

List of included studies:

	First Author	Year	Journal	Level of care	Disorder group
1	Allen	2016	Bjpsych Open	treatment	anxiety
2	An	2013	Journal of the National Cancer Institute.Monographs	self help	Substance use
3	An	2008	Preventive medicine	self help	substance use
4	Andersson	2017	Behav Ther	treatment	anxiety
5	Andersson	2012	PloS one	treatment	anxiety
6	Andersson	2013	Journal of affective disorders	treatment	depression
7	Andersson	2012	Psychotherapy and psychosomatics	self help	anxiety
8	Andersson	2009	Cognitive behaviour therapy	self help	anxiety
9	Andersson	2013	Cognitive behaviour therapy	self help	anxiety
10	Andrews	2011	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
11	Arean	2016	J Med Internet Res	treatment	depression
12	Beevers	2017	J Consult Clin Psychol	treatment	depression
13	Beiwinkel	2017	J Med Internet Res	treatment	depression
14	Bell	2012	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
15	Berger	2014	Psychotherapy	self help	anxiety
16	Berger	2011	Behaviour research and therapy	self help	anxiety
17	Berger	2011	Cognitive behaviour therapy	self help	depression
18	Berger	2009	Journal of clinical psychology	self help	anxiety
19	Berger	2017	Psychol Med	self help	anxiety
20	Bergstrom	2010	BMC psychiatry	treatment	anxiety
21	Blom	2015	Sleep	treatment	depression
22	Boettcher	2014	Behavior therapy	treatment	anxiety
23	Boettcher	2014	Cognitive behaviour therapy	treatment	anxiety
24	Boss	2018	Addiction	Prevention	substance use
25	Botella	2016	Neuropsychiatric Disease and Treatment	self help	depression
26	Branstrom	2010	American Journal of Health Behavior	self help	substance use
27	Brendryen	2008	Journal of Medical Internet Research	self help	substance use
28	Brendryen	2017	Int J Behav Med	self help	substance use
29	Brendryen	2014	Addiction	self help	substance use
30	Bricker	2013	Nicotine & Tobacco Research	self help	substance use
31	Budney	2015	Psychology of Addictive Behaviors	treatment	substance use
32	Buntrock	2015	Psychotherapy and psychosomatics	self help	depression
33	Buntrock	2016	Jama	Prevention	depression
34	Calear	2016	J Affect Disord	Prevention	anxiety
35	Calear	2009	Journal of consulting and clinical psychology	Prevention	transdiagnostic
36	Canale	2015	American Journal of Drug and Alcohol Abuse	Prevention	anxiety
37	Carlbring	2006	American Journal of Psychiatry	self help	anxiety
38	Carlbring	2007	British Journal of Psychiatry	treatment	anxiety
39	Carlbring	2013	Journal of affective disorders	self help	depression
40	Carrard	2011	Behaviour research and therapy	self help	eating disorder

	First Author	Year	Journal	Level of care	Disorder group
41	Cartreine	2012	Journal of Medical Internet Research	self help	depression
42	Chithambo	2017	Int J Eat Disord	Prevention	eating disorder
43	Choi	2012	Journal of affective disorders	treatment	depression
44	Christensen	2014	Journal of Medical Internet Research	Prevention	anxiety
45	Christensen	2013	BMJ open	treatment	depression
46	Christensen	2006	Psychological medicine	treatment	depression
47	Christoforou	2017	J Med Internet Res	treatment	anxiety
48	Ciuca	2018	J Anxiety Disord	treatment	anxiety
49	Cunningham	2017	Int J Behav Med	self help	substance use
50	Dagoo	2014	Journal of anxiety disorders	self help	anxiety
51	Dahlin	2015	Behaviour research and therapy	treatment	anxiety
52	Day	2013	Behaviour research and therapy	self help	transdiagnostic
53	de Graaf	2009	British Journal of Psychiatry	treatment	depression
54	de Zwaan	2017	Jama Psychiatry	self help	eating disorder
55	Deady	2016	J Med Internet Res	treatment	transdiagnostic
56	Dear	2018	Aust N Z J Psychiatry	treatment	transdiagnostic
57	Dear	2016	J Anxiety Disord	treatment	anxiety
58	Dear	2015	Journal of anxiety disorders	treatment	anxiety
59	Dear	2015	Behavior therapy	treatment	anxiety
60	Donker	2013	Journal of Medical Internet Research	self help	depression
61	Doyle	2008	Journal of Adolescent Health	Prevention	eating disorder
62	Ebert	2013	Psychotherapy and psychosomatics	self help	depression
63	Ebert	2018	Behav Ther	Prevention	depression
64	Farrer	2011	PloS one	self help	depression
65	Fichter	2012	Behaviour research and therapy	aftercare	eating disorder
66	Fogliati	2016	J Anxiety Disord	treatment	anxiety
67	Forand	2018	Behav Ther	treatment	depression
68	Franko	2013	Body Image	Prevention	eating disorder
69	Fucito	2017	Alcohol Clin Exp Res	treatment	substance use
70	Furmark	2009	British Journal of Psychiatry	self help	anxiety
71	Geraedts	2014	Journal of Medical Internet Research	self help	depression
72	Gershkovich	2017	Behav Modif	treatment	anxiety
73	Gilbody	2017	British Journal of Psychiatry	treatment	depression
74	Gilbody	2015	Bmj-British Medical Journal	self help	depression
75	Griffiths	2012	PloS one	self help	depression
76	Hadjistavropoulos	2017	J Anxiety Disord	treatment	transdiagnostic
77	Hallgren	2016	Br J Psychiatry	treatment	depression
78	Hallgren	2015	British Journal of Psychiatry	treatment	depression
79	Hamilton	2017	Pilot Feasibility Stud	Prevention	substance use
80	Hedman	2011	British Journal of Psychiatry	treatment	anxiety
81	Hedman	2011	PloS one	treatment	anxiety
82	Hedman	2014	British Journal of Psychiatry	treatment	anxiety
83	Hickie	2010	Medical Journal of Australia	treatment	depression
84	Hoek	2012	PloS one	self help	transdiagnostic
85	Hollandare	2011	Acta Psychiatrica Scandinavica	aftercare	depression

	First Author	Year	Journal	Level of care	Disorder group
86	Hötzel	2014	Psychological medicine	treatment	eating disorder
87	Imamura	2014	PloS one	self help	depression
88	Ip	2016	Depression and Anxiety	Prevention	depression
89	Ivanova	2016	J Anxiety Disord	treatment	anxiety
90	Jacobi	2017	J Med Internet Res	aftercare	eating disorder
91	Jacobi	2007	International Journal of Eating Disorders	Prevention	eating disorder
92	Jacobi	2012	Behaviour research and therapy	Prevention	eating disorder
93	Jander	2016	J Med Internet Res	Prevention	substance use
94	Johansson	2012	PloS one	self help	depression
95	Johansson	2017	Psychotherapy (Chic)	treatment	anxiety
96	Johansson	2012	PloS one	self help	depression
97	Johnston	2011	PloS one	treatment	anxiety
98	Jonas	2017	Anxiety Stress Coping	self help	depression
99	Jones	2015	Journal of dual diagnosis	Prevention	depression
100	Jones	2008	Pediatrics	Prevention	eating disorder
101	Jones	2016	Journal of anxiety disorders	treatment	anxiety
102	Kass	2014	Behaviour research and therapy	Prevention	eating disorder
103	Kay-Lambkin	2009	Addiction	treatment	substance use
104	Kelders	2015	Behaviour research and therapy	Prevention	depression
105	Kenter	2016	Journal of Medical Internet Research	treatment	depression
106	Khalil	2017	J Med Internet Res	Prevention	substance use
107	Kiropoulos	2008	Journal of anxiety disorders	self help	anxiety
108	Kivi	2014	Cognitive behaviour therapy	treatment	depression
109	Kleiboer	2015	Behaviour research and therapy	treatment	transdiagnostic
110	Klein	2006	Journal of Behavior Therapy and Experimental Psychiatry	treatment	anxiety
111	Klein	2016	Psychother Psychosom	treatment	depression
112	Kok	2015	Psychotherapy and psychosomatics	aftercare	depression
113	Kok	2014	Journal of Medical Internet Research	self help	anxiety
114	Kruger	2017	International Journal of Mental Health Promotion	Prevention	depression
115	Lappalainen	2014	Behaviour research and therapy	self help	depression
116	Lappalainen	2015	Behavior modification	self help	depression
117	Levin	2017	Behavior Modification	Prevention	transdiagnostic
118	Levin	2014	Journal of American College Health	Prevention	transdiagnostic
119	Lintvedt	2013	Clinical psychology & psychotherapy	self help	depression
120	Low	2006	Eating disorders	Prevention	eating disorder
121	Mananes	2014	Journal of Medical Internet Research	self help	substance use
122	McCall	2018	J Med Internet Res	Prevention	anxiety
123	Meyer	2009	Journal of Medical Internet Research	self help	depression
124	Mira	2017	Neuropsychiatr Dis Treat	Prevention	depression
125	Mogoase	2013	Cognitive Therapy and Research	treatment	depression
126	Mohr	2013	PloS one	treatment	depression
127	Montero-Marin	2016	J Med Internet Res	treatment	depression
128	Moritz	2012	Behaviour research and therapy	self help	depression
129	Morris	2015	Anxiety, Stress, and Coping	self help	anxiety

	First Author	Year	Journal	Level of care	Disorder group
130	Munoz	2009	Nicotine & Tobacco Research	self help	substance use
131	Musiat	2014	PloS one	Prevention	transdiagnostic
132	Newby	2013	Psychological medicine	treatment	transdiagnostic
133	Nystrom	2017	J Affect Disord	treatment	depression
134	Oromendia	2016	Cogn Behav Ther	treatment	anxiety
135	Paxling	2011	Cognitive behaviour therapy	treatment	anxiety
136	Perini	2009	Australian and New Zealand Journal of Psychiatry	treatment	depression
137	Phillips	2014	Psychological medicine	self help	depression
138	Pisinger	2010	Journal of Public Health	self help	substance use
139	Postel	2010	Journal of Medical Internet Research	self help	substance use
140	Pots	2016	The British journal of psychiatry : the journal of mental science	self help	depression
141	Powell	2013	Journal of Medical Internet Research	Prevention	transdiagnostic
142	Radhu	2012	Journal of American College Health	self help	transdiagnostic
143	Richards	2015	Behaviour research and therapy	self help	depression
144	Richards	2006	Clinical Psychologist	treatment	anxiety
145	Rickhi	2015	BMC complementary and alternative medicine	self help	depression
146	Riper	2008	Addiction	self help	substance use
147	Robinson	2010	PloS one	self help	anxiety
148	Rollman	2018	Jama Psychiatry	treatment	transdiagnostic
149	Rooke	2013	Journal of Medical Internet Research	self help	substance use
150	Rosmarin	2010	Journal of anxiety disorders	self help	anxiety
151	Rosso	2017	Depression and Anxiety	treatment	depression
152	Ruwaard	2010	Journal of anxiety disorders	self help	anxiety
153	Ruwaard	2013	Clinical psychology & psychotherapy	self help	eating disorder
154	Ruwaard	2009	Cognitive behaviour therapy	treatment	depression
155	Saekow	2015	Internet Interventions	treatment	eating disorder
156	Sanchez	2017	Games Health J	Prevention	transdiagnostic
157	Sanchez-Ortiz	2011	Psychological medicine	treatment	eating disorder
158	Schaub	2012	Journal of Medical Internet Research	self help	substance use
159	Schaub	2015	Journal of Medical Internet Research	self help	substance use
160	Schroder	2017	J Behav Ther Exp Psychiatry	treatment	anxiety
161	Schueller	2013	Clinical psychological science : a journal of the Association for Psychological Science	self help	transdiagnostic
162	Schulz	2016	Behav Res Ther	treatment	anxiety
163	Seidman	2010	Annals of Behavioral Medicine	self help	substance use
164	Sethi	2013	Australian Psychologist	self help	transdiagnostic
165	Sethi	2010	Journal of Technology in Human Services	self help	transdiagnostic
166	Sheeber	2017	J Consult Clin Psychol	treatment	depression
167	Sheeber	2012	Journal of consulting and clinical psychology	treatment	depression
168	Silfvernagel	2012	Journal of Medical Internet Research	treatment	anxiety
169	Spek	2007	Psychological medicine	self help	depression

	First Author	Year	Journal	Level of care	Disorder group
170	Stice	2012	Journal of consulting and clinical psychology	Prevention	eating disorder
171	Stice	2017	J Consult Clin Psychol	Prevention	eating disorder
172	Stolz	2018	J Consult Clin Psychol	treatment	anxiety
173	Strandskov	2017	Behav Ther	treatment	eating disorder
174	Strom	2013	PeerJ	self help	depression
175	Sundstrom	2016	Plos One	treatment	substance use
176	Tait	2014	JMIR mental health	self help	substance use
177	Taylor	2006	Archives of General Psychiatry	Prevention	eating disorder
178	Taylor	2016	Journal of consulting and clinical psychology	Prevention	eating disorder
179	ter Huurne	2015	Journal of Medical Internet Research	treatment	eating disorder
180	Terides	2018	Cogn Behav Ther	treatment	transdiagnostic
181	Tiburcio	2018	Subst Use Misuse	treatment	transdiagnostic
182	Tillfors	2011	Cognitive behaviour therapy	self help	anxiety
183	Tillfors	2008	Depression and anxiety	self help	anxiety
184	Titov	2009	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
185	Titov	2008	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
186	Titov	2010	PloS one	treatment	depression
187	Titov	2010	Behaviour research and therapy	treatment	anxiety
188	Titov	2009	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
189	Titov	2008	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
190	Titov	2008	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
191	Titov	2010	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
192	Titov	2009	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
193	Titov	2015	Behavior therapy	treatment	depression
194	Titov	2013	PloS one	treatment	transdiagnostic
195	Titov	2011	Behaviour research and therapy	treatment	transdiagnostic
196	Titov	2015	Journal of anxiety disorders	treatment	transdiagnostic
197	Titov	2016	Bjpsych Open	treatment	transdiagnostic
198	Tulbure	2015	PloS one	treatment	anxiety
199	Twomey	2014	British Journal of Clinical Psychology	self help	transdiagnostic
200	Unlu Ince	2013	Journal of Medical Internet Research	treatment	depression
201	van Ballegooijen	2013	Journal of Medical Internet Research	self help	anxiety
202	van der Zweerde	2018	Psychol Med	self help	depression
203	van Straten	2008	Journal of Medical Internet Research	self help	transdiagnostic
204	Vernmark	2010	Behaviour research and therapy	self help	depression
205	Wagner	2014	Journal of affective disorders	treatment	depression
206	Wagner	2013	British Journal of Psychiatry	self help	eating disorder
207	Warmerdam	2008	Journal of Medical Internet Research	treatment	depression

	First Author	Year	Journal	Level of care	Disorder group
208	Watts	2013	BMC psychiatry	treatment	depression
209	White	2017	J Health Psychol	treatment	substance use
210	Wilksch	2017	Psychol Med	Prevention	eating disorder
211	Williams	2013	Journal of consulting and clinical psychology	treatment	depression
212	Williams	2015	Journal of affective disorders	treatment	depression
213	Wims	2010	Australian and New Zealand Journal of Psychiatry	treatment	anxiety
214	Yeung	2017	Asian J Psychiatr	treatment	depression
215	Zagorscak	2018	Psychother Psychosom	self help	depression
216	Zwerenz	2017	JMIR Ment Health	aftercare	transdiagnostic

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Search String:

We used the following search Strings: 1) Web of Science: TS= ((online OR internet OR web-based OR mobile) AND (treatment OR psychotherapy OR therapy OR self-help OR prevention OR intervention) AND (depression OR depressive OR anxiety OR phobia OR phobic OR eating disorder OR disordered eating OR anorexia OR anorexic OR bulimia OR bulimic OR binge eating OR substance abuse OR substance related disorder OR alcohol OR nicotine OR cannabis) AND (RCT OR randomized OR randomised)) Timespan: 2006-2018; 2) Pubmed: (((online[Title/Abstract] OR internet[Title/Abstract] OR web-based[Title/Abstract] OR mobile[Title/Abstract]) AND (treatment[Title/Abstract] OR psychotherapy[Title/Abstract] OR therapy[Title/Abstract] OR self-help[Title/Abstract] OR prevention[Title/Abstract] OR intervention[Title/Abstract])) AND (depression[Title/Abstract] OR depressive[Title/Abstract] OR anxiety[Title/Abstract] OR phobia[Title/Abstract] OR phobic[Title/Abstract] OR eating disorder[Title/Abstract] OR disordered eating[Title/Abstract] OR anorexia[Title/Abstract] OR anorexic[Title/Abstract] OR bulimia[Title/Abstract] OR bulimic[Title/Abstract] OR binge eating[Title/Abstract] OR substance abuse[Title/Abstract] OR substance-related disorder[Title/Abstract] OR alcohol[Title/Abstract] OR nicotine[Title/Abstract] OR cannabis[Title/Abstract])) AND (RCT[Title/Abstract] OR randomized[Title/Abstract] OR randomised[Title/Abstract])) AND ("2006"[PDAT] : "2018"[PDAT]).