## Supplementary figures S6. Forest plots for changes in anxiety, depression and quality of life.

## Anxiety

	mHealth			Control				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Dorje T et al, 2019	2.5	3.1	134	2.8	3.2	131	44.0%	-0.09 [-0.34, 0.15]	
Skobel E et al., 2017	19.3	1.9	19	19.2	3.2	42	8.7%	0.03 [-0.51, 0.58]	
Snoek et al., 2021	3.2	3.2	59	4.2	3.9	59	19.4%	-0.28 [-0.64, 0.08]	
Yudi MB et al., 2020	8.4	7.2	83	8.2	6.8	85	27.9%	0.03 [-0.27, 0.33]	
Total (95% CI)			295			317	100.0%	-0.08 [-0.24, 0.07]	-
Heterogeneity: Tau² = Test for overall effect: J				= 3 (P =	0.61)	); <b>I²</b> = 0°	⊢ -1	-0.5 0 0.5 1 Favours [mHealth] Favours [Control]	

## Depression

	mHealth			Control				Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI		
Dorje T et al, 2019	2.9	3	134	3.6	3.8	131	30.3%	-0.20 [-0.45, 0.04]			
Fang J et al., 2018	57.8	17.4	33	50.6	26.7	34	13.6%	0.31 [-0.17, 0.80]			
Skobel E et al., 2017	16.6	1.1	19	16.6	1.8	42	11.4%	0.00 [-0.54, 0.54]			
Snoek et al., 2021	2.3	2.9	59	3	3.4	59	20.1%	-0.22 [-0.58, 0.14]			
Yudi MB et al., 2020	68.5	25.1	83	64.2	25.4	85	24.5%	0.17 [-0.13, 0.47]	+		
Total (95% CI)			328			351	100.0%	-0.02 [-0.23, 0.19]	•		
Heterogeneity: Tau <sup>2</sup> =	0.02; Ch	i² = 6.6	66, df=	4 (P = 0	.16); P	= 40%	Ļ.				
Test for overall effect: 2							-2	-1 U 1 2 Favours [mHealth] Favours [Control]			

## Quality of life. General

	m	Health		С	ontrol			Std. Mean Difference		Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI		
Hong et al., 2021	87.67	4.25	30	87.73	7.03	30	6.6%	-0.01 [-0.52, 0.50]				
Johnston N et al., 2016	82.7	11.6	80	78.2	15.3	71	11.9%	0.33 [0.01, 0.65]				
Lunde P et al., 2020	78	16	48	75	12	54	9.5%	0.21 [-0.18, 0.60]				
Maddison R et al., 2019	0.89	0.13	65	0.92	0.09	69	11.2%	-0.27 [-0.61, 0.07]				
Piotrowicz E et al., 2019	91.2	12.8	417	88.9	14.4	416	21.4%	0.17 [0.03, 0.30]		_ <b></b>		
Skobel E et al., 2017	76.3	15	19	74.5	12.9	42	5.9%	0.13 [-0.41, 0.67]				
Snoek et al., 2021	5.9	0.8	59	5.8	0.9	59	10.4%	0.12 [-0.24, 0.48]				
Sulet al., 2021	5.9	0.58	66	5.58	0.76	58	10.5%	0.47 [0.12, 0.83]			_	
Yudi MB et al., 2020	77	14.4	83	79.8	16.1	85	12.6%	-0.18 [-0.49, 0.12]				
Total (95% CI)			867			884	100.0%	0.11 [-0.04, 0.26]		•		
Heterogeneity: Tau <sup>2</sup> = 0.02	2; Chi <b>=</b> =	15.20		<b>I</b>								
Test for overall effect: Z = 1	1.46 (P =	= 0.15)							-1	-0.5 0 0.5 Favours [Control] Favours [mHealth]	1	