

Multimedia Appendix 6. Intervention characteristics of included programs.

	Therapeutic approach	Other therapeutic elements	Intervention features
e-couch	Can choose from different “toolkits”: CBT, IPT, PS, physical activity, relaxation	- E-mental health literacy - Relaxation - Physical exercises - Goal setting	- Worksheets - Mood & symptom monitoring - Diary - Relaxation audio
GSH	- CBT	- E-mental health literacy	- Worksheets - Relevant YouTube videos - Purchasable mp3 audio files (optional). Can be used to reinforce therapy, or as a stand-alone self-help therapy technique
Dep Center	- CBT	- E-mental health literacy	- Worksheets - Mood & symptom monitoring - Medication & dep glossary - Skills quiz after each mod - A <i>Helping Fellow Members</i> link which provides info re: how to support fellow members
MG	- CBT - IPT	- Relaxation exercises - Goal setting - Experience stories (of fictional characters)	- Worksheets - Mood & symptom monitoring - Down-loadable relaxation audio
myCompass	- CBT - IPT - PS	- Relaxation - Experience stories (of real people) - E-mental health literacy & education on other life topics - Goal setting - setting SMART goals module	- Worksheets - Mood & symptom monitoring - Diary - Motivational text messages - Recommended for further reading (i.e., books)
OnTrack – AD	- CBT - Motivational therapy - Meditation mindfulness	- E-mental health literacy - Goal setting	- Mood & symptom monitoring - Diary - Asks for program feedback - “Fun and success card” whereby the user records the enjoyable and/or successful things done each day
OnTrack - D	- CBT - Motivational therapy - Meditation mindfulness	- E-mental health literacy - Goal setting	- Mood & symptom monitoring - Diary - Asks for program feedback
WB Course	- CBT	- E-mental health literacy	- Worksheets - Mood & symptom monitoring - Helpful resources i.e., <i>Good Sleep Guide</i> PDF - Contact w a MindSpot therapist

Abbreviations: CBT, cognitive behavioural therapy; Dep Center, Depression Center 4.0; GSH, getselfhelp CBT Self Help Course; IPT; interpersonal therapy; MG, Moodgym; OnTrack – AD, OnTrack – Alcohol and Depression; OnTrack – Dep, OnTrack – Depression; PS, positive psychology; w, with; WB Course, Wellbeing Course.