

<u>Study ID</u>	<u>D1</u>	<u>D2</u>	<u>D3</u>	<u>D4</u>	<u>D5</u>	<u>Overall</u>	
Amadéo et al., (2015)	+	!	+	-	!	-	+
Batterham et al., (2018)	+	+	+	+	+	+	!
Beautrais et al., (2010)	-	+	+	+	+	-	-
Bush et al., (2017)	+	!	+	!	!	!	D1 Randomisation process
Carter et al., (2005)	+	+	+	+	+	+	D2 Deviations from the intended interventions
Cederke et al., (2002)	+	!	+	+	+	!	D3 Missing outcome data
Christensen et al., (2013)	+	+	+	-	+	-	D4 Measurement of the outcome
Comtois et al., (2019)	+	!	+	+	+	!	D5 Selection of the reported result
De Jaegere et al., (2019)	+	+	-	+	+	-	
Evans et al., (1999)	+	+	+	+	!	!	
Franklin et al., (2016)	!	+	!	-	+	-	
Guille et al., (2015)	+	+	+	!	!	!	
Hassanian-Moghaddam et al., (2011)	+	+	+	+	+	+	
Hetrick et al., (2017)	!	-	-	+	+	-	
Hill et al., (2019)	+	!	+	-	!	-	
Hooley et al., (2018)	+	!	+	+	+	!	
Kasckow et al., (2016)	!	-	+	-	!	-	
Luxton et al., (2020)	-	+	+	+	+	-	
Motto et al., (2001)	!	+	+	+	!	!	
Mouaffak et al., (2015)	+	!	+	+	!	!	
Mousavi et al., (2001)	!	!	+	+	!	!	
Niederkrotenthaler et al., (2020)	+	+	+	+	+	+	
O'Conner et al., (2017)	+	+	+	+	+	+	
Robinson et al., (2012)	!	!	+	-	+	-	
Rodante et al., (2020)	!	+	+	!	!	!	
Tighe et al., (2017)	+	!	!	-	+	-	
van Spijker et al., (2014)	+	!	-	+	!	-	
Van Spijker et al., (2018)	+	!	-	-	+	-	
Vavia et al., (2006)	+	+	+	+	+	+	
Vavia et al., (2018)	+	+	+	+	+	+	
Wei et al., (2013)	!	+	!	+	+	!	
Wilks et al., (2018)	!	!	+	+	+	!	
Wilksch et al., (2019)	+	+	+	+	+	+	

GRADE

Outcome	No. of independent studies	Study design	Risk of bias ¹	Inconsistency	Indirectness	Imprecision	Other considerations	Pooled SMD (95% CI) for subgroup ²	Certainty
Suicide Ideation	27	RCT	serious	Not serious	Not serious	Not serious		-0.175 [-0.24;-0.107]	⊕⊕⊕○ MODERATE
Suicide Attempts	8	RCT	Not serious	Not serious	Not serious	Not serious		-0.07[-0.131;-0.014]	⊕⊕⊕⊕ High
Suicide	1	RCT	Not serious	Not serious	Not serious	serious	One follow up study included; with large sample and long follow up period	NA	⊕⊕⊕○ MODERATE
Deliberate Self Harm	5	RCT	serious	Not serious	Not serious	Not serious		-0.06 [-0.11;-0.01]	⊕⊕⊕○ MODERATE
Deliberate Self Poisoning	1	RCT	Not serious	Not serious	Not serious	serious		NA	⊕⊕⊕○ MODERATE
Suicide Planning	6	RCT	serious	Not serious	Not serious	Not serious		-0.1829 [-0.3567; -0.0091]	⊕⊕⊕○ MODERATE
Suicidal Thoughts	1	RCT	serious	NA	Not serious	serious		NA	⊕⊕○○ Low
Suicidal Event	1	RCT	Not serious	NA	Not serious	Not serious	One follow up study, with large sample	NA	⊕⊕⊕○ MODERATE
Self Harm	3	RCT	Not serious	Not serious	Not serious	Not serious		-0.01 [-0.067;0.049]	⊕⊕⊕⊕ High
NSSI	3	RCT	serious	Not serious	Not serious	serious	Only in one study with 3 independent sub-samples, with very small sample sizes	-0.095 [-0.31; 0.119]	⊕⊕○○ Low
Suicidal Behaviour	1	RCT	serious	NA	Not serious	serious		NA	⊕⊕○○ Low

1 Estimated based on RoB-II average: Which was estimated conservatively.

2 Due to Data Limitations, Analysis were conducted using Hedges Olkin Analysis on study level aggregated Data.

Table 2. Overview of independent studies and their sample characteristics

Authors	N (TG/ CG)	Age M(SD)	Female %	Country	Included Outcomes	Follow-up	Intervention Type
Amadeo et al. (2015)	190 (100/90)	32	64	PYF	suicide attempts, completed suicides	NA	Phone calls
Batterham (2018)	194 (118/76)	NA	86	AUS	Suicide ideation	At 12 weeks	Online module program
Beautrais et al. (2010)	327 (153/174)	33.8	66	NZL	deliberate self- harm	NA	6 Postcards
Bush et al. (2017)	118 (58/60)	47	32	USA	Suicide ideation	NA	Smartphone App
Carter et al. (2005)	772 (378/394)	38.7	68	AUS	deliberate self- poisoning	2 and 5 years later (Carter et al., 2007; Carter et al., 2013)	8 postcards
Cedereke et al. (2002)	216 (107/109)	41	66	SWE	suicide ideation, suicide attempts	After 17 weeks	Telephone calls
Christensen et al. (2013)	155 (TG1=38; TG2=45; TG3=37; /35)	41.49	81.9	AUS	suicide ideation	After 24 weeks	Web-based Cognitive Behaviour Therapy
Comtois et al. (2019)	658 (329/328)	25.2	18	USA	suicide ideation, suicide attempts	NA	11 Text Messages
De Jaegere et al. (2019)	724	59.4	35.7	BEL	suicidal thoughts	After 6 weeks	Unguided

Authors	N (TG/ CG)	Age M(SD)	Female %	Country	Included Outcomes	Follow-up	Intervention Type
	(365/359)						online self-help intervention
Evans et al. (1999)	827 (417/410)	33.5	55	GBR	deliberate self-harm	26 weeks later (Evans et al., 2005)	crisis card & 24h telephone support
Franklin et al. (2016)				USA & EU	Non suicidal self-injury, deliberate self-harm, suicidal behavior, Suicide ideation, suicide plans	2 weeks	Mobile App
Study 1	114 (55/59)	23.02	80.77				
Study 2	131 (62/69)	22.9	74.1				
Study 3	163 (75/84)	24.5	58.6				
Guille et al. (2015)	199 (100/99)	25.2	49.3	USA	Suicide ideation	NA	Online CBT
Hassanian-Moghaddam et al. (2011)	2113 (1043/1070)	24.1	66.4	IRN	suicide ideation , deliberate self-poisoning, self – harm, suicide attempts,	52 weeks later (Hassanian-Moghaddam et al., 2015)	Postcards
Hetrick et al. (2017)	50 (26/24)	14.7	82	AUS	suicide ideation	12 weeks later	Online CBT
Hill & Pettit (2019)	80 (40/40)	16.67	68.8	USA	suicide ideation	6 weeks	Online program
Hooley et al. (2018)	144 (TG1= 49 TG2=49)	25.63	85.4	USA	suicide ideation, suicide plans	4 and 8 weeks	Online daily diary

Authors	N (TG/ CG)	Age M(SD)	Female %	Country	Included Outcomes	Follow-up	Intervention Type
	/46)						
Kasckow et al. (2016)	32 (16/16)	51.1	6	USA	suicide ideation	NA	Health Buddy System
Luxton et al. (2019)	1318 (652/666)	32	24	USA	suicide ideation Suicide mortality	NA	13 caring emails
Motto & Bostrom (2001)	843 (389/454)	34	56	USA	suicide rates	522 weeks	Short letters
Mouaffak et al. (2015)	320 (160/160)	39	73.5	FRA	suicide attempts	NA	resource card, phone calls
Mousavi et al. (2014)	139 (69/70)	NA	64	IRN	Suicide ideation Suicide reattempts	NA	7 Telephone calls
Niederkrotenthaler et al. (2020)	266 (TG1=86 TG2=90 /90)	34	73	AUT	Suicide risk	1 week later	Newspaper articles
O`Connor et al. (2017)	518 (259/259)	36	63	GBR	self – harm	NA	volitional helpsheet
Robinson et al. (2012)	165 (81/83)	18.6	62	AUS	Suicide ideation suicide-related behavior, deliberate self – harm	26 weeks later	12 postcards
Rodante et al. (2020)	18 (9/9)	30	81	ARG	suicide ideation, suicide plans	4 weeks later	Mobile App- DBT
Tighe et al. (2017)	61	26	64	AUS	Suicide ideation	NA	acceptance-

Authors	N (TG/ CG)	Age M(SD)	Female %	Country	Included Outcomes	Follow-up	Intervention Type
	(31/30)						based therapy App
Vaiva et al. (2006)	605 (TG1=147 TG2=146 /312)	36	73.2	FRA	deliberate self- poisoning, suicide attempts, death by suicide	9 oder 11 mo	Telephone calls
Vaiva et al. (2018)	949 (461/488)	38.7	64.8	FRA	Suicide reattempts	NA	Postcards and Telephone
van Spijker et al. (2014)	236 (116/120)	41	66.1	NLD	suicidal thoughts	NA	Online module- based program
van Spijker et al. (2018)	418 (207/211)	41	77.3.	AUS	suicidal thoughts	52 weeks	Online module- based program
Wei et al. (2012)	239 (TG1 =82 TG2= 80 CG=77)	33	76	PRC	Suicide attempts	40 weeks	12 telephone calls
Wilks et al. (2018)	59 (30/29)	38	69.5.	AUS	Suicide ideation	At 5 and 9 weeks	Online DBT skills training
Wilksch et al. (2019)	316 (122/194)	21	100	AUS & NZL	suicide ideation	26 and 52 weeks	Online module- based program