## PubMed

### Searchstrings:

**# Depression**

"Depression"[Mesh] OR "Depressive Disorder"[Mesh] OR “depress\*”[tiab] OR “dysthymi\*”[tiab] OR “mood disorder\*”[tiab] OR “affective disorder\*”[tiab] OR “dysphoric disorder\*”[tiab]

**#Anxiety**

“Anxiety disorders” [Mesh] OR "Anxiety"[Mesh] OR "Fear"[Mesh] OR "shyness"[MeSH Terms] OR shyness[tiab] OR shy[tiab] OR “anxiet\*”[tiab] OR “agoraphobi\*”[tiab] OR “panic”[tiab] OR “social phobi\*”[tiab] OR “phobi\*”[tiab] OR “obsessive-compulsive”[tiab] OR “neurotic disorder\*”[tiab] OR “hoarding\*”[tiab] OR “OCD”[tiab] OR “neurotic anxiet\*”[tiab] OR “anxious\*”[tiab] OR “emotional disorder\*”[tiab] OR fear[tiab] OR worry[tiab] OR worrying[tiab] OR worries[tiab] OR GAD[tiab] OR Arachnophobia[tiab] OR Ophidiophobia[tiab] OR Acrophobia[tiab] OR Cynophobia[tiab] OR Claustrophobia[tiab] OR Mysophobia[tiab] OR Aerophobia[tiab] OR Trypophobia[tiab] OR Carcinophobia[tiab] OR Thanatophobia[tiab] OR Glossophobia[tiab] OR Monophobia[tiab] OR Ornithophobia[tiab] OR Alektorophobia[tiab] OR Trypanophobia[tiab] OR Anthropophobia[tiab] OR Aquaphobia[tiab] OR Autophobia[tiab] OR Hemophobia[tiab] OR Xenophobia[tiab] OR Ailurophobia[tiab] OR Nyctophobia[tiab] OR Phobophobia[tiab] OR Philophobia[tiab] OR Triskaidekaphobia[tiab] OR Emetophobia[tiab] OR Entomophobia[tiab] OR Zoophobia[tiab] OR Scelerophobia[tiab] OR Cibophobia[tiab] OR Tokophobia[tiab] OR Pseudodysphagia[tiab] OR Gerascophobia[tiab] OR Technophobia[tiab] OR Ergophobia[tiab] OR Coulrophobia [tiab] OR Photophobia[tiab] OR Numerophobia[tiab] OR Taphophobia[tiab]

**# Psychological interventions**

“Psychotherapy”[Mesh] OR “Counseling”[Mesh] OR psychotherap\*[Tiab] OR cbt[Tiab] OR counselling[Tiab] OR counseling[Tiab] OR “Eye Movement Desensitization Reprocessing”[tiab] OR “Eye Movement Desensitization and Reprocessing”[tiab] OR “Eye Movement Desensitisation Reprocessing”[tiab] OR “Eye Movement Desensitisation and Reprocessing”[tiab] OR EMDR[tiab] OR “Bibliotherap\*”[tiab] OR mindfulness[Tiab] OR “Autogenic Training”[tiab] OR Logotherap\*[tiab] OR "cognitive restructuring"[Tiab] OR "self-control training\*"[Tiab] OR "assertiveness training"[Tiab] OR ((“therapy”[SubHeading] OR therap\*[Tiab] OR “Therapeutics”[Mesh] OR treatment\*[Tiab] OR intervention\*[tiab]) AND (“brief psychodynamic”[Tiab] OR “short psychodynamic”[tiab] OR "problem-solving"[Tiab] OR "compassion-focused"[Tiab] OR "compassion-focussed"[Tiab] OR “compassion-based”[tiab] OR constructivist\*[Tiab] OR metacognitive[tiab] OR “meta-cognitive”[Tiab] OR "solution-focused"[Tiab] OR "solution-focussed"[Tiab] OR "self-control”[Tiab] OR psychosocial[tiab] OR “peer support“[tiab] OR “task-shifted”[tiab] OR Relaxation[tiab] OR “dialectical behavior”[tiab] OR “emotion-focused”[tiab] OR narrative[tiab] OR “person-centred”[tiab] OR “person-centered”[tiab] OR “Narrative”[tiab] OR “meaning-centered”[tiab] OR “humanistic”[tiab] OR “client-centered”[tiab] OR “meaning-centred”[tiab] OR “client-centred”[tiab] OR “Rogerian”[tiab] OR “Nondirective”[tiab] OR “Non-directive”[tiab] OR “Supportive”[tiab] OR “Life review”[tiab] OR "acceptance and commitment"[Tiab] OR (“schema”[tiab] AND brief[tiab]) OR (“gestalt”[tiab] AND brief[tiab]))) OR "behavior therap\*"[Tiab] OR "behaviors therap\*"[Tiab] OR "behavioral therap\*"[Tiab] OR "behaviour therap\*"[Tiab] OR "behaviours therap\*"[Tiab] OR "behavioural therap\*"[Tiab] OR "cognition therap\*"[Tiab] OR “cognitive therap\*”[tiab] OR "behavior treatment\*"[Tiab] OR "behaviors treatment\*"[Tiab] OR "behavioral treatment\*"[Tiab] OR "behaviour treatment\*"[Tiab] OR "behaviours treatment\*"[Tiab] OR "behavioural treatment\*"[Tiab] OR "cognition treatment\*"[Tiab] OR “cognitive treatment\*”[tiab] OR "behavior intervention\*"[Tiab] OR "behaviors intervention\*"[Tiab] OR "behavioral intervention\*"[Tiab] OR "behaviour intervention\*"[Tiab] OR "behaviours intervention\*"[Tiab] OR "behavioural intervention\*"[Tiab] OR "cognition intervention\*"[Tiab] OR “cognitive intervention\*”[tiab] OR "behavior activation\*"[Tiab] OR "behaviors activation\*"[Tiab] OR "behavioral activation\*"[Tiab] OR "behaviour activation\*"[Tiab] OR "behaviours activation\*"[Tiab] OR "behavioural activation\*"[Tiab] OR exposure[tiab]

**# Internet-based**

"Telemedicine"[Mesh] OR "Mobile Applications"[Mesh] OR "Social Media"[Mesh] OR "Therapy, Computer-Assisted"[Mesh:NoExp] OR "Drug Therapy, Computer-Assisted"[Mesh:NoExp] OR "Telecommunications"[Mesh:NoExp] OR "Electronic Mail"[Mesh] OR "Videoconferencing"[Mesh] OR "Cell Phone"[Mesh] OR "Distance Counseling"[Mesh] OR “Wearable Electronic Devices”[Mesh] OR telehealth[tiab] OR “tele-health”[tiab] OR telepsychology[tiab] OR “tele-psychology”[tiab] OR telepsychiatry[tiab] OR “tele-psychiatry”[tiab] OR “tele-therap\*”[tiab] OR teletherap\*[tiab] OR “tele-medicine”[tiab] OR telemedicine[tiab] OR telecare[tiab] OR “tele-care”[tiab] OR telecommunicat\*[tiab] OR “tele-communicat\*”[tiab] OR teleconference\*[tiab] OR “tele-conferenc\*”[tiab] OR videoconferenc\*[tiab] OR “video-conferenc\*”[tiab] OR computer\*[tiab] OR electronic\*[tiab] OR digital\*[tiab] OR ehealth[tiab] OR “e-health”[tiab] OR “e-treat\*”[tiab] OR “e-therap\*”[tiab] OR mhealth[tiab] OR “m-health”[tiab] OR “internet-based\*”[tiab] OR “internet treat\*”[tiab] OR “internet intervention\*”[tiab] OR “internet counsel\*”[tiab] OR “distance counsel\*”[tiab] OR “web-based\*”[tiab] OR cybercounsel\*[tiab] OR “cyber-counsel\*”[tiab] OR “online treat\*”[tiab] OR “online therap\*”[tiab] OR “online intervention\*”[tiab] OR “online prevention\*”[tiab] OR “online counsel\*”[tiab] OR “text-messag\*”[tiab] OR textmessag\*[tiab] OR SMS[tiab] OR texting\*[tiab] OR “short message service\*”[tiab] OR mobile\*[tiab] OR smartphone\*[tiab] OR “cell-phone\*”[tiab] OR cellphone\*[tiab] OR “cellular phone\*”[tiab] OR blended\*[tiab] OR “software app\*”[tiab] OR “handheld device\*”[tiab] OR “hand held device\*”[tiab] OR iPad\*[tiab] OR iPhone\*[tiab] OR email\*[tiab] OR “e-mail\*”[tiab] OR sensor\*[tiab] OR wearable\*[tiab] OR “social media\*”[tiab] OR “social network\*”[tiab] OR “e-counsel\*”[tiab] OR ecounsel\*[tiab] OR palmtop\*[tiab] OR telephone\*[tiab] OR WhatsApp[tiab] OR Twitter[tiab] OR Facebook[tiab] OR Instagram[tiab] OR forum[tiab] OR chat\*[tiab] OR “virtual reality\*”[tiab] OR avatar\*[tiab] OR “Conversational agent\*”[tiab] OR “virtual coach”[tiab] OR “virtual agent\*”[tiab] OR “embodied agent\*”[tiab] OR “relational agent\*”[tiab] OR “interactive agent\*”[tiab] OR “virtual character\*”[tiab] OR “virtual human\*”[tiab] OR “virtual assistant\*”[tiab] OR VR[tiab] OR “serious game\*”[tiab] OR “serious gaming”[tiab] OR gamification[tiab]

**# Trials/ SR/ Meta-analysis**

"Meta-Analysis" [Publication Type] OR "Meta-Analysis as Topic"[Mesh] OR metaanaly\*[tiab] OR meta-analy\*[tiab] or metanaly\*[tiab] OR "Systematic Review" [Publication Type] OR systematic[sb] OR meta-analysis[Filter] OR systematicreview[Filter] OR "Cochrane Database Syst Rev"[Journal] or prisma[tiab] OR “preferred reporting items”[tiab] OR prospero[tiab] OR ((systemati\*[ti] OR umbrella[ti] OR “structured literature”[ti]) AND (review[ti] OR overview[ti])) OR “systematic review”[tiab] OR “umbrella review”[tiab] OR “structured literature review”[tiab] OR “systematic qualitative review”[tiab] OR “systematic quantitative review”[tiab] OR “systematic search and review”[tiab] OR “systematized review”[tiab] OR “systematised review”[tiab] OR “systemic review”[tiab] OR “systematic literature review”[tiab] OR “systematic integrative literature review”[tiab] OR “systematically review”[tiab] OR “scoping literature review”[tiab] OR “scoping review”[tiab] OR “systematic critical review”[tiab] OR “systematic integrative review”[tiab] OR “systematic evidence review”[tiab] OR “systematic integrative literature review”[tiab] OR “systematic mixed studies review”[tiab] OR “systematized literature review”[tiab] OR “systematic overview”[tiab] OR “Systematic narrative review”[tiab] OR “narrative review”[tiab] OR metasynthes\*[tiab] OR meta-synthes\*[tiab] OR “Randomized Controlled Trial”[pt] OR “Randomized Controlled Trials as Topic”[Mesh] OR “Random allocation” [Mesh] OR “Double-blind method”[Mesh] OR “Single-blind method”[Mesh] OR random[tiab] OR randomly[tiab] OR randomised[tiab] OR randomized[tiab] OR randomising[tiab] OR randomizing [tiab] OR ((singl\*[tiab] OR doubl\*[tiab] OR trebl\*[tiab] OR tripl\*[tiab]) AND (mask\*[tiab] OR blind\*[tiab] OR dumm\*[tiab])) OR RCT[tiab] OR "Clinical Trials as Topic"[Mesh] OR “Clinical Trial”[pt] OR “clinical trial\*”[tiab] OR “Controlled Clinical Trial”[pt] OR “controlled trial\*”[tiab]

**# Publication type**

NOT ("Comment" [Publication Type] OR "Letter" [Publication Type] OR "Editorial" [Publication Type] OR (("Animals"[Mesh] OR "Models, Animal"[Mesh]) NOT "Humans"[Mesh]))