

## Multimedia Appendix 1: Search String

### PsychINFO

1. "Help seek\*" OR "Seek\* help" OR "Seek\* treat\*"

AND

2. "Web-base\*" OR Online OR e-health

AND

3. Mental OR Depress\* OR Anxiety

### MySearch:

su(help seek\* OR seek\* help OR help seeking behaviour OR Health care seeking behaviour OR self-referral OR self help techniques) AND su(web-base\* OR online OR e-health OR Computer Applications OR mobile devices OR Internet OR Information Technology) AND su(mental health OR Mental Disorder OR Mental OR Depress\* OR Anxiety)

### PUBmed

1. Diagnostic Self Evaluation\* OR Self Assessment OR Information Seeking Behaviour OR Help Seek\* OR Seek help\* OR Self refer\*

AND

2. Internet OR Cellular Phone OR Medical Informatics OR Software OR Web Base\* OR e-mental health OR Information Technology OR Website OR Online OR Computer Application

AND

3. Mental Health OR Mental Disorders OR Mental OR Depress\* OR Anxiety

((("Diagnostic Self Evaluation\*" OR "Self Assessment" OR "Information Seeking Behaviour" OR "Help Seek\*" OR "Seek help\*" OR "Self refer\*")) AND (Internet OR "Cellular Phone" OR "Medical Informatics" OR Software OR "Web Base\*" OR "e-mental health" OR "Information Technology" OR Website OR Online OR "Computer Application")) AND ("Mental Health" OR "Mental Disorders" OR Mental OR Depress\* OR Anxiety)

### Cochrane Library

"Diagnostic Self Evaluation\*" OR "Self Assessment" OR "Information Seeking Behaviour" OR "Help Seek\*" OR Seek help\* OR "Self refer\*" AND Internet "Cellular Phone" or "Medical Informatics" or Software or "Web Base\*" or "e-mental health" or "Information Technology" or Website or Online or "Computer Application" and "Mental Health" OR "Mental Disorders" OR Mental OR Depress\* OR Anxiety

## SCOPUS

( TITLE-ABS-KEY ( "help-seek\*" OR "seek\* help" OR "seek\* treat\*" OR "help seeking behaviour" OR "Health care seeking behaviour" OR "self-referral" OR "self help techniques" ) AND TITLE-ABS-KEY ( "web base\*" OR online OR e-health OR "Computer applications" OR "mobile devices" OR "Internet" OR "Information technology" ) AND TITLE-ABS-KEY ( "mental health" OR "mental disorder" OR mental OR depress\* OR anxiety ) )