**Appendix 1. Bibliography of final studies.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| No. | Year | Journal | Indexed databases | Study type | Targeted Disorder | Number of final articles | Reference |
| 1 | 2020 | international journal of environmental research and public health | PubMed, Scopus, Embase | Systematic review | Mental health disorders  | 10 | (Ashfaq et al. 2020) |
| 2 | 2016 | Journal of Medical Internet Research (JMIR) | PubMed, Scopus, Embase | Systematic review | Psychiatric conditions and substance abuse disorders | 36 | (Berrouiguet et al. 2016) |
| 3 | 2021 | Journal of Medical Internet Research (JMIR) | PubMed, Scopus, Embase | Scoping review | self-harm | 36 | (Cliffe et al. 2021) |
| 4 | 2020 | international journal of environmental research and public health | PubMed, Scopus, Embase | Scoping review | Perinatal depression  | 12 | (Dosani et al. 2020) |
| 5 | 2021 | Journal of Behavioral Medicine | PubMed, Scopus | Systematic review | peripartum mood disorder | 9 | (Feldman et al. 2021) |
| 6 | 2017 | mhealth | PubMed, Scopus | Systematic review | psychotic disorders | 7 | (Gire et al. 2017) |
| 7 | 2022 | Journal of Medical Internet Research (JMIR) | PubMed, Scopus, Embase | Systematic review | anxiety, sleep disturbance, anger, pain, fatigue, digestive disturbance, decision conflict, decision regret, and body image distress | 33 | (Kruse et al. 2022) |
| 8 | 2015 | Journal of mental health | PubMed, Scopus, Embase | Scoping review | schizophrenia, schizoaffective disorder, psychosis, or bipolar disorder | 46 | (Naslund et al. 2015) |
| 9 | 2022 | BMJ open | PubMed, Scopus, Embase | Systematic review | Psychosocial health | 44 | (Sakamoto et al. 2022) |
| 10 | 2018 | JMIR Mental Health | PubMed, Scopus | Systematic review | depression, anxiety, sleep disorders, psychotic disorders, stress, and panic disorders. | 35 | (Seppälä et al. 2019) |
| 11 | 2020 | Journal of Telemedicine and Telecare | PubMed, Scopus | Systematic review | postpartum depression (PPD) | 11 | (Zhou et al. 2022) |

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