Study	Included study	Dichotomous		Continuous	
(author name,	arms	Outcomes  Outcome	Result	Outcomes Outcome	Result
year) Berger et al [39]	pure self-help: (n = 26) guided self-help: (n = 24) step-up of support on demand: (n=25)			Mean number of lessons completed (five lessons)	pure self-help: mean 4.3 lessons (SD = 1.18) guided self-help: mean 4.5 lessons (SD =.95) step-up of support on demand: mean 4.6 lessons (SD =.98)
Berger et al [40]	unguided self- help: (n = 25) guided self-help: (n = 25)	Number of participants who completed the ten lessons	unguided self-help: n(%) =9 (36%) guided self-help: n(%)= 14 (56%)	Mean number of lessons completed (ten lessons)	unguided self- help: mean 6.8(SD=3.75) guided self-help: mean 8.52(SD=2.86)
Clarke et al [35]	mail reminders: (n=75) telephone reminders: (n=80)			Mean number of log-ins	mail reminders: mean= 5.9(SD =6.2) telephone reminders: mean= 5.6 (SD=5.8)
Couper et al [11]	tailored: (n = 839) tailored + human online behavioral intervention (HOBI): (n = 838)			Mean total minutes devoted to the intervention website	tailored: mean = 44.1 tailored + HOBI : mean= 46.7
Farrer et al [36]	web only: (n=38) web with tracking: (n=45)	Number of participants who completed all five moodgym modules	web only: n(%) =6 (15.8%) web with tracking: n(%)=8 (17.8%)	Mean number of completed MoodGYM program modules (five modules)	web only: mean = 1.5 (SD=1.89) web with tracking: mean= 2.0 (SD=1.88)
Greaney et al [41]	automated assistance (AA): (n=36) automated assistance + calls (AAC): (n=50)	Number of participants who reached the minimum threshold of self-monitoring	During week two: AA: (%)=10 AAC:(%)=22 During week three: AA:(%)=14 AAC:(%)=26		

McClure et al [37]	I		at least one			
three or more times per week during the prompting periods (week two and three)  McClure et al [37]  Minumoze et al [37]  Munoze et al [42]  Munoze et al [42]  Munoze et al [43]  Produfiont  Bipolar Educational Messages (ITEMS): (n = 134)  Program (BEP): (n = 134)  Santucci et al [45]  Santucci et al [45]  Santucci et al [45]  Santucci et al [45]  No reminder: (n=21)  Each or more minder: (n=21)  Schneider et al [46]  No prompting: who wisited wind in the port of the eight sessions  Schneider et al [46]  No prompting: who wisited wisited with sizes on prompting: who						
more times per week during the prompting periods (week two and three)  McClure et al [37]						
McClure et al [37]   mo proactive email reminders: (m=932)						
McClure et al [37]  McClure et al [37]  McClure et al [37]  Munoz et al [42]  Munoz et al [42]  Proudfoot et al [43]  Proudfoot et al [44]  Proudfoot et al [45]  (n = 139)  BEP+Informed Supporters(IS): (n al and returned four or more sessions of the eight sessions program  Santucci  In or reminder:  Number of the eight sessions  program  Number of the eight sessions  program  Number of completed all eight sessions  Schneider (n=22)  Schneider (n=189)  Schneider (n=1658)  Number of porticipants reminder: n=3  Number of eight sessions  Number of porticipants reminder: n=3  Number of eight sessions  Number of porticipants reminder: n=3  Number of eight sessions  Number of porticipants reminder: n=3  Number of eight sessions  Prompting:  Number of porticipants reminder: n=3  Number of eight sessions  Number of porticipants reminder: n=3  Number of eight sessions  Prompting:  Number of porticipants reminder: n=3  Number of eight sessions  Prompting:  Number of porticipants reminder: n=3  Number of eight sessions  Prompting:  Number of porticipants reminder: n=3  Number of porticipants reminders: n(%)=0(0)  Prompting: n(%)=113(6.3%)						
McClure   no proactive email reminders: (n=932)   proactive email reminders: (n=932)   proactive email reminders: (n=933)   logged in/visited the DI			· ·			
McClure et al [37]   no proactive email reminders: (n=932)   no proactive email reminders: (n=933)   no proactive email reminders: (n=934)   no proactive email reminders: (n=935)   no proactive email remi			_			
McClure et al [37]			prompting			
McClure et al [37]   no proactive email reminders: (n=932) participants yiewing reminders: (n=933)   no proactive email reminders: (n=934)   no proactive email reminders: (n=934)   no proactive email reminders: (n=104)   no proactive email remind			periods			
Munoz et al [42] Proudfoot et al [43] Proudfoot et al [44] Proudfoot et al [44] Proudfoot et al [45] Proudfoot en [45] Proudfoot et al [45] Proudfoot et al [45] Proudfoot et al			(week two			
et al [37]   email reminders: (n=932)   proactive email reminders: (n=932)   proactive email reminders: (n=933)   logged in/visited the DI   Utilization of a cigarette counter and online journal 1    Munoz et al [42]   Guía+ Individually   Timed Educational Messages (ITEMs): (n= 251)   Proudfoot et al [43]   Program (BEP): (n = 134)   Supporters(IS): (n = 134)   Supporters(IS): (n = 134)   Program (BEP): (n=22)   reminder: (n=21)   reminder: (n=22)   reminder: (n=22)   reminder: (n=21)   Completed all eight sessions   Schneider et al [46]   Roptomothers (n=1658)   prompting: (n=1658)   p			and three)			
Canal   Cana	McClure	no proactive	Proportion	no proactive email		
Completed Supporters(IS): (n = 134)   Septenticipants who program   Completed Supporters(IS): (n = 134)   Septenticipants et al [45]   Number of the eight sessions program   Completed all eight sessions   Completed all leight sessions   Completed (leight sessions)	et al [37]	email reminders :	of	reminders :n(%)=579		
proactive email reminders: (n=933)  Munoz et al [42]  Munoz et al [42]  Proudfoot et al [43]  Program (BEP): (n = 139)  BEP+Informed Supporters(IS): (n = 134)  Santucci et al [45]  Schneider et al [46]  Schneider et al [46]  Schneider et al [46]  Runoz et al [46]  Runoz et al [46]  Runoz et al (actional Messages (ITEMs): (n=247)  Guía+ Individually Timed Education of a cigarette counter and online journal <sup>1</sup> Utilization of a cigarette counter and online journal <sup>1</sup> BEP: n(%)= 96 (69.1%)  BEP+ IS: n(%)= 107(79.9%)  who who completed and returned four or more sessions of the eight sessions program  Number of participants who completed all eight sessions  Schneider et al [46]  No prompting: who visited  No prompting: n(%)=0(0)  prompting: n(%)=113(6.3%)		(n=932)	participants			
reminders: (n=933) logged in/visited the DI Utilization of a cigarette counter and online journal 1  Munoz et al [42] Guía+ Individually Timed Educational Messages (ITEMs): (n= 251) Proudfoot et al[43] Program (BEP): (n = 139) BEP+Informed Supporters(IS): (n = 134) Sessions of the eight sessions of the eight sessions program  Santucci et al [45] (n=22) reminder: (n=21) Who completed all eight sessions  Schneider et al [46] no prompting: no prompting: who visited who completed (n=136.8) prompting: who visited who completed, all eight sessions prompting: who visited		•				
Munoz et al [42]   Guía: (n=247)   Guía+   Individually Timed   Educational Messages (ITEMs): (n = 251)   Proudfoot et al [43]   Final F		•	_	-		
Munoz et al [42]  Munoz et al [42]  Proudfoot et al [43]  Bipolar Education Messages (ITEMs): (n = 251)  Proudfoot et al [43]  Proudfoot et al [44]  Santucci et al [45]  For an or reminder: (n=21)  For an or reminder: (n=21)  Santucci reminder: (n=21)  For an or reminder: (n=21)  Schneider et al [46]  Supporting: Number of participants who completed all eight sessions program  Number of participants who completed all eight sessions  Number of participants reminder: n=3  Number of participants or reminder: n=3  Number of participants reminder: n=3  Number of participants who rompleted all eight sessions  Schneider et al [46]  Number of participants who visited  Number of participants reminder: n=3  Number of participants who visited  Number of participants yenopting: n(%)=0(0)  Prompting: who visited				(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
Munoz et al [42] Guía: (n=247) Guía: (n=247) Guía+ Individually Timed Educational Messages (ITEMs): (n= 251)  Proudfoot et al [43] Program (BEP): (n = 139) BEP+Informed Supporters(IS): (n = 134)  Santucci et al [45] Forminder: (n=21) Forminder: (n=1658) Formin		(11 333)				
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al [42] Guía+ Individually Timed Educational Messages (ITEMs): (n= 251)  Proudfoot et al [43] Program (BEP): (n = 139) BEP+Informed Supporters(IS): (n = 134)  Santucci et al [45] Romed Education Program (BEP): (n = 22) reminder: (n=21)  Schneider et al [46] Romed Schneider et al [46] Romed Suportiopation  Schneider et al [46] Romed Suportiopation  Number of participants who completed sessions program  BEP: n(%)= 96 (69.1%) BEP+ IS: n(%)= 107(79.9%) BEP+ IS	Munozot	Guía: (n-247)		cigarette counter and anline	iournal <sup>1</sup>	
Individually Timed Educational Messages (ITEMs): (n= 251)				cigarette counter and online	journar	
Timed Educational Messages (ITEMs): (n= 251)  Proudfoot et al[43] Program (BEP): (n = 139) who completed and returned four or more sessions of the eight sessions program  Santucci et al [45] (n=22) reminder: (n=21) reminder: (n=21) reminder: (n=21) reminder: (n=21) sessions  Schneider et al [46] no prompting: (n=1658) prompting: who visited no reminder: (n=1658) prompting: who visited no reminder: who visited no prompting: who visited no reminder: (n=20) participants who visited no prompting: (n=1658) prompting: p	ai [42]					
Educational Messages (ITEMs): (n= 251)		•				
Messages (ITEMs): (n= 251)  Proudfoot et al[43] Program (BEP): (n = 139) BEP+Informed Supporters(IS): (n = 134)  Santucci et al [45] et al [45] Teminder: (n=21) Teminder: (n=21)  Schneider et al [46] Program (BEP): (n = 139) BEP+IS: n(%)= 107(79.9%) BEP+IS: n(%)= 107(79.						
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Proudfoot et al [43]  Bipolar Education Program (BEP): (n = 139) BEP+Informed Supporters(IS): (n = 134)  Santucci et al [45]  Can be al [45]  Santucci et al [45]  Santucci et al [45]  Can be al [46]  Can be		~				
et al[43]					т	Т
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Supporters(IS): (n = 134)  Supporters(IS): (n = 134)  four or more sessions of the eight sessions program  Santucci et al [45]  et al [45]  Schneider al [46]  no prompting:  Number of participants reminder: n=3  reminder: n=3  Number of participants reminder: n=3  completed all eight sessions  sessions  Number of participants reminder: n=3  completed (eight sessions)  Number of participants reminder: n=3  completed (eight sessions)  Schneider et al [46]  no prompting: who visited		•	who			
Santucci et al [45] no reminder: (n=21) who completed all eight sessions  Schneider et al [46] no prompting: (n=1658) prompting: who visited for the eight sessions of the eight sessions or completed (eight sessions) or complet		BEP+Informed	completed			
Santucci et al [45] reminder: (n=21) who completed all eight sessions ret al [46] no prompting: et al [46] (n=1658) prompting: who visited sessions of the eight sessions or program  Number of participants reminder: n=3 number of sessions completed (eight sessions)  Number of participants prompting: n(%)=0(0) prompting: n(%)=113(6.3%)		Supporters(IS): (n	and returned			
Santucci et al [45] reminder: (n=21) who completed all eight sessions  Schneider et al [46] no prompting: (n=1658) prompting: who visited the eight sessions program  The eight sessions program  Number of participants reminder: n=3 number of no reminder: n=3 number of sessions completed (eight sessions)  Number of participants prompting: n(%)=0(0) prompting: n(%)=113(6.3%)		= 134)	four or more			
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Santucci no reminder: Number of et al [45] (n=22) participants reminder: n=3 number of completed all eight sessions  Schneider et al [46] (n=1658) prompting: who visited sessions prompting: who visited sessions prompting: sessions prompting: who visited sessions prompting: sessions prompting: mo reminder: n=3 number of number of number of sessions number of number of number of number of sessions number of sessions prompting: n(%)=0(0) prompting: n(%)=113(6.3%)			the eight			
Santucci et al [45] no reminder: (n=21) who reminder: (n=21) who completed all eight sessions  Schneider et al [46] no prompting: who visited prompting: who visited no reminder: n=3 no reminder: n=3 number of sessions reminder: n=3 number of sessions no reminder: n=3 number of sessions (eight sessions) reminder: n=3 completed (eight sessions) reminder: mean (eight sessions) no prompting: n(%)=0(0) prompting: n(%)=113(6.3%)			_			
Santucci et al [45] no reminder: (n=22) participants reminder: n=3 number of sessions completed all eight sessions  Schneider et al [46] (n=1658) prompting: who visited no reminder: n=3 number of sessions completed (eight sessions) reminder: n=3 number of sessions (eight sessions) reminder: n=3 number of sessions (eight sessions) reminder: n=3 number of number of sessions (eight sessions) reminder: n=3 number of (eigh						
et al [45] (n=22) participants reminder: n=3 number of sessions completed all eight sessions  Schneider et al [46] (n=1658) prompting: who visited reminder: n=3 number of sessions completed (eight sessions)  Number of participants prompting: n(%)=0(0) prompting: n(%)=113(6.3%)	Santucci	no reminder:	-	no reminder: n=3	Mean	no reminder:
reminder: (n=21) who completed all eight sessions  Schneider et al [46] no prompting: who visited reminder: mean (eight sessions)  The prompting sessions (eight sessions)  No prompting: n(%)=0(0) prompting: n(%)=113(6.3%)  prompting: who visited prompting: n(%)=113(6.3%)    Prompting: n(%)=113(6.3%)   Prompti						
completed all eight sessions  Schneider et al [46] no prompting: who visited  completed (eight sessions)  Number of participants prompting: (%)=113(6.3%)  prompting: who visited  completed (eight sessions)  No prompting: n(%)=0(0) prompting: n(%)=113(6.3%)	50 0. [15]					`
all eight sessions (eight sessions) = 2.9 (SD = 2.5)  Schneider et al [46] (n=1658) prompting: who visited (eight sessions) = 2.9 (SD = 2.5)  No prompting: n(%)=0(0) prompting:n(%)=113(6.3%)		10111110C1. (11-21)				
Schneider et al [46]no prompting: (n=1658) prompting:Number of participants who visitedNo prompting: n(%)=0(0) prompting:n(%)=113(6.3%)			•			
Schneider no prompting: Number of et al [46] (n=1658) prompting: who visited No prompting: n(%)=0(0) prompting: n(%)=113(6.3%)			_			- 2.3 (30 - 2.3)
et al [46] (n=1658) participants prompting:n(%)=113(6.3%) prompting:	Cobracialar	no prometine		No promoting: p(0/) 0/0)	562210[12]	
prompting: who visited						
	et al [46]			prompting:n(%)=113(6.3%)		
(n-1790)						
		(n=1790)	the program			
during the			_			
one month			one month			
follow up						

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Schneider	no prompt (NP):	Number of	NP: n(%) =2(5.9)		
et al [44]	(n=34)	participants	SP at two weeks :n(%)		
	standard prompt	who logged	=6(17.6)		
	(SP)at two	in/visited the	SP at four weeks : n(%)		
	weeks: (n=34)	DI	=1(2.9)		
	SP at four weeks		SP at six weeks: n(%)		
	: (n=34)		=1(2.9)		
	SP at six weeks:		SP+ at two weeks: n(%)		
	(n=35) standard		=10(27.8)		
	prompt and		SP+ at four weeks: n(%)		
	additional		=7(20)		
	content (SP+) at		SP+ at six weeks: n(%)		
	two weeks:		=0(0)		
	(n=36)				
	SP+ at four				
	weeks: (n=35)				
	SP+ at six weeks:				
	(n=32)				
Simon et	program only	Number of	Program only: n(%)=		
al [38]	(n=54)	participants	24(44%)		
	coaching (n=64)	who	coaching: n(%)=45(71%)		
		returned			
		after initial			
		sign up at			
		anytime			
Titov et al	computerized			Mean	CCBT: mean= 23
[47]	cognitive			number of	CCBT+Telephone:
	behaviour			logins	Mean =23
	therapy (CCBT):				
	(n=82)				
	CCBT+Telephone:				
	(n=81)				
al [38] Titov et al	SP+ at six weeks: (n=32) program only (n=54) coaching (n=64)  computerized cognitive behaviour therapy (CCBT): (n=82) CCBT+Telephone:	participants who returned after initial sign up at	24(44%)	number of	CCBT+Telephone:

<sup>&</sup>lt;sup>1</sup>The results were not reported separately for each arm