

Multimedia Appendix. Selected characteristics of included interventions.

<b>Study</b>	<b>Intervention description</b>	<b>Type<sup>a</sup></b>	<b>Primary modality (secondary modalities)</b>	<b>Persuasive tech</b>	<b>Guidance</b>	<b>Length</b>	<b>Adherence<sup>b</sup></b>
Abbott et al, 2009 [56]	<i>ResilienceOnline</i> Enhancing 7 core skills of resilience. Delivered via video and slides.	Cognitive therapy	Website (telephone, conference call, and emails)	<i>Self-monitoring</i> using a questionnaire to measure resilience	Yes— member of staff (offer of telephone and conference call)	10 weeks	27% (7/26) completed the whole program
Aikens et al, 2014 [57]	<i>Mindfulness Goes to Work</i> Mindfulness delivered via virtual and in-person classes and Web-based training	Mindfulness	Website (email, texting, workbook, webinar, in person mtgs)	<i>Self- monitoring</i> using a weekly progress tracking survey. <i>Tailoring</i> using preprogramed emails as a	Yes— MBSR instructor	7 weeks	63.6% (28/44) completed ≥75% of the program

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				response to the survey. Opt in text messages that correspond to progress.			
Alexandre et al, 2016 [52]	<i>Stress Free Now</i> Web-based, interactive educational program based on mindfulness meditation	Mindfulness	Website (email, compact discs [CDs])	Non described	No	8 weeks	7.4% (4/54) accessed website ≥4 out of 8 weeks
Beauchamp et al, 2005	<i>Care Giver's Friend: Dealing with</i>	Stress and coping model	Website (email)	<i>Tailoring</i> via a questionnaire that	No	4.3 weeks	10.6% (16/150)

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[62]	<i>Dementia</i> Multimedia intervention with text material and videos that model positive caregiving strategies			produces links tailored to the individual			visited ≥4 times (19% (29/150) visited ≥2)
Billings et al, 2008 [54]	<i>Stress and Mood Management</i> Modular, multi media program. Audio narrated with video and graphics.	Cognitive behavioral therapy (CBT)	Website	Tailoring through an embedded assessment instrument	No	13 weeks	3.2% (5/154) accessed stress management module ≥4 times
Birney et al,	<i>MoodHacker.</i>	CBT and	Mobile	<i>Tunneling</i> through	No	6	On average

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2016 [43]	Sequenced content delivered through in-app messaging, articles, and videos.	positive psychology	phone app (emails)	sequenced content. <i>Self-monitoring</i> of mood and activities		weeks	participants logged in 16 times (standard deviation [SD] 13.3)
Bolier et al, 2014 [49]	Based on personal screening, participants offered access to a number of Web-based interventions	CBT	Website (email)	<i>Tailoring</i> through automated personalized feedback and signposting to interventions	No	13 weeks	5.1% (9/178) started ≥1 module
Cook et al, 2007 [58]	<i>Health connection.</i> Multimedia, health	Social cognitive	Website	Non described	No	13 weeks	15.4% (32/209)

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	promotion for the workplace designed to improve dietary practices, reduce stress, and increase physical activity	theory					accessed the stress management module >2
Ebert et al, 2015 [47]	<i>GET.ON Recovery</i> 6 sessions including articles, exercises, testimonies, audio, and video	Cognitive-behavioral and metacognitive techniques for insomnia	Website	<i>Tailoring</i> through content being modified depending on response options. Self- monitoring through recovery diary	No	6 weeks	48.4% (31/64) completed all sessions

Study	Intervention description	Type <sup>a</sup>	Primary modality (secondary modalities)	Persuasive tech	Guidance	Length	Adherence <sup>b</sup>
Ebert et al, 2016 [44]	<i>GET.ON Stress</i> 7 sessions (plus optional booster session and 8 optional modules) including text, exercises, testimonials, audio, and video	Transactional model of stress. Problem solving and emotional regulation.	Website (text messages)	<i>Tailoring</i> through optional modules and content being modified depending on response option. Self-monitoring through stress diary	No	7 weeks	42% (55/131) completed session 7/7
Feicht et al, 2013 [59]	Happiness training focusing on exercises to achieve a positive psychological state	Positive psychology	Website (emails)	Non described	No	7 weeks	N/A <sup>9</sup>

Study	Intervention description	Type <sup>a</sup>	Primary modality (secondary modalities)	Persuasive tech	Guidance	Length	Adherence <sup>b</sup>
Geraedts et al, 2014 [60]	<i>Happy@Work</i> . 6 weekly sessions including information, examples, and assignments. Weekly assignments submitted to a coach	Cognitive therapy and problem solving	Website (emails)	<i>Tunneling</i> participants unable to start new session until they receive feedback on previous session. <i>Tailoring</i> through individualized feedback from a coach	Yes—coach (feedback on assignments)	6 weeks	26.7% (32/116) completed 6/6 lessons
Grime 2004 [50]	<i>Beating the Blues</i> . Interactive CBT program	CBT	Standalone computer	<i>Tunneling</i> , you complete one module before	No	8 weeks	66.7% (16/24) completed 8/8 sessions

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				starting another Self-monitoring through weekly progress reports			
Heber et al, 2016 [45]	<i>GET.ON Stress</i> Seven sessions (plus optional booster session) including psycho-education, interactive exercises	Transactional model of stress	Website (emails, text messages)	<i>Tailoring</i> through personalized feedback	Yes—coach (feedback on sessions)	7 weeks	70.5% (93/132) completed 7/7 sessions
Imamura et al, 2014 [55]	<i>Internet CBT Program: Useful</i>	CBT	Website (emails)	<i>Tailoring</i> through personalized	Yes—clinical psychologist	6 weeks	64.8% (247/381)



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	<i>mental health solutions series for business</i> Internet CBT using Manga (Japanese comic) story delivered over 6 lessons			feedback	(feedback on assignments)		completed 6/6 sessions
Ly et al, 2014 [61]	Mobile phone stress management intervention, 6 modules, each module has a short audio lecture, plus information and	Acceptance and commitment therapy (ACT)	Mobile phone app (text messages)	<i>Self-monitoring</i> through personal statistics on the app	Yes— therapist (one way text messages)	6 weeks	44.4% (16/36) adhered to intervention for 6/6 weeks

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	exercises						
Phillips et al, 2014 [51]	<i>MoodGYM</i> Interactive Web program, 5 modules, includes exercises, assessments, audio, and a game <sup>i</sup>	CBT	Website	Non described	No (phone calls as part of research only)	5 weeks	28.2% (90/318) considered high users (≥50% of intervention)
Ruwaard et al, 2007 [41]	7 weekly modules delivered via email. Feedback given on homework	CBT	Email	<i>Tailoring</i> of emails sent to participants	Yes— therapist (feedback on assignments)	7 weeks	72.3% (128/177) received treatment (the extent of this is not defined)

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Thiart et al, 2015 [48]	<i>GET.ON Recovery</i> 6 modules with homework. Supported by coaches via email messaging, weekly feedback on exercises	Cognitive behavioral therapy for insomnia (CBT-I)	Website (emails)	Tailoring through feedback on homework <i>Self-monitoring</i> through a recovery diary	Yes—coach (feedback on exercises and answering questions)	6 weeks	95.3% (61/64) completed 6/6 modules
Umanodan et al, 2014 [53]	Computer-based, self-paced stress management training incorporating	Cognitive behavioral techniques	Website (emails)	<i>Self-monitoring</i> of skills	Yes—coordinator (emails sent via the coordinator)	7 weeks	89.4% (127/142) competed all content

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	behavioral, communication and cognitive techniques						

<sup>a</sup>As described by the authors.

<sup>b</sup>Highest level of intervention completion reported by the authors.

<sup>c</sup>Description taken from website moodgym.anu.edu.au.

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