**Supplementary Table 1.**  Inclusion and exclusion criteria

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| --- | --- | --- |
|  | Inclusion criteria | Exclusion criteria |
| Age | 18 - 60 | - |
| Depression score | 13 - 50 | - |
| Other diseases | - | history of any somatic diseases, history of bipolar, psychosis, acute suicidality, ongoing ECT, mental retardation, OCD, anxiety, personality disorders, hormone therapy, allergic diseases, history of irritable, bowel syndrome (IBS), |
| Other condition |  | Addiction, alcohol consumption, smoking, pregnancy, lactation and Patients who need to receive any concurrent psychosocial therapy in addition to SSRI treatment, added other drugs and/or changes along with those experiencing changes in their condition |

\*Depression score was based on Hamilton criteria.