

**Multimedia Appendix 3.** Document electronic search strategy.

1. Cellular Phone/
2. Computers/
3. Electronic Mail/
4. Internet/
5. Text Messaging/
6. Therapy, Computer-Assisted/
7. (android\* or apps or cell\* phone\* or cellphone\* or computer\* or digital\* or e health\* or ehealth\* or e mail\* or email\* or electronic mail\* or internet\* or iPad\* or iPhone\* or iPod\* or m health\* or mhealth\* or mobile\* or online\* or personal digital assistant\* or short messag\* or smart phone\* or smartphone\* or technolog\* or text messag\* or virtual\* or web\*).tw.
8. or/1-7 [Combined MeSH and keywords for internet based technologies]
9. Behavior Therapy/
10. exp Cognitive Therapy/
11. Disease Management/
12. exp Directive Counseling/
13. Persuasive Communication/
14. Problem Solving/
15. Psychotherapy/
16. Self Care/
17. acceptance adj commitment therap\*.tw.
18. (behavio\* adj (activation or condition\* or modif\* or therap\*)).tw.
19. CBT.tw.
20. cognitive therap\*.tw.
21. directive counsel\*.tw.
22. interpersonal therap\*.tw.
23. mental health program\*.tw.
24. mindfulness.tw.
25. motivational interview\*.tw.
26. problem solving\*.tw.
27. psychotherap\*.tw.
28. (selfcar\* or self car\* or selfhelp\* or self help\* or selfmanage\* or self manage\* or selfmonitor\* or self monitor\*).tw.
29. telemental health\*.tw.
30. or/9-29 [Combined MeSH and keywords for CBT]
31. Anxiety/
32. Anxiety Disorders/
33. Depression/
34. Depressive Disorder/
35. Mental Disorders/
36. Mood Disorders/
37. (anxi\* or behavio?r\* disorder\* or behavio?r\* problem\* or depress\* or mental disorder\* or mental health\* or psychiatric illness\* or psychiatric disease\* or psychiatric disorder\*).tw.
38. or/31-37 [Combined MeSH and keywords for anxiety]
39. and/8,30,38 [Combined results for internet based technologies, CBT and anxiety searches]