

Additional Table 1. Type of intervention and outcomes

	Web-based	Patient portal	Phone application	Virtual reality	Email	Text message	Online chat	Teleconsultation	Depression outcomes	Anxiety outcomes	Other mental health outcomes
CHRONIC DISEASES CLUSTER											
Hedman, 2012 (23)	X								+++	+++	NR
Eccleston, 2019 (19)	X	X						X	=	=	NR
van Beugen, 2014 (42)	X	X	X	X	X	X			+	=	=
Vugts, 2018 (43)	X				X	X	X	X	+	NR	NR
Charova 2015 (16)	X								+	NR	NR
Palacios, 2017 (36)	X	X	X	X					+	NR	NR
McCombie, 2015 (31)	X								+	+	NR
Beatty 2013 (14)	X	X	X					X	+	+	NR
Toivonen, 2017(40)	X				X		X		+	+	NR
Mehta, 2018 (33)	X				X				++	+	NR
Mikolasek, 2018 (34)	X								+	+	NR
Paul, 2013 (37)	X						X		+	+	+/-
Clari, 2020 (18)								X	=	=	NR
CANCER POPULATION CLUSTER											
Chen, 2018 (17)	X							X	+++	+	+
McCaughan, 2017 (30)	X	X			X		X		=	+	NR
Wang, 2020 (44)	X	X			X				+	++	NR
Zeng, 2019 (46)				X					=	=	NR
Kim, 2015 (24)	X				X	X	X	X	+	+	+
Kim, 2017 (25)	X							X	=	=	NR
Lin, 2020 (27)	X	X			X	X			+/-	+/-	NR
Qan'ir, 2019 (38)	X	X					X		+/-	+/-	NR
Forbes, 2019 (21)	X				X		X		+	NR	+
Fridriksdottir, 2017 (22)	X				X				+/-	+/-	+/-
Bouma 2015 (15)	X								+/-	+/-	+/-
Ugalde, 2015 (41)	X								NR	NR	+
Agboola 2015 (12)	X	X	X		X	X	X	X	=	+/-	+/-
Bartolo 2019 (13)	X				X			X	+	NR	+
YOUTH AND CHILDREN CLUSTER											
Fisher, 2019 (20)	X	X							+	+	NR
Tang, 2018 (39)	X								+	+++	NR
McGar, 2019 (32)	X								+/-	+	+
Lopez-Rodriguez, 2020 (28)		X	X						+	+	NR
MENTAL HEALTH POPULATION											
MayoWilson, 2013 (29)	X				X	X		X	NR	++	NR
Olthuis, 2016 (35)	X	X			X		X		NR	++	NR
Wickersham, 2019 (45)		X							NR	NR	=
Lewis, 2018 (26)	X								++	+	++

NOTE: NR: not reported, + : small effect size or improvement without a report on effect size; ++ : moderate effect size ; +++ : large effect size; +/- : mixed effect ; = : no difference.