Appendix I. Terms used for the Literature Search

Review publications[1-8] in this area were examined in order to generate lists of key search terms. PsycInfo and MeSH terms were also used.

SEARCH 1: PsycINFO (conducted 27/02/13)
Keyword and subject headings were used in this search as indicated by ^{K} or ^{S} respectively. The search was limited by peer-review and English language only.

1. Help seek^K OR Seek help^K OR Seek treat^K OR Help Seeking Behaviour^S OR Health Care Seeking Behaviour^S OR Self-referral^S OR Self Help Techniques^S

AND

2. Web-base^K OR Online^K OR e-health^K OR Computer Applications^S OR Mobile Devices^S OR Internet^S OR Information Technology^S

AND

3. Mental Health^S OR Mental Disorder^S OR Mental^K OR Depress$^{K} OR Anxiety^K

SEARCH 2 & 3: PubMed and the Cochrane Review (conducted 27/02/13)
MeSH terms and "Body - All words" were searched as indicated by ^{M} or ^{W} respectively. No limits were set in this search.

1. Diagnostic Self Evaluation^M OR Self Assessment^M OR Information Seeking Behaviour^M OR Help Seek$^{W} OR Seek help$^{W} OR Self refer$^{W}

AND

2. Internet^M OR Cellular Phone^M OR Medical Informatics^M OR Software^M OR Web Base$^{W} OR e-mental health^W OR Information Technology^W OR Website^W OR Online^W OR Computer Application^W

AND

3. Mental Health^M OR Mental Disorders^M OR Mental^W OR Depress$^{W} OR Anxiety^W

1.   Ahmead M, Bower P. The effectiveness of self help technologies for emotional problems in adolescents: a systematic review. Child and Adolescent Psychiatry and Mental Health [serial on the Internet]. 2008, (1): URL: http://onlinelibrary.wiley.com/o/cochrane/cldare/articles/DARE-12009103512/frame.html. Date accessed:

2.   Christensen H, Hickie IB. E-mental health: a new era in delivery of mental health services. *Medical Journal of Australia* 2010;192:S2-S3.

3.   Andersson G, Bergstrom J, Buhrman M, Carlbring P, Hollondare F, Kaldo V, Nilsson-Ihrfelt E, Paxling B, Strom L, Waara J. Development of a new approach to guided self-help via the Internet: The Swedish experience. *Journal of Technology in Human Services* 2008;26(2-4):161-81.

4.   Barak A, Hen L, Boniel-Nissim M, Shapira Na. A comprehensive review and a meta-analysis of the effectiveness of internet-based psychotherapeutic interventions. *Journal of Technology in Human Services* 2008;26(2-4):109-60.

5.   Cavanagh K, Shapiro DA. Computer treatment for common mental health problems. *Journal of clinical psychology* 2004;60(3):239-51. PMID: 14981789.

6.   Mair FS, May C, O'Donnell C, Finch T, Sullivan F, Murray E. Factors that promote or inhibit the implementation of e-health systems: an explanatory systematic review. *Bulletin of the World Health Organization* 2012;90(5):357-64. PMID: 22589569.

7.   Ybarra ML, Eaton WW. Internet-based mental health interventions. *Mental health services research*

2005;7(2):75-87. PMID: 15974154.

8.		Gray NJ, Sesselberg TS, Cantrill JA. Health information-seeking behaviour in adolescence: the place of the internet. *Social science & medicine* 2005;60:1467-78. PMID: 15652680.