**Supplementary Table 1 – details on the summary in Table 2**

| **Authors (Citation)** | **Review (R) or/and Meta-analysis (M), sample size (n)** | **Aim:** examine… | **Main Result** |
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| Brown et al53 | M: k=10 RCTs; N>236 | …web-delivered ACT for depression, anxiety, quality of life | depression reduction g=0.24; anxiety g=0.18 |
| Carolan et al54 | M: k=21 RCTs | …occupational digital mental health interventions | psychological well-being (g=0.37), work effectiveness (g=0.25) |
| Chan & Chen55 | M: k=15 | …mHealth apps and social media interventions for pregnant and postpartum women | All interventions: d=0.74  one study aimed to improve maternal mental health (e.g., reducing postpartum stress and depression): d=0.84 (p<.001) |
| Cheng & Li56 | M: k=80; N= 89,281 | …accessibility hypothesis & quality of (real) life hypothesis | Global IA prevalence 6.0%  IA prevalence higher with greater traffic time consumption, pollution, and dissatisfaction with life in general. IA inversely correlated with quality of life both subjectively (life satisfaction) and objectively (quality of environmental conditions) |
| Cheng et al57 | M: cross-sectional studies k=23; N= 270,596;  M: prospective studies k=2; N= 1,180 | …association between internet addiction and suicidality | IA - suicidal ideation (OR= 2.95), planning (OR = 3.17), attempts (OR = 2.81) and higher severity of suicidal ideation (g = 0.72);  Adjusted for demographic data and depression, suicidal ideation and attempts higher in individuals with IA (ideation: OR = 1.49; attempts: OR = 1.56);  Sign. higher prevalence rate of suicidal ideation in children (OR = 3.77) than in adults (OR = 1.96) |
| Choi et al58 | M: k=5; n=353-344 | …effectiveness of computer and Internet training interventions | Decreased loneliness (Z = 2.09, p = 0.04). depression not changed (Z = 1.53, p = 0.13). |
| Cikrikci19 | M: k=28; N=21,054 | …internet use on components of well-being. Life satisfaction, well-being and self-esteem | Internet use - well-being (r = −0.18, p < 0.01) |
| Cowpertwait & Clarke59 | M: k=18 studies; N=2946 | …web-based interventions for treating depressed adults | Depression (g = 0.43);  well-being (g = 0.37) |
| Davies et al60 | M: k=17 trials; university students | …web-based and computer-delivered interventions to improve depression, anxiety, psychological distress, and stress in university students | Comparator inactive control, anxiety (pooled SMD −0.56; P<.001), depression (pooled SMD −0.43; p<.001), stress (pooled SMD −0.73; p=.008).  Comparator active controls, anxiety (pooled SMD −0.18; P=.66), depression (pooled SMD −0.28; p=.25) |
| Etxeberria et al61 | M: k=10 RCTs/quasi-experimental designs trials | …online support programs and test effect on family caregivers’ wellbeing (depression, anxiety, burden and caregiving competence) | Depression reduced (g = −0.21, p = 0.027); no sign. effect for anxiety, burden or competence;  multi-component interventions work best: psychoeducation, training in psychological strategies and skills, professional support and online forums or support groups with peers |
| Flujas-Contreras et al42 | M: k=24 | …technology-based interventions for parents to promote children’s physical/ mental health | Moderate effect sizes for intervention groups with statistically significant differences from control groups |
| Hadjiconstantinou et al62 | M: k=16; N=3612 | …web-based interventions that aim to improve well-being in individuals with type 2 diabetes | Theories\* applied to majority of interventions, most common BCT “General information” and “Tracking/monitoring”;  Interventions/duration of 2-6 months providing professional-led support with asynchronous and synchronous communication: pooled mean difference=-0.31; distress scores = -0.11; no significant improvements in depression (p=.15) or distress (p=.43) |
| Harrer et al63 | M: k=48; N=10,583 | …internet‐based interventions for university students' mental health | Small intervention effects on depression (g = 0.18, 95% confidence interval [CI; 0.08, 0.27]), anxiety (g = 0.27, 95% CI [0.13, 0.40]), and stress (g = 0.20, 95% CI [0.02, 0.38]); moderate effects on eating disorder symptoms (g = 0.52, 95% CI [0.22–0.83]) and role functioning (g = 0.41, 95% CI [0.26, 0.56]); effects on well‐being non‐sign. (g = 0.15, 95% CI [−0.20, 0.50]) |
| Harris et al64 | M: k=9; N=864 participants | …technology-assisted interventions in families experiencing social disadvantage | Intervention - parental psychological well-being (g = .35, p = .051);  interventions – no direct contact with an interventionist ineffective (g = − .02) vs. contact (g = .68)  shorter interventions - greater improvements in well-being, compared with longer interventions |
| Hinojo-Lucena et al65 | M: k=12; N=16,520 students | …determine problematic internet use (PIU) related eating disorders | Eating disorders PIU (d = 0.63);  PIU predictor of eating disorders in students |
| Huang66 | M: k=40; N=21,258 | …internet uses and measures of psychological well-being, including depression, loneliness, self-esteem, and life satisfaction | r=−0.0504 for fixed-effects model and r = −0.0385 for random-effects model, indicating a small detrimental effect of IU on psychological well-being |
| Ioannidis et al67 | M: k=40; N=2922 | …cognitive performance in PIU | PIU associated with impairment in inhibitory control (Stroop task g = 0.53, stop-signal task g = 0.42, go/no-go task g = 0.51), decision-making (g = 0.49) and working memory (g = 0.40) |
| Ivie et al68 | M: k=12 studies N=early- to mid- adolescents (11-18 yrs) | …association between social media use specifically and depressive symptoms | Adolescent social media use and depressive symptoms (r=.11, p<.01) |
| Karimikia et al69 | M: k=52 | …test whether individuals improve their task performance by using ICT or rather suffer negative outcomes | Results of meta-analysis revealed that ICT use increased negative job outcomes, such as burnout and anxiety, which lead to poorer performance and well-being |
| Kuo et al1 | M: k=21 RCTs | …internet empowerment‐based self‐management interventions on adults with metabolic diseases | Intervention significantly improved adults’ exercise habits, HbA1c, body weight, empowerment levels and quality of life |
| Lattie et al70 | R: k=89 | …digital mental health interventions focusing on depression, anxiety, and enhancement of psychological well-being in college students | 80% delivered via a website, most common intervention internet-based cognitive behavioral therapy (31%); 37% interventions featured human support in form of coaching; 47% effective; 34% partially effective |
| Linardon et al44 | M: k= 66 randomized controlled trials of app-supported smartphone interventions for mental health problems | …whether app-supported smartphone interventions help for mental health problems | Smartphone interventions sign. outperformed control conditions in improving depressive (g=0.28, n=54) and generalized anxiety (g=0.30, n=39) symptoms, stress levels (g=0.35, n=27), quality of life (g=0.35, n=43), general psychiatric distress (g=0.40, n=12), social anxiety symptoms (g=0.58, n=6), and positive affect (g=0.44, n=6);  Smartphone interventions no sign. benefit over control conditions on panic symptoms (g=-0.05, n=3), post-traumatic stress symptoms (g=0.18, n=4), and negative affect (g=-0.08, n=5). Studies delivered a CBT-based app and offered professional guidance and reminders to engage: larger effects on multiple outcomes. Smartphone interventions not sign. differently from active interventions (face-to-face, computerized treatment) but number of studies low (n≤13). |
| Liu et al30 | M: k=80 yielding 143 effect sizes | …effect of self-esteem, narcissism, and loneliness on SNS use | Total SNS use higher among individuals low in self-esteem, high in narcissism, and high in loneliness |
| Lunde et al72 | R: k=7 diabetes patients only, k= 1 study only heart patients, k=1 study both diabetes and heart patients | …app-based interventions, lasting at least 3 months, to promote lifestyle changes in patients with NCDs | Sign. effects on HbA1c : in 5/8 studies;  short term effect on HbA1c (3-6 months; p=.02);  long term (10-12 months, p=.009) |
| Marino et al73 | M: k=23, N=13,929 among adolescents and young adults | …associations between problematic Facebook use, psychological distress (depression, anxiety…) and well-being (life satisfaction, positive mental health) | Positive correlation between problematic Facebook use and psychological distress (r = .34, 95% CI [.28, .39]);  Negative correlation between problematic Facebook use and well-being (r = -.22, 95% CI [-.28, -.15]);  Moderation analysis: effect sizes larger in older samples |
| Noone et al74 | M: k=3 RCTs and quasi‐RCTs; N=201 participants | …effectiveness of video calls for reducing social isolation and loneliness in older adults (reducing symptoms of depression and improving quality of life) | Little to no effect on loneliness after three months (MD=−0.44), six months (MD=−0.34) or 12 months (MD=−2.40) |
| Nowland, Necka & Cacioppo20 | Narrative review previous studies on basis of a theoretical model\*\* | …whether loneliness and social Internet use interrelate depending on other psychological factors | Internet activity (a) to enhancing existing relationships & forging new social connections: reducing loneliness; (b) to escape social world and withdraw from “social pain” of interaction - increase of feelings of loneliness;  Lonely individuals: preference for internet activity to interact socially & more likely for internet activity that displaces time spent in offline social activities |
| Rogers et al38 | R: k=268 | …range of health-related topics that are addressed through internet-delivered self-guided health interventions that did not require real-time clinical support | Majority of programs dealt with substance abuse, mental health, or diet and physical activity, also disease management such as insomnia and chronic pain, as well as evidence-based Internet therapies for childhood health problems. Some interventions with considerable efficacy (NNT<5) |
| Sevilla-Llewellyn-Jones et al73 | M: k=12; N=919 | …web-based mindfulness interventions in clinical mental health populations | Web-based mindfulness interventions: reducing depression in total clinical sample (n=656 g=−0.609, p=.004) and in anxiety disorder subgroup (n=313, g=−0.651, p<.001), but not in depression disorder subgroup (n=251, p=.18);  Web-based mindfulness interventions: reduced anxiety in total clinical sample (n=756, g=−0.433, p=.004) and anxiety disorder subgroup (n=413, g=−0.719, p<.001), but not in depression disorder group (n=251, g=−0.213, p=.28);  Web-based mindfulness interventions: quality of life and functioning in total sample (n=591, g=0.362, p=.02), in anxiety disorder subgroup (n=370, g=0.550, p=.02) and mindfulness skills in total clinical sample (n=251, g=0.724, p<.001) |
| Sin et al39 | M: k=19 RCTs; N=12,020 individuals with common mental disorders (CMDs) or subthreshold symptoms | …web-based interventions providing screening and signposting for treatment, incl. self-management strategies | Digital interventions - well-being (SMD 0.40), symptoms of mental illness (SMD −0.29), and work and social functioning (SMD −0.16) |
| Song et al76 | M: k=18; N=8,798 | relationship between Facebook use and loneliness | Sign. overall average effect in positive relationship between Facebook use and loneliness. Lonely individuals use Facebook, rather than Facebook makes its users lonely |
| Spijkerman, Pots, & Bohlmeijer78 | M: k=15 RCTs | …online MBI on mental health | reduction of depression (g = 0.29), anxiety (g = 0.22), well-being (g = 0.23), mindfulness (g = 0.32) and stress (g = 0.51); exploratory subgroup analyses for stress and mindfulness: sign. higher effect sizes for guided than for unguided online MBIs |
| Tokunaga78 | M: k=91; N= 83,562 | …loneliness, depression and Internet habits | Loneliness and depression independently associated with Internet habits: loneliness r= .29, 95% CI [.26, .32], p< .001, random-effects variance(τ) = .026; depression r= .53, 95% CI [.48, .57],τ= .175, p< .001 |
| Valimaki et al79 | M: k=3 RCTs duration 12 months; N=331 individuals with schizophrenia spectrum or an affective disorder | …social media interventions for supporting mental health and well-being among individuals with schizophrenia | At 3 months - intervention group lower perceived stress levels (p=.04) and higher perceived level of social support (p=.06) |
| Valimaki et al36 | M: k=15 RCTs; N=4979 | …web-based interventions to support adolescents with depression or depressive symptoms, anxiety, and stress | Improvements in depressive symptoms (p=.02, median 1.68) and after 6 months (p=.01, median 1.78), in anxiety symptoms (p<.001, median 1.47), moods and feelings (p=.04, median 5.55).  Adolescents in intervention group left study early more often, both in short-term studies (11 studies; p=.007, median 1.31) and mid-term studies (3 studies; p=.02, median 1.66);  No studies found that assessed costs of Web-based interventions |
| Zhou et al80 | M: k=11 mHealth interventions studies, N=2424 | …mHealth addressing depressive symptoms among postpartum women | Depression decreased in mHealth intervention group with MD=–1.09 |

**Note**. R, Review; M, Meta-analysis; n, sample size; k=number of studies; ACT, acceptance and commitment therapy; MBI, mindfulness-based interventions; IA, internet activity, IU, internet use; PIU, problematic internet use; ICT, information and communications technology; CBT, cognitive behavior therapy; SNS, social network sites; HbA1c, glycated haemoglobin; NCD, non-communicable disease; RCT, randomized control trials; g/d/Z/r, effect sizes; OR, Odds Ratio; SMD, standardized mean difference; MD, mean difference; CI, confidence interval; NNT, Number Needed-to-Treat; BCTs, behavior change techniques.