meta-Regression Summary of Intervention Timing (Excluding Jannati et al., 2020)

	F	df ₁	df ₂	p
Timing	8.465	2	12.00	.005

Note. Fixed effects tested using Knapp and Hartung adjustment.

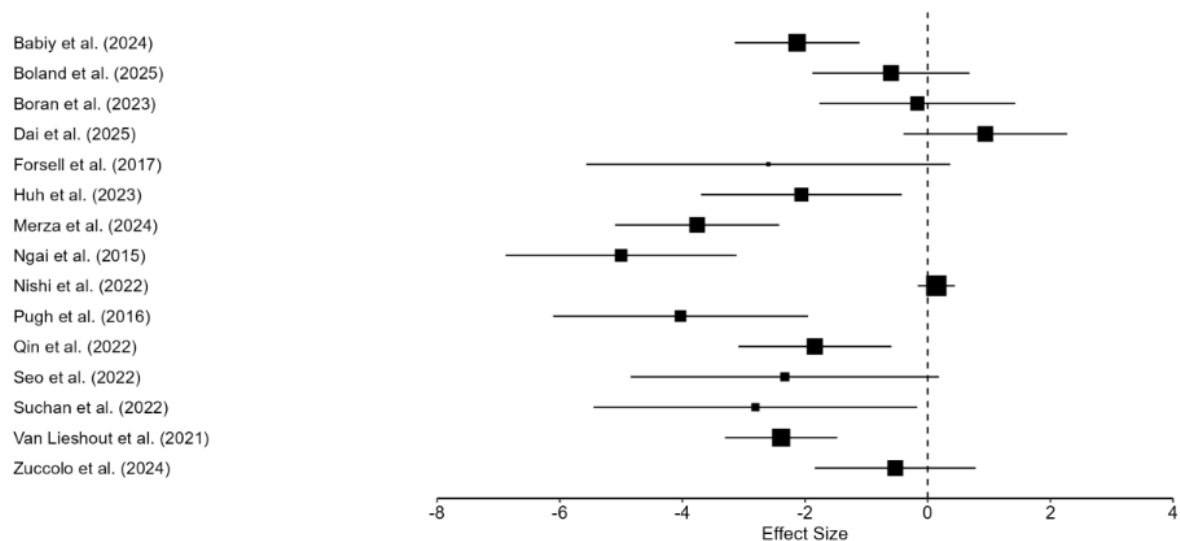
Table S3*Meta-Regression Coefficients (Excluding Jannati et al., 2020)*

	Estimate	Standard Error	95% CI		t	df	p
			Lower	Upper			
Intercept	-0.779	0.725	-2.359	0.802	-1.074	12.00	.304
Timing (Mixed)	1.225	0.991	-0.935	3.384	1.235	12.00	.240
Timing (Postnatal)	-1.770	0.815	-3.546	0.005	-2.173	12.00	.051

Note. Fixed effects tested using Knapp and Hartung adjustment. Reference category is antenatal. Timing effect is marginally non-significant after exclusion.

Figure S1

Forest Plot of Study-Level Effect Sizes for Digital CBT on Perinatal Depression (Excluding Jannati et al., 2020)



Note. Boxes represent individual study estimates; horizontal lines indicate 95% confidence intervals. The diamond represents the pooled effect. This figure shows the result of a sensitivity analysis excluding Jannati et al. (2020).