

Multimedia Appendix 1. Web-based suicide prevention strategies—Summary of the included articles.

Sources	Design	Organization	Aims and methods	Findings	Quality
Reviews					
Krysinska and Leo (2007) [32]	Review	N/A	Overview of telecommunication-based strategies (Internet and telephone)	No clear evidence confirming efficacy of telecommunication-based strategies Approaches seemed promising in increasing accessibility to services for suicidal individuals and raising public awareness	N/A
Miller (2009) [33]	Review	N/A	Discussion of potential role of Internet in suicide prevention through information provision, counseling, and chat rooms	Potential risk of Internet providing easy access to unregulated information Internet counseling not recommended for those at high or immediate risk of suicide without availability of close and intensive monitoring Despite a sense of community in chat rooms, limited avenue to learn new ways to cope Professionally facilitated groups more effective in suicide prevention	N/A
Randomized-controlled trials					
Spijker (2012) [34]; Spijker et al (2012) [36]	RCT	N/A	Test effectiveness of unguided iCBT-based self-help to reduce suicidal thoughts and evaluate cost-effectiveness in general population sample (N=236)	For each intervention responder, annual cost savings was €34,727 (US \$41,325) compared to controls, and absenteeism improved at work Intervention group (N=116) showed two-fold reduction in suicidal ideation with small effect sizes (d=0.28) at 6 weeks posttest compared to controls; effects maintained at 3-month follow-up Limitations: self-report measures, outcome measures based on short duration	High

Christensen et al (2013) [35]	RCT	Lifeline Australian 24-hour telephone counseling service	Evaluate the effectiveness of a 6-week iCBT intervention (MoodGym) on suicide ideation among telephone helpline callers (N=115)	Data from secondary outcome (suicide ideation) of RCT on iCBT for depression Suicide ideation significantly reduced in all 4 intervention arms (1) iCBT alone, (2) iCBT & telephone call back, (3) telephone call back alone, (4) treatment as usual control iCBT with or without telephone call back not superior to (3) or (4) Resolving depression significantly associated with improvement in suicide ideation Small effect sizes of iCBT (0.04-0.45) up to 1 year	High
Descriptive/Naturalistic studies					
Watts et al (2012) [37]	Pre-treatment/posttreatment case series (effectiveness study within quality assurance framework)	Primary care	Examine suicidal ideation in depressed patients (n=299) who received 6 sessions of iCBT	Suicidal thought (measured by item 9 on the Patient Health Questionnaire) was common (54%) prior to intervention and reduced to 30% post-intervention; reduction was significant No control group	Medium
Haas et al (2008) [38]	Cohort	American Foundation for Suicide Prevention (AFSP)	College Screening Project for suicidal students via an interactive Web-based method	1162 (8% of invited participants) completed screening and 981 (84.4%) were identified as at risk Majority subsequently evaluated (190) and entered treatment (132) did so because of outreach Anecdotal report of lower incidence of suicide in a university setting after Web-based screening	Medium
Moutier et al (2012) [39]	Cohort	University of California, San Diego (UCSD) Suicide Prevention and Depression Awareness Program	1. Web-based, anonymous confidential screening, assessment, and referral program (AFSP) 2. Face-to-face education to medical students, and physicians on depression/suicide	374 individuals (13% of those receiving email invitation) completed screens, 27% at high risk for depression or suicide and 13% referred for care 12/17 respondents who had first session with counselor credited the online screening program for getting help	Medium

Feigelman et al (2008) [40]	Cross-sectional	Suicide survivor support group	Compare the demographic and loss-related characteristics of parents in Internet (N=104) and face-to-face suicide survivor support groups (N=297)	35% in Internet group compared to 23% from face-to-face group reported suicidal ideation sometimes or more often during the last year 10% more Internet affiliates (17% compared to 7%) reported having a suicide plan 64% of respondents from Internet group indicated that helping advance goals of suicide prevention and better mental health resources availability as important features of their support group 14 anecdotal positive comments in Internet survey in combating depression and suicidal wishes	Medium
Szumilas and Kutcher (2009) [41]	Cross-sectional	N/A	Evaluate the evidence on youth suicide risk factors and prevention strategies from top 20 information websites	Only 44.2% statements were supported by evidence Crediting and recommendation to health consultation increased odds of statements being supported by evidence	High
Barak (2007) [23]	Descriptive	SAHAR (Support and Listening on the Net)	1. Hebrew website 2. Personal communication: Chat/email 3. Group communication: Online forum/chat	Around 1000 personal contacts per month and half of them are suicidal More than 100 rescue operations of attempters Support/referral Appreciation/positive feedback from users	Medium
Lester (2008) [43]	Descriptive	1. Befrienders (Samaritans) 2. SAHAR (Primary source Barak, 2007)	Counseling via Internet	Received 15,309 emails in 1998 to 64,000 in 2001; 50% suicidal in nature. Described feasibility and benefits of email counseling with reply within 24 hours	Low
Gilat and Shahr (2009) [44]	Descriptive	Israeli Assoc'n for Emotional First Aid (ERAN)	1. Online support group via moderators 2. Personal chat 3. Email	Help-promoting environment for suicidal individuals may be generated; single positive comment from a user	Low
Manning and VanDeusen	Descriptive	Western Michigan University's	1. Online training course 2. Website	Over 7000 hits on website Networks identified 1550 "friends"	Low

(2011) [45]		Suicide Prevention Program (SPP)	3. Two social networking website profiles	Positive feedback from students but low participation on online training course Increased frequency of presentation with suicidal ideation for counseling since implementation	
Greidanus and Everall (2010) [42]	Qualitative research (content analysis)	Community suicide prevention agency	Analyze 'suicide'-themed online message board to explore experiences of help-seeking process	A positive online mutual-help group monitored by trained volunteers for those users was developed Help-seekers who benefited provided peer support to others	High