

## Multimedia Appendix 1. Search string

"Anxiety Disorders"[Mesh] OR anxiety disorder\* [tiab] OR generalized anxiety disorder\* [tiab] OR generalised anxiety disorder\* [tiab] OR GAS [tiab] OR anxiety state\* [tiab] OR agoraphobi\* [tiab] OR panic\* [tiab] OR phobi\* [tiab] OR obsessive-compulsive [tiab] OR OCD [tiab] OR post-traumatic\* [tiab] OR posttraumatic\* [tiab] OR traumatic\* [tiab] OR acrophobi\* [tiab] OR claustrophobi\* [tiab] OR ophidiophobi\* [tiab] OR acute stress disorder\* [tiab] OR castration anxiet\* [tiab] OR death anxiet\* [tiab]

AND

"Telemedicine"[Mesh] OR econsult\*[tiab] OR e-consult\*[tiab] OR eHealth\*[tiab] OR e-health\*[tiab] OR mhealth\*[tiab] OR m-health\*[tiab] OR mobile health\*[tiab] OR remote consult\*[tiab] OR Teleconsult\*[tiab] OR Tele-consult\*[tiab] OR telehealth\*[tiab] OR tele-health\*[tiab] OR telemedicin\*[tiab] OR tele-medicin\*[tiab] OR telemonitor\*[tiab] OR tele-monitor\*[tiab] OR blended [tiab] OR blending [tiab] OR web-based [tiab] OR webbased [tiab] OR online intervention\* [tiab] OR online therap\* [tiab] OR "Mobile applications" [Mesh] OR internet-based [tiab] OR web intervention\* [tiab] OR mobile application\* [tiab] OR tablet based [tiab] OR computerised [tiab] OR computerized [tiab] OR internet delivered [tiab] OR computer delivered [tiab] OR internet treatment\* [tiab] OR internet cbt [tiab] OR computer augmented [tiab] OR computer assisted therap\* [tiab]

AND

Randomized controlled trial[pt] OR controlled clinical trial[pt] OR randomized [tiab] OR placebo\* [tiab] OR randomly[tiab] OR RCT [tiab] OR controlled trial\* [tiab] OR clinical trial\* [tiab] OR randomised [tiab]