**Supplementary Table 1:** Categories of evidence and recommendation grades. Reproduced with permission from Bandelow et al (2008).

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| --- | --- | --- |
| **Category of**  **Evidence** |  | **Description** |
| **A** |  | **Full Evidence From Controlled Studies is based on:**  2 or more double-blind, parallel-group, randomized controlled studies (RCTs) showing superiority to placebo (or in the case of psychotherapy studies, superiority to a ‘psychological placebo’ in a study with adequate blinding)  **and**  1 or more positive RCT showing superiority to or equivalent efficacy compared with established comparator treatment in a three-arm study with placebo control or in a well-powered non-inferiority trial (only required if such a standard treatment exists)  In the case of existing negative studies (studies showing non-superiority to placebo or inferiority to comparator treatment), these must be outweighed by at least 2 more positive studies or a meta-analysis of all available studies showing superiority to placebo and non-inferiority to an established comparator treatment. Studies must fulfil established methodological standards. The decision is based on the primary efficacy measure. |
| **B** |  | **Limited Positive Evidence From Controlled Studies is based on:**  1 or more RCTs showing superiority to placebo (or in the case of psychotherapy studies, superiority to a ‘psychological placebo’)  **or**  a randomized controlled comparison with a standard treatment without placebo control with a sample size sufficient for a non-inferiority trial  **and**  no negative studies exist |
| **C** |  | **Evidence from Uncontrolled Studies or Case Reports/Expert Opinion** |
| **D** |  | **Inconsistent Results**  Positive RCTs are outweighed by an approximately equal number of negative studies |
| **E** |  | **Negative Evidence**  The majority of RCTs studies or exploratory studies shows non-superiority to placebo (or in the case of psychotherapy studies, superiority to a ‘psychological placebo’) or inferiority to comparator treatment |
| **F** |  | **Lack of Evidence**  Adequate studies proving efficacy or non-efficacy are lacking. |