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Mode of Delivery

	Automated Functions			Communicative Functions			Supplementary Modes of Communication					
	Instinctive functions embedded within the programme			Functions which provide the opportunity for connection or communication with another person			Additional modes of delivering the intervention content					
Author, Year of Publication **Intervention Name**	a) The use of an enriched information environment	b) Automated tailored feedback based on individual progress monitoring	c) Automated follow up messages	a) Access to an advisor to request advice (e.g. 'ask the expert facility', expert led discussion, or chat session.	b) Scheduled contact with advisor (e.g. appointment or scheduled emails)	c) peer-to-peer access (e.g. buddy systems, peer-to-peer discussion boards)	a) email	b) telephone	c) short messaging service (SMS)	d) CD-ROM	e) videoconferencing	f) Other
* No identifiable mode of delivery as per these criteria identifiable from text description in paper												
Websites												
Seitz et al., 2014a; Seitz et al., 2014b Onco-STEP		■										
Phelps et al., 2016 C:EVOLVE												■
Lai et al., 2015 SyMon-SAYS	■		■		■		■	■				
Kunin-Batson et al., 2016												■
Knijnenberg et al., 2013*												
Hardy et al., 2011 Captain's Log								■				
Berg et al., 2014 No study name		■										
Blaauwbroek et al., 2011 No study name	■											■
Cantrell & Conte 2009 Hope Intervention Programme (HIP)				■	■	■					■	

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Emmons et al., 2013 Partnership for Health 2 (PFH-2)	■	■		■			■					
Gonzalez-Morkos et al., 2014 TI webcast						■		■			■	
Griffiths et al., 2015 Realshare	■			■		■	■	■				
Huang et al., 2014 Fit4Life	■		■	■	■			■	■			
McLaughlin et al., 2011 LIFE Community	■		■			■			■			
Rabin et al., 2011 Step into Motion (SIM) website	■	■	■	■		■	■					
Suzuki & Beale 2006 No study name										■		■
Valle et al., 2013; Valle et al., 2015 FITNET	■	■	■	■	■	■						
Wiklander et al., 2017 Fex-Can	■		■	■	■		■					

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Winterling et al., 2016 Fex-Can												
Wu et al., 2012* Electronic Self-report Assessment Cancer (ESRA-C)												
Mobile Applications												
Baggott et al., 2012 mOST												
Macpherson et al., 2014; Ameringer et al., 2015 C-SCAT												
Rodgers et al., 2013 & Rodgers et al., 2014 EAT!												
Jibb et al., 2017 PainSquad+												
Stinson et al., 2013; Stinson et al., 2015a; Stinson et al., 2015b Pain Squad												
Other (Social Media, PC game, video, CD-ROM, Wearable, Virtual Reality, Computer Program, e-Mail)												

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* No identifiable mode of delivery as per these criteria identifiable from text description in paper												
Valle et al., 2013; Valle et al., 2015 FITNET				■							■	
Mendoza, 2017		■			■	■			■			
Kesler et al., 2011							■					
Jones et al., 2010 Conquering Cancer Network	■	■								■		
Hooke et al., 2016 Fitbit			■	■				■	■			
Gilliam et al., 2011					■	■						
Donovan et al., 2014						■						
Akard et al., 2015*												
Beale et al., 2007; Kato et al., 2008 Re-Mission												■
Burns et al., 2009* TMV												

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Sander Wint et al., 2002* Virtual reality glasses												