

**Supplementary Table 1 Search strategy for English Databases**

Serial Number	Strategy
<b>PubMed</b>	
#1	"Medicine, Chinese Traditional"[Mesh]
#2	"Traditional Chinese Medicine"[Title/Abstract] OR "Chinese medicinal herb"[Title/Abstract] OR "Chinese herbal medicine"[Title/Abstract] OR "decoction"[Title/Abstract] OR "formula"[Title/Abstract] OR "prescription"[Title/Abstract] OR "Chinese herbal compound prescription"[Title/Abstract] OR "Chinese patent medicine"[Title/Abstract]
#3	#1 OR #2
#4	"Breast Neoplasms"[Mesh] "Breast Neoplasm"[Title/Abstract] OR "Neoplasm, Breast"[Title/Abstract] OR "Breast Tumors"[Title/Abstract] OR "Breast Tumor"[Title/Abstract] OR "Tumor, Breast"[Title/Abstract] OR "Tumors, Breast"[Title/Abstract] OR "Neoplasms, Breast"[Title/Abstract] OR "Breast Cancer"[Title/Abstract] OR "Cancer, Breast"[Title/Abstract] OR "Mammary Cancer" [Title/Abstract] OR "Cancer, Mammary"[Title/Abstract] OR "Cancers, Mammary"[Title/Abstract] OR "Mammary Cancers"[Title/Abstract] OR "Malignant Neoplasm of Breast"[Title/Abstract] OR "Breast Malignant Neoplasm"[Title/Abstract] OR "Breast Malignant Neoplasms"[Title/Abstract] OR "Malignant Tumor of Breast"[Title/Abstract] OR "Breast Malignant Tumor"[Title/Abstract] OR "Breast Malignant Tumors"[Title/Abstract] OR "Cancer of Breast"[Title/Abstract] OR "Cancer of the Breast"[Title/Abstract] OR
#5	"Mammary Carcinoma, Human"[Title/Abstract] OR "Carcinoma, Human Mammary"[Title/Abstract] OR "Carcinomas, Human Mammary"[Title/Abstract] OR "Human Mammary Carcinomas"[Title/Abstract] OR "Mammary Carcinomas, Human"[Title/Abstract] OR "Human Mammary Carcinoma"[Title/Abstract] OR "Mammary Neoplasms, Human"[Title/Abstract] OR "Human Mammary Neoplasm"[Title/Abstract] OR "Human Mammary Neoplasms"[Title/Abstract] OR "Neoplasm, Human Mammary"[Title/Abstract] OR "Neoplasms, Human Mammary"[Title/Abstract] OR "Mammary Neoplasm, Human"[Title/Abstract] OR "Breast Carcinoma"[Title/Abstract] OR "Breast Carcinomas"[Title/Abstract] OR "Carcinoma, Breast"[Title/Abstract] OR "Carcinomas, Breast"[Title/Abstract]
#6	#4 OR #5
#7	"Depression"[Mesh]
#8	"Depressions"[Title/Abstract] OR "Depressive Symptoms"[Title/Abstract] OR "Depressive Symptom"[Title/Abstract] OR "Symptom, Depressive"[Title/Abstract] OR "Symptoms, Depressive"[Title/Abstract]

OR "Emotional Depression"[Title/Abstract] OR "Depression, Emotional"[Title/Abstract] OR "Depressions, Emotional"[Title/Abstract] OR "Emotional Depressions"[Title/Abstract]

#9 #7 OR #8

#10 #3 AND #6 AND #9

### Embase

#1 'chinese medicine'/exp

#2 'traditional chinese medicine':ti,ab,kw OR 'chinese medicinal herb':ti,ab,kw OR 'chinese herbal medicine':ti,ab,kw OR decoction:ti,ab,kw OR formula:ti,ab,kw OR 'chinese herbal compound prescription':ti,ab,kw

#3 #1 OR #2

#4 'breast tumor'/exp

#5 'breast neoplasm':ti,ab,kw OR 'neoplasm, breast':ti,ab,kw OR 'breast tumors':ti,ab,kw OR 'breast tumor':ti,ab,kw OR 'tumor, breast':ti,ab,kw OR 'tumors, breast':ti,ab,kw OR 'neoplasms, breast':ti,ab,kw OR 'breast cancer':ti,ab,kw OR 'cancer, breast':ti,ab,kw OR 'mammary cancer':ti,ab,kw OR 'cancer, mammary':ti,ab,kw OR 'cancers, mammary':ti,ab,kw OR 'mammary cancers':ti,ab,kw OR 'malignant neoplasm of breast':ti,ab,kw OR 'breast malignant neoplasm':ti,ab,kw OR 'breast malignant neoplasms':ti,ab,kw OR 'malignant tumor of breast':ti,ab,kw OR 'breast malignant tumor':ti,ab,kw OR 'breast malignant tumors':ti,ab,kw OR 'cancer of breast':ti,ab,kw OR 'cancer of the breast':ti,ab,kw OR 'mammary carcinoma, human':ti,ab,kw OR 'carcinoma, human mammary':ti,ab,kw OR 'carcinomas, human mammary':ti,ab,kw OR 'human mammary carcinomas':ti,ab,kw OR 'mammary carcinomas, human':ti,ab,kw OR 'human mammary carcinoma':ti,ab,kw OR 'mammary neoplasms, human':ti,ab,kw OR 'human mammary neoplasm':ti,ab,kw OR 'human mammary neoplasms':ti,ab,kw OR 'neoplasm, human mammary':ti,ab,kw OR 'neoplasms, human mammary':ti,ab,kw OR 'mammary neoplasm, human':ti,ab,kw OR 'breast carcinoma':ti,ab,kw OR 'breast carcinomas':ti,ab,kw OR 'carcinoma, breast':ti,ab,kw OR 'carcinomas, breast':ti,ab,kw

#6 #4 OR #5

#7 'depression'/exp

#8 'depressions':ti,ab,kw OR 'depressive symptoms':ti,ab,kw OR 'depressive symptom':ti,ab,kw OR 'symptom, depressive':ti,ab,kw OR 'symptoms, depressive':ti,ab,kw OR 'emotional depression':ti,ab,kw OR 'depression, emotional':ti,ab,kw OR 'depressions, emotional':ti,ab,kw OR 'emotional depressions':ti,ab,kw

#9 #7 OR #8

#10 #3 AND #6 AND #9

### Cochrane

- #1 MeSH descriptor: [Medicine, Chinese Traditional] explode all trees  
(Traditional Chinese Medicine OR Chinese medicinal herb OR Chinese herbal medicine OR decoction OR formula OR prescription OR Chinese herbal compound prescription OR Chinese patent medicine):ti,ab,kw  
(Word variations have been searched)
- #2
- #3 #1 OR #2
- #4 MeSH descriptor: [Breast Neoplasms] explode all trees  
(Breast Neoplasm OR Neoplasm, Breast OR Breast Tumors OR Breast Tumor OR Tumor, Breast OR Tumors, Breast OR Neoplasms, Breast OR Breast Cancer OR Cancer, Breast OR Mammary Cancer OR Cancer, Mammary OR Cancers, Mammary OR Mammary Cancers OR Malignant Neoplasm of Breast OR Breast Malignant Neoplasm OR Breast Malignant Neoplasms OR Malignant Tumor of Breast OR Breast Malignant Tumor OR Breast Malignant Tumors OR Cancer of Breast OR Cancer of the Breast OR Mammary Carcinoma, Human OR Carcinoma, Human Mammary OR Carcinomas, Human Mammary OR Human Mammary Carcinomas OR Mammary Carcinomas, Human OR Human Mammary Carcinoma OR Mammary Neoplasms, Human OR Human Mammary Neoplasm OR Human Mammary Neoplasms OR Neoplasm, Human Mammary OR Neoplasms, Human Mammary OR Mammary Neoplasm, Human OR Breast Carcinoma OR Breast Carcinomas OR Carcinoma, Breast OR Carcinomas, Breast):ti,ab,kw (Word variations have been searched)
- #5
- #6 #4 OR #5
- #7 MeSH descriptor: [Depression] explode all trees  
(Depressions OR Depressive Symptoms OR Depressive Symptom OR Symptom, Depressive OR Symptoms, Depressive OR Emotional Depression OR Depression, Emotional OR Depressions, Emotional OR Emotional Depressions):ti,ab,kw (Word variations have been searched)
- #7
- #9 #7 OR #8
- #10 #3AND #6 AND #9

**PsycINFO**

- #1 ((Any Field: (Depression) OR Any Field: (Anxiety) OR Any Field: (Depressions) OR Any Field: (Depressive Symptoms) OR Any Field: (Depressive Symptom) OR Any Field: (Symptom, Depressive) OR Any Field: (Symptoms, Depressive) OR Any Field: (Emotional Depression) OR Any Field: (Depression, Emotional) OR Any Field: (Depressions, Emotional) OR Any Field: (Emotional Depressions)))

#2 ((Any Field: (Breast Neoplasms) OR Any Field: (Breast Neoplasm) OR Any Field: (Neoplasm, Breast) OR Any Field: (Breast Tumors) OR Any Field: (Breast Tumor) OR Any Field: (Tumor, Breast) OR Any Field: (Tumors, Breast) OR Any Field: (Neoplasms, Breast) OR Any Field: (Breast Cancer) OR Any Field: (Cancer, Breast) OR Any Field: (Mammary Cancer) OR Any Field: (Cancer, Mammary) OR Any Field: (Cancers, Mammary) OR Any Field: (Mammary Cancers) OR Any Field: (Malignant Neoplasm of Breast) OR Any Field: (Breast Malignant Neoplasm) OR Any Field: (Breast Malignant Neoplasms) OR Any Field: (Malignant Tumor of Breast) OR Any Field: (Breast Malignant Tumor) OR Any Field: (Breast Malignant Tumors) OR Any Field: (Cancer of Breast) OR Any Field: (Cancer of the Breast) OR Any Field: (Mammary Carcinoma, Human) OR Any Field: (Carcinoma, Human Mammary) OR Any Field: (Carcinomas, Human Mammary) OR Any Field: (Human Mammary Carcinomas) OR Any Field: (Mammary Carcinomas, Human) OR Any Field: (Human Mammary Carcinoma) OR Any Field: (Mammary Neoplasms, Human) OR Any Field: (Human Mammary Neoplasm) OR Any Field: (Human Mammary Neoplasms) OR Any Field: (Neoplasm, Human Mammary) OR Any Field: (Neoplasms, Human Mammary) OR Any Field: (Mammary Neoplasm, Human) OR Any Field: (Breast Carcinoma) OR Any Field: (Breast Carcinomas) OR Any Field: (Carcinoma, Breast) OR Any Field: (Carcinomas, Breast)))

#3 (((Any Field: (Chinese medicinal herb)) OR (Any Field: (Chinese herbal medicine)) OR (Any Field: (decoction)) OR (Any Field: (formula)) OR (Any Field: (prescription)) OR (Any Field: (Chinese herbal compound prescription)) OR (Any Field: (Chinese patent medicine)))) OR (((Any Field: (chinese medicine)) OR (Any Field: (Traditional Chinese Medicine)))

#4 #1 AND #2 AND #3

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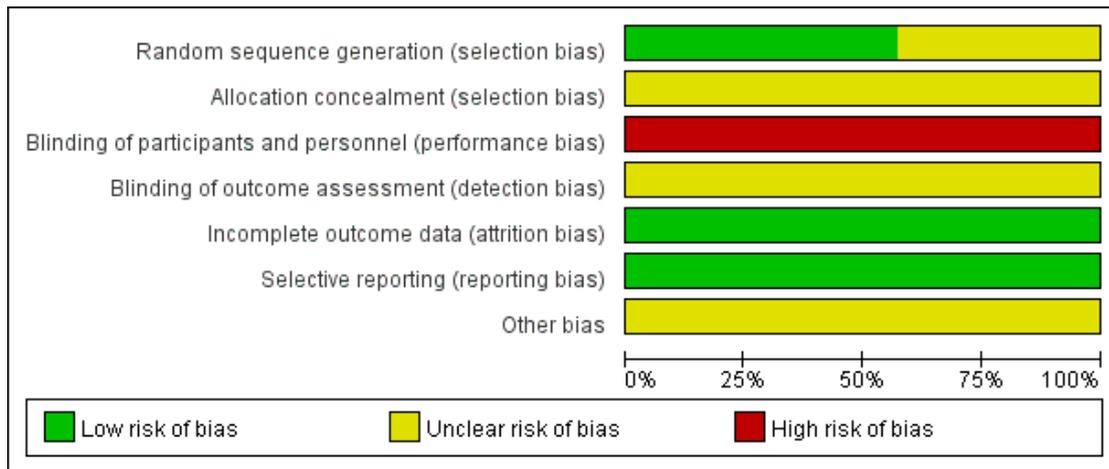
**Supplementary Table 2 Search strategy for Chinese Databases**

Databases	Strategy
CNKI	(篇关摘: 中医药 + 中医 + 中药 + 方剂 + 中成药(精确)) AND (篇关摘: 乳腺癌 + (乳腺 * 恶性) + (乳腺 * 肿瘤) + 乳癌 + 乳岩 + 乳石痈(精确)) AND (篇关摘: 抑郁 + 郁病 + 郁证 + 情绪 + 心理(精确))
VIP	((((((((((((任意字段=中医药 OR 任意字段=中医) OR 任意字段=中药) OR 任意字段=方剂) OR 任意字段=中成药) AND (((任意字段=乳腺癌 OR (任意字段=乳腺 AND 任意字段=恶性)) OR (任意字段=乳腺 AND 任意字段=肿瘤)) OR 任意字段=乳癌) OR 任意字段=乳岩) OR 任意字段=乳石痈)) AND (((任意字段=抑郁) OR 任意字段=郁病) OR 任意字段=郁证) OR 任意字段=情绪) OR 任意字段=心理))
Wanfang	主题:(中医药 OR 中医 OR 中药 OR 方剂 OR 中成药) and 主题:(乳腺癌 OR (乳腺 AND 恶性) OR (乳腺 AND 肿瘤) OR 乳癌 OR 乳岩 OR 乳石痈) and 主题:(抑郁 OR 郁病 OR 郁证 OR 情绪 OR 心理)
CBM	("中医药"[常用字段:智能] OR "中医"[常用字段:智能] OR "中药"[常用字段:智能] OR "方剂"[常用字段:智能] OR "中成药"[常用字段:智能] AND ("乳腺癌"[常用字段:智能] OR "(乳腺 AND 恶性) OR (乳腺 AND 肿瘤)"[常用字段:智能] OR "乳癌"[常用字段:智能] OR "乳岩"[常用字段:智能] OR "乳石痈"[常用字段:智能]) AND ("抑郁"[常用字段:智能] OR "郁病"[常用字段:智能] OR "郁证"[常用字段:智能] OR "情绪"[常用字段:智能] OR "心理"[常用字段:智能])

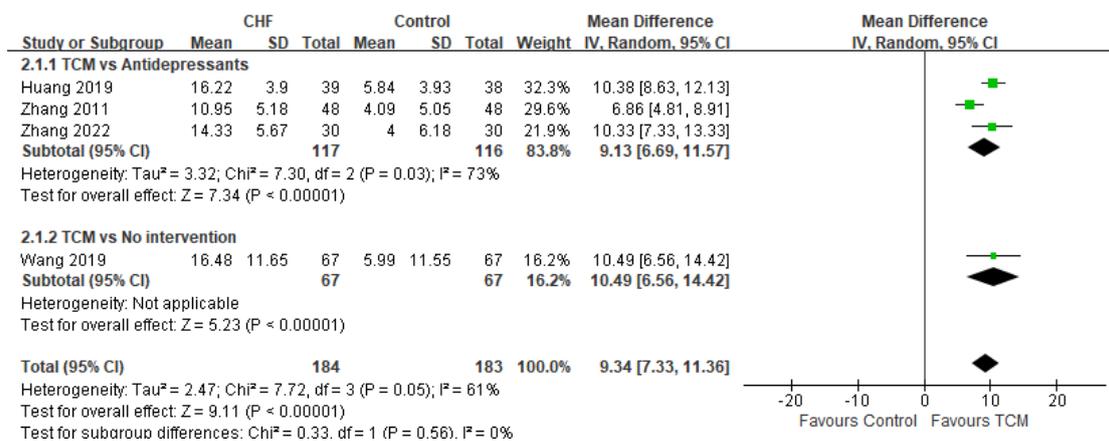
### Supplementary Table 3 Quality of Evidence of Included Studies

Certainty assessment							No of patients		Effect		Certainty	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	TCM	Antidepressants or Control	Relative (95% CI)	Absolute (95% CI)		
<b>1. HAMD (better indicated by lower values)</b>												
15	randomised trials	serious	not serious	not serious	not serious	none	573	572	-	MD <b>5.1 lower</b> (6.94 - 3.73 lower)	⊕⊕⊕○ Moderate	
<b>2. SDS (better indicated by lower values)</b>												
3	randomised trials	serious	not serious	not serious	not serious	none	107	107	-	MD <b>10.09 lower</b> (16.48 - 3.71 lower)	⊕⊕⊕○ Moderate	
<b>3. KPS (better indicated by higher values)</b>												
4	randomised trials	serious	not serious	not serious	not serious	none	184	183	-	MD <b>9.34 higher</b> (7.33 - 11.36 higher)	⊕⊕⊕○ Moderate	

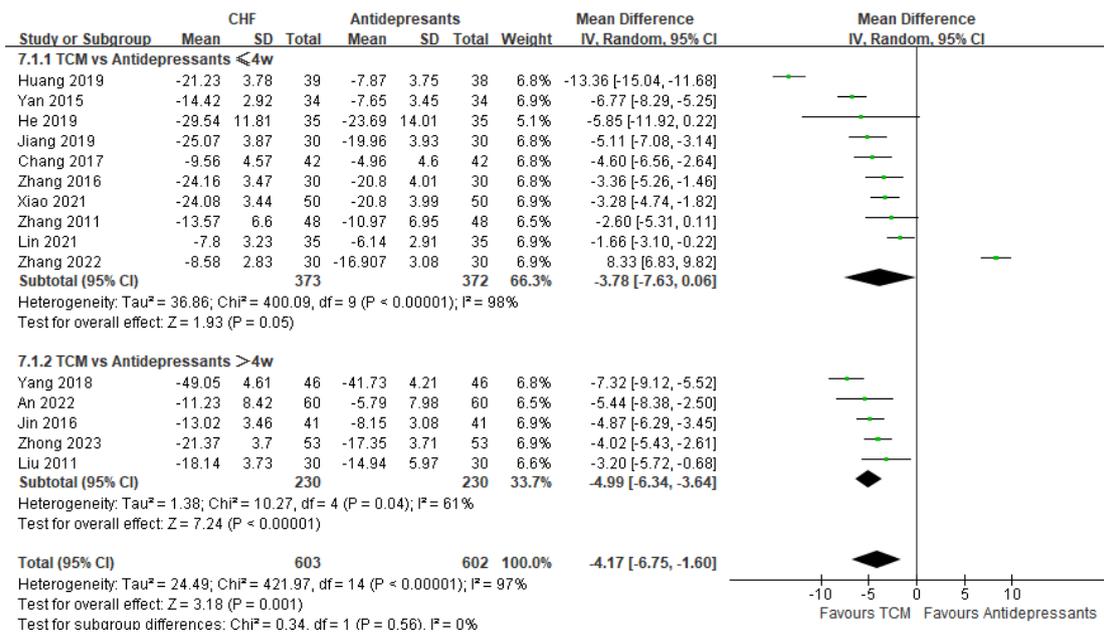
CI: confidence interval; MD: mean difference.



**Supplementary Figure 1 Quality assessment of the included trials risk of bias graph.**



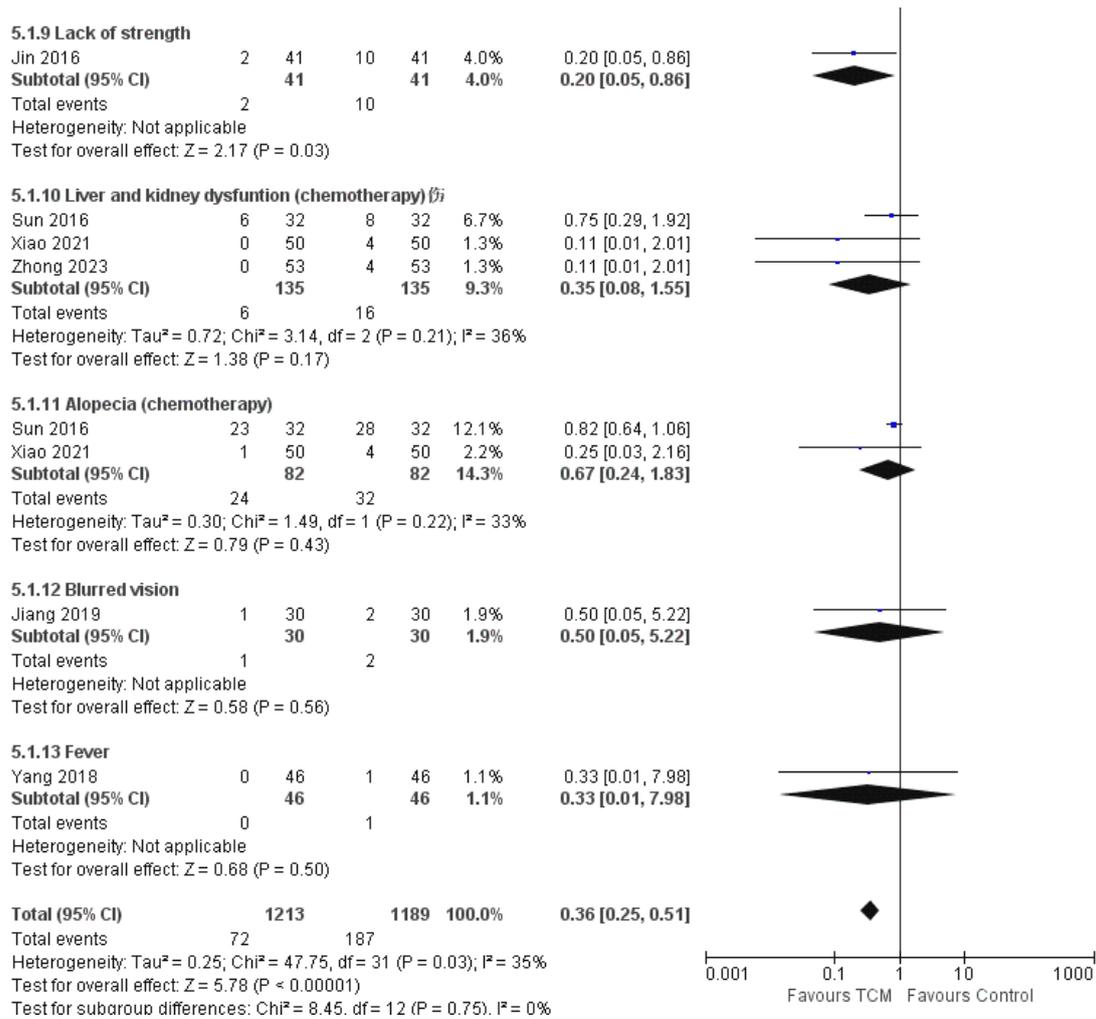
**Supplementary Figure 2 The influence of TCM on improving quality of life in breast cancer patients.**



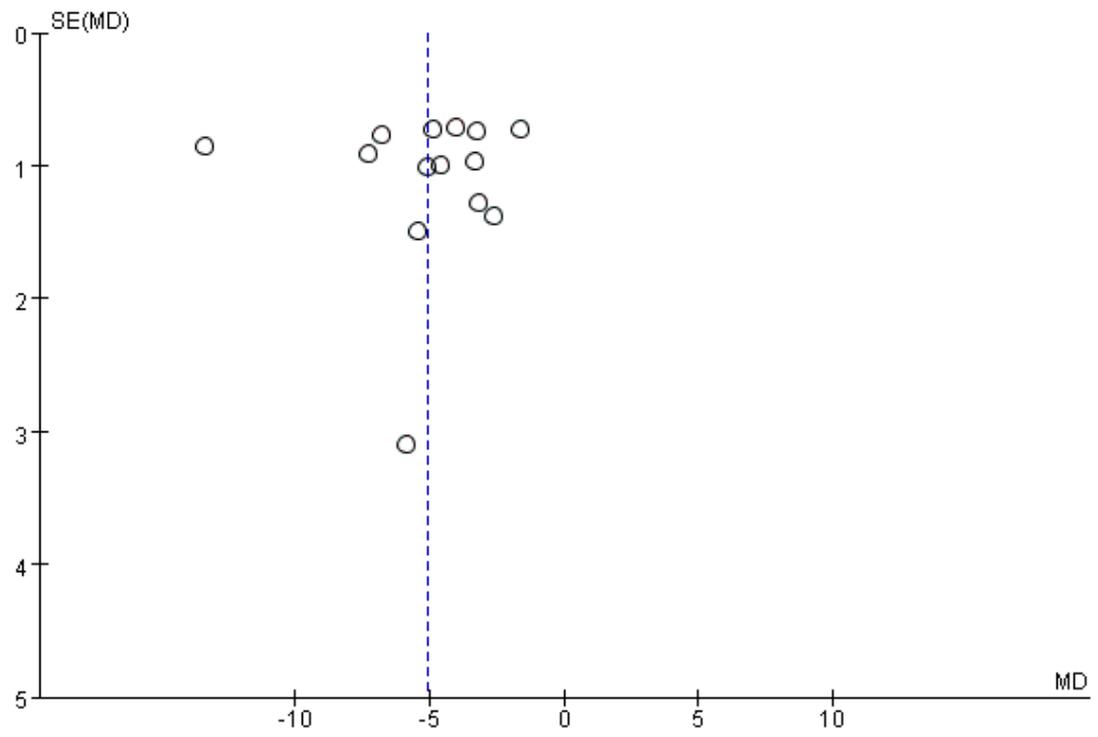
**Supplementary Figure 3 Subgroup analysis of different intervention duration.**

Study or Subgroup	CHF		Control		Weight	Risk Ratio M-H, Random, 95% CI	Risk Ratio M-H, Random, 95% CI
	Events	Total	Events	Total			
<b>5.1.1 Dry mouth</b>							
Jiang 2019	1	30	3	30	2.1%	0.33 [0.04, 3.03]	
Liu 2011	2	35	8	35	3.9%	0.25 [0.06, 1.09]	
Shi 2017	3	36	8	30	4.9%	0.31 [0.09, 1.07]	
Sun 2014	2	29	5	29	3.6%	0.40 [0.08, 1.90]	
<b>Subtotal (95% CI)</b>		<b>130</b>		<b>124</b>	<b>14.6%</b>	<b>0.31 [0.15, 0.67]</b>	
Total events	8		24				
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.19, df = 3 (P = 0.98); I <sup>2</sup> = 0%							
Test for overall effect: Z = 2.98 (P = 0.003)							
<b>5.1.2 Constipation</b>							
Jiang 2019	0	30	3	30	1.3%	0.14 [0.01, 2.65]	
Liu 2011	0	35	4	35	1.3%	0.11 [0.01, 1.99]	
Shi 2017	2	36	6	30	3.7%	0.28 [0.06, 1.28]	
Sun 2014	0	29	3	29	1.3%	0.14 [0.01, 2.65]	
<b>Subtotal (95% CI)</b>		<b>130</b>		<b>124</b>	<b>7.6%</b>	<b>0.20 [0.06, 0.61]</b>	
Total events	2		16				
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.46, df = 3 (P = 0.93); I <sup>2</sup> = 0%							
Test for overall effect: Z = 2.81 (P = 0.005)							
<b>5.1.3 Dizziness and headache</b>							
Liu 2011	1	35	3	35	2.1%	0.33 [0.04, 3.05]	
Shi 2017	3	36	3	30	3.7%	0.83 [0.18, 3.83]	
Sun 2014	1	29	3	29	2.1%	0.33 [0.04, 3.02]	
Yang 2018	1	46	3	46	2.1%	0.33 [0.04, 3.09]	
<b>Subtotal (95% CI)</b>		<b>146</b>		<b>140</b>	<b>10.0%</b>	<b>0.49 [0.18, 1.30]</b>	
Total events	6		12				
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.82, df = 3 (P = 0.84); I <sup>2</sup> = 0%							
Test for overall effect: Z = 1.44 (P = 0.15)							
<b>5.1.4 Poor appetite and digestion</b>							
Liu 2011	2	35	4	35	3.4%	0.50 [0.10, 2.56]	
Sun 2014	2	29	5	29	3.6%	0.40 [0.08, 1.90]	
<b>Subtotal (95% CI)</b>		<b>64</b>		<b>64</b>	<b>7.0%</b>	<b>0.44 [0.14, 1.37]</b>	
Total events	4		9				
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.04, df = 1 (P = 0.85); I <sup>2</sup> = 0%							
Test for overall effect: Z = 1.41 (P = 0.16)							
<b>5.1.5 Insomnia</b>							
Liu 2011	1	35	3	35	2.1%	0.33 [0.04, 3.05]	
Sun 2014	1	29	4	29	2.2%	0.25 [0.03, 2.10]	
Yang 2018	0	46	3	46	1.3%	0.14 [0.01, 2.69]	
<b>Subtotal (95% CI)</b>		<b>110</b>		<b>110</b>	<b>5.6%</b>	<b>0.25 [0.06, 0.96]</b>	
Total events	2		10				
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.21, df = 2 (P = 0.90); I <sup>2</sup> = 0%							
Test for overall effect: Z = 2.01 (P = 0.04)							
<b>5.1.6 Abdominal pain</b>							
Jin 2016	1	41	10	41	2.5%	0.10 [0.01, 0.75]	
<b>Subtotal (95% CI)</b>		<b>41</b>		<b>41</b>	<b>2.5%</b>	<b>0.10 [0.01, 0.75]</b>	
Total events	1		10				
Heterogeneity: Not applicable							
Test for overall effect: Z = 2.25 (P = 0.02)							
<b>5.1.7 Somnolence</b>							
Jin 2016	1	41	6	41	2.3%	0.17 [0.02, 1.32]	
Shi 2017	1	36	7	30	2.4%	0.12 [0.02, 0.91]	
<b>Subtotal (95% CI)</b>		<b>77</b>		<b>71</b>	<b>4.7%</b>	<b>0.14 [0.03, 0.60]</b>	
Total events	2		13				
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.05, df = 1 (P = 0.82); I <sup>2</sup> = 0%							
Test for overall effect: Z = 2.65 (P = 0.008)							
<b>5.1.8 Nausea and vomiting</b>							
Sun 2016	10	32	18	32	9.4%	0.56 [0.31, 1.01]	
Xiao 2021	1	50	5	50	2.3%	0.20 [0.02, 1.65]	
Yang 2018	1	46	4	46	2.2%	0.25 [0.03, 2.15]	
Zhong 2023	2	53	5	53	3.5%	0.40 [0.08, 1.97]	
<b>Subtotal (95% CI)</b>		<b>181</b>		<b>181</b>	<b>17.4%</b>	<b>0.48 [0.28, 0.81]</b>	
Total events	14		32				
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 1.41, df = 3 (P = 0.70); I <sup>2</sup> = 0%							
Test for overall effect: Z = 2.74 (P = 0.006)							

(Continued)



**Supplementary Figure 4 Adverse event (AE) incidence of Included Trials.**



**Supplementary Figure 5 Funnel plot of the HAMD trials.**