**SUPPLEMENTARY MATERIAL**

**Appendix 1. Search string**

(Depress\* OR mood OR Bipolar OR Dysthymi\* OR mani\* OR anxi\* OR Stress\* OR Phobi\* OR Panic\*  
OR agoraphobi\* OR social anxi\* OR generali\* anxi\* OR GAD OR OCD OR obsess\* compus\* OR PTSD OR post-traumatic stress OR health anxiety OR hypochondria OR alcohol OR ethanol OR nicotine OR smoking OR tobacco OR self-harm OR suici\* OR sleep disturbance OR sleep problem OR insomnia OR sleep disorder)   
AND   
(Internet\* OR web\* OR computer\* OR online)  
AND   
cost\* OR economic

Limits: Human, randomized trials, English, peer-reviewed journal, journal article (excluding