

**Multimedia Appendix 5.** Overview of the pre-intervention to post-intervention changes in anxiety (Outcomes) based on the total number of measures, studies, and iCBT programs across program types.

Change in anxiety, pre- to post-intervention	Anxiety measures			
	User-reported symptoms	Parent-reported symptoms	Diagnosis	Clinical severity
<b>Treatment programs 1, 2, 3, 4, 5, 6, 7</b>				
Reductions in anxiety for iCBT participants	22 measures used across 19 studies of programs 1, 2, 3, 4, 5, 6, 7 [22,33,60,66,67,71,76,78,84,88,90,36-39,41,42,56,58]	17 measures used across 17 studies of programs 1, 2, 3, 4, 5, 6 [22,33,60,66,71,76,78,84,88,36-39,41,42,56,58]	20 measures used across 18 studies of programs 1, 2, 3, 4, 5, 6 [22,33,60,66,71,76,78,82,83,88,36-39,41,42,56,58]	16 measures used across 16 studies of programs 1, 3, 4, 6 [33,36,76,78,82,83,88,104,38,39,42,56,58,60,63,66]
Increases in anxiety for iCBT participants	1 measure used in 1 study of program 1 [36]	—	—	—
<b>Indicated prevention programs 8, 9, 10, 11, 12</b>				
Reductions in anxiety for iCBT participants	4 measures used across 4 studies of programs 9, 10, 11, 12 [31,32,95-97]	1 measure used in 1 study of program 8 [57]	2 measures used in 2 studies of programs 8, 12 [32,57,97]	—
<b>Universal prevention programs 13, 14, 15</b>				
Reductions in anxiety for iCBT participants	9 measures used across 5 studies of programs 13, 14, 15 [21,30,35,40]	—	—	—
Increases in anxiety for iCBT participants	1 measure used in 1 study of program 10 [21]	—	—	—

iCBT: Internet-based cognitive behavioural therapy

Note: Multiple outcome measures may have been used in a single study. Also, some subgroup analyses were conducted. Please refer to individual studies for the results of each outcome measure.

Note: If two studies shared a partial or full dataset, results were counted as a single study, but both documents were cited. If one document contained two separate studies, two studies were reported but one document was cited.