

Supplementary file 1. Search terms

(work* OR	AND	(digital OR	AND	(health OR	AND	(treatment OR
corporate		Mhealth		wellbeing/ well-being)		intervention)
white-collar		web*				
professional		Internet				
labour/labor		ehealth/ e-health				
industrial		Apps				
staff		Computer				
organization/ organisation		Smartphone				
employ*)		online)				

Table 3. Risk of bias summary

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of outcome assessment (detection bias)	Selective reporting (reporting bias)
Bolier, 2014	L	L	U	L
Bostock, 2016	L	L	L	L
Brendryen, 2017	L	L	H	L
Cook, 2007	L	U	U	L
Cook, 2015	L	H	U	L
Deitz, 2014	L	U	U	L
Doumas, 2007	L	U	U	L
Griffiths, 2016	L	U	U	L
Irvine, 2011	L	U	U	L
Ketelaar, 2014	L	U	U	L
Khadjesar, 2014	L	U	H	L
Mainsbridge, 2014	L	H	L	L
Matano, 2006	L	U	U	L
Pedersen, 2014	L	H	U	L
Querstret, 2016	L	L	U	L
Schell, 2008	L	L	U	L
Shimazu, 2005	L	U	U	L
Solenhill, 2016	L	U	U	L
Umanodan, 2014	L	L	U	L
Van der Heuvel, 2003	L	U	U	L
Westrup, 2003	L	U	U	L
Zhang, 2017	L	U	U	L

^a L = low risk of bias, U = unclear risk of bias, H = high risk of bias