

Supplementary file 2. Search strategy for all databases (umbrella review)

Table S2.1 Full search strategy for Medline (through Ovid; date of last search – 10/06/2020)

Theme or description	Search terms
Diet	1 exp diet/ OR exp nutritive value/ OR exp hunger/ OR appetite regulation/ OR eating/ OR feeding behavior/ OR nutritional physiological phenomena/ OR food/ OR dairy products/ OR dietary carbohydrates/ OR dietary fats/ OR dietary fiber/ OR dietary proteins/ OR dietary supplements/ OR eggs/ OR fast foods/ OR fruit/ OR meals/ OR meat/ OR micronutrients/ OR nuts/ OR seeds/ OR vegetables/
	2 diet*.ti,ab,kw.
	3 nutriti*.ti,ab,kw.
	4 food.ti,ab,kw.
	5 eat*.ti,ab,kw.
	6 energy intake.ti,ab,kw.
	7 (macronutrient* or micronutrient* or nutrient*).ti,ab,kw.
	8 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7
Depression	9 exp depressive disorder/ OR depression/ OR mood disorders/
	10 (depression* OR (depressive ADJ3 (condition* OR disorder* OR symptom*))).ti,ab,kw.
	11 9 OR 10
Type of study	12 systematic review/ OR meta-analysis/
	13 (systematic ADJ3 review).ti,ab,kw
	14 meta-analysis OR (meta ADJ2 analysis).ti,ab,kw
	15 12 OR 13 OR 14
Combining search themes	16 8 AND 11 AND 15
Language	17 limit 16 to (english or french)
Search years	18 limit 17 to yr="2005 - Current"

Table S2.2 Full search strategy for EMBASE (through Ovid; date of last search – 10/06/2020)

Theme or description	Search terms
Diet	1 exp diet/ OR exp food intake/ OR exp feeding behavior/ OR food/ OR dairy product/ OR dietary fiber/ OR dietary supplement/ OR egg/ OR fast food/ OR fat/ OR fruit/ OR health food/ OR meat/ OR nut/ OR sugar/ OR vegetable/
	2 diet*.ti,ab,kw.
	3 nutriti*.ti,ab,kw.
	4 food.ti,ab,kw.
	5 eat*.ti,ab,kw.
	6 energy intake.ti,ab,kw.
	7 (macronutrient* OR micronutrient* OR nutrient*).ti,ab,kw.
	8 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7
Depression	9 mood disorder/ OR depression/
	10 (depression* OR (depressive adj3 (condition* OR disorder* OR symptom*))).ti,ab,kw.
	11 9 OR 10
Type of study	12 systematic review/ OR meta analysis/
	13 (systematic adj3 review).ti,ab,kw
	14 meta-analysis OR (meta ADJ2 analysis).ti,ab,kw
	15 12 OR 13 OR 14
Combining search themes	16 8 AND 11 AND 15
Language	17 limit 16 to (english or french)
Search years	18 limit 17 to yr="2005 - Current"

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Table S2.3 Full search strategy for PsycINFO (through Ovid; date of last search – 10/06/2020)

Theme or description	Search terms
Diet	1 exp appetite/ OR diets/ OR food intake/ OR eating behavior/
	2 diet*.mp.
	3 nutriti*.mp.
	4 food.mp.
	5 eat*.mp.
	6 energy intake.mp.
	7 (macronutrient* or micronutrient* or nutrient*).mp.
	8 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7
Depression	9 major depression/ OR dysthymic disorder/ OR recurrent depression/ OR treatment resistant depression/
	10 (depression* OR (depressive ADJ3 (condition* OR disorder* OR symptom*))).mp.
	11 9 OR 10
Type of study	12 systematic review/ OR meta analysis/
	13 (systematic ADJ3 review).mp.
	14 meta-analysis OR (meta ADJ2 analysis).mp.
	15 12 OR 13 OR 14
Combining search themes	16 8 AND 11 AND 15
Language	17 limit 16 to (english or french)
Search years	18 limit 17 to yr="2005 - Current"

Table S2.4 Full search strategy for Cochrane Database of Systematic Reviews and the Joanna Briggs Institute EBP Database (through Ovid; date of last search – 10/06/2020)

Theme or description	Search terms
Diet	1 diet*.mp.
	2 nutriti*.mp
	3 food.ti,mp.
	4 eat*.mp.
	5 energy intake.mp.
	6 (macronutrient* OR micronutrient* OR nutrient*).mp.
	7 1 OR 2 OR 3 OR 4 OR 5 OR 6
Depression	8 (depression* OR (depressive ADJ3 (condition* OR disorder* OR symptom*))).mp.
Combining search themes	9 7 AND 8
Search years	10 limit 9 to yr="2005 - Current"

Table S2.5 Full search strategy for Web of Science (date of last search – 10/06/2020)

Theme or description	Search terms
Diet	1 TS=(diet* OR nutri* OR food OR eat* OR energy intake OR macronutrient* OR *micronutrient* OR nutrient*)
Depression	2 TS=(depression* OR (depressive NEAR (condition* OR disorder* OR symptom*)))
Type of study	3 TS=(systematic review OR (systematic NEAR review) OR meta-analysis OR (meta NEAR analysis))
Combining search themes	4 #1 AND #2 AND #3
Language	5 #4 AND LANGUAGE: (English OR French)
Search years	6 Timespan=2005-2020