

Authors / year	Trial arms	Primary Condition	Active Comparator	Inactive comparator	N total	1 Gamification feature	2 Gamification features	3 Gamification feature	Automated / Guided	sequential / free navigation	Duration	Modules	Intervention Adherence to protocol %	Control Adherence to protocol %	Intervention Completion rate %
Saunders et al. 2014 [1]	2	Wellbeing	Paper based Intervention		193	Goal Setting			Automated	Sequential	>1	8	91.75	92.70	*
Williams et al. 2013 [2]	2	Depression		WLC	69	story / theme			Automated	Sequential	11	13	52.63	70.90	*
Dear, Zou et al. 2015 [3]	2	Anxiety		WLC	72	story / theme			Guided	Sequential	8	5	90	86	*
Litz et al. 2007 [4]	2	PTSD	CBT Intervention		45	Progress			Guided	Free navigation	8	7	70	n/a	*
Litz et al. 2007		PTSD	Supportive counselling Intervention			Progress			Guided	Free navigation	8	7	70	n/a	*
Knaevlsrud et al. 2007 [5]	2	PTSD		WLC	96	Goal Setting			Guided	Sequential	5	10	83.60	97.87	*
Twomey et al. 2014 [6]	2	Wellbeing		WLC	201	story / theme			Automated	Sequential	5	5	27.70	38	27.30
Anderssen, Ludstrom, Strom 2003 [7]	2	Headache	Guided plus telephone vs guided plus email		44	Progress			Guided	Free navigation	6	6	69.2	n/a	*
Anderssen, Ludstrom, Strom 2003 [7]		Headache	Guided plus telephone vs guided plus email			Progress			Guided	Free navigation	6	6	62.50	n/a	*
Andrews, Davies, Titov 2011 [8]	2	Social phobia	F-2-F		37	story / theme			Automated	Sequential	6	6	60.80	78.50	*
Carrad et al. 2011 [9]	2	BED		WLC	74	Feedback			Guided	Sequential	20	11	75.70	*	37.80
Newby et al. 2014 [10]	2	GAD		WLC	99	story / theme			Guided	Sequential	10	6	89	*	89
Powell et al. 2012 [11]	2	Wellbeing		WLC	3070	Progress			automated	Sequential	6	5	26.50	79.20	10
Imamura et al. 2014 [12]	2	Depression	Attention control (email messages)		762	story / theme			Guided	Sequential	10	6	70.90	88.20	*
Strom et al. 2013 [13]	2	Depression		WLC	48	Goal setting			Guided	Sequential	9	9	100	100	58
Beauchamp et al. 2005 [14]	2	Depression		TAU	329	Rewards			Automated	Free navigation	4	3	90.80	90.80	*
Glozier et al. 2013 [15]	2	Depression	Attention control: Health watch		562	Progress			automated	Sequential	12	12	93	99	*
Titov, Andrews, Choi, Schwencke, Johnston 2009 [16]	2	SAD	Automated		168	story / theme			Automated	Sequential	8	6	89.20	n/a	66
Titov, Andrews, Choi, Schwencke, Johnston 2009 [16]		SAD	Auto plus telephone reminders			story / theme			Automated	Sequential	8	6	85.70	n/a	78

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Not reported

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