

Multimedia Appendix 5. Program characteristics of included programs.

	Target issue	Guided	Tx length^a	No. of mods	Media type
Dep Center	- Dep	Yes	12-16 wks	18 sessions	- Text, - Graphics - TEF
e-couch	- Dep	No	Not specified	- CBT = 3 mods - IPT = 4 mods - PS = 5 steps - Physical activity mod = no specific mods - Relax mod = 7 steps	- Audio - Text - Graphics - AMN - TEF
GSH	- Anxiety - Dep - Anger	No	Not specified	- 7 steps	- Text - Graphics - Video (YouTube videos)
MG	- Dep - Anxiety	No	Not specified	- 5 mods	- Audio - Text - Graphics - AMN - TEF
myCompass	- Dep - Anxiety - Stress	No	Different for each mod. Most approx. 2-3 wks	14 mods - 12 which are related to dep	- Text - Graphics - TEF
OnTrack – AD	- Low mood & alcohol problems	No	- 8 wks	- 7 mods (inc intro mod)	- Audio - Text -Graphics - Video -AMN - TEF
OnTrack - D	- Dep	No	- 8 wks	- 6 mods (inc intro mod)	- Audio - Text -Graphics - Video - TEF
WB Course	- Anxiety - Worry - Stress - Dep - Low mood	Yes	- 8 wks	- 5 mods	- Text - Graphics ^b

Abbreviations: AMN, animation; approx., approximately; CBT, cognitive behavioural therapy; dep, depression; Dep Center, Depression Center 4.0; GSH, getselfhelp CBT Self Help Course; inc, including; intro, introduction; IPT; interpersonal therapy; MG, Moodgym; mod/s, module/s; N, no; OnTrack – AD, OnTrack – Alcohol and Depression; OnTrack – Dep, OnTrack – Depression; PS, positive psychology; TEF, text-entry fields; Tx, treatment; WB Course, Wellbeing Course; wks, weeks;

^a As suggested or recommended by the program.

^b Media type could only be determined for the Demo version of the program.