

## Multimedia Appendix 1

### Search string PsycINFO

(stress\* or anxi\* or threat\* or burden or "self regulation" or nervous\* or mood\* or depress\* or emot\* or affect) AND  
("momentary assessment" or "ambulatory assessment" or "personal digital assistant\*" or phone\* or mobile or mHealth) AND  
("randomized controlled trial" or interven\* or "behavior modification" or relaxation\* or therapy)

Limits: English | Human | Peer-reviewed

Timespan: All years

### Search string Web of Science (Core Collection)

**TOPIC:** ((stress\* or anxi\* or threat\* or burden or "self regulation" or nervous\* or mood\* or depress\* or emot\* or affect)) *AND*

**TOPIC:** (("momentary assessment" or "ambulatory assessment" or "personal digital assistant\*" or phone\* or mobile or mHealth)) *AND*

**TOPIC:** (("randomized controlled trial" or interven\* or "behavior modification" or relaxation\* or therapy))

Limits: English

Timespan: All years

Indexes: SCI-Expanded | SSCI | A&HCI

### Search string PubMed

Search (stress\* or anxi\* or threat\* or burden or "self regulation" or nervous\* or mood\* or depress\* or emot\* or affect) and ("momentary assessment" or "ambulatory assessment" or "personal digital assistant\*" or phone\* or mobile or mHealth) and ("randomized controlled trial" or interven\* or "behavior modification" or relaxation\* or therapy)

Limits: English; Humans; Journal Article