

Multimedia Appendix 1: Data extraction categories

An Excel database was created which included the following:

- Trial information: title, country, primary study design, aim of trial, year of trial result publication, description of comparators/control, setting.
- Intervention information: type of intervention, description of intervention, method of delivery, length and frequency of use.
- Participant information: participants, condition, method of recruitment.
- Adverse Events: where AEs were included, how AEs were defined, how AEs were identified, how seriousness was defined and reported, how relatedness was defined and reported.
Additional data was extracted to review for potential harms.
- Support, training provided for support, contact;
- Dropouts, non-completers, withdrawals;
- Patient characteristics that may impact their use of digital technologies including access, experience, language, exclusion criteria and comorbid physical conditions.