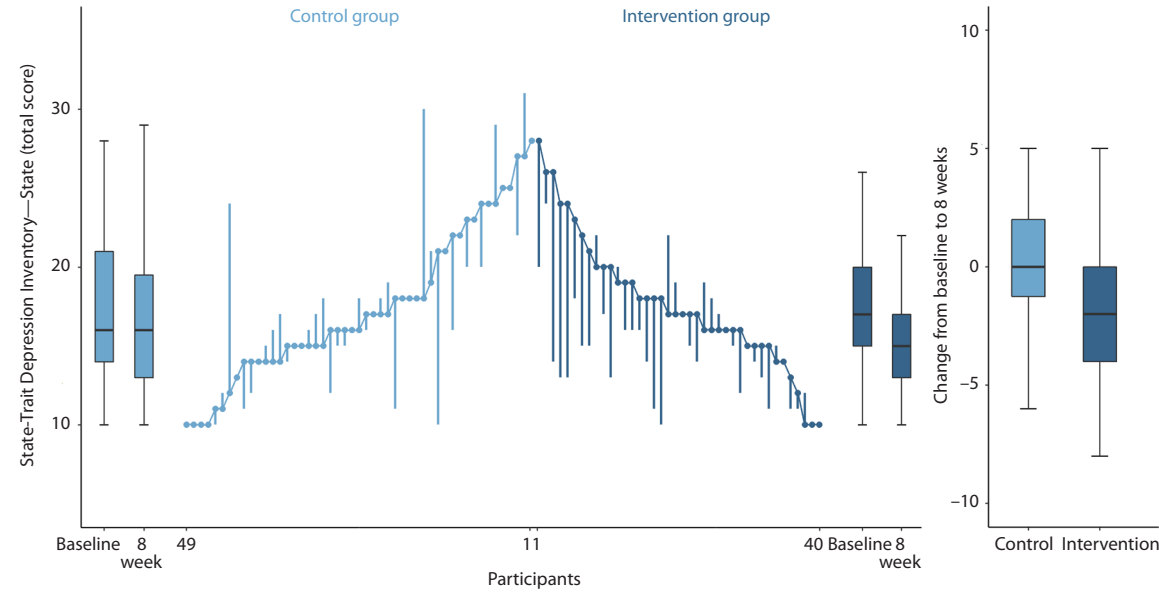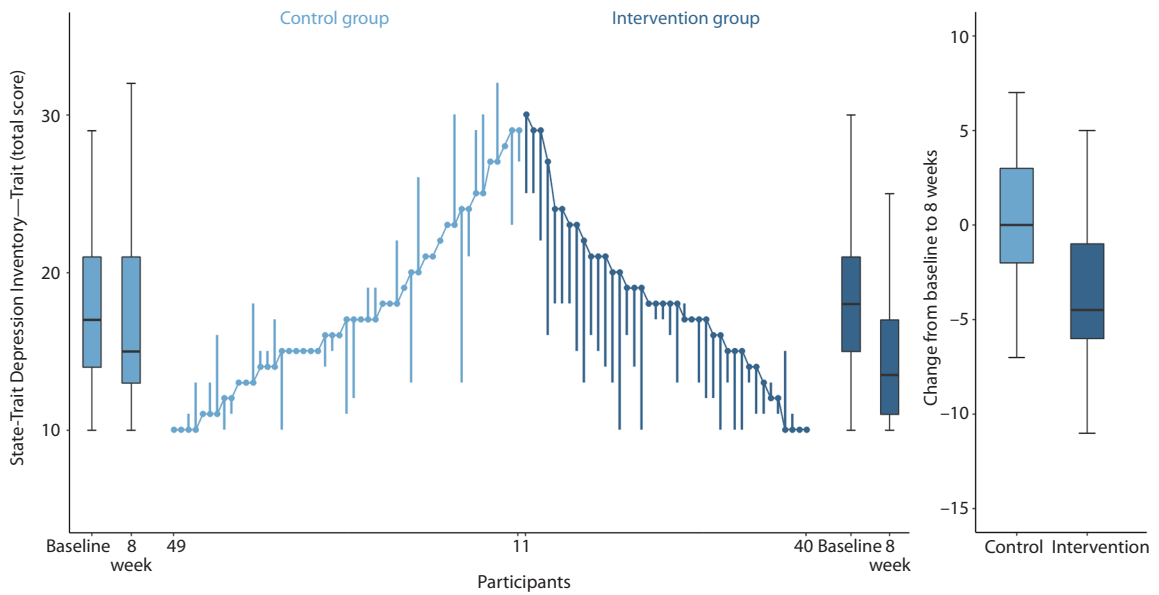# Figure 3. Depression Outcomes[a]
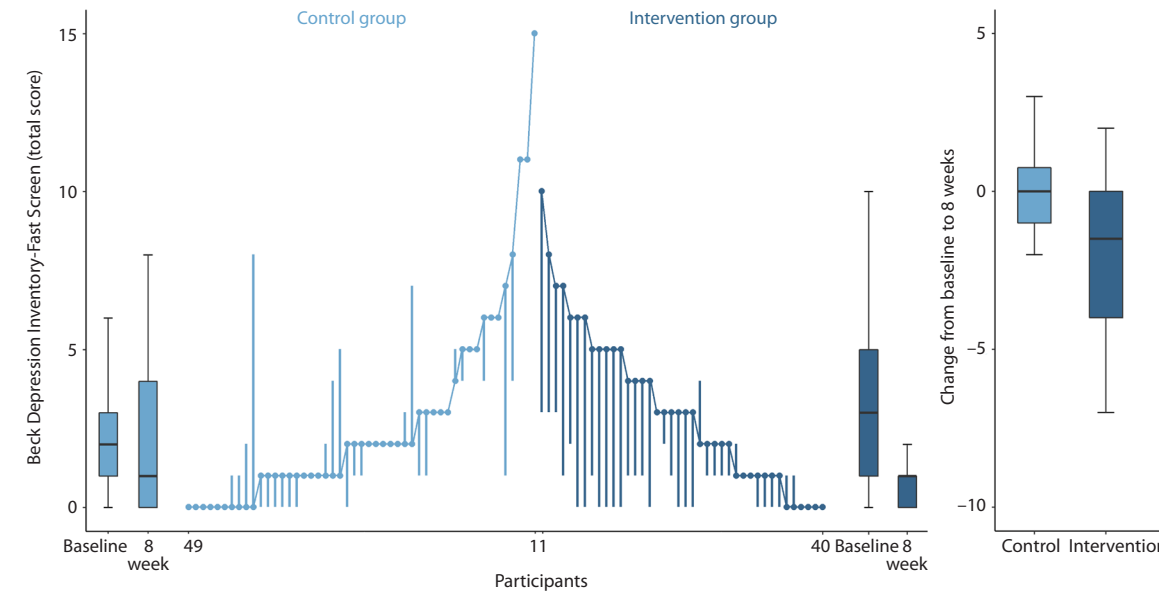
A. State-Trait Depression Inventory—State[b]

B. State-Trait Depression Inventory—Trait[b]

C. Beck Depression Inventory-Fast Screen[c]

[a] The ends of the boxes in the boxplots are located at the first and third quartiles, with the black line in the middle illustrating the median. Whiskers extend to the upper and lower adjacent values, the location of the furthest point within a distance of 1.5 interquartile ranges from the first and third quartiles. The parallel line plot contains 1 vertical line for each patient, which extends from their baseline value to their 8-week value. Baseline values are placed in ascending order for the control group and descending order for the intervention group.

[b] The State-Trait Depression Inventory measures state depression and trait depression (range, 10–40; higher scores indicate greater depression; score ≥ 20 and ≥ 21 suggests clinical levels of state and trait depression, respectively).[42] Descending lines indicate an improvement in the outcome.

[c] The Beck Depression Inventory-Fast Screen evaluates psychological distress (range, 0–21; higher scores indicate greater depression; score ≥ 4 suggests presence of depression).[43,44] Descending lines indicate an improvement in the outcome.