



Bilaga 2 Exkluderade studier

1 (43)

Internetförmädlad psykologisk behandling
Jämförelse med andra behandlingar vid
psykiatriska syndrom

Internet-based psychological treatment
compared to other interventions for common
mental disorders

Rapport nr 337 (2021)

Appendix 2 Table of excluded studies

Studies considered not relevant

Study	Reason for exclusion
Abd-Alrazaq AA, Rababeh A, Alajlani M, Bewick BM, Househ M. Effectiveness and Safety of Using Chatbots to Improve Mental Health: Systematic Review and Meta-Analysis. <i>Journal of medical Internet research</i> . 2020;22(7):e16021.	Intervention
Ahmedani BK, Belville-Robertson T, Hirsch A, Jurayj A. An Online Mental Health and Wellness Intervention Supplementing Standard Care of Depression and Anxiety. <i>Arch Psychiatr Nurs</i> . 2016;30(6):666-70. Available from: https://doi.org/10.1016/j.apnu.2016.03.003 .	Study design
Al-Alawi M, McCall RK, Sultan A, Al Balushi N, Al-Mahrouqi T, Al Ghailani A, et al. Efficacy of a Six-Week-Long Therapist-Guided Online Therapy Versus Self-help Internet-Based Therapy for COVID-19-Induced Anxiety and Depression: Open-label, Pragmatic, Randomized Controlled Trial. <i>JMIR Ment Health</i> . 2021;8(2):e26683. Available from: https://doi.org/10.2196/26683 .	Population
Amin R, Iqbal A, Naeem F, Irfan M. Effectiveness of a culturally adapted cognitive behavioural therapy-based guided self-help (CACBT-GSH) intervention to reduce social anxiety and enhance self-esteem in adolescents: a randomized controlled trial from Pakistan. <i>Behav Cogn Psychother</i> . 2020;48(5):503-14. Available from: https://doi.org/10.1017/S1352465820000284 .	Control group
Andersson E, Ljotsson B, Hedman E, Hesser H, Enander J, Kaldö V, et al. Testing the Mediating Effects of Obsessive Beliefs in Internet-Based Cognitive Behaviour Therapy for Obsessive-Compulsive Disorder: Results from a Randomized Controlled Trial. <i>Clinical psychology & psychotherapy</i> . 2015;22(6):722-32. Available from: https://doi.org/10.1002/cpp.1931 .	Study design
Andersson E, Steneby S, Karlsson K, Ljotsson B, Hedman E, Enander J, et al. Long-term efficacy of Internet-based cognitive behavior therapy for obsessive-compulsive disorder with or without booster: a randomized controlled trial. <i>Psychol Med</i> . 2014;44(13):2877-87. Available from: https://doi.org/10.1017/S0033291714000543 .	Study design
Andersson G. Internet-delivered Psychodynamic Therapy for Social Anxiety Disorder: a Randomized Controlled Trial. http://clinicaltrials.gov/show/nct02105259 . 2014.	Publication
Andersson G. Internet-delivered Psychodynamic Therapy for Social Anxiety Disorder: a Randomized Controlled Trial. http://clinicaltrials.gov/show/nct02105259 . 2014.	Duplicate
Andersson G, Carlbring P, Furmark T, Group SOFIER. Therapist experience and knowledge acquisition in internet-delivered CBT for social anxiety disorder: a	Control group

Study	Reason for exclusion
randomized controlled trial. PLoS One. 2012;7(5):e37411. Available from: https://doi.org/10.1371/journal.pone.0037411 .	
Andersson G, Hesser H, Hummerdal D, Bergman-Nordgren L, Carlbring P. A 3.5-year follow-up of Internet-delivered cognitive behavior therapy for major depression. <i>Journal of mental health (Abingdon, England)</i> . 2013;22(2):155-64. Available from: https://doi.org/10.3109/09638237.2011.608747 .	Control group
Andersson G, Sarkohi A, Karlsson J, Bjärehed J, Hesser H. Effects of two forms of internet-delivered cognitive behaviour therapy for depression on future thinking. <i>Cognitive Therapy and Research</i> . 2013;37(1):29-34.	Control group
Andersson G, Paxling B, Roch-Norlund P, Ostman G, Norgren A, Almlöv J, et al. Internet-based psychodynamic versus cognitive behavioral guided self-help for generalized anxiety disorder: a randomized controlled trial. <i>Psychother Psychosom</i> . 2012;81(6):344-55. Available from: https://doi.org/10.1159/000339371 .	Control group
Anguera JA, Gunning FM, Arean PA. Improving late life depression and cognitive control through the use of therapeutic video game technology: A proof-of-concept randomized trial. <i>Depress Anxiety</i> . 2017;34(6):508-17. Available from: https://doi.org/10.1002/da.22588 .	Intervention
Arean PA, Hallgren KA, Jordan JT, Gazzaley A, Atkins DC, Heagerty PJ, et al. The Use and Effectiveness of Mobile Apps for Depression: Results From a Fully Remote Clinical Trial. <i>J Med Internet Res</i> . 2016;18(12):e330. Available from: https://doi.org/10.2196/jmir.6482 .	Control group
Arjadi R, Nauta MH, Scholte WF, Hollon SD, Chowdhary N, Suryani AO, et al. Internet-based behavioural activation with lay counsellor support versus online minimal psychoeducation without support for treatment of depression: a randomised controlled trial in Indonesia. <i>Lancet Psychiatry</i> . 2018;5(9):707-16. Available from: https://doi.org/10.1016/S2215-0366(18)30223-2 .	Control group
Bastiaansen JA, Ornee DA, Meurs M, Oldehinkel AJ. An evaluation of the efficacy of two add-on ecological momentary intervention modules for depression in a pragmatic randomized controlled trial (ZELF-i). <i>Psychol Med</i> . 2020:1-10. Available from: https://doi.org/10.1017/S0033291720004845 .	Intervention
Batterham PJ, Calear AL, Farrer L, Gulliver A, Kurz E. Efficacy of a Transdiagnostic Self-Help Internet Intervention for Reducing Depression, Anxiety, and Suicidal Ideation in Adults: Randomized Controlled Trial. <i>J Med Internet Res</i> . 2021;23(1):e22698. Available from: https://doi.org/10.2196/22698 .	Intervention
Ben-Zeev D, Brian RM, Jonathan G, Razzano L, Pashka N, Carpenter-Song E, et al. Mobile Health (mHealth) Versus Clinic-Based Group Intervention for People	Population

Study	Reason for exclusion
With Serious Mental Illness: A Randomized Controlled Trial. <i>Psychiatr Serv.</i> 2018;69(9):978-85. Available from: https://doi.org/10.1176/appi.ps.201800063 .	
Bentz D, Wang N, Ibach MK, Schicktanz NS, Zimmer A, Papassotiropoulos A, et al. Effectiveness of a stand-alone, smartphone-based virtual reality exposure app to reduce fear of heights in real-life: a randomized trial. <i>NPJ Digit Med.</i> 2021;4(1):16. Available from: https://doi.org/10.1038/s41746-021-00387-7 .	Intervention
Berg M, Rozental A, de Brun Mangs J, Nasman M, Stromberg K, Viberg L, et al. The Role of Learning Support and Chat-Sessions in Guided Internet-Based Cognitive Behavioral Therapy for Adolescents With Anxiety: A Factorial Design Study. <i>Front Psychiatry.</i> 2020;11:503. Available from: https://doi.org/10.3389/fpsy.2020.00503 .	Study design
Berger T, Boettcher J, Caspar F. Internet-based guided self-help for several anxiety disorders: a randomized controlled trial comparing a tailored with a standardized disorder-specific approach. <i>Psychotherapy (Chic).</i> 2014;51(2):207-19. Available from: https://doi.org/10.1037/a0032527 .	Control group
Berger T, Boettcher J, Caspar F. Internet-based guided self-help for several anxiety disorders: a randomized controlled trial comparing a tailored with a standardized disorder-specific approach. <i>Psychotherapy (Chic).</i> 2014;51(2):207-19. Available from: https://doi.org/10.1037/a0032527 .	Duplicate
Berger T, Urech A, Krieger T, Stolz T, Schulz A, Vincent A, et al. Effects of a transdiagnostic unguided Internet intervention ('velibra') for anxiety disorders in primary care: results of a randomized controlled trial. <i>Psychol Med.</i> 2017;47(1):67-80. Available from: https://doi.org/10.1017/S0033291716002270 .	Control group
Bjureberg J, Enander J, Andersson E, Ivanov VZ, Ruck C, Fernandez de la Cruz L. Sudden Gains in Internet-Based Cognitive Behavior Therapy for Body Dysmorphic Disorder. <i>Behav Ther.</i> 2020;51(5):753-63. Available from: https://doi.org/10.1016/j.beth.2019.11.002 .	Study design
Bjureberg J, Enander J, Andersson E, Ivanov VZ, Ruck C, Fernandez de la Cruz L. Sudden Gains in Internet-Based Cognitive Behavior Therapy for Body Dysmorphic Disorder. <i>Behav Ther.</i> 2020;51(5):753-63. Available from: https://doi.org/10.1016/j.beth.2019.11.002 .	Duplicate
Boettcher J, Magnusson K, Marklund A, Berglund E, Blomdahl R, Braun U, et al. Adding a smartphone app to internet-based self-help for social anxiety: A randomized controlled trial. <i>Computers in Human Behavior.</i> 2018;87:98-108.	Control group
Boschloo L, Cuijpers P, Karyotaki E, Berger T, Moritz S, Meyer B, et al. Symptom-specific effectiveness of an internet-based intervention in the	Population

Study	Reason for exclusion
treatment of mild to moderate depressive symptomatology: The potential of network estimation techniques. <i>Behav Res Ther.</i> 2019;122:103440. Available from: https://doi.org/10.1016/j.brat.2019.103440 .	
Brabyn S, Araya R, Barkham M, Bower P, Cooper C, Duarte A, et al. The second Randomised Evaluation of the Effectiveness, cost-effectiveness and Acceptability of Computerised Therapy (REEACT-2) trial: does the provision of telephone support enhance the effectiveness of computer-delivered cognitive behaviour therapy? A randomised controlled trial. <i>Health Technol Assess.</i> 2016;20(89):1-64. Available from: https://doi.org/10.3310/hta20890 .	Control group
Brown A, Creswell C, Barker C, Butler S, Cooper P, Hobbs C, et al. Guided parent-delivered cognitive behaviour therapy for children with anxiety disorders: Outcomes at 3- to 5-year follow-up. <i>British Journal of Clinical Psychology.</i> 2017;56(2):149-59.	Study design
Bucker L, Schnakenberg P, Karyotaki E, Moritz S, Westermann S. Diminishing Effects After Recurrent Use of Self-Guided Internet-Based Interventions in Depression: Randomized Controlled Trial. <i>J Med Internet Res.</i> 2019;21(10):e14240. Available from: https://doi.org/10.2196/14240 .	Population
Burton C, Szentagotai Tatar A, McKinstry B, Matheson C, Matu S, Moldovan R, et al. Pilot randomised controlled trial of Help4Mood, an embodied virtual agent-based system to support treatment of depression. <i>J Telemed Telecare.</i> 2016;22(6):348-55. Available from: https://doi.org/10.1177/1357633X15609793 .	Control group
Buttazoni A, Brar K, Minaker L. Smartphone-Based Interventions and Internalizing Disorders in Youth: Systematic Review and Meta-analysis. <i>J Med Internet Res.</i> 2021;23(1):e16490. Available from: https://doi.org/10.2196/16490 .	Intervention
Capone C, McGovern MP. Recruitment and retention of Iraq and Afghanistan veterans in integrated CBT for co-occurring SUD and PTSD. <i>Alcoholism: Clinical and Experimental Research.</i> 2016;40:271A.	Publication
Christensen H, Farrer L, Batterham PJ, Mackinnon A, Griffiths KM, Donker T. The effect of a web-based depression intervention on suicide ideation: secondary outcome from a randomised controlled trial in a helpline. <i>BMJ Open.</i> 2013;3(6):28. Available from: https://doi.org/10.1136/bmjopen-2013-002886 .	Study design
Cognitive behavioral therapy (CBT) anxiety management and reasoning bias modification in young adults with anxiety disorders: a real-world study of a therapist-assisted computerized (TACCBT) program Vs. "person-to-person" group CBT. <i>Internet interventions.</i> 2020;19	Study design

Study	Reason for exclusion
Colville G. The online treatment tool, Mood Mechanic, is a viable option for the treatment of anxiety and depression in young adults who do not undertake face-to-face treatment. <i>Evid- Based Nurs.</i> 2020;23(4):100.	Publication
Computer therapy found effective treatment for depression in adolescents. <i>Pediatr Ann.</i> 2012;41(6):217.	Publication
Cuijpers P, Cristea IA, Karyotaki E, Reijnders M, Huibers MJH. How effective are cognitive behavior therapies for major depression and anxiety disorders? A meta-analytic update of the evidence. <i>World Psychiatry.</i> 2016;15(3):245-58.	Study design
Cuijpers P, de Wit L, Kleiboer A, Karyotaki E, Ebert DD. Problem-solving therapy for adult depression: An updated meta-analysis. <i>Eur Psychiatry.</i> 2018;48:27-37. Available from: https://doi.org/10.1016/j.eurpsy.2017.11.006 .	Study design
Cuijpers P, Karyotaki E, Pot AM, Park M, Reynolds CF, 3rd. Managing depression in older age: psychological interventions. <i>Maturitas.</i> 2014;79(2):160-9. Available from: https://doi.org/10.1016/j.maturitas.2014.05.027 .	Study design
Cuijpers P, Kleiboer A, Karyotaki E, Riper H. Internet and mobile interventions for depression: Opportunities and challenges. <i>Depress Anxiety.</i> 2017;34(7):596-602. Available from: https://doi.org/10.1002/da.22641 .	Study design
Cuijpers P, Marks IM, van Straten A, Cavanagh K, Gega L, Andersson G. Computer-aided psychotherapy for anxiety disorders: a meta-analytic review. <i>Cogn Behav Ther.</i> 2009;38(2):66-82. Available from: https://doi.org/10.1080/16506070802694776 .	Study design
Cuijpers P, Sijbrandij M, Koole S, Huibers M, Berking M, Andersson G. Psychological treatment of generalized anxiety disorder: a meta-analysis. <i>Clin Psychol Rev.</i> 2014;34(2):130-40. Available from: https://doi.org/10.1016/j.cpr.2014.01.002 .	Study design
Dagoo J, Asplund RP, Bsenko HA, Hjerling S, Holmberg A, Westh S, et al. Cognitive behavior therapy versus interpersonal psychotherapy for social anxiety disorder delivered via smartphone and computer: a randomized controlled trial. <i>J Anxiety Disord.</i> 2014;28(4):410-7. Available from: https://doi.org/10.1016/j.janxdis.2014.02.003 .	Control group
Dahne J, Collado A, Lejuez CW, Risco CM, Diaz VA, Coles L, et al. Pilot randomized controlled trial of a Spanish-language Behavioral Activation mobile app (inverted exclamation markAptivate!) for the treatment of depressive symptoms among united states Latinx adults with limited English proficiency. <i>J Affect Disord.</i> 2019;250:210-7. Available from: https://doi.org/10.1016/j.jad.2019.03.009 .	Population

Study	Reason for exclusion
Dahne J, Lejuez CW, Diaz VA, Player MS, Kustanowitz J, Felton JW, et al. Pilot Randomized Trial of a Self-Help Behavioral Activation Mobile App for Utilization in Primary Care. <i>Behav Ther.</i> 2019;50(4):817-27. Available from: https://doi.org/10.1016/j.beth.2018.12.003 .	Population
Dawson RL, Calear AL, McCallum SM, McKenna S, Nixon RDV, O'Kearney R. Exposure-Based Writing Therapies for Subthreshold and Clinical Posttraumatic Stress Disorder: A Systematic Review and Meta-Analysis. <i>J Trauma Stress.</i> 2021;34(1):81-91. Available from: https://doi.org/10.1002/jts.22596 .	Study design
de Bitencourt Machado D, Braga Laskoski P, Trelles Severo C, Margareth Bassols A, Sfoggia A, Kowacs C, et al. A Psychodynamic Perspective on a Systematic Review of Online Psychotherapy for Adults. <i>Br J Psychother.</i> 2016;32(1):79-108.	Study design
Dear BF, Staples LG, Terides MD, Fogliati VJ, Sheehan J, Johnston L, et al. Transdiagnostic versus disorder-specific and clinician-guided versus self-guided internet-delivered treatment for Social Anxiety Disorder and comorbid disorders: A randomized controlled trial. <i>J Anxiety Disord.</i> 2016;42:30-44. Available from: https://doi.org/10.1016/j.janxdis.2016.05.004 .	Control group
Dear BF, Staples LG, Terides MD, Karin E, Zou J, Johnston L, et al. Transdiagnostic versus disorder-specific and clinician-guided versus self-guided internet-delivered treatment for generalized anxiety disorder and comorbid disorders: A randomized controlled trial. <i>J Anxiety Disord.</i> 2015;36:63-77. Available from: https://doi.org/10.1016/j.janxdis.2015.09.003 .	Control group
Dettore D, Pozza A, Andersson G. Efficacy of technology-delivered cognitive behavioural therapy for OCD versus control conditions, and in comparison with therapist-administered CBT: meta-analysis of randomized controlled trials. <i>Cogn Behav Ther.</i> 2015;44(3):190-211. Available from: https://doi.org/10.1080/16506073.2015.1005660 .	Study design
Dolle K, Schulte-Körne G. Complementary treatment methods for depression in children and adolescents. <i>Praxis der Kinderpsychologie und Kinderpsychiatrie,</i> 2014; 63 (3): 237-63.	Study design
Domhardt M, Gesslein H, von Rezori RE, Baumeister H. Internet- and mobile-based interventions for anxiety disorders: A meta-analytic review of intervention components. <i>Depress Anxiety.</i> 2019;36(3):213-24. Available from: https://doi.org/10.1002/da.22860 .	Study design
Domhardt M, Letsch J, Kybelka J, Koenigbauer J, Doebler P, Baumeister H. Are Internet- and mobile-based interventions effective in adults with diagnosed panic disorder and/or agoraphobia? A systematic review and meta-analysis. <i>J</i>	Study design

Study	Reason for exclusion
Affect Disord. 2020;276:169-82. Available from: https://doi.org/10.1016/j.jad.2020.06.059 .	
Domhardt M, Steubl L, Baumeister H. Internet- and Mobile-Based Interventions for Mental and Somatic Conditions in Children and Adolescents. <i>Z Kinder Jugendpsychiatr Psychother.</i> 2020;48(1):33-46. Available from: https://doi.org/10.1024/1422-4917/a000625 .	Study design
Donker T, Petrie K, Proudfoot J, Clarke J, Birch MR, Christensen H. Smartphones for smarter delivery of mental health programs: a systematic review. <i>J Med Internet Res.</i> 2013;15(11):e247. Available from: https://doi.org/10.2196/jmir.2791 .	Study design
Dorfman L. The effects of a cognitive behavioral computer based program on depressed inpatients. Dissertation abstracts international: section B: the sciences and engineering dissertation abstracts international. 2013;73(12):No-Specified.	Intervention
Ebert D, Tarnowski T, Gollwitzer M, Sieland B, Berking M. A transdiagnostic internet-based maintenance treatment enhances the stability of outcome after inpatient cognitive behavioral therapy: a randomized controlled trial. <i>Psychother Psychosom.</i> 2013;82(4):246-56. Available from: https://doi.org/10.1159/000345967 .	Population
Ebert DD. Transdiagnostic internet-based maintenance treatment after inpatient psychotherapy: Suitable for all patients? moderators of outcome from a randomized controlled trial. <i>Psychosomatic Medicine.</i> 2013;75(3):A-74.	Publication
Ebert DD, Gollwitzer M, Riper H, Cuijpers P, Baumeister H, Berking M. For whom does it work? moderators of outcome on the effect of a transdiagnostic internet-based maintenance treatment after inpatient psychotherapy: randomized controlled trial. <i>J Med Internet Res.</i> 2013;15(10):e191. Available from: https://doi.org/10.2196/jmir.2511 .	Study design
Efron G, Wootton BM. Remote cognitive behavioral therapy for panic disorder: A meta-analysis. <i>J Anxiety Disord.</i> 2021;79:102385. Available from: https://doi.org/10.1016/j.janxdis.2021.102385 .	Study design
Egan SJ, van Noort E, Chee A, Kane RT, Hoiles KJ, Shafran R, et al. A randomised controlled trial of face to face versus pure online self-help cognitive behavioural treatment for perfectionism. <i>Behav Res Ther.</i> 2014;63:107-13. Available from: https://doi.org/10.1016/j.brat.2014.09.009 .	Population
Eilenberg T, Hoffmann D, Jensen JS, Frosthalm L. Intervening variables in group-based acceptance & commitment therapy for severe health anxiety. <i>Behav Res</i>	Study design

Study	Reason for exclusion
Ther. 2017;92:24-31. Available from: https://doi.org/10.1016/j.brat.2017.01.009 .	
Eilert N, Enrique A, Wogan R, Mooney O, Timulak L, Richards D. The effectiveness of Internet-delivered treatment for generalized anxiety disorder: An updated systematic review and meta-analysis. <i>Depress Anxiety</i> . 2021;38(2):196-219. Available from: https://doi.org/10.1002/da.23115 .	Control group
Ekers D, Webster L, Van Straten A, Cuijpers P, Richards D, Gilbody S. Behavioural activation for depression; an update of meta-analysis of effectiveness and sub group analysis. <i>PLoS One</i> . 2014;9(6):e100100. Available from: https://doi.org/10.1371/journal.pone.0100100	Study design
El Alaoui S, Hedman E, Ljotsson B, Bergstrom J, Andersson E, Ruck C, et al. Predictors and moderators of internet- and group-based cognitive behaviour therapy for panic disorder. <i>PLoS One</i> . 2013;8(11):e79024. Available from: https://doi.org/10.1371/journal.pone.0079024 .	Study design
Enander J, Ljotsson B, Anderhell L, Runeborg M, Flygare O, Cottman O, et al. Long-term outcome of therapist-guided internet-based cognitive behavioural therapy for body dysmorphic disorder (BDD-NET): a naturalistic 2-year follow-up after a randomised controlled trial. <i>BMJ Open</i> . 2019;9(1):e024307. Available from: https://doi.org/10.1136/bmjopen-2018-024307 .	Study design
Engel CC, Litz B, Magruder K, Gore K, Harper Cordova E, Yeager D. Randomized Trial of A Web-Based Nurse-Assisted PTSD Self-Management Intervention for Primary Care: study Design and Status. <i>Military health research forum, kansas city, MO August 31- september 3, 2009 [conference abstracts]</i> . 2009.	Intervention
Eriksson MCM, Kivi M, Hange D, Petersson EL, Ariai N, Haggblad P, et al. Long-term effects of Internet-delivered cognitive behavioral therapy for depression in primary care - the PRIM-NET controlled trial. <i>Scand J Prim Health Care</i> . 2017;35(2):126-36. Available from: https://doi.org/10.1080/02813432.2017.1333299 .	Study design
Erratum: Computerised cognitive behaviour therapy (cCBT) as treatment for depression in primary care (REACT trial): Large scale pragmatic randomised controlled trial (<i>BMJ (Online)</i> (2015) 351 (h5627)). <i>BMJ (Online)</i> . 2016;352.	Population
Fenger M, Lindschou J, Gluud C, Winkel P, Jorgensen L, Dybkjaer JH, et al. Internet-based therapy with FearFighter for anxiety disorders: a randomised clinical trial. <i>Nord J Psychiatry</i> . 2020;74(7):518-24. Available from: https://doi.org/10.1080/08039488.2020.1755363 .	Control group
Fogliati VJ, Dear BF, Staples LG, Terides MD, Sheehan J, Johnston L, et al. Disorder-specific versus transdiagnostic and clinician-guided versus self-guided internet-delivered treatment for panic disorder and comorbid disorders: A	Control group

Study	Reason for exclusion
randomized controlled trial. <i>J Anxiety Disord.</i> 2016;39:88-102. Available from: https://doi.org/10.1016/j.janxdis.2016.03.005 .	
Forand NR, Feinberg JE, Barnett JG, Strunk DR. Guided internet CBT versus "gold standard" depression treatments: An individual patient analysis. <i>J Clin Psychol.</i> 2019;75(4):581-93. Available from: https://doi.org/10.1002/jclp.22733 .	Study design
Forsell E, Bendix M, Hollandare F, Szymanska von Schultz B, Nasiell J, Blomdahl-Wetterholm M, et al. Internet delivered cognitive behavior therapy for antenatal depression: A randomised controlled trial. <i>J Affect Disord.</i> 2017;221:56-64. Available from: https://doi.org/10.1016/j.jad.2017.06.013 .	Control group
Fu Z, Burger H, Arjadi R, Bockting CLH. Effectiveness of digital psychological interventions for mental health problems in low-income and middle-income countries: a systematic review and meta-analysis. <i>Lancet Psychiatry.</i> 2020;7(10):851-64. Available from: https://doi.org/10.1016/S2215-0366(20)30256-X .	Study design
Fuhr K, Schroder J, Berger T, Moritz S, Meyer B, Lutz W, et al. The association between adherence and outcome in an Internet intervention for depression. <i>J Affect Disord.</i> 2018;229:443-9. Available from: https://doi.org/10.1016/j.jad.2017.12.028 .	Study design
Furukawa TA, Horikoshi M, Fujita H, Tsujino N, Jinnin R, Kako Y, et al. Cognitive and Behavioral Skills Exercises Completed by Patients with Major Depression During Smartphone Cognitive Behavioral Therapy: Secondary Analysis of a Randomized Controlled Trial. <i>JMIR Ment Health.</i> 2018;5(1):e4. Available from: https://doi.org/10.2196/mental.9092 .	Study design
Gal E, Stefan S, Cristea IA. The efficacy of mindfulness meditation apps in enhancing users' well-being and mental health related outcomes: a meta-analysis of randomized controlled trials. <i>J Affect Disord.</i> 2021;279:131-42. Available from: https://doi.org/10.1016/j.jad.2020.09.134 .	Population
Gearing R. A mobile phone intervention to improve psychosocial treatment adherence for adolescents with mood disorders. <i>Early Intervention in Psychiatry.</i> 2016;10:247.	Publication
Gili M, Castro A, Garcia-Palacios A, Garcia-Campayo J, Mayoral-Cleries F, Botella C, et al. Efficacy of Three Low-Intensity, Internet-Based Psychological Interventions for the Treatment of Depression in Primary Care: Randomized Controlled Trial. <i>J Med Internet Res.</i> 2020;22(6):e15845. Available from: https://doi.org/10.2196/15845 .	Study design
Givi HGIHAARNMMS, Author A, Dept o, Psychology FoL, Human Sciences Uo, Mohaghegh Ardabil AI, et al. Efficiency of computerized cognitive behavioral	Control group

Study	Reason for exclusion
therapy versus clinical intervention for the treatment of major depression. <i>Koomesh</i> . 2012;13(2):218-24.	
Gratzer D, Khalid-Khan F. Internet-delivered cognitive behavioural therapy in the treatment of psychiatric illness. <i>CMAJ</i> . 2016;188(4):263-72. Available from: https://doi.org/10.1503/cmaj.150007 .	Study design
Griffiths KM, Farrer L, Christensen H. The efficacy of internet interventions for depression and anxiety disorders: a review of randomised controlled trials. <i>Med J Aust</i> . 2010;192(S11):S4-11. Available from: https://doi.org/10.5694/j.1326-5377.2010.tb03685.x .	Study design
Grist R, Cavanagh K. Computerised cognitive behavioural therapy for common mental health disorders, what works, for whom under what circumstances? A systematic review and meta-analysis. <i>Journal of Contemporary Psychotherapy</i> . 2013;43(4):243-51.	Study design
Grist R, Croker A, Denne M, Stallard P. Technology Delivered Interventions for Depression and Anxiety in Children and Adolescents: A Systematic Review and Meta-analysis. <i>Clin Child Fam Psychol Rev</i> . 2019;22(2):147-71. Available from: https://doi.org/10.1007/s10567-018-0271-8 .	Study design
Grist R, Porter J, Stallard P. Mental Health Mobile Apps for Preadolescents and Adolescents: A Systematic Review. <i>J Med Internet Res</i> . 2017;19(5):e176. Available from: https://doi.org/10.2196/jmir.7332 .	Study design
Haberkamp A, Walter H, Althaus P, Schmuck M, Rief W, Schmidt F. Testing a gamified Spider App to reduce spider fear and avoidance. <i>J Anxiety Disord</i> . 2021;77:102331. Available from: https://doi.org/10.1016/j.janxdis.2020.102331 .	Intervention
Hadjistavropoulos HD, Alberts NM, Nugent M, Marchildon G. Improving Access to Psychological Services Through Therapist-Assisted, Internet-Delivered Cognitive Behaviour Therapy. <i>Canadian Psychology</i> . 2014;55(4):303-11.	Study design
Hadjistavropoulos HD, Peynenburg V, Nugent M, Karin E, Titov N, Dear BF. Transdiagnostic Internet-delivered cognitive behaviour therapy with therapist support offered once-weekly or once-weekly supplemented with therapist support within one-business-day: Pragmatic randomized controlled trial. <i>Internet Interv</i> . 2020;22:100347. Available from: https://doi.org/10.1016/j.invent.2020.100347 .	Control group
Hadjistavropoulos HD, Peynenburg V, Thiessen DL, Nugent M, Adlam K, Owens KMB, et al. A pragmatic factorial randomized controlled trial of transdiagnostic internet-delivered cognitive behavioural therapy: Exploring benefits of	Intervention

Study	Reason for exclusion
homework reflection questionnaires and twice-weekly therapist support. Internet interventions, 2020; 22100357.	
Hadjistavropoulos HD, Schneider LH, Edmonds M, Karin E, Nugent MN, Dirkse D, et al. Randomized controlled trial of internet-delivered cognitive behaviour therapy comparing standard weekly versus optional weekly therapist support. <i>J Anxiety Disord.</i> 2017;52:15-24. Available from: https://doi.org/10.1016/j.janxdis.2017.09.006 .	Control group
Haga SM, Drozd F, Lisoy C, Wentzel-Larsen T, Slinning K. Mamma Mia - A randomized controlled trial of an internet-based intervention for perinatal depression. <i>Psychol Med.</i> 2019;49(11):1850-8. Available from: https://doi.org/10.1017/S0033291718002544 .	Population
Haghnia Y, Samad-Soltani T, Yousefi M, Sadr H, Rezaei-Hachesu P. Telepsychiatry- Based Care for the Treatment Follow-Up of Iranian War Veterans with Post-Traumatic Stress Disorder: A Randomized Controlled Trial. <i>Iran J Med Sci.</i> 2019;44(4):291-8. Available from: https://doi.org/10.30476/IJMS.2019.44944 .	Intervention
Haller M, Norman SB, Cummins K, Trim RS, Xu X, Cui R, et al. Integrated Cognitive Behavioral Therapy Versus Cognitive Processing Therapy for Adults With Depression, Substance Use Disorder, and Trauma. <i>J Subst Abuse Treat.</i> 2016;62:38-48. Available from: https://doi.org/10.1016/j.jsat.2015.11.005 .	Intervention
Hamdeh AA, Bjureberg J, Lenhard F, Hedman-Lagerlöf E, Flygare O, Lundström L, et al. Sudden gains in internet-based cognitive behavior therapy for obsessive-compulsive disorder. <i>Journal of Obsessive-Compulsive and Related Disorders.</i> 2019;21:75-81.	Study design
Hange D, Ariai N, Kivi M, Eriksson MC, Nejati S, Petersson EL. The impact of internet-based cognitive behavior therapy on work ability in patients with depression - a randomized controlled study. <i>Int J Gen Med.</i> 2017;10:151-9. Available from: https://doi.org/10.2147/IJGM.S129710 .	Study design
Harrer M, Apolinario-Hagen J, Fritsche L, Salewski C, Zarski AC, Lehr D, et al. Effect of an internet- and app-based stress intervention compared to online psychoeducation in university students with depressive symptoms: Results of a randomized controlled trial. <i>Internet Interv.</i> 2021;24:100374. Available from: https://doi.org/10.1016/j.invent.2021.100374 .	Intervention
Hartmann AS, Schmidt M, Staufenbiel T, Ebert DD, Martin A, Schoenenberg K. ImaginYouth-A Therapist-Guided Internet-Based Cognitive-Behavioral Program for Adolescents and Young Adults With Body Dysmorphic Disorder: Study Protocol for a Two-Arm Randomized Controlled Trial. <i>Front Psychiatry.</i> 2021;12:682965. Available from: https://doi.org/10.3389/fpsy.2021.682965 .	Publication

Study	Reason for exclusion
Haug T, Nordgreen T, Ost LG, Kvale G, Tangen T, Andersson G, et al. Stepped care versus face-to-face cognitive behavior therapy for panic disorder and social anxiety disorder: Predictors and moderators of outcome. <i>Behav Res Ther.</i> 2015;71:76-89. Available from: https://doi.org/10.1016/j.brat.2015.06.002 .	Intervention
Hauschildt M, Schröder J, Moritz S. Randomized-controlled trial on a novel (meta-)cognitive self-help approach for obsessive-compulsive disorder ("myMCT"). <i>Journal of Obsessive-Compulsive and Related Disorders.</i> 2016;10:26-34.	Control group
Hedman E, Axelsson E, Andersson E, Lekander M, Ljotsson B. Exposure-based cognitive-behavioural therapy via the internet and as bibliotherapy for somatic symptom disorder and illness anxiety disorder: randomised controlled trial. <i>Br J Psychiatry.</i> 2016;209(5):407-13. Available from: https://doi.org/10.1192/bjp.bp.116.181396 .	Control group
Hedman E, Axelsson E, Gorling A, Ritzman C, Ronnheden M, El Alaoui S, et al. Internet-delivered exposure-based cognitive-behavioural therapy and behavioural stress management for severe health anxiety: randomised controlled trial. <i>Br J Psychiatry.</i> 2014;205(4):307-14. Available from: https://doi.org/10.1192/bjp.bp.113.140913 .	Control group
Hedman E, Hesser H, Andersson E, Axelsson E, Ljotsson B. The mediating effect of mindful non-reactivity in exposure-based cognitive behavior therapy for severe health anxiety. <i>J Anxiety Disord.</i> 2017;50:15-22. Available from: https://doi.org/10.1016/j.janxdis.2017.04.007 .	Control group
Hedman E, Lindefors N, Andersson G, Andersson E, Lekander M, Ruck C, et al. Predictors of outcome in Internet-based cognitive behavior therapy for severe health anxiety. <i>Behav Res Ther.</i> 2013;51(10):711-7. Available from: https://doi.org/10.1016/j.brat.2013.07.009 .	Study design
Heim E, Ramia JA, Hana RA, Burchert S, Carswell K, Cornelisz I, et al. Step-by-step: Feasibility randomised controlled trial of a mobile-based intervention for depression among populations affected by adversity in Lebanon. <i>Internet interventions</i> , 2021; 24100380.	Population
Heller HM, Hoogendoorn AW, Honig A, Broekman BFP, van Straten A. The Effectiveness of a Guided Internet-Based Tool for the Treatment of Depression and Anxiety in Pregnancy (MamaKits Online): Randomized Controlled Trial. <i>J Med Internet Res.</i> 2020;22(3):e15172. Available from: https://doi.org/10.2196/15172 .	Population
Hetrick SE, Yuen HP, Bailey E, Cox GR, Templer K, Rice SM, et al. Internet-based cognitive behavioural therapy for young people with suicide-related behaviour	Population

Study	Reason for exclusion
(Reframe-IT): a randomised controlled trial. Evid Based Ment Health. 2017;20(3):76-82. Available from: https://doi.org/10.1136/eb-2017-102719 .	
Hirsch CR, Krahe C, Whyte J, Loizou S, Bridge L, Norton S, et al. Interpretation training to target repetitive negative thinking in generalized anxiety disorder and depression. J Consult Clin Psychol. 2018;86(12):1017-30. Available from: https://doi.org/10.1037/ccp0000310 .	Control group
Hoffmann D, Rask CU, Hedman-Lagerlof E, Jensen JS, Frostholm L. Efficacy of internet-delivered acceptance and commitment therapy for severe health anxiety: results from a randomized, controlled trial. Psychol Med. 2020:1-11. Available from: https://doi.org/10.1017/S0033291720001312 .	Control group
Hoffmann D, Rask CU, Hedman-Lagerlöf E, Jensen JS, Frostholm L. Internet-delivered psychological treatment for patients with health anxiety: Results from a randomized, controlled trial. Journal of Psychosomatic Research. 2019;121:113.	Publication
Hollandare F, Anthony SA, Randestad M, Tillfors M, Carlbring P, Andersson G, et al. Two-year outcome of internet-based relapse prevention for partially remitted depression. Behav Res Ther. 2013;51(11):719-22. Available from: https://doi.org/10.1016/j.brat.2013.08.002 .	Control group
Hoorelbeke K, Koster EHW. Internet-delivered cognitive control training as a preventive intervention for remitted depressed patients: Evidence from a double-blind randomized controlled trial study. J Consult Clin Psychol. 2017;85(2):135-46. Available from: https://doi.org/10.1037/ccp0000128 .	Population
Hungerbuehler I, Leite RFM, van de Bilt MT, Gattaz WF. A randomized clinical trial of home-based telepsychiatric outpatient care via videoconferencing: Design, methodology, and implementation. Revista de Psiquiatria Clinica. 2015;42(3):76-8.	Intervention
Hungerbuehler I, Valiengo L, Loch AA, Rossler W, Gattaz WF. Home-Based Psychiatric Outpatient Care Through Videoconferencing for Depression: A Randomized Controlled Follow-Up Trial. JMIR Ment Health. 2016;3(3):e36. Available from: https://doi.org/10.2196/mental.5675 .	Intervention
Hunkeler EM, Hargreaves WA, Fireman B, Terdiman J, Meresman JF, Porterfield Y, et al. A web-delivered care management and patient self-management program for recurrent depression: a randomized trial. Psychiatr Serv. 2012;63(11):1063-71. Available from: https://doi.org/10.1176/appi.ps.005332011 .	Population

Study	Reason for exclusion
Hrynyschyn R, Dockweiler C. Effectiveness of Smartphone-Based Cognitive Behavioral Therapy Among Patients With Major Depression: Systematic Review of Health Implications. <i>JMIR mHealth and uHealth</i> . 2021;9(2):e24703.	Population
Hur JW, Kim B, Park D, Choi SW. A Scenario-Based Cognitive Behavioral Therapy Mobile App to Reduce Dysfunctional Beliefs in Individuals with Depression: A Randomized Controlled Trial. <i>Telemed J E Health</i> . 2018;24(9):710-6. Available from: https://doi.org/10.1089/tmj.2017.0214 .	Control group
Hwang H, Bae S, Hong JS, Han DH. Comparing Effectiveness Between a Mobile App Program and Traditional Cognitive Behavior Therapy in Obsessive-Compulsive Disorder: Evaluation Study. <i>JMIR mental health</i> . 2021;8(1):e23778.	Intervention
Imai H, Takeshima N, Hayasaka Y, Yonemoto N, Ogawa Y, Tajika A, et al. Association between patients' feedback comments and depressive mood, satisfaction, homework conducted, and dropouts during self-guided smartphone cognitive behavioral therapy. <i>Psychiatry Clin Neurosci</i> . 2019;73(6):349-50. Available from: https://doi.org/10.1111/pcn.12849 .	Study design
Ingram DMM, Author A, University of Wisconsin AFCs, Hospital MWIUS, Correspondence A, D. Ingram UoWAFCSH, et al. A computerized self-help intervention is as effective as face-to-face counseling for adolescents seeking help for depression. <i>Journal of Pediatrics</i> . 2012;161(5):967-8.	Publication
Ivanova E, Lindner P, Ly KH, Dahlin M, Vernmark K, Andersson G, et al. Guided and unguided Acceptance and Commitment Therapy for social anxiety disorder and/or panic disorder provided via the Internet and a smartphone application: A randomized controlled trial. <i>J Anxiety Disord</i> . 2016;44:27-35. Available from: https://doi.org/10.1016/j.janxdis.2016.09.012 .	Control group
Jahoda A, Hastings R, Hatton C, Cooper SA, Dagnan D, Zhang R, et al. Comparison of behavioural activation with guided self-help for treatment of depression in adults with intellectual disabilities: a randomised controlled trial. <i>Lancet Psychiatry</i> . 2017;4(12):909-19. Available from: https://doi.org/10.1016/S2215-0366(17)30426-1 .	Intervention
Jannati N, Mazhari S, Ahmadian L, Mirzaee M. Effectiveness of an app-based cognitive behavioral therapy program for postpartum depression in primary care: A randomized controlled trial. <i>Int J Med Inform</i> . 2020;141:104145. Available from: https://doi.org/10.1016/j.ijmedinf.2020.104145 .	Control group
Jiao N, Zhu L, Chong YS, Chan WS, Luo N, Wang W, et al. Web-based versus home-based postnatal psychoeducational interventions for first-time mothers: A randomised controlled trial. <i>Int J Nurs Stud</i> . 2019;99:103385. Available from: https://doi.org/10.1016/j.ijnurstu.2019.07.002 .	Population

Study	Reason for exclusion
Johansson R, Bjorklund M, Hornborg C, Karlsson S, Hesser H, Ljotsson B, et al. Affect-focused psychodynamic psychotherapy for depression and anxiety through the Internet: a randomized controlled trial. <i>PeerJ</i> . 2013;1:e102. Available from: https://doi.org/10.7717/peerj.102 .	Control group
Jolstedt M, Wahlund T, Lenhard F, Ljotsson B, Mataix-Cols D, Nord M, et al. Efficacy and cost-effectiveness of therapist-guided internet cognitive behavioural therapy for paediatric anxiety disorders: a single-centre, single-blind, randomised controlled trial. <i>Lancet Child Adolesc Health</i> . 2018;2(11):792-801. Available from: https://doi.org/10.1016/S2352-4642(18)30275-X .	Control group
Jonassaint CR, Belnap B, Rollman BL. Racial differences in the effectiveness of computerized cognitive behavioral therapy for mental health disorders. <i>Psychosomatic Medicine</i> . 2019;81(4):A141.	Study design
Jonassaint CR, Belnap BH, Huang Y, Karp JF, Abebe KZ, Rollman BL. Racial Differences in the Effectiveness of Internet-Delivered Mental Health Care. <i>J Gen Intern Med</i> . 2020;35(2):490-7. Available from: https://doi.org/10.1007/s11606-019-05542-1 .	Study design
Kaiser T, Boschloo L, Berger T, Meyer B, Spath-Nellissen C, Schroder J, et al. Maintaining Outcomes of Internet-Delivered Cognitive-Behavioral Therapy for Depression: A Network Analysis of Follow-Up Effects. <i>Front Psychiatry</i> . 2021;12:598317. Available from: https://doi.org/10.3389/fpsy.2021.598317 .	Population
Kalapatapu RK, Ho J, Cai X, Vinogradov S, Batki SL, Mohr DC. Cognitive-behavioral therapy in depressed primary care patients with co-occurring problematic alcohol use: effect of telephone-administered vs. face-to-face treatment-a secondary analysis. <i>J Psychoactive Drugs</i> . 2014;46(2):85-92. Available from: https://doi.org/10.1080/02791072.2013.876521 .	Intervention
Kanstrup M, Singh L, Goransson KE, Widoff J, Taylor RS, Gamble B, et al. Reducing intrusive memories after trauma via a brief cognitive task intervention in the hospital emergency department: an exploratory pilot randomised controlled trial. <i>Transl Psychiatry</i> . 2021;11(1):30. Available from: https://doi.org/10.1038/s41398-020-01124-6 .	Intervention
Karbasi A, Haratian A. The Efficacy of Internet-based Cognitive Behavioral Therapy on the Anxiety Disorders among Adolescent Girls. <i>Adv Biomed Res</i> . 2018;7:13. Available from: https://doi.org/10.4103/abr.abr_203_16 .	Control group
Karyotaki E, Efthimiou O, Miguel C, BERPohl FMG, Furukawa TA, Cuijpers P, et al. Internet-Based Cognitive Behavioral Therapy for Depression: A Systematic Review and Individual Patient Data Network Meta-analysis. <i>JAMA Psychiatry</i> . 2021;78(4):361-71. Available from: https://doi.org/10.1001/jamapsychiatry.2020.4364 .	Intervention

Study	Reason for exclusion
Kay-Lambkin FJBALKBJLTJ, Author A, National D, Alcohol, Research Centre CMHUoNSWc, Level WNSWA, et al. It's worth a try: The treatment experiences of rural and Urban participants in a randomized controlled trial of computerized psychological treatment for comorbid depression and alcohol/other drug use. <i>Journal of Dual Diagnosis</i> . 2012;8(4):262-76.	Population
Kay-Lambkin FJ, Baker AL, Palazzi K, Lewin TJ, Kelly BJ. Therapeutic Alliance, Client Need for Approval, and Perfectionism as Differential Moderators of Response to eHealth and Traditionally Delivered Treatments for Comorbid Depression and Substance Use Problems. <i>Int J Behav Med</i> . 2017;24(5):728-39. Available from: https://doi.org/10.1007/s12529-017-9676-x .	Study design
Kerber A, Beintner I, Burchert S, Knaevelsrud C. Does app-based unguided self-management improve mental health literacy, patient empowerment and access to care for people with mental health impairments? Study protocol for a randomised controlled trial. <i>BMJ Open</i> . 2021;11(7):e049688.	Study design
Khanna MS, Carper MM, Harris MS, Kendall PC. Web-Based Parent-Training for Parents of Youth With Impairment From Anxiety. <i>Evid Based Pract Child Adolesc Ment Health</i> . 2017;2(1):43-53. Available from: https://doi.org/10.1080/23794925.2017.1283548 .	Population
Kishimoto T, Krieger T, Berger T, Qian M, Chen H, Yang Y. Internet-based cognitive behavioral therapy for social anxiety with and without guidance compared to a wait list in China: A propensity score study. <i>Psychotherapy and Psychosomatics</i> . 2016;85(5):317-9.	Study design
Kladnitski N, Smith J, Uppal S, James MA, Allen AR, Andrews G, et al. Transdiagnostic internet-delivered CBT and mindfulness-based treatment for depression and anxiety: A randomised controlled trial. <i>Internet Interv</i> . 2020;20:100310. Available from: https://doi.org/10.1016/j.invent.2020.100310 .	Control group
Klein JP, Berger T, Schroder J, Spath C, Meyer B, Caspar F, et al. Effects of a Psychological Internet Intervention in the Treatment of Mild to Moderate Depressive Symptoms: Results of the EVIDENT Study, a Randomized Controlled Trial. <i>Psychother Psychosom</i> . 2016;85(4):218-28. Available from: https://doi.org/10.1159/000445355 .	Population
Klein JP, Gamon C, Spath C, Berger T, Meyer B, Hohagen F, et al. Does recruitment source moderate treatment effectiveness? A subgroup analysis from the EVIDENT study, a randomised controlled trial of an internet intervention for depressive symptoms. <i>BMJ Open</i> . 2017;7(7):e015391. Available from: https://doi.org/10.1136/bmjopen-2016-015391 .	Study design
Klein JP, Spath C, Schroder J, Meyer B, Greiner W, Hautzinger M, et al. Time to remission from mild to moderate depressive symptoms: One year results from	Population

Study	Reason for exclusion
the EVIDENT-study, an RCT of an internet intervention for depression. Behav Res Ther. 2017;97:154-62. Available from: https://doi.org/10.1016/j.brat.2017.07.013 .	
Klein NS, Kok GD, Burger H, van Valen E, Riper H, Cuijpers P, et al. No Sustainable Effects of an Internet-Based Relapse Prevention Program over 24 Months in Recurrent Depression: Primary Outcomes of a Randomized Controlled Trial. Psychother Psychosom. 2018;87(1):55-7. Available from: https://doi.org/10.1159/000485039 .	Population
Knopf A. OCD can be treated with internet-CBT. Brown University Child & Adolescent Psychopharmacology Update. 2021;23(8):8-.	Publication
Kobak KA, Greist R, Jacobi DM, Levy-Mack H, Greist JH. Computer-assisted cognitive behavior therapy for obsessive-compulsive disorder: a randomized trial on the impact of lay vs. professional coaching. Ann Gen Psychiatry. 2015;14:10. Available from: https://doi.org/10.1186/s12991-015-0048-0 .	Control group
Kobak KA, Mundt JC, Kennard B. Integrating technology into cognitive behavior therapy for adolescent depression: a pilot study. Ann Gen Psychiatry. 2015;14:37. Available from: https://doi.org/10.1186/s12991-015-0077-8 .	Intervention
Kohnen M, Dreier M, Seeralan T, Kriston L, Harter M, Baumeister H, et al. Evidence on Technology-Based Psychological Interventions in Diagnosed Depression: Systematic Review. JMIR mental health, 2021; 8 (2): e21700.	Study design
Kok G, Burger H, Riper H, Cuijpers P, Dekker J, van Marwijk H, et al. The Three-Month Effect of Mobile Internet-Based Cognitive Therapy on the Course of Depressive Symptoms in Remitted Recurrently Depressed Patients: Results of a Randomized Controlled Trial. Psychother Psychosom. 2015;84(2):90-9. Available from: https://doi.org/10.1159/000369469 .	Population
Kooistra L, Ruwaard J, Wiersma J, van Oppen P, Riper H. Working Alliance in Blended Versus Face-to-Face Cognitive Behavioral Treatment for Patients with Depression in Specialized Mental Health Care. J Clin Med. 2020;9(2). Available from: https://doi.org/10.3390/jcm9020347 .	Intervention
Kooistra LC, Wiersma JE, Ruwaard J, Neijenhuijs K, Lokkerbol J, van Oppen P, et al. Cost and Effectiveness of Blended Versus Standard Cognitive Behavioral Therapy for Outpatients With Depression in Routine Specialized Mental Health Care: Pilot Randomized Controlled Trial. J Med Internet Res. 2019;21(10):e14261. Available from: https://doi.org/10.2196/14261 .	Intervention
Kordy H, Backenstrass M, Husing J, Wolf M, Aulich K, Burgy M, et al. Supportive monitoring and disease management through the internet: an internet-	Publication

Study	Reason for exclusion
delivered intervention strategy for recurrent depression. <i>Contemp Clin Trials</i> . 2013;36(2):327-37. Available from: https://doi.org/10.1016/j.cct.2013.08.005 .	
Kordy H, Wolf M, Aulich K, Burgy M, Hegerl U, Husing J, et al. Internet-Delivered Disease Management for Recurrent Depression: A Multicenter Randomized Controlled Trial. <i>Psychother Psychosom</i> . 2016;85(2):91-8. Available from: https://doi.org/10.1159/000441951 .	Population
Kraepelien M, Forsell E, Karin E, Johansson R, Lindefors N, Kaldo V. Comparing individually tailored to disorder-specific internet-based cognitive-behavioural therapy: benchmarking study. <i>BJPsych Open</i> . 2018;4(4):282-4. Available from: https://doi.org/10.1192/bjo.2018.41 .	Study design
Kramer LV, Grunzig SD, Baumeister H, Ebert DD, Bengel J. Effectiveness of a Guided Web-Based Intervention to Reduce Depressive Symptoms before Outpatient Psychotherapy: A Pragmatic Randomized Controlled Trial. <i>Psychotherapy & Psychosomatics</i> . 2021;90(4):233-42.	Population
Kroenke K, Evans E, Weitlauf S, McCalley S, Porter B, Williams T, et al. Comprehensive vs. Assisted Management of Mood and Pain Symptoms (CAMMPS) trial: Study design and sample characteristics. <i>Contemp Clin Trials</i> . 2018;64:179-87. Available from: https://doi.org/10.1016/j.cct.2017.10.006 .	Publication
Kyrios M, Ahern C, Fassnacht DB, Nedeljkovic M, Moulding R, Meyer D. Therapist-Assisted Internet-Based Cognitive Behavioral Therapy Versus Progressive Relaxation in Obsessive-Compulsive Disorder: Randomized Controlled Trial. <i>J Med Internet Res</i> . 2018;20(8):e242. Available from: https://doi.org/10.2196/jmir.9566 .	Control group
Lanche M, Perkins C, Jr., Stoltzfoos L. Live, online CBT helps service members with PTSD. <i>Primary Psychiatry</i> . 2008;15(2):20-.	Publication
Lappalainen P, Granlund A, Siltanen S, Ahonen S, Vitikainen M, Tolvanen A, et al. ACT Internet-based vs face-to-face? A randomized controlled trial of two ways to deliver Acceptance and Commitment Therapy for depressive symptoms: an 18-month follow-up. <i>Behav Res Ther</i> . 2014;61:43-54. Available from: https://doi.org/10.1016/j.brat.2014.07.006 .	Population
Lee J, Kim C, Nam JK. Online guided imagery in traumatic memory processing for at-risk complex ptsd adults. <i>Journal of Loss and Trauma</i> . 2020.	Population
Lee M-J, Wu W-C, Chang H-C, Chen H-J, Lin W-S, Feng JY, et al. Effectiveness of a school-based life skills program on emotional regulation and depression among elementary school students: A randomized study. <i>Children & Youth Services Review</i> . 2020;118:N.PAG-N.PAG.	Intervention

Study	Reason for exclusion
Lehavot K, Millard SP, Thomas RM, Yantsides K, Upham M, Beckman K, et al. A randomized trial of an online, coach-assisted self-management PTSD intervention tailored for women veterans. <i>J Consult Clin Psychol</i> . 2021;89(2):134-42. Available from: https://doi.org/10.1037/ccp0000556 .	Control group
Lenhard F, Andersson E, Mataix-Cols D, Ruck C, Aspvall K, Serlachius E. Long-term outcomes of therapist-guided Internet-delivered cognitive behavior therapy for pediatric obsessive-compulsive disorder. <i>NPJ Digit Med</i> . 2020;3:124. Available from: https://doi.org/10.1038/s41746-020-00327-x .	Study design
Leterme AC, Behal H, Demarty AL, Barasino O, Rougegrez L, Labreuche J, et al. A blended cognitive behavioral intervention for patients with adjustment disorder with anxiety: A randomized controlled trial. <i>Internet Interv</i> . 2020;21:100329. Available from: https://doi.org/10.1016/j.invent.2020.100329 .	Intervention
Lin L-Y, Wang K, Kishimoto T, Rodriguez M, Qian M, Yang Y, et al. An Internet-Based Intervention for Individuals With Social Anxiety and Different Levels of Taijin Kyofusho in China. <i>Journal of Cross-Cultural Psychology</i> . 2020;51(5):387-402.	Control group
Lindqvist K, Mechler J, Carlbring P, Lilliengren P, Falkenstrom F, Andersson G, et al. Affect-Focused Psychodynamic Internet-Based Therapy for Adolescent Depression: Randomized Controlled Trial. <i>J Med Internet Res</i> . 2020;22(3):e18047. Available from: https://doi.org/10.2196/18047 .	Control group
Littlewood E, Duarte A, Hewitt C, Knowles S, Palmer S, Walker S, et al. A randomised controlled trial of computerised cognitive behaviour therapy for the treatment of depression in primary care: the Randomised Evaluation of the Effectiveness and Acceptability of Computerised Therapy (REEACT) trial. <i>Health Technol Assess</i> . 2015;19(101):viii, xxi-171. Available from: https://doi.org/10.3310/hta191010 .	Population
Loughnan S. Regaining MUMentum: Findings from two randomized controlled trials evaluating brief internet cognitive behavioral therapy for perinatal distress, anxiety, and depression. <i>Archives of Women's Mental Health</i> . 2019;22(5):682.	Publication
Loughnan SA, Butler C, Sie AA, Grierson AB, Chen AZ, Hobbs MJ, et al. A randomised controlled trial of 'MUMentum postnatal': Internet-delivered cognitive behavioural therapy for anxiety and depression in postpartum women. <i>Behav Res Ther</i> . 2019;116:94-103. Available from: https://doi.org/10.1016/j.brat.2019.03.001 .	Population
Loughnan SA, Sie A, Hobbs MJ, Joubert AE, Smith J, Haskelberg H, et al. A randomized controlled trial of 'MUMentum Pregnancy': Internet-delivered cognitive behavioral therapy program for antenatal anxiety and depression. <i>J</i>	Population

Study	Reason for exclusion
Affect Disord. 2019;243:381-90. Available from: https://doi.org/10.1016/j.jad.2018.09.057 .	
Ludtke T, Westermann S, Pult LK, Schneider BC, Pfuhl G, Moritz S. Evaluation of a brief unguided psychological online intervention for depression: A controlled trial including exploratory moderator analyses. <i>Internet Interv.</i> 2018;13:73-81. Available from: https://doi.org/10.1016/j.invent.2018.06.004 .	Population
Ludvigsson M, Nordgren LB, Andersson G. Tailored internet-delivered psychotherapy for older adults with depression: A randomized controlled trial. <i>International Psychogeriatrics.</i> 2019;31:50.	Publication
Mackinnon A, Griffiths KM, Christensen H. Comparative randomised trial of online cognitive-behavioural therapy and an information website for depression: 12-month outcomes. <i>Br J Psychiatry.</i> 2008;192(2):130-4. Available from: https://doi.org/10.1192/bjp.bp.106.032078 .	Population
Mahoney AE, Mackenzie A, Williams AD, Smith J, Andrews G. Internet cognitive behavioural treatment for obsessive compulsive disorder: A randomised controlled trial. <i>Behav Res Ther.</i> 2014;63:99-106. Available from: https://doi.org/10.1016/j.brat.2014.09.012 .	Control group
Martinez V, Rojas G, Martinez P, Gaete J, Zitko P, Vohringer PA, et al. Computer-Assisted Cognitive-Behavioral Therapy to Treat Adolescents With Depression in Primary Health Care Centers in Santiago, Chile: A Randomized Controlled Trial. <i>Front Psychiatry.</i> 2019;10:552. Available from: https://doi.org/10.3389/fpsy.2019.00552 .	Intervention
Mathiasen K, Andersen TE, Riper H, Kleiboer AA, Roessler KK. Blended CBT versus face-to-face CBT: a randomised non-inferiority trial. <i>BMC psychiatry.</i> 2016;16(1):432. Available from: https://doi.org/10.1186/s12888-016-1140-y .	Intervention
McCauley E, Gudmundsen G, Schloredt K, Martell C, Rhew I, Hubley S, et al. The Adolescent Behavioral Activation Program: Adapting behavioral activation as a treatment for depression in adolescence. <i>Journal of Clinical Child and Adolescent Psychology.</i> 2016;45(3):291-304.	Intervention
Mehrmann LM, Hunger A, Gerlach AL. Efficacy of an online-based self-help program treating skin picking disorder. <i>Journal of Behavioral Addictions.</i> 2018;7:115-6.	Publication
Menzies RG, Packman A, Onslow M, O'Brian S, Jones M, Helgadottir FD. In-Clinic and Standalone Internet Cognitive Behavior Therapy Treatment for Social Anxiety in Stuttering: A Randomized Trial of iGlebe. <i>J Speech Lang Hear Res.</i> 2019;62(6):1614-24. Available from: https://doi.org/10.1044/2019_JSLHR-S-18-0340 .	Population

Study	Reason for exclusion
Meyer B, Berger T, Caspar F, Beevers CG, Andersson G, Weiss M. Effectiveness of a novel integrative online treatment for depression (Deprexis): randomized controlled trial. <i>J Med Internet Res</i> . 2009;11(2):e15. Available from: https://doi.org/10.2196/jmir.1151 .	Control group
Milgrom J, Danaher BG, Gemmill AW, Holt C, Holt CJ, Seeley JR, et al. Internet cognitive behavioural therapy for women with postnatal depression: A randomized controlled trial of MumMoodBooster. <i>Archives of Women's Mental Health</i> . 2020;23(2):293-4.	Publication
Milgrom J, Gemmill A. Feasibility and efficacy of an internet treatment for postnatal depression utilising a behavioural activation approach. <i>Evid Based Nurs</i> . 2014;17(4):102. Available from: https://doi.org/10.1136/eb-2013-101636 .	Publication
Milgrom J, Gemmill A, Holt C, Holt C, Oliva J. Perinatal e-mental health support: Evidence and challenges in translation to practice. <i>Archives of Women's Mental Health</i> . 2019;22(5):681-2.	Control group
Milgrom J, Gemmill AW, Ericksen J, Burrows G, Buist A, Reece J. Treatment of postnatal depression with cognitive behavioural therapy, sertraline and combination therapy: a randomised controlled trial. <i>Aust N Z J Psychiatry</i> . 2015;49(3):236-45. Available from: https://doi.org/10.1177/0004867414565474 .	Intervention
Miller-Graff L, Ellis K, Hosny N. PTSD Coach Online-Arabic: A Randomized Controlled Pilot Trial to Examine Feasibility, Acceptability, and Preliminary Effectiveness. <i>J Trauma Stress</i> . 2021;34(1):23-34. Available from: https://doi.org/10.1002/jts.22621 .	Population
Mitchell LM, Joshi U, Patel V, Lu C, Naslund JA. Economic Evaluations of Internet-Based Psychological Interventions for Anxiety Disorders and Depression: A Systematic Review. <i>J Affect Disord</i> . 2021;284:157-82. Available from: https://doi.org/10.1016/j.jad.2021.01.092 .	Publication
Miller-Graff L, Ellis K, Hosny N. PTSD Coach Online-Arabic: A Randomized Controlled Pilot Trial to Examine Feasibility, Acceptability, and Preliminary Effectiveness. <i>J Trauma Stress</i> . 2021;34(1):23-34. Available from: https://doi.org/10.1002/jts.22621 .	Control group
Mohr DC, Lattie EG, Tomasino KN, Kwasny MJ, Kaiser SM, Gray EL, et al. A randomized noninferiority trial evaluating remotely-delivered stepped care for depression using internet cognitive behavioral therapy (CBT) and telephone CBT. <i>Behav Res Ther</i> . 2019;123:103485. Available from: https://doi.org/10.1016/j.brat.2019.103485 .	Intervention
Morland LA, Mackintosh MA, Glassman LH, Wells SY, Thorp SR, Rauch SAM, et al. Home-based delivery of variable length prolonged exposure therapy: A	Intervention

Study	Reason for exclusion
comparison of clinical efficacy between service modalities. <i>Depression and Anxiety</i> . 2020;37(4):346-55.	
Morland LA, Macdonald A, Grubbs KM, Mackintosh MA, Monson CM, Glassman LH, et al. Design of a randomized superiority trial of a brief couple treatment for PTSD. <i>Contemp Clin Trials Commun</i> . 2019;15:100369. Available from: https://doi.org/10.1016/j.conctc.2019.100369 .	Intervention
Morland LA, Mackintosh MA, Rosen CS, Willis E, Resick P, Chard K, et al. Telemedicine Versus in-Person Delivery of Cognitive Processing Therapy for Women with Posttraumatic Stress Disorder: A Randomized Noninferiority Trial. <i>Depress Anxiety</i> . 2015;32(11):811-20. Available from: https://doi.org/10.1002/da.22397 .	Intervention
Morriss R, Patel S, Malins S, Guo B, Higton F, James M, et al. Clinical and economic outcomes of remotely delivered cognitive behaviour therapy versus treatment as usual for repeat unscheduled care users with severe health anxiety: a multicentre randomised controlled trial. <i>BMC Med</i> . 2019;17(1):16. Available from: https://doi.org/10.1186/s12916-019-1253-5 .	Population
Moser C, Bachem R, Berger T, Maercker A. ZIEL: Internet-Based Self-Help for Adjustment Problems: Results of a Randomized Controlled Trial. <i>J Clin Med</i> . 2019;8(10):11. Available from: https://doi.org/10.3390/jcm8101655 .	Population
Moshier S. Cognitive control training as an adjunct to behavioral activation therapy in the treatment of depression: ProQuest Information & Learning; 2016. Available from: http://search.ebscohost.com/login.aspx?direct=true&db=psych&AN=2016-37860-122&site=ehost-live .	Publication
Moshier SJ, Otto MW. Behavioral activation treatment for major depression: A randomized trial of the efficacy of augmentation with cognitive control training. <i>J Affect Disord</i> . 2017;210:265-8. Available from: https://doi.org/10.1016/j.jad.2017.01.003 .	Intervention
Mourad G, Stromberg A, Jonsbu E, Gustafsson M, Johansson P, Jaarsma T. Guided Internet-delivered cognitive behavioural therapy in patients with non-cardiac chest pain - a pilot randomized controlled study. <i>Trials</i> . 2016;17(1):352. Available from: https://doi.org/10.1186/s13063-016-1491-1 .	Population
Mourad G, Stromberg A, Jonsbu E, Gustafsson M, Johansson P, Jaarsma T. Guided Internet-delivered cognitive behavioural therapy in patients with non-cardiac chest pain - a pilot randomized controlled study. <i>Trials</i> . 2016;17(1):352. Available from: https://doi.org/10.1186/s13063-016-1491-1 .	Publication
Murillo LA, Follo E, Smith A, Balestrier J, Bevvino DL. Evaluating the Effectiveness of Online Educational Modules and Interactive Workshops in Alleviating Symptoms of Mild to Moderate Depression: A Pilot Trial. <i>J Prim Care</i>	Intervention

Study	Reason for exclusion
Community Health. 2020;11:2150132720971158. Available from: https://doi.org/10.1177/2150132720971158 .	
Nair A, Turner C, Heyman I, Mataix-Cols D, Lovell K, Krebs G, et al. Moderators and predictors of outcomes in telephone delivered compared to face-to-face cognitive behaviour therapy for paediatric obsessive-compulsive disorder: preliminary evidence from a non-inferiority RCT. <i>Cogn Behav Ther</i> . 2019;48(5):353-68. Available from: https://doi.org/10.1080/16506073.2018.1513555 .	Intervention
Nelson CB, Abraham KM, Walters H, Pfeiffer PN, Valenstein M. Integration of peer support and computer-based CBT for veterans with depression. <i>Computers in Human Behavior</i> . 2014;31:57-64.	Study design
Neubauer K, von Auer M, Murray E, Petermann F, Helbig-Lang S, Gerlach AL. Internet-delivered attention modification training as a treatment for social phobia: a randomized controlled trial. <i>Behav Res Ther</i> . 2013;51(2):87-97. Available from: https://doi.org/10.1016/j.brat.2012.10.006	Intervention
Newby JM, Smith J, Uppal S, Mason E, Mahoney AEJ, Andrews G. Internet-based cognitive behavioral therapy versus psychoeducation control for illness anxiety disorder and somatic symptom disorder: A randomized controlled trial. <i>J Consult Clin Psychol</i> . 2018;86(1):89-98. Available from: https://doi.org/10.1037/ccp0000248 .	Control group
Newman MG, Jacobson NC, Rackoff GN, Bell MJ, Taylor CB. A randomized controlled trial of a smartphone-based application for the treatment of anxiety. <i>Psychother Res</i> . 2021;31(4):443-54. Available from: https://doi.org/10.1080/10503307.2020.1790688 .	Control group
Newman MG, Przeworski A, Consoli AJ, Taylor CB. A randomized controlled trial of ecological momentary intervention plus brief group therapy for generalized anxiety disorder. <i>Psychotherapy (Chic)</i> . 2014;51(2):198-206. Available from: https://doi.org/10.1037/a0032519 .	Intervention
Ngai FW, Wong PW, Leung KY, Chau PH, Chung KF. The Effect of Telephone-Based Cognitive-Behavioral Therapy on Postnatal Depression: A Randomized Controlled Trial. <i>Psychother Psychosom</i> . 2015;84(5):294-303. Available from: https://doi.org/10.1159/000430449	Intervention
Nicholas J, Knapp AA, Vergara JL, Graham AK, Gray EL, Lattie EG, et al. An Exploratory Brief Head-To-Head Non-Inferiority Comparison of an Internet-Based and a Telephone-Delivered CBT Intervention for Adults with Depression. <i>J Affect Disord</i> . 2021;281:673-7. Available from: https://doi.org/10.1016/j.jad.2020.11.093 .	Control group
Niles BL, Klunk-Gillis J, Rynkala DJ, Silberbogen AK, Paysnick A, Wolf EJ. Comparing mindfulness and psychoeducation treatments for combat-related	Intervention

Study	Reason for exclusion
PTSD using a telehealth approach. <i>Psychological Trauma: Theory, Research, Practice & Policy</i> . 2012;4(5):538-47.	
Nordgren LB, Hedman E, Etienne J, Bodin J, Kadowaki A, Eriksson S, et al. Effectiveness and cost-effectiveness of individually tailored Internet-delivered cognitive behavior therapy for anxiety disorders in a primary care population: a randomized controlled trial. <i>Behav Res Ther</i> . 2014;59:1-11. Available from: https://doi.org/10.1016/j.brat.2014.05.007 .	Control group
Nordh M, Wahlund T, Jolstedt M, Sahlin H, Bjureberg J, Ahlen J, et al. Therapist-Guided Internet-Delivered Cognitive Behavioral Therapy vs Internet-Delivered Supportive Therapy for Children and Adolescents With Social Anxiety Disorder: A Randomized Clinical Trial. <i>JAMA Psychiatry</i> . 2021;78(7):705-13. Available from: https://doi.org/10.1001/jamapsychiatry.2021.0469 .	Intervention
Nystrom MBT, Stenling A, Sjostrom E, Neely G, Lindner P, Hassmen P, et al. Behavioral activation versus physical activity via the internet: A randomized controlled trial. <i>J Affect Disord</i> . 2017;215:85-93. Available from: https://doi.org/10.1016/j.jad.2017.03.018 .	Control group
Obikane E, Baba T, Shinozaki T, Obata S, Nakanishi S, Murata C, et al. Internet-based behavioural activation to improve depressive symptoms and prevent child abuse in postnatal women (SmartMama): a protocol for a pragmatic randomized controlled trial. <i>BMC Pregnancy Childbirth</i> . 2021;21(1):314. Available from: https://doi.org/10.1186/s12884-021-03767-9 .	Publication
'Bryan EM, McLeish AC, Norr AM, Ely S, Bass Z, Davies CD, et al. A randomized controlled trial evaluating the efficacy of a brief computerized anxiety sensitivity reduction intervention for health anxiety. <i>J Anxiety Disord</i> . 2021;82:102425. Available from: https://doi.org/10.1016/j.janxdis.2021.102425 .	Intervention
Oehler C, Gorges F, Rogalla M, Rummel-Kluge C, Hegerl U. Efficacy of a Guided Web-Based Self-Management Intervention for Depression or Dysthymia: Randomized Controlled Trial With a 12-Month Follow-Up Using an Active Control Condition. <i>J Med Internet Res</i> . 2020;22(7):e15361. Available from: https://doi.org/10.2196/15361 .	Control group
Oehler C, Gorges F, Rogalla M, Rummel-Kluge C, Hegerl U. Efficacy of a Guided Web-Based Self-Management Intervention for Depression or Dysthymia: Randomized Controlled Trial With a 12-Month Follow-Up Using an Active Control Condition. <i>J Med Internet Res</i> . 2020;22(7):e15361. Available from: https://doi.org/10.2196/15361 .	Duplicate
Ofoegbu TO, Asogwa U, Otu MS, Ibenegbu C, Muhammed A, Eze B. Efficacy of guided internet-assisted intervention on depression reduction among educational technology students of Nigerian universities. <i>Medicine (Baltimore)</i> .	Population

Study	Reason for exclusion
2020;99(6):e18774. Available from: https://doi.org/10.1097/MD.00000000000018774 .	
Ofoegbu TO, Asogwa U, Otu MS, Ibenegbu C, Muhammed A, Eze B. Efficacy of guided internet-assisted intervention on depression reduction among educational technology students of Nigerian universities. <i>Medicine (Baltimore)</i> . 2020;99(6):e18774. Available from: https://doi.org/10.1097/MD.00000000000018774 .	Duplicate
Oh J, Jang S, Kim H, Kim JJ. Efficacy of mobile app-based interactive cognitive behavioral therapy using a chatbot for panic disorder. <i>Int J Med Inform</i> . 2020;140:104171. Available from: https://doi.org/10.1016/j.ijmedinf.2020.104171 .	Control group
Oh J, Jang S, Kim H, Kim JJ. Efficacy of mobile app-based interactive cognitive behavioral therapy using a chatbot for panic disorder. <i>Int J Med Inform</i> . 2020;140:104171. Available from: https://doi.org/10.1016/j.ijmedinf.2020.104171 .	Duplicate
O'Mahen H, Wilkinson E, Woodford J, McKinley J, Duggan M, Warren F, et al. The netmums project: A randomized controlled trial of online behavioural activation for postnatal depression. <i>Archives of Women's Mental Health</i> . 2013;16:S64.	Publication
O'Mahen HA, Richards DA, Woodford J, Wilkinson E, McGinley J, Taylor RS, et al. Netmums: a phase II randomized controlled trial of a guided Internet behavioural activation treatment for postpartum depression. <i>Psychol Med</i> . 2014;44(8):1675-89. Available from: https://doi.org/10.1017/S0033291713002092 .	Intervention
O'Mahen HA, Wilkinson E, Bagnall K, Richards DA, Swales A. Shape of change in internet based behavioral activation treatment for depression. <i>Behav Res Ther</i> . 2017;95:107-16. Available from: https://doi.org/10.1016/j.brat.2017.05.011 .	Study design
O'Mahen HA, Woodford J, McGinley J, Warren FC, Richards DA, Lynch TR, et al. Internet-based behavioral activation--treatment for postnatal depression (Netmums): a randomized controlled trial. <i>J Affect Disord</i> . 2013;150(3):814-22. Available from: https://doi.org/10.1016/j.jad.2013.03.005 .	Population
Ong LP, Ong SH, Yeo K. A pilot study on the integration of a cognitive-behavioral therapy-based computer game in the clinical treatment of childhood anxiety. <i>Annals of the Academy of Medicine Singapore</i> . 2013;42(9):S56.	Publication
Online self-management of depression - Dose-response-relationship within a primary care setting. <i>Fortschritte der neurologie psychiatrie</i> . 2019;87(3):181-6.	Language

Study	Reason for exclusion
Oromendia P, Orrego J, Bonillo A, Molinuevo B. Internet-based self-help treatment for panic disorder: a randomized controlled trial comparing mandatory versus optional complementary psychological support. <i>Cogn Behav Ther.</i> 2016;45(4):270-86. Available from: https://doi.org/10.1080/16506073.2016.1163615 .	Control group
Oser M, Wallace ML, Solano F, Szigethy EM. Guided Digital Cognitive Behavioral Program for Anxiety in Primary Care: Propensity-Matched Controlled Trial. <i>JMIR Ment Health.</i> 2019;6(4):e11981. Available from: https://doi.org/10.2196/11981 .	Study design
O'Toole MS, Arendt MB, Pedersen CM. Testing an App-Assisted Treatment for Suicide Prevention in a Randomized Controlled Trial: Effects on Suicide Risk and Depression. <i>Behav Ther.</i> 2019;50(2):421-9. Available from: https://doi.org/10.1016/j.beth.2018.07.007 .	Control group
Owens VAM, Hadjistavropoulos HD, Schneider LH, Gullickson KM, Karin E, Titov N, et al. Transdiagnostic, internet-delivered cognitive behavior therapy for depression and anxiety: Exploring impact on health anxiety. <i>Internet Interv.</i> 2019;15:60-6. Available from: https://doi.org/10.1016/j.invent.2019.01.001 .	Study design
Pabst A, Lobner M, Stein J, Lupp M, Kersting A, König HH, et al. Internet-Based Cognitive Behavior Therapy Only for the Young? A Secondary Analysis of a Randomized Controlled Trial of Depression Treatment. <i>Front Psychiatry.</i> 2020;11:735. Available from: https://doi.org/10.3389/fpsy.2020.00735 .	Study design
Panizzutti R, Scoriels L, Genaro L, Mororo L, Guimaraes AL, Goldenstein N, et al. Visual versus auditory cognitive training for schizophrenia: effects on cognition, symptoms and quality of life. <i>European archives of psychiatry and clinical neuroscience.</i> 2017;267(1):S90-.	Publication
Perri RL, Castelli P, La Rosa C, Zucchi T, Onofri A. COVID-19, Isolation, Quarantine: On the Efficacy of Internet-Based Eye Movement Desensitization and Reprocessing (EMDR) and Cognitive-Behavioral Therapy (CBT) for Ongoing Trauma. <i>Brain sci.</i> 2021;11(5):30. Available from: https://doi.org/10.3390/brainsci11050579 .	Control group
Phillips R, Schneider J, Molosankwe I, Leese M, Foroushani PS, Grime P, et al. Randomized controlled trial of computerized cognitive behavioural therapy for depressive symptoms: effectiveness and costs of a workplace intervention. <i>Psychol Med.</i> 2014;44(4):741-52. Available from: https://doi.org/10.1017/S0033291713001323 .	Population
Pictet A, Jermann F, Ceschi G. When less could be more: Investigating the effects of a brief internet-based imagery cognitive bias modification	Intervention

Study	Reason for exclusion
intervention in depression. Behav Res Ther. 2016;84:45-51. Available from: https://doi.org/10.1016/j.brat.2016.07.008 .	
Pirsoul S, Schrijvers D. Cognitive behavioral therapy for depression; online or face-to-face? A randomized controlled non-inferiority study. Tijdschrift voor psychiatrie. 2014;56(4):282.	Publication
Place S, Blanch-Hartigan D, Smith V, Erb J, Marci CD, Ahern DK. Effect of a Mobile Monitoring System vs Usual Care on Depression Symptoms and Psychological Health: A Randomized Clinical Trial. JAMA Netw Open. 2020;3(1):e1919403. Available from: https://doi.org/10.1001/jamanetworkopen.2019.19403 .	Intervention
Poppelaars M, Tak YR, Lichtwarck-Aschoff A, Engels RC, Lobel A, Merry SN, et al. A randomized controlled trial comparing two cognitive-behavioral programs for adolescent girls with subclinical depression: A school-based program (Op Volle Kracht) and a computerized program (SPARX). Behav Res Ther. 2016;80:33-42. Available from: https://doi.org/10.1016/j.brat.2016.03.005 .	Population
Pots WT, Fledderus M, Meulenbeek PA, ten Klooster PM, Schreurs KM, Bohlmeijer ET. Acceptance and commitment therapy as a web-based intervention for depressive symptoms: randomised controlled trial. Br J Psychiatry. 2016;208(1):69-77. Available from: https://doi.org/10.1192/bjp.bp.114.146068 .	Population
Preiss M, Shatil E, Cermakova R, Cimermanova D, Ram I. Personalized cognitive training in unipolar and bipolar disorder: a study of cognitive functioning. Front Hum Neurosci. 2013;7:108. Available from: https://doi.org/10.3389/fnhum.2013.00108 .	Intervention
Probst T, Berger T, Meyer B, Spath C, Schroder J, Hohagen F, et al. Social phobia moderates the outcome in the EVIDENT study: A randomized controlled trial on an Internet-based psychological intervention for mild to moderate depressive symptoms. J Consult Clin Psychol. 2020;88(1):82-9. Available from: https://doi.org/10.1037/ccp0000441 .	Population
Pryor FC. Efficacy of a computer-assisted cognitive-behavioral therapy program in treating youth with anxiety and co-occurring autism spectrum disorder: Camp Cope A-Lot: ProQuest Information & Learning; 2018. Available from: http://search.ebscohost.com/login.aspx?direct=true&db=psych&AN=2017-19722-029&site=ehost-live .	Publication
Pugh NE, Hadjistavropoulos HD, Dirkse D. A Randomised Controlled Trial of Therapist-Assisted, Internet-Delivered Cognitive Behavior Therapy for Women with Maternal Depression. PLoS One. 2016;11(3):e0149186. Available from: https://doi.org/10.1371/journal.pone.0149186 .	Publication

Study	Reason for exclusion
Quero S, Campos D, Mira A, Castilla D, Botella C, Bretón-López J. Exploring the relationship between the acceptability of a Flying phobia treatment delivered via the internet and clinical outcomes. Annual Review of CyberTherapy and Telemedicine. 2017;15:141-6.	Study design
Quero S, Campos D, Mira A, Castilla D, Botella C, Bretón-López J. Exploring the relationship between the acceptability of a Flying phobia treatment delivered via the internet and clinical outcomes. Journal of Cyber Therapy and Rehabilitation. 2017;10(1):14.	Study design
Radomski AD, Bagnell A, Curtis S, Hartling L, Newton AS. Examining the Usage, User Experience, and Perceived Impact of an Internet-Based Cognitive Behavioral Therapy Program for Adolescents With Anxiety: Randomized Controlled Trial. JMIR Ment Health. 2020;7(2):e15795. Available from: https://doi.org/10.2196/15795 .	Population
Rapee RM, Lyneham HJ, Wuthrich V, Chatterton ML, Hudson JL, Kangas M, et al. Low intensity treatment for clinically anxious youth: a randomised controlled comparison against face-to-face intervention. Eur Child Adolesc Psychiatry. 2021;30(7):1071-9. Available from: https://doi.org/10.1007/s00787-020-01596-3 .	Intervention
Reins JA, Boss L, Lehr D, Berking M, Ebert DD. The more I got, the less I need? Efficacy of Internet-based guided self-help compared to online psychoeducation for major depressive disorder. J Affect Disord. 2019;246:695-705. Available from: https://doi.org/10.1016/j.jad.2018.12.065 .	Control group
Research digest: psychological interventions via telephone and Internet. Journal of Child Psychotherapy. 2020;46(1):123-9.	Publication
Richards D, Duffy D, Burke J, Anderson M, Connell S, Timulak L. Supported Internet-Delivered Cognitive Behavior Treatment for Adults with Severe Depressive Symptoms: A Secondary Analysis. JMIR Ment Health. 2018;5(4):e10204. Available from: https://doi.org/10.2196/10204 .	Study design
Richards D, Timulak L. Satisfaction with therapist-delivered vs. self-administered online cognitive behavioural treatments for depression symptoms in college students. British Journal of Guidance & Counselling. 2013;41(2):193-207.	Population
Roepke AM, Jaffee SR, Riffle OM, McGonigal J, Broome R, Maxwell B. Randomized Controlled Trial of SuperBetter, a Smartphone-Based/Internet-Based Self-Help Tool to Reduce Depressive Symptoms. Games Health J. 2015;4(3):235-46. Available from: https://doi.org/10.1089/g4h.2014.0046 .	Control group

Study	Reason for exclusion
Rohr S, Jung FU, Pabst A, Grochtdreis T, Dams J, Nagl M, et al. A Self-Help App for Syrian Refugees With Posttraumatic Stress (Sanadak): Randomized Controlled Trial. <i>JMIR mHealth and uHealth</i> . 2021;9(1):e24807.	Intervention
Rollman BL, Belnap BH, Rothenberger SD, Abebe K, Rotondi AJ, Karp JF. Online treatments for mood and anxiety disorders in primary care: A randomized controlled trial. <i>Journal of General Internal Medicine</i> . 2016;31(2):S316-S7.	Intervention
Romero-Sanchiz P, Nogueira-Arjona R, Garcia-Ruiz A, Luciano JV, Garcia Campayo J, Gili M, et al. Economic evaluation of a guided and unguided internet-based CBT intervention for major depression: Results from a multi-center, three-armed randomized controlled trial conducted in primary care. <i>PLoS One</i> . 2017;12(2):e0172741. Available from: https://doi.org/10.1371/journal.pone.0172741 .	Outcome
Rondung E, Ternstrom E, Hildingsson I, Haines HM, Sundin O, Ekdahl J, et al. Comparing Internet-Based Cognitive Behavioral Therapy With Standard Care for Women With Fear of Birth: Randomized Controlled Trial. <i>JMIR Ment Health</i> . 2018;5(3):e10420. Available from: https://doi.org/10.2196/10420 .	Population
Rosso I, Olson E, Killgore WDS, Fukunaga R, Webb C, Rauch S. A randomized trial of internet-based cognitive behavioral therapy for major depressive disorder. <i>Neuropsychopharmacology</i> . 2015;40:S170-S1.	Publication
Rosso IM, Killgore WDS, Olson EA, Webb CA, Fukunaga R, Rauch SL. Internet-based cognitive behavioral therapy for major depressive disorder: A randomized clinical trial. <i>Biological Psychiatry</i> . 2016;79(9):208S.	Publication
Roy-Byrne P, Craske MG, Sullivan G, Rose RD, Edlund MJ, Lang AJ, et al. Delivery of evidence-based treatment for multiple anxiety disorders in primary care: a randomized controlled trial. <i>JAMA</i> . 2010;303(19):1921-8. Available from: https://doi.org/10.1001/jama.2010.608 .	Intervention
Salomonsson S, Santoft F, Lindsater E, Ejeby K, Ljotsson B, Ost LG, et al. Stepped care in primary care - guided self-help and face-to-face cognitive behavioural therapy for common mental disorders: a randomized controlled trial. <i>Psychol Med</i> . 2018;48(10):1644-54. Available from: https://doi.org/10.1017/S0033291717003129 .	Population
Salza A, Giusti L, Ussorio D, Casacchia M, Roncone R. Cognitive behavioral therapy (CBT) anxiety management and reasoning bias modification in young adults with anxiety disorders: A real-world study of a therapist-assisted computerized (TACCBT) program Vs. "person-to-person" group CBT. <i>Internet Interv</i> . 2020;19:100305. Available from: https://doi.org/10.1016/j.invent.2020.100305 .	Study design
Saranya W, Darawan T, Hunsu S, Petsunee T, Surinporn L. Randomized Controlled Trial of Computerized Cognitive Behavioral Therapy Program for	Population

Study	Reason for exclusion
Adolescent Offenders with Depression. Pacific Rim International Journal of Nursing Research. 2017;21(1):32-43.	
Saulsberry A, Corden M, Taylor-Crawford K, Crawford T, Johnson M, Froemel J, et al. Chicago Urban Resiliency Building (CURB): An Internet-Based Depression-Prevention Intervention for Urban African-American and Latino Adolescents. Journal of Child & Family Studies. 2013;22(1):150-60.	Study design
Sawyer A, Kaim A, Le HN, McDonald D, Mittinty M, Lynch J, et al. The Effectiveness of an App-Based Nurse-Moderated Program for New Mothers With Depression and Parenting Problems (eMums Plus): Pragmatic Randomized Controlled Trial. J Med Internet Res. 2019;21(6):e13689. Available from: https://doi.org/10.2196/13689 .	Population
Sayal K, Roe J, Ball H, Atha C, Kaylor-Hughes C, Guo B, et al. Feasibility of a randomised controlled trial of remotely delivered problem-solving cognitive behaviour therapy versus usual care for young people with depression and repeat self-harm: lessons learnt (e-DASH). BMC psychiatry. 2019;19(1):42. Available from: https://doi.org/10.1186/s12888-018-2005-3 .	Population
Schmadeke S, Bischoff C. Effects of Smartphone-supported Rehabilitation Aftercare (eATROS) for Depressive Patients. Verhaltenstherapie. 2015;25(4):277-86.	Language
Schmidt NB, Norr AM, Allan NP, Raines AM, Capron DW. A randomized clinical trial targeting anxiety sensitivity for patients with suicidal ideation. J Consult Clin Psychol. 2017;85(6):596-610. Available from: https://doi.org/10.1037/ccp0000195 .	Control group
Schneider BC, Schroder J, Berger T, Hohagen F, Meyer B, Spath C, et al. Bridging the "digital divide": A comparison of use and effectiveness of an online intervention for depression between Baby Boomers and Millennials. J Affect Disord. 2018;236:243-51. Available from: https://doi.org/10.1016/j.jad.2018.04.101 .	Study design
Schneider BC, Schröder J, Berger T, Hohagen F, Meyer B, Späth C, et al. 'Bridging the 'digital divide': A comparison of use and effectiveness of an online intervention for depression between Baby Boomers and Millennials': Corrigendum. Journal of Affective Disorders. 2018;241:635-.	Publication
Schroder J, Jelinek L, Moritz S. A randomized controlled trial of a transdiagnostic Internet intervention for individuals with panic and phobias - One size fits all. J Behav Ther Exp Psychiatry. 2017;54:17-24. Available from: https://doi.org/10.1016/j.jbtep.2016.05.002 .	Population

Study	Reason for exclusion
Schroder J, Werkle N, Cludius B, Jelinek L, Moritz S, Westermann S. Unguided Internet-based cognitive-behavioral therapy for obsessive-compulsive disorder: A randomized controlled trial. <i>Depression and anxiety</i> , 2020; 37 (12): 1208-20.	Population
Schulz A, Stolz T, Vincent A, Krieger T, Andersson G, Berger T. A sorrow shared is a sorrow halved? A three-arm randomized controlled trial comparing internet-based clinician-guided individual versus group treatment for social anxiety disorder. <i>Behav Res Ther</i> . 2016;84:14-26. Available from: https://doi.org/10.1016/j.brat.2016.07.001 .	Control group
Schuster R, Laireiter AR, Berger T, Moritz S, Meyer B, Hohagen F, et al. Immediate and long-term effectiveness of adding an Internet intervention for depression to routine outpatient psychotherapy: Subgroup analysis of the EVIDENT trial. <i>J Affect Disord</i> . 2020;274:643-51. Available from: https://doi.org/10.1016/j.jad.2020.05.122 .	Study design
Seeley JR, Sheeber LB, Feil EG, Leve C, Davis B, Sorensen E, et al. Mediation analyses of Internet-facilitated cognitive behavioral intervention for maternal depression. <i>Cogn Behav Ther</i> . 2019;48(4):337-52. Available from: https://doi.org/10.1080/16506073.2018.1513554 .	Population
Segal A, Wald I, Pine DS, Halpern P, Bar-Haim Y. Attention control therapy for acute stress disorder: A randomized controlled trial. <i>Depress Anxiety</i> . 2020;37(10):1017-25. Available from: https://doi.org/10.1002/da.23040 .	Intervention
Segal ZV, Dimidjian S, Beck A, Boggs JM, Vanderkruik R, Metcalf CA, et al. Outcomes of Online Mindfulness-Based Cognitive Therapy for Patients With Residual Depressive Symptoms: A Randomized Clinical Trial. <i>JAMA Psychiatry</i> . 2020;77(6):563-73. Available from: https://doi.org/10.1001/jamapsychiatry.2019.4693 .	Population
Serlachius E. Internet-delivered Cognitive Behavior Therapy for Adolescents With Obsessive-Compulsive Disorder: a Randomized Controlled Study. Http://clinicaltrials.gov/show/nct02191631 . 2014.	Control group
Sethi S. Treating Youth Depression and Anxiety: A Randomised Controlled Trial Examining the Efficacy of Computerised versus Face-to-face Cognitive Behaviour Therapy. <i>Australian Psychologist</i> . 2013;48(4):249-57.	Population
Sheeber LB, Feil EG, Seeley JR, Leve C, Gau JM, Davis B, et al. Mom-net: Evaluation of an internet-facilitated cognitive behavioral intervention for low-income depressed mothers. <i>J Consult Clin Psychol</i> . 2017;85(4):355-66. Available from: https://doi.org/10.1037/ccp0000175 .	Population
Shorey S, Lau Y, Dennis CL, Chan YS, Tam WWS, Chan YH. A randomized-controlled trial to examine the effectiveness of the 'Home-but not Alone'	Population

Study	Reason for exclusion
mobile-health application educational programme on parental outcomes. <i>J Adv Nurs</i> . 2017;73(9):2103-17. Available from: https://doi.org/10.1111/jan.13293 .	
Silfvernagel K, Carlbring P, Kabo J, Edstrom S, Eriksson J, Manson L, et al. Individually tailored internet-based treatment for young adults and adults with panic attacks: randomized controlled trial. <i>J Med Internet Res</i> . 2012;14(3):e65. Available from: https://doi.org/10.2196/jmir.1853 .	Study design
Silfvernagel K, Westlinder A, Andersson S, Bergman K, Diaz Hernandez R, Fallhagen L, et al. Individually tailored internet-based cognitive behaviour therapy for older adults with anxiety and depression: a randomised controlled trial. <i>Cogn Behav Ther</i> . 2018;47(4):286-300. Available from: https://doi.org/10.1080/16506073.2017.1388276 .	Control group
Simon NM, Hofmann SG, Rosenfield D, Hoepfner SS, Hoge EA, Bui E, et al. Efficacy of yoga vs cognitive behavioral therapy vs stress education for the treatment of generalized anxiety disorder: A randomized clinical trial. <i>JAMA Psychiatry</i> , 2021; 78 (1): 13-20.	Intervention
Simon N, Robertson L, Lewis C, Roberts NP, Bethell A, Dawson S, et al. Internet-based cognitive and behavioural therapies for post-traumatic stress disorder (PTSD) in adults. <i>Cochrane Database Syst Rev</i> . 2021;5:CD011710. Available from: https://doi.org/10.1002/14651858.CD011710.pub3 .	Publication
Silverstone PH, Rittenbach K, Suen VY, Moretzsohn A, Cribben I, Bercov M, et al. Depression Outcomes in Adults Attending Family Practice Were Not Improved by Screening, Stepped-Care, or Online CBT during a 12-Week Study when Compared to Controls in a Randomized Trial. <i>Front Psychiatry</i> . 2017;8:32. Available from: https://doi.org/10.3389/fpsy.2017.00032 .	Population
Skarphedinsson G, Weidle B, Thomsen P, Dahl K, Torp N, Nissen J, et al. Continued cognitive-behavior therapy versus sertraline for children and adolescents with obsessive-compulsive disorder that were non-responders to cognitive-behavior therapy: a randomized controlled trial. <i>European Child & Adolescent Psychiatry</i> . 2015;24(5):591-602.	Intervention
Sloan DM, Marx BP, Lee DJ, Resick PA. A Brief Exposure-Based Treatment vs Cognitive Processing Therapy for Posttraumatic Stress Disorder: A Randomized Noninferiority Clinical Trial. <i>JAMA Psychiatry</i> . 2018;75(3):233-9. Available from: https://doi.org/10.1001/jamapsychiatry.2017.4249 .	Intervention
Smith J, Newby JM, Burston N, Murphy MJ, Michael S, Mackenzie A, et al. Help from home for depression: A randomised controlled trial comparing internet-delivered cognitive behaviour therapy with bibliotherapy for depression. <i>Internet Interv</i> . 2017;9:25-37. Available from: https://doi.org/10.1016/j.invent.2017.05.001 .	Control group

Study	Reason for exclusion
Spence SH, Donovan CL, March S, Kenardy JA, Hearn CS. Generic versus disorder specific cognitive behavior therapy for social anxiety disorder in youth: A randomized controlled trial using internet delivery. <i>Behav Res Ther.</i> 2017;90:41-57. Available from: https://doi.org/10.1016/j.brat.2016.12.003 .	Control group
Sprick U, Köhne M, editors. Internet psychotherapy with "net-step" - A therapist delivered tool for the treatment of depression and anxiety disorders in primary care patients tested in a pilot RCT2017; St. Alexius/St. Josef-Clinic, Neuss, Germany.	Publication
Srivastava P, Mehta M, Sagar R, Ambekar A. Smartteen- a computer assisted cognitive behavior therapy for Indian adolescents with depression- a pilot study. <i>Asian J Psychiatr.</i> 2020;50:101970. Available from: https://doi.org/10.1016/j.ajp.2020.101970 .	Intervention
Staples LG, Dear BF, Johnson B, Fogliati V, Gandy M, Fogliati R, et al. Internet-delivered treatment for young adults with anxiety and depression: Evaluation in routine clinical care and comparison with research trial outcomes. <i>J Affect Disord.</i> 2019;256:103-9. Available from: https://doi.org/10.1016/j.jad.2019.05.058 .	Study design
Staples LG, Fogliati VJ, Dear BF, Nielszen O, Titov N. Internet-delivered treatment for older adults with anxiety and depression: implementation of the Wellbeing Plus Course in routine clinical care and comparison with research trial outcomes. <i>BJPsych Open.</i> 2016;2(5):307-13. Available from: https://doi.org/10.1192/bjpo.bp.116.003400 .	Study design
Stecker T, McHugo G, Xie H, Whyman K, Jones M. RCT of a brief phone-based CBT intervention to improve PTSD treatment utilization by returning service members. <i>Psychiatr Serv.</i> 2014;65(10):1232-7. Available from: https://doi.org/10.1176/appi.ps.201300433 .	Intervention
Steinmetz SE, Benight CC, Bishop SL, James LE. My Disaster Recovery: a pilot randomized controlled trial of an Internet intervention. <i>Anxiety, stress, and coping.</i> 2012;25(5):593-600. Available from: https://doi.org/10.1080/10615806.2011.604869 .	Population
Stewart JC, Gupta SK, Khambaty T, Berntson J, Considine RV, Callahan CM. Effect of computerized depression treatment on endothelial dysfunction: The beating the blues for your heart pilot trial. <i>Psychosomatic Medicine.</i> 2014;76(3):A-91.	Publication
tiles-Shields C, Montague E, Kwasny MJ, Mohr DC. Behavioral and cognitive intervention strategies delivered via coached apps for depression: Pilot trial. <i>Psychol Serv.</i> 2019;16(2):233-8. Available from: https://doi.org/10.1037/ser0000261 .	Population

Study	Reason for exclusion
Stolz T, Schulz A, Krieger T, Vincent A, Urech A, Moser C, et al. A mobile app for social anxiety disorder: A three-arm randomized controlled trial comparing mobile and PC-based guided self-help interventions. <i>J Consult Clin Psychol.</i> 2018;86(6):493-504. Available from: https://doi.org/10.1037/ccp0000301 .	Control group
Storch EA, Salloum A, King MA, Crawford EA, Aniel R, McBride NM, et al. A Randomized Controlled Trial in Community Mental Health Centers of Computer-Assisted Cognitive Behavioral Therapy Versus Treatment as Usual for Children with Anxiety. <i>Depress Anxiety.</i> 2015;32(11):843-52. Available from: https://doi.org/10.1002/da.22399 .	Intervention
Strachan M, Gros DF, Ruggiero KJ, Lejuez CW, Acierno R. An integrated approach to delivering exposure-based treatment for symptoms of PTSD and depression in OIF/OEF veterans: preliminary findings. <i>Behav Ther.</i> 2012;43(3):560-9. Available from: https://doi.org/10.1016/j.beth.2011.03.003 .	Population
Strachan M, Gros DF, Yuen E, Ruggiero KJ, Foa EB, Acierno R. Home-based telehealth to deliver evidence-based psychotherapy in veterans with PTSD. <i>Contemp Clin Trials.</i> 2012;33(2):402-9. Available from: https://doi.org/10.1016/j.cct.2011.11.007 .	Publication
Strid C, Andersson C, Forsell Y, Ojehagen A, Lundh LG. Internet-based cognitive behaviour therapy and physical exercise - Effects studied by automated telephone assessments in mental ill-health patients; a randomized controlled trial. <i>Br J Clin Psychol.</i> 2016;55(4):414-28. Available from: https://doi.org/10.1111/bjc.12111 .	Outcome
Stubbings DR, Rees CS, Roberts LD, Kane RT. Comparing in-person to videoconference-based cognitive behavioral therapy for mood and anxiety disorders: randomized controlled trial. <i>J Med Internet Res.</i> 2013;15(11):e258. Available from: https://doi.org/10.2196/jmir.2564 .	Intervention
Summers BJ, Cogle JR. Modifying interpretation biases in body dysmorphic disorder: Evaluation of a brief computerized treatment. <i>Behav Res Ther.</i> 2016;87:117-27. Available from: https://doi.org/10.1016/j.brat.2016.09.005 .	Intervention
Sung S, Ooi YP, Kwan CHM, Raja M, Fung DSS, Koh JBK. Computer-assisted cbt for selective mutism: Preliminary results from a randomised controlled trial in singapore. <i>Annals of the Academy of Medicine Singapore.</i> 2011;40(11):S22.	Publication
Suranata K, Rangka IB, Permana AAJ. The comparative effect of internet-based cognitive behavioral counseling versus face to face cognitive behavioral counseling in terms of student's resilience. <i>Cogent Psychol.</i> 2020;7(1).	Population
Sweet AM, Pearlstein SL, Paulus MP, Stein MB, Taylor CT. Computer-delivered behavioural activation and approach-avoidance training in major depression:	Control group

Study	Reason for exclusion
Proof of concept and initial outcomes. <i>Br J Clin Psychol.</i> 2021;60(3):357-74. Available from: https://doi.org/10.1111/bjc.12287 .	
Teale Sapach MJN. Self-compassion training for individuals with social anxiety disorder: A randomized controlled trial: ProQuest Information & Learning; 2021. Available from: http://search.ebscohost.com/login.aspx?direct=true&db=psych&AN=2020-97495-072&site=ehost-live	Publication
Thase ME, McCrone P, Barrett MS, Eells TD, Wisniewski SR, Balasubramani GK, et al. Improving Cost-effectiveness and Access to Cognitive Behavior Therapy for Depression: Providing Remote-Ready, Computer-Assisted Psychotherapy in Times of Crisis and Beyond. <i>Psychother Psychosom.</i> 2020;89(5):307-13. Available from: https://doi.org/10.1159/000508143 .	Intervention
Thase ME, Wright JH, Eells TD, Barrett MS, Wisniewski SR, Balasubramani GK, et al. Improving the Efficiency of Psychotherapy for Depression: Computer-Assisted Versus Standard CBT. <i>The American journal of psychiatry.</i> 2018;175(3):242-50. Available from: https://doi.org/10.1176/appi.ajp.2017.17010089 .	Intervention
Thitipitchayanant K, Somrongthong R, Kumar R, Kanchanakarn N. Effectiveness of self-empowerment-affirmation-relaxation (Self-EAR) program for postpartum blues mothers: A randomized controlled trial. <i>Pak J Med Sci.</i> 2018;34(6):1488-93. Available from: https://doi.org/10.12669/pjms.346.15986 .	Population
Thomas N, Farhall J, Foley F, Rossell SL, Castle D, Ladd E, et al. Randomised controlled trial of a digitally assisted low intensity intervention to promote personal recovery in persisting psychosis: SMART-Therapy study protocol. <i>BMC psychiatry.</i> 2016;16(1):312. Available from: https://doi.org/10.1186/s12888-016-1024-1 .	Publication
Thompson EM, Destree L, Albertella L, Fontenelle LF. Internet-Based Acceptance and Commitment Therapy: A Transdiagnostic Systematic Review and Meta-Analysis for Mental Health Outcomes. <i>Behav Ther.</i> 2021;52(2):492-507. Available from: https://doi.org/10.1016/j.beth.2020.07.002 .	Publication
Tie H, Krebs G, Lang K, Shearer J, Turner C, Mataix-Cols D, et al. Cost-effectiveness analysis of telephone cognitive-behaviour therapy for adolescents with obsessive-compulsive disorder. <i>BJPsych Open.</i> 2019;5(1):e7. Available from: https://doi.org/10.1192/bjo.2018.73 .	Intervention
Timpano KR, Raines AM, Shaw AM, Keough ME, Schmidt NB. Effects of a brief anxiety sensitivity reduction intervention on obsessive compulsive spectrum symptoms in a young adult sample. <i>J Psychiatr Res.</i> 2016;83:8-15. Available from: https://doi.org/10.1016/j.jpsychires.2016.07.022 .	Population
Titov N, Dear BF, Johnston L, McEvoy PM, Wootton B, Terides MD, et al. Improving adherence and clinical outcomes in self-guided internet treatment	Control group

Study	Reason for exclusion
for anxiety and depression: a 12-month follow-up of a randomised controlled trial. PLoS One. 2014;9(2):e89591. Available from: https://doi.org/10.1371/journal.pone.0089591 .	
Titov N, Dear BF, Staples LG, Terides MD, Karin E, Sheehan J, et al. Disorder-specific versus transdiagnostic and clinician-guided versus self-guided treatment for major depressive disorder and comorbid anxiety disorders: A randomized controlled trial. J Anxiety Disord. 2015;35:88-102. Available from: https://doi.org/10.1016/j.janxdis.2015.08.002 .	Control group
Titov N, Fogliati VJ, Staples LG, Gandy M, Johnston L, Wootton B, et al. Treating anxiety and depression in older adults: randomised controlled trial comparing guided v. self-guided internet-delivered cognitive-behavioural therapy. BJPsych Open. 2016;2(1):50-8. Available from: https://doi.org/10.1192/bjpo.bp.115.002139 .	Control group
Titov N, Fogliati VJ, Staples LG, Gandy M, Johnston L, Wootton B, et al. Treating anxiety and depression in older adults: randomised controlled trial comparing guided v. self-guided internet-delivered cognitive-behavioural therapy. BJPsych Open. 2016;2(1):50-8. Available from: https://doi.org/10.1192/bjpo.bp.115.002139 .	Duplicate
Titov N. A randomized controlled trial of the effects of guided internet-treatment vs. self-guided internet-treatment with pre-treatment contact vs. purely self-guided internet-delivered treatment on symptoms of anxiety and depression in Australian older adults (60+). Http://www.anzctr.org.au/actrn12613000958785.aspx . 2013.	Publication
Titov N. A randomized controlled trial of the effects of self-guided vs. guided Internet-administered treatment on symptoms of anxiety and depression in Australian young adults (18-24). Http://www.anzctr.org.au/actrn12613000915752.aspx . 2013.	Publication
Tomasino KN, Lattie EG, Ho J, Palac HL, Kaiser SM, Mohr DC. Harnessing Peer Support in an Online Intervention for Older Adults with Depression. Am J Geriatr Psychiatry. 2017;25(10):1109-19. Available from: https://doi.org/10.1016/j.jagp.2017.04.015 .	Control group
Tonning ML, Faurholt-Jepsen M, Frost M, Martiny K, Tuxen N, Rosenberg N, et al. The effect of smartphone-based monitoring and treatment on the rate and duration of psychiatric readmission in patients with unipolar depressive disorder: The RADMIS randomized controlled trial. J Affect Disord. 2021;282:354-63. Available from: https://doi.org/10.1016/j.jad.2020.12.141 .	Intervention
Topooco NW, Andersson G. Digital cognitive-behavioral therapy in the treatment of adolescent depression: A randomized controlled trial. Journal of	Publication

Study	Reason for exclusion
the American Academy of Child and Adolescent Psychiatry. 2017;56(10):S299-S300.	
Torous J, Firth J. The digital placebo effect: mobile mental health meets clinical psychiatry. <i>Lancet Psychiatry</i> . 2016;3(2):100-2. Available from: https://doi.org/10.1016/S2215-0366(15)00565-9 .	Publication
Trial proves positive effect of deprexis®24 in use in clinical psychotherapy. <i>Journal fur pharmakologie und therapie</i> . 2018;27(3):83-4.	Language
Turner CM, Mataix-Cols D, Lovell K, Krebs G, Lang K, Byford S, et al. Telephone cognitive-behavioral therapy for adolescents with obsessive-compulsive disorder: a randomized controlled non-inferiority trial. <i>J Am Acad Child Adolesc Psychiatry</i> . 2014;53(12):1298-307 e2. Available from: https://doi.org/10.1016/j.jaac.2014.09.012 .	Intervention
Tønning M, Faurholt-Jepsen M, Kessing LV. Effects of a smartphone-based monitoring and treatment system on the rate and duration of readmissions following hospitalization of patients with unipolar depression: Results from a pragmatic, investigator-blinded, randomized controlled trial. <i>Bipolar Disorders</i> . 2020;22:52.	Publication
Valso A, Rustoen T, Sunde K, Smastuen MC, Schou-Bredal I, Ekeberg O, et al. Effect of nurse led intervention to reduce post traumatic stress symptoms in patients discharged after intensive care treatment. Intensive care medicine experimental Conference: 31st european society of intensive care medicine annual congress, ESICM 2018 France. 2018;6.	Publication
van den Berg N, Grabe HJ, Baumeister SE, Freyberger HJ, Hoffmann W. A Telephone- and Text Message-Based Telemedicine Concept for Patients with Mental Health Disorders: Results of a Randomized Controlled Trial. <i>Psychother Psychosom</i> . 2015;84(2):82-9. Available from: https://doi.org/10.1159/000369468 .	Intervention
van der Meer CAI, Bakker A, van Zuiden M, Lok A, Olf M. Help in hand after traumatic events: a randomized controlled trial in health care professionals on the efficacy, usability, and user satisfaction of a self-help app to reduce trauma-related symptoms. <i>Eur J Psychotraumatol</i> . 2020;11(1):1717155. Available from: https://doi.org/10.1080/20008198.2020.1717155 .	Population
van Rosmalen-Nooijens K, Lo Fo Wong S, Prins J, Lagro-Janssen T. Young People, Adult Worries: Randomized Controlled Trial and Feasibility Study of the Internet-Based Self-Support Method "Feel the ViBe" for Adolescents and Young Adults Exposed to Family Violence. <i>J Med Internet Res</i> . 2017;19(6):e204. Available from: https://doi.org/10.2196/jmir.6004	Population

Study	Reason for exclusion
Villabo MA, Narayanan M, Compton SN, Kendall PC, Neumer SP. Cognitive-behavioral therapy for youth anxiety: An effectiveness evaluation in community practice. <i>J Consult Clin Psychol</i> . 2018;86(9):751-64. Available from: https://doi.org/10.1037/ccp0000326 .	Intervention
Villemaire-Krajden R, Myhr G. Evaluating the Use of a Computerized CBT Program for Outpatients on a Waitlist in a University CBT Unit. <i>J Psychiatr Pract</i> . 2019;25(4):268-78. Available from: https://doi.org/10.1097/PRA.0000000000000396 .	Population
Volker D, Zijlstra-Vlasveld MC, Anema JR, Beekman AT, Brouwers EP, Emons WH, et al. Effectiveness of a blended web-based intervention on return to work for sick-listed employees with common mental disorders: results of a cluster randomized controlled trial. <i>J Med Internet Res</i> . 2015;17(5):e116. Available from: https://doi.org/10.2196/jmir.4097 .	Population
Wagner B, Horn AB, Maercker A. Internet-based versus face-to-face cognitive-behavioral intervention for depression: a randomized controlled non-inferiority trial. <i>J Affect Disord</i> . 2014;152-154:113-21. Available from: https://doi.org/10.1016/j.jad.2013.06.032 .	Population
Wagner B, Maercker A. A 1.5-year follow-up of an Internet-based intervention for complicated grief. <i>J Trauma Stress</i> . 2007;20(4):625-9. Available from: https://doi.org/10.1002/jts.20230 .	Control group
Wallace T, Morris J. A Technology Supported mRehab Intervention for Stress Management in TBI and PTSD: pilot Study Results. <i>Archives of physical medicine and rehabilitation</i> . 2019;100(10):e37-e8.	Population
Warmerdam L, Van Straten A, Twisk J, Cuijpers P. Predicting outcome of Internet-based treatment for depressive symptoms. <i>Psychother Res</i> . 2013;23(5):559-67. Available from: https://doi.org/10.1080/10503307.2013.807377 .	Control group
Waters AM, Candy SG, Zimmer-Gembeck MJ, Groth TA, Craske MG, Bradley BP, et al. A School-Based Comparison of Positive Search Training to Enhance Adaptive Attention Regulation with a Cognitive-Behavioural Intervention for Reducing Anxiety Symptoms in Children. <i>J Abnorm Child Psychol</i> . 2019;47(11):1821-40. Available from: https://doi.org/10.1007/s10802-019-00551-4 .	Population
Waters AM, Candy SG, Zimmer-Gembeck MJ, Groth TA, Craske MG, Bradley BP, et al. A School-Based Comparison of Positive Search Training to Enhance Adaptive Attention Regulation with a Cognitive-Behavioural Intervention for Reducing Anxiety Symptoms in Children. <i>J Abnorm Child Psychol</i> .	Duplicate

Study	Reason for exclusion
2019;47(11):1821-40. Available from: https://doi.org/10.1007/s10802-019-00551-4 .	
Watts S, Mackenzie A, Thomas C, Griskaitis A, Mewton L, Williams A, et al. CBT for depression: a pilot RCT comparing mobile phone vs. computer. <i>BMC psychiatry</i> . 2013;13:49. Available from: https://doi.org/10.1186/1471-244X-13-49 .	Control group
Watts S, Marchand A, Bouchard S, Gosselin P, Langlois F, Belleville G, et al. Telepsychotherapy for generalized anxiety disorder: Impact on the working alliance. <i>Journal of Psychotherapy Integration</i> . 2020;30(2):208-25.	Intervention
Weidt S, Klaghofer R, Kuenburg A, Bruehl AB, Delsignore A, Moritz S, et al. Internet-based self-help for trichotillomania: a randomized controlled study comparing decoupling and progressive muscle relaxation. <i>Psychother Psychosom</i> . 2015;84(6):359-67. Available from: https://doi.org/10.1159/000431290 .	Control group
Westerhof GJ, Lamers SMA, Postel MG, Bohlmeijer ET. Online Therapy for Depressive Symptoms: An Evaluation of Counselor-Led and Peer-Supported Life Review Therapy. <i>Gerontologist</i> . 2019;59(1):135-46. Available from: https://doi.org/10.1093/geront/gnx140 .	Population
Whiteside U, Richards J, Steinfeld B, Simon G, Caka S, Tachibana C, et al. Online cognitive behavioral therapy for depressed primary care patients: a pilot feasibility project. <i>Perm J</i> . 2014;18(2):21-7. Available from: https://doi.org/10.7812/TPP/13-155 .	Intervention
Whitton AE, Proudfoot J, Clarke J, Birch MR, Parker G, Manicavasagar V, et al. Breaking Open the Black Box: Isolating the Most Potent Features of a Web and Mobile Phone-Based Intervention for Depression, Anxiety, and Stress. <i>JMIR Ment Health</i> . 2015;2(1):e3. Available from: https://doi.org/10.2196/mental.3573 .	Study design
Wiles N, Thomas L, Abel A, Barnes M, Carroll F, Ridgway N, et al. Clinical effectiveness and cost-effectiveness of cognitive behavioural therapy as an adjunct to pharmacotherapy for treatment-resistant depression in primary care: the CoBalT randomised controlled trial. <i>Health Technol Assess</i> . 2014;18(31):1-167, vii-viii. Available from: https://doi.org/10.3310/hta18310 .	Intervention
Williams AD, O'Moore K, Blackwell SE, Smith J, Holmes EA, Andrews G. Positive imagery cognitive bias modification (CBM) and internet-based cognitive behavioral therapy (iCBT): a randomized controlled trial. <i>J Affect Disord</i> . 2015;178:131-41. Available from: https://doi.org/10.1016/j.jad.2015.02.026 .	Intervention
Williams AD, O'Moore K, Blackwell SE, Smith J, Holmes EA, Andrews G. Positive imagery cognitive bias modification (CBM) and internet-based cognitive	Publication

Study	Reason for exclusion
behavioural therapy (iCBT): A randomized controlled trial. <i>Journal of Affective Disorders</i> . 2016;190:896-.	
Williamson H, Hamlet C, White P, Marques EMR, Paling T, Cadogan J, et al. A Web-Based Self-Help Psychosocial Intervention for Adolescents Distressed by Appearance-Affecting Conditions and Injuries (Young Persons' Face IT): Feasibility Study for a Parallel Randomized Controlled Trial. <i>JMIR Ment Health</i> . 2019;6(11):e14776. Available from: https://doi.org/10.2196/14776 .	Population
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Witlox M, Garnefski N, Kraaij V, de Waal MWM, Smit F, Bohlmeijer E, et al. Blended Acceptance and Commitment Therapy Versus Face-to-face Cognitive Behavioral Therapy for Older Adults With Anxiety Symptoms in Primary Care: Pragmatic Single-blind Cluster Randomized Trial. <i>Journal of medical Internet research</i> , 2021; 23 (3): e24366.	Intervention
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