

Appendix 1. List of the Included Studies

- A1. Dear BF, Fogliati VJ, Fogliati R, Johnson B, Boyle O, Karin E, et al. Treating anxiety and depression in young adults: a randomised controlled trial comparing clinician-guided versus self-guided Internet-delivered cognitive behavioural therapy. *Australian & New Zealand Journal of Psychiatry*. 2018;52(7):668-679. <https://doi.org/10.1177/0004867417738055>
- A2. Ip P, Chim D, Chan KL, Li TM, Ho FKW, Van Voorhees BW, et al. Effectiveness of a culturally attuned Internet-based depression prevention program for Chinese adolescents: a randomized controlled trial. *Depression and Anxiety*. 2016;33(12):1123-1131. <https://doi.org/10.1002/da.22554>
- A3. Moeini B, Bashirian S, Soltanian AR, Ghaleiha A, Taheri M. Examining the effectiveness of a web-based intervention for depressive symptoms in female adolescents: applying social cognitive theory. *Journal of Research in Health Sciences*. 2019;19(3):e00454.
- A4. Srivastava P, Mehta M, Sagar R, Ambekar A. Smartteen- a computer assisted cognitive behavior therapy for Indian adolescents with depression- a pilot study. *Asian Journal of Psychiatry*. 2020;50:101970. <https://doi.org/10.1016/j.ajp.2020.101970>
- A5. van der Zanden R, Kramer J, Gerrits R, Cuijpers P. Effectiveness of an online group course for depression in adolescents and young adults: a randomized trial. *Journal of Medical Internet Research*. 2012;14(3):e86. <https://doi.org/10.2196/jmir.2033>
- A6. Berg M, Rozental A, Johansson S, Liljethorn L, Radvogin E, Topooco N, et al. The role of knowledge in Internet-based cognitive behavioural therapy for adolescent depression: results from a randomised controlled study. *Internet Interventions*. 2019;15:10-17. <https://doi.org/10.1016/j.invent.2018.10.001>
- A7. Topooco N, Berg M, Johansson S, Liljethorn L, Radvogin E, Vlaescu G, et al. Chat- and Internet-based cognitive-behavioural therapy in treatment of adolescent depression: randomised controlled trial. *BJPsych Open*. 2018;4(4):199-207. <https://doi.org/10.1192/bjo.2018.18>
- A8. Geisner IM, Varvil-Weld L, Mittmann AJ, Mallett K, Turrisi R. Brief web-based intervention for college students with comorbid risky alcohol use and depressed mood: does it work and for whom? *Addictive Behaviors*. 2015;42:36-43. <https://doi.org/10.1016/j.addbeh.2014.10.030>
- A9. Kageyama K, Kato Y, Mesaki T, Uchida H, Takahashi K, Marume R, et al. Effects of video viewing smartphone application intervention involving positive word stimulation in people with subthreshold depression: a pilot randomized controlled trial. *Journal of Affective Disorders*. 2021;282:74-81. <https://doi.org/10.1016/j.jad.2020.12.104>
- A10. Kauer SD, Reid SC, Crooke AH, Khor A, Hearps SJC, Jorm AF, et al. Self-monitoring using mobile phones in the early stages of adolescent depression: randomized controlled trial. *Journal of Medical Internet Research*. 2012;14(3):e67. <https://doi.org/10.2196/jmir.1858>
- A11. Reid SC, Kauer SD, Hearps SJ, Crooke AH, Khor AS, Sancic LA, et al. A mobile phone application for the assessment and management of youth mental health problems in primary care: a randomised controlled trial. *BMC Family Practice*. 2011;12:131. <https://doi.org/10.1186/1471-2296-12-131>
- A12. Topooco N, Bylehn S, Nysater ED, Holmlund J, Lindegaard J, Johansson S, et al. Evaluating the efficacy of Internet-delivered cognitive behavioral therapy blended with synchronous chat sessions to treat adolescent depression: randomized controlled trial. *Journal of Medical Internet Research*. 2019;21(11):e13393. <https://doi.org/10.2196/13393>
- A13. Deady M, Mills KL, Teesson M, Kay-Lambkin F. An online intervention for co-occurring depression and problematic alcohol use in young people: primary outcomes from a randomized controlled trial. *Journal of Medical Internet Research*. 2016;18(3):e71. <https://doi.org/10.2196/jmir.5178>
- A14. Gladstone T, Buchholz KR, Fitzgibbon M, Schiffer L, Lee M, Voorhees BWV. Randomized clinical trial of an Internet-based adolescent depression prevention intervention in primary care: internalizing symptom outcomes. *International Journal of Environmental Research and Public Health*. 2020;17(21):7736. <https://doi.org/10.3390/ijerph17217736>
- A15. Gladstone T, Terrizzi D, Paulson A, Nidetz J, Canel J, Ching E, et al. Effect of Internet-based cognitive behavioral humanistic and interpersonal training vs internet-based general health education on adolescent depression in primary care: a randomized clinical trial. *JAMA Network Open*. 2018;1(7):e184278. <https://doi.org/10.1001/jamanetworkopen.2018.4278>
- A16. Van Voorhees B, Gladstone T, Sobowale K, Brown CH, Aaby DA, Terrizzi DA, et al. 24-Month outcomes of primary care web-based depression prevention intervention in adolescents: randomized clinical trial. *Journal of medical Internet Research*. 2020;22(10):e16802. <https://doi.org/10.2196/16802>
- A17. Hoek W, Marko M, Fogel J, Schuurmans J, Gladstone T, Bradford N, et al. Randomized controlled trial of primary care physician motivational interviewing versus brief advice to engage adolescents with an Internet-based depression prevention intervention: 6-month outcomes and predictors of improvement. *Translational Research*. 2011;158(6):315-325. <https://doi.org/10.1016/j.trsl.2011.07.006>
- A18. Richards K, Marko-Holguin M, Fogel J, Anker L, Ronayne J,

- Van Voorhees BW. Randomized clinical trial of an Internet-based intervention to prevent adolescent depression in a primary care setting (CATCH-IT): 2.5-year outcomes. *Journal of Evidence-based Psychotherapies*. 2016;16(2):113-134.
- A19. Saulsberry A, Marko-Holguin M, Blomeke K, Hinkle C, Fogel J, Gladstone T, et al. Randomized clinical trial of a primary care Internet-based intervention to prevent adolescent depression: one-year outcomes. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*. 2013;22(2):106-117
- A20. Lindqvist K, Mechler J, Carlbring P, Lilliengren P, Falkenstrom F, Andersson G, et al. Affect-focused psychodynamic Internet-based therapy for adolescent depression: randomized controlled trial. *Journal of medical internet research*. 2020;22(3):e18047. <https://doi.org/10.2196/18047>
- A21. Rickhi B, Kania-Richmond A, Moritz S, Cohen J, Paccagnan P, Dennis C, et al. Evaluation of a spirituality informed e-mental health tool as an intervention for major depressive disorder in adolescents and young adults - a randomized controlled pilot trial. *BMC Complementary and Alternative Medicine*. 2015;15:450. <https://doi.org/10.1186/s12906-015-0968-x>
- A22. Hetrick SE, Yuen HP, Bailey E, Cox GR, Templer K, Rice SM, et al. Internet-based cognitive behavioural therapy for young people with suicide-related behaviour(Reframe-IT): a randomised controlled trial. *Evidence-Based Mental Health*. 2017; 20(3):76-82. <https://doi.org/10.1136/eb-2017-102719>