

Appendix 1. Searching and screening records

Database

Scopus, MEDLINE with Full Text, CINAHL Plus with Full Text, PsycINFO, PsycARTICLES, PubMed, PMC

Track

Step 1

Scopus

	Searching terms and combinations	Searching field	Limit
	alcohol OR alcohol*	Title, abstract, keywords	Date range (inclusive):
AND	mHealth OR m-Health OR "mobile health" OR "text messag*" OR "short message servic*" OR SMS OR "mobile phone" OR ((mobile OR smartphone OR cellphone) AND (app OR app* OR tech*)) OR "interactive voice response" OR IVR	Title, abstract, keywords	2008 to 2017 Document type: article Language: English
AND	Interventio* OR (treatment AND program*) OR self-* OR "self control" OR "self regulation"	Title, abstract, keywords	
Result			360

MEDLINE with Full Text, CINAHL Plus with Full Text, PsycINFO & PsycARTICLES

	Searching terms and combinations	Searching field	Limit
	alcohol OR alcohol*	Abstract	Date of publication:
AND	mHealth OR m-Health OR "mobile health" OR "text messag*" OR "short message servic*" OR SMS OR "mobile phone" OR ((mobile OR smartphone OR cellphone) AND (app OR app* OR tech*)) OR "interactive voice response" OR IVR	Abstract	January 2008 to December 2017 Source type: academic journals Language: English
AND	Interventio* OR (treatment AND program*) OR self-* OR "self control" OR "self regulation"	Abstract	
Result			628 (Medline 286, PsycINFO 182, CINAHL 146, PsycARTICLES 14)

Pubmed

Search code	Query	Results
#1	Search (alcohol[Title/Abstract] OR alcohol*[Title/Abstract])	304392
#2	Search (mHealth[Title/Abstract] OR m-Health[Title/Abstract] OR "mobile health"[Title/Abstract] OR "text messag*" [Title/Abstract] OR "short message servic*" [Title/Abstract] OR SMS [Title/Abstract] OR "mobile phone"[Title/Abstract] OR ((mobile[Title/Abstract] OR smartphone[Title/Abstract] OR cellphone)[Title/Abstract] AND (app[Title/Abstract] OR apps[Title/Abstract] OR applicatio*[Title/Abstract] OR technology[Title/Abstract] OR technologies))[Title/Abstract] OR "interactive voice response" [Title/Abstract] OR IVR[Title/Abstract])	1669
#3	Search (Intervention[Title/Abstract] OR interventions[Title/Abstract] OR (treatment[Title/Abstract] AND program*[Title/Abstract] OR self-control[Title/Abstract] OR self-regulation[Title/Abstract] OR self-manag*[Title/Abstract] OR self-efficacy[Title/Abstract] OR self-help[Title/Abstract] OR self-monitor[Title/Abstract] OR self-report[Title/Abstract] OR "self control" [Title/Abstract] OR "self regulation"[Title/Abstract])	97883
#4	Search (("journal article"[Publication Type]) AND ("2008/01/01"[Date - Publication] : "2017/12/31"[Date - Publication])) AND "english"[Language]	8487865
1 and 2 and 3 and 4	Search (((("journal article"[Publication Type]) AND ("2008/01/01"[Date - Publication] : "2017/12/31"[Date - Publication])) AND "english"[Language])) AND ((Intervention[Title/Abstract] OR interventions[Title/Abstract] OR (treatment[Title/Abstract] AND program*[Title/Abstract] OR self-control[Title/Abstract] OR self-regulation[Title/Abstract] OR self-manag*[Title/Abstract] OR self-efficacy[Title/Abstract] OR self-help[Title/Abstract] OR self-monitor[Title/Abstract] OR self-report[Title/Abstract] OR "self control" [Title/Abstract] OR "self regulation"[Title/Abstract]))) AND ((mHealth[Title/Abstract] OR m-Health[Title/Abstract] OR "mobile health"[Title/Abstract] OR "text messag*" [Title/Abstract] OR "short message servic*" [Title/Abstract] OR SMS [Title/Abstract] OR "mobile phone"[Title/Abstract] OR ((mobile[Title/Abstract] OR smartphone[Title/Abstract] OR cellphone)[Title/Abstract] AND (app[Title/Abstract] OR apps[Title/Abstract] OR applicatio*[Title/Abstract] OR technology[Title/Abstract] OR technologies))[Title/Abstract] OR "interactive voice response" [Title/Abstract] OR IVR[Title/Abstract]))) AND ((alcohol[Title/Abstract] OR alcohol*[Title/Abstract]))	278

Search code	Query	Results
#1	Search alcohol[Abstract]	44193
#2	Search (mHealth[Abstract] OR m-Health[Abstract] OR "mobile health"[Abstract] OR "text message"[Abstract] OR "text messaging"[Abstract] OR "short message servic*"[Abstract] OR SMS [Abstract] OR "mobile phone"[Abstract] OR ((mobile[Abstract] OR smartphone[Abstract] OR cellphone)[Abstract] AND (app[Abstract] OR apps[Abstract] OR applicatio*[Abstract] OR technology[Abstract] OR technologies))[Abstract] OR "interactive voice response" [Abstract] OR IVR[Abstract])	6412
#3	Search (Intervention[Abstract] OR interventions[Abstract] OR (treatment[Abstract] AND (program[Abstract] OR programme))[Abstract] OR self-control[Abstract] OR self-regulation[Abstract] OR self-manag*[Abstract] OR self-efficacy[Abstract] OR self-help[Abstract] OR self-monitor[Abstract] OR self-report[Abstract] OR "self control" [Abstract] OR "self regulation"[Abstract])	53881
#4	Search ("2008/01/01"[Publication Date] : "2017/12/31"[Publication Date])	2899881
1 and 2 and 3 and 4	Search (((("2008/01/01"[Publication Date] : "2017/12/31"[Publication Date])) AND alcohol[Abstract]) AND ((mHealth[Abstract] OR m-Health[Abstract] OR "mobile health"[Abstract] OR "text message"[Abstract] OR "text messaging"[Abstract] OR "short message servic*"[Abstract] OR SMS [Abstract] OR "mobile phone"[Abstract] OR ((mobile[Abstract] OR smartphone[Abstract] OR cellphone)[Abstract] AND (app[Abstract] OR apps[Abstract] OR applicatio*[Abstract] OR technology[Abstract] OR technologies))[Abstract] OR "interactive voice response" [Abstract] OR IVR[Abstract]))) AND ((Intervention[Abstract] OR interventions[Abstract] OR (treatment[Abstract] AND (program[Abstract] OR programme))[Abstract] OR self-control[Abstract] OR self-regulation[Abstract] OR self-manag*[Abstract] OR self-efficacy[Abstract] OR self-help[Abstract] OR self-monitor[Abstract] OR self-report[Abstract] OR "self control" [Abstract] OR "self regulation"[Abstract]))	32

Post-hoc searching from Journal of Medical Internet Research and its sister journals

	alcohol OR alcohol*	Abstract
AND	mobile OR SMS OR App OR IVR	Abstract
AND	Intervention OR self OR self-*	Abstract
AND	From 2008.01.01 to 2017.12.31	Publish date
Results		47

Total publications retrieved: 360+628+278+32+47=1345

Step 2.0

Excluding duplicates = 828

Record number of papers = 517

Step 3.0

Review titles and abstracts

Exclude papers = 476

Record number of papers = 41

Step 4.0

Review whole papers

Exclude papers = 20

Record number of papers = 21

Record number of studies = 19