

Multimedia appendix 3. Characteristics of, and adherence to, web-based interventions included in this study

Intervention name <i>study level</i>	Intended usage	Actual usage	Setup	Updates	Duration (weeks)	Interaction ^a			Modality ^b			Persuasive technology ^c			Adherence (in %)
						System	Care provider	Peers	1	2	3	PTS	DS	SS	
Chronic Condition															
1. Van den Berg <i>RCT</i>	return PA schedule at least 26/52 weeks	n = 44 high or sufficient PA schedule return rate	modules	weekly	52	none	1/week	FNS	+	-	-	b,c	k	r	52
2. Teens Taking Charge <i>RCT</i>	complete 12 modules and weekly phone calls with a coach within a maximum of 21 weeks	91% completed 12 modules	modules	weekly	12-21	none	more	FNS	-	-	+	b,c,e	j	r	91
3. Rheumates @work <i>RCT</i>	complete 17 lessons in 17 weeks	n = 14 completed the internet program	modules	weekly	17	FNS	1/week	less	+	-	+	b,c,d,f	j,k,m,n	r	82
4. Oneself <i>Observational</i>	login 11 times in 12 months	n = 516 used 0-10 times; n = 169 used 11-100 times; n = 63 used 101+ times	free	weekly	52	none	less	FNS	-	-	-	a,c	-	r	31
5. WebMAP <i>RCT</i>	complete 8 modules	20/26 completed all 8 modules	modules	weekly	8	more	1/week	none	-	-	-	b,c,d,e,g	j,l,m	p	77
6. SPAIN <i>Observational</i>	login frequently	n = 5 used <6 times; n = 13 used >=6 - <26 times; n=18 used >=26 -	free	weekly	26	FNS	less	none	-	-	-	a,c,e	j	-	64

		<41 times; n=14 used >=41 times														
7. DPP <i>Observational</i>	complete 24 lessons	n = 8 completed 21-24 lessons	modules	biweekly	52	less	less	1/week	-	-	+	a,b,c,e	j,k	r		16
8. NetPLAY <i>RCT</i>	once a week for at least 8 weeks	n = 15 used at least once per week for a minimum of 8 weeks	modules	weekly	12	FNS	1/week	FNS	-	-	-	a,b,c,e	j,k	r		60
9. My Path1 <i>RCT</i>	login weekly	66% logged in weekly from 0 to 6 weeks; 44% logged in weekly from 6 weeks to 4 months	free	once in 4 months	16	more	FNS	FNS	-	-	+	a,b,c,e	j,k	r		44
10. My Path2 <i>RCT</i>	login weekly	74% logged in weekly from 0 to 6 weeks; 41% logged in weekly from 6 weeks to 4 months	free	once in 4 months	16	more	less	less	+	-	+	a,b,c,e	j,k	o,r		51
11. YourWay <i>RCT</i>	view 6 stories in 11 weeks	63% viewed all 6 stories	modules	biweekly	11	1/week	FNS	FNS	-	-	-	b,c,d,f	j,k,l	p,r		63
12. Diabetergestemd <i>RCT</i>	complete 8 lessons	n = 53 completed all 8 lessons	modules	weekly	8	1/week	1/week	FNS	-	-	-	a,b,c,e	j,l	o,r		42
13. WebEase <i>Observational</i>	complete 3 biweekly modules	n = 15 completed all 3 modules	modules	daily	6	FNS	none	FNS	-	-	-	a,b,c,e	-	r		43
14. Rekindle <i>RCT</i>	complete 5 modules in 10 weeks	n = 12 completed all 5 modules	modules	biweekly	10	none	less	none	-	-	-	b,e	j	-		30
15. Heartnet	at least weekly	n = 10 used	free	none	17	none	FNS	FNS	-	-	+	a,b	k	r		42

<i>Observational</i>		weekly or more often														
16. Ljottson <i>RCT</i>	complete 5 steps in 10 weeks	n = 29 reached fifth step and engaged in exposure exercises	modules	weekly for first 5 weeks	10	none	weekly	FNS	-	-	+	b,c	j	r		74
17. MyMigraine <i>Observational</i>	complete 8 lessons in 10 weeks	n = 6 completed 8 lessons	modules	weekly	10	FNS	none	none	-	-	-	b,e	k,l	o		60
18. EPP online <i>Observational</i>	login several times a week	79% reached last session	modules	weekly	6	FNS	more	more	-	-	-	a,b,c,e	j,k	o,r,s		79
19. Andersson-T <i>RCT</i>	complete 6 modules	n = 26 finished treatment	modules	weekly	6	none	1/week	none	-	-	-	b,c,e	k	-		49
<i>Lifestyle</i>																
20. 5 a Day, the Rio Grande Way <i>RCT</i>	Login once a month	192 used at least once; of these mean login = 3.3; 75 th percentile = 4; n = 48 used at least 4 times	free	monthly	17	less	none	none	-	-	-	a	k	-		13
21. Active U <i>Observational</i>	Login and enter monitoring data once a week	n = 2304 entered data for all 8 weeks of the program	free	weekly	8	1/week	none	FNS	-	-	-	c,e	j,k	s,t		31
22. Fun, Food and Fitness Club <i>RCT</i>	Login once a week and complete activities	Study 1 (I = 19): lowest logon % per week = 37%; Study 2 (I = 78) lowest logon % per week = 68%	modules	weekly	8	1/week	weekly	none	-	-	+	b,c,e,f	i,j,l,m	o,s		63
23. Healthy Life Check	login multiple times	n = 4857 visited more	free	none	NS	FNS	none	none	-	-	-	b,c,e	-	-		6

<i>Observational</i>		than once														
24. Happy Ending RCT	400 contact moments	Study 1: n = 45 quit the intervention; Study 2: n = 57 quit the intervention	modules	daily	54	more	none	none	-	+	+	a,b,c,e	j,k	-	70	
25. Lenert Observational	complete 8 modules	n = 10 completed all modules	modules	weekly	8	1/week	none	none	-	-	-	a,b,c,e	j	-	20	
26. QuitCoach Observational	Login at least 5 times	3% used at least 5 times	free	none	NS	less	none	none	-	-	-	a,b,c,e	j	-	3	
27. QuitNet Observational	Login at least 4 times	Study 1: n = 425 used at least 4 times; Study 2: n = 115 used at least 4 times	free	none	NS	less	FNS	FNS	-	-	-	a,c,e,f	j	r	23	
28. Real U RCT	20 weekly visits	n = 172 visited weekly	modules	weekly	30	1/week	none	1/week	-	-	-	b,c,e	j	o,u	67	
29. Health Partners RCT	complete 10 biweekly modules	18% was counseled for 10 modules	modules	biweekly	20	less	less	none	-	+	-	a,b,c,e	j	-	18	
30. Healthy Weight for Life RCT	Login and enter data once a week	39% used diet log at least weekly	free	FNS	52	none	FNS	1/week	-	-	-	a,e	-	o,r	39	
31. LEARN RCT	5 logins a week	Mean login 2 per week; 4 th quartile 133.6±83.7 logins; n = 57 used at least 120 times	modules	weekly	24	1/week	1/week	none	-	-	+	b,c,e	-	-	25	
32. Weight Loss Management RCT	login once a month	n = 212 logging in and having at least one weight entry for 26/28	free	weekly	130	1/week	FNS	FNS	-	-	+	a,b,c,d,e,f,g	i,j,k,m	r	61	

		months														
33. Step up, Trim down <i>RCT</i>	using the website at least 3 times weekly	at least n = 22 met login goal each week	free	none	12	more	less	none	+	-	+	a,c,e	j,m	p,r	43	
34. Healthy Weight Assistant <i>RCT</i>	biweekly visits	n = 4 logged in 6 times or more	free	FNS	12	less	none	none	-	-	-	b,c,d,e	j	-	3	
35. SHED-IT <i>RCT</i>	at least 7 weeks of submission of daily eating and exercise diaries and weekly check-ins	n = 14 complied	free	none	12	more	less	FNS	-	-	-	a,c,e	m	r	41	
Mental Health																
36. BRAVE1 <i>RCT</i>	complete 10 weekly sessions	n = 13 completed all sessions	modules	weekly	10	more	1/week	none	-	-	+	b,c	j,k,m	-	32	
37. BRAVE2 <i>RCT</i>	finish 10 sessions	39% finished 10 modules	modules	weekly	12	more	1/week	none	-	-	+	b,c,d,e,f	j,l,m	o	39	
38. Worry Program <i>RCT</i>	complete 6 lessons in 9 weeks	n = 18 finished all lessons	modules	weekly	9	more	1/week	FNS	-	-	+	b,c	j,n	o,r	72	
39. Anxiety program <i>RCT</i>	complete 6 lessons in 8 weeks	n = 30 completed all 6 lessons	modules	weekly	8	1/week	1/week	FNS	-	-	-	b,c	j,l	o,r	75	
40. Andersson-A <i>Observational</i>	complete 10 self-chosen modules	n = 9 completed 10 modules	modules	weekly	10	none	1/week	none	-	-	-	b,c,d	j	-	33	
41. Hedman <i>RCT</i>	complete all 12 modules	n = 14 completed 12 modules	modules	weekly	12	none	1/week	FNS	-	-	-	b,c	j	r	35	
42. Down Your Drink <i>Observational</i>	complete 6 lessons	Study 1: n= 79 completed all lessons; Study 2: n = 1654 completed all lessons	modules	weekly	6	more	none	FNS	-	+	-	a,b,c,e,f	j,k	r	15	

43. Alcohol de Baas1 <i>Observational</i>	complete 12 week program	n = 173 completed treatment	modules	weekly	12	more	more	FNS	-	-	-	a,b,c,e	j	r	21
44. Alcohol de Baas2 <i>RCT</i>	complete 12 week program	n= 36 completed treatment	modules	weekly	12	more	more	FNS	-	-	-	a,b,c,e	j	r	46
45. M-PASS <i>RCT</i>	complete 4 online sessions	80% completed all 4 sessions	modules	weekly for 4 weeks	9	more	none	none	-	-	-	a,b,c,e	j,l,m,n	q	80
46. MORE <i>Observational</i>	finish 7 modules in 18 months	n = 58 accessed all 7 modules	modules	7 times in 18 months	78	less	less	FNS	-	-	+	a,b,c,e	j,k,m	r,u	5
47. RealTeen <i>RCT</i>	finish 12 modules in 6 weeks	n = 108 completed all 12 sessions	modules	twice weekly	6	more	none	FNS	-	-	-	a,b,c,d	i,l,m,n	o,p,r	92
48. BEP1 <i>RCT</i>	complete 8 modules	n = 80 completed 8 modules	modules	weekly	8	1/week	none	none	-	-	-	b	j,m	-	67
49. BEP2 <i>RCT</i>	complete 8 modules	n = 80 completed 8 modules	modules	weekly	8	1/week	FNS	none	-	-	-	b,c	j,m	o	81
50. All under Control <i>RCT</i>	complete 4 lessons	Study 1: n= 59 completed whole course; Study 2: n = 33 completed whole course	modules	weekly	5	1/week	1/week	none	-	-	-	a,b,c	j	o	47
51. Colour your Life1 <i>RCT</i>	complete 8 sessions and a booster sessions 12 weeks later	n = 14 completed 8 sessions	modules	weekly	9	1/week	none	none	-	-	-	b,e	-	-	14
52. Colour your Life2 <i>RCT</i>	complete 8 sessions and a booster sessions 12 weeks later	n = 34 completed whole course	modules	weekly	9	1/week	1/week	none	-	-	-	a,b,c	j	-	39
53. Deprexis	complete 9/12	n = 46	free	none	9	FNS	none	none	-	-	-	b,c	k,n	-	14

<i>RCT</i>	modules	completed 9 modules														
54. Master your Mood <i>Observational</i>	complete 8 lessons	n = 50 completed all sessions	modules	weekly	8	none	more	1/week	-	+	-	b,c	j	p,r	26	
55. MoodGym <i>RCT</i>	complete 5 modules	n = 9 completed 5 modules	modules	weekly	6	none	none	none	-	-	-	b	l	-	2	
56. Sadness <i>RCT</i>	complete 6 lessons in 8 weeks	n = 20 completed all lessons	modules	weekly	8	none	1/week	1/week	-	-	+	b,c	j,l	o,p,r	74	
57. MoodManager <i>Observational</i>	complete 6 learning modules and fill out self-management tools daily	n = 19 completed 6 modules	modules	weekly	6	more	more	none	-	-	+	a,b,c,e	j,k,m	-	91	
58. Vernmark <i>RCT</i>	finish all 7 modules in time	n = 17 finished in time	modules	weekly	8	1/week	1/week	none	-	-	-	b,c	j	-	59	
59. Wellbeing program <i>RCT</i>	complete 8 lessons in 10 weeks	n = 30 completed all 8 lessons	modules	weekly	10	more	1/week	1/week	-	-	+	b,c	j,k,l	o,p,r,u	81	
60. Carrard1 <i>Observational</i>	complete 7 modules	n = 40 completed all 7 modules	modules	biweekly	16	FNS	1/week	none	-	-	-	a,b,c,e	l	o	31	
61. Carrard2 <i>RCT</i>	complete 11 modules in 6 months	n = 25/74 completed 11 modules	modules	biweekly	26	FNS	1/week	none	-	-	+	a,b,c,e	j	-	34	
62. Carlbring1 <i>RCT</i>	complete 10 lessons and post in the bulletin board	28% finished all modules within the timeframe	modules	weekly	10	1/week	1/week	1/week	-	-	-	b,c	-	o,r	28	
63. Carlbring2 <i>RCT</i>	complete 10 lessons and post in the bulletin board	80% finished all modules within the timeframe	modules	weekly	10	1/week	more	1/week	-	-	+	b,c	j	o,r	80	
64. Panic Center <i>Observational</i>	complete 12 lessons	n = 12 completed the	modules	weekly	12	1/week	FNS	FNS	-	-	-	b,e	-	r	1	

		12 week program														
65. Panic Online1 <i>RCT</i>	complete 6 modules	Study 1: n= 18 completed all modules; Study 2: n = 10 completed all modules	modules	weekly	8	none	more	none	-	-	-	a,b,c	-	-		90
66. Panic Online2 <i>RCT</i>	complete 8 modules	Study 1: n= 10 completed all modules; Study 2: n = 41 completed all modules; Study 3: n = 22 completed all modules	modules	weekly	12	none	more	none	-	-	-	a,b,c	j	-		86
67. Panic Online3 <i>RCT</i>	complete 8 modules	n= 21 completed all modules	modules	weekly	12	none	1/week	none	-	-	-	a,b,c	j	-		72
68. Interapy <i>RCT</i>	complete 7 modules in 11 weeks	n = 47/58 completed treatment Note: waiting list had access to intervention after intervention period	modules	at least biweekly	11	none	more	none	-	-	-	b,c,e	k	-		81
69. Panic program <i>RCT</i>	complete all 6 lessons	n = 23 completed all 6 lessons	modules	biweekly	8	none	less	less	-	-	+	b,c	j,l	o,p,r		79
70. PTSD program <i>RCT</i>	complete all 7 lessons in 8 weeks	n = 18 completed all 7 lessons	modules	weekly	8	more	1/week	FNS	-	-	+	b,c	j,k	o,r		78
71. PTSD online <i>Observational</i>	complete 10 modules in 10 weeks	n = 16 completed the program	modules	weekly	10	none	1/week	none	-	-	-	b,c	k	-		73

72. Andersson-S1 <i>RCT</i>	complete 9 modules + post on bulletin board once a week	Study 1: n= 8 completed all modules; Study 2: n = 18 completed all modules	modules	weekly	9	1/week	1/week	1/week	+	-	+	b,c	j	o,r	51
73. Andersson-S2 <i>RCT</i>	complete 9 modules + post on bulletin board once a week	Study 1: n= 10 completed all modules; Study 2: n= 37 completed all modules; Study 3: n= 0 completed all modules	modules	weekly	9	1/week	1/week	1/week	-	-	+	b,c	j	o,r	48
74. Andersson-S3 <i>RCT</i>	complete 9 modules + post on bulletin board once a week	n= 27 completed all modules	modules	weekly	9	1/week	more	1/week	-	-	+	b,c	j	o,r	93
75. Andersson-S4 <i>RCT</i>	complete 15 modules	n = 19 completed all modules	modules	weekly	15	1/week	1/week	none	-	-	-	b,c	j	-	30
76. IAR <i>RCT</i>	complete 9 modules + post on bulletin board once a week	n = 10 completed all modules	modules	weekly	9	1/week	1/week	1/week	-	-	-	b,c	j	o,r	34
77. Shyness1 <i>RCT</i>	complete 6 lessons and post on bulletin board	Study 1: n= 39 completed all lessons; Study 2: n = 33 completed all lessons; Study 3: n = 24 completed all lessons	modules	weekly	10	none	more	1/week	-	-	+	b,c	j,l	o,p,r	79
78. Shyness2 <i>Observational</i>	complete 6 lessons and post on bulletin board	n = 14 completed all lessons	modules	weekly	8	none	more	1/week	-	-	+	b,c	j,l	o,p,r	74

79. Shyness3 <i>RCT</i>	complete 6 lessons and post on bulletin board	n= 10 completed all lessons	modules	weekly	10	none	none	1/week	-	-	-	b	l	o,p,r	33
80. Shyness4 <i>RCT</i>	complete 6 lessons	n= 56 completed all lessons	modules	weekly	8	more	none	none	-	+	-	b,c	j,l	o,p	67
81. Shyness5 <i>RCT</i>	complete 6 lessons	Study 1: n= 66 completed all modules; Study 2: n = 34 completed all modules	modules	weekly	8	more	1/week	none	-	+	+	b,c	j,l	o,p	78
82. Shyness6 <i>RCT</i>	complete 6 lessons and post on bulletin board	n= 31 completed all lessons	modules	weekly	8	more	1/week	1/week	-	+	-	b,c	j,l	o,p,r	76
83. Shyness 7 <i>RCT</i>	complete all 8 lessons in 11 weeks	n = 71 completed all 8 lessons	modules	weekly	11	more	none	none	-	-	-	b,c	j,l	o,p	64

^aFNS = Frequency Not Specified; less = less than once a week; more = more than once a week; ^b1 = face to face; 2 = SMS; 3 = phone; ^cPTS = Primary Task Support; DS = Dialogue Support; SS = Social Support; a = Reduction; b = Tunneling ; c = Tailoring; d = Personalization; e = Self-monitoring; f = Simulation; g = Rehearsal; h = Praise; i = Rewards; j = Reminders; k = Suggestion; l = Similarity; m = Liking; n = Social role; o = Social learning; p = Social comparison; q = Normative influence; r = Social facilitation; s = Cooperation; t = Competition; u = Recognition