

## Multimedia Appendix 1 - PsycINFO Search Terms

(time limits were set through the search engine's platform)

### General Principles

1. (Standard\* OR principle\* OR heuristic\* OR norm\* OR quality OR criteria OR criterion OR framework OR rating\*).m\_titl.
2. (measure\* OR analy\*OR evaluat\* or assess\*).m\_titl.
3. (Mobile\* or Mhealth\* or Smartphone\* or app or apps or ehealth\* or e-health\* or text or messag\* or internet\* or web\* or video\* or software\* or digital\* or media or technology or technologies).m\_titl.
4. #1 AND #2 AND #3

### Behavior Change/Persuasive Design

1. (standard\* OR principle\* OR heuristic\* OR norm\* OR quality OR criteria OR criterion OR framework OR rating\* OR measur\* or analy\* OR evaluat\* OR assess\*).m\_titl.
2. (persuas\* or convinc\*).m\_titl.
3. (behavior change).m\_titl.
4. (behavior AND design).m\_titl.
5. (persuasive AND design).m\_titl.
6. (#1 AND (#2 OR #3)) OR #4 OR #5

### Therapeutic Properties

1. (potential OR quality OR standard\* OR principle\* OR heuristic\* OR norm\* OR criteria OR criterion OR framework OR rating\*).m\_titl.
2. (psychotherapy OR psychotherapeutic).m\_titl.
3. (therapeutic).mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures]
4. (alliance).mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures]
5. (questionnaire).mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures]
6. (#1 AND #2) OR (#3 AND #4 AND #5)