

**Table 1. Electronic databases, search terms and a number of hits found (N)**

Search 2015		Search 2017	
Database hits, N	Search terms	Database hits, N	Search terms
Medline (N = 708)  Psychinfo (N = 478)	(ti(adolescen* OR "young people" OR youngster* OR youth* OR teen* OR juvenile*) OR ab(adolescen* OR "young people" OR youngster* OR youth OR teen* OR juvenile*) OR su(adolescen* OR "young people" OR youngster* OR youth* OR teen* OR juvenile*)) AND ((SU.EXACT("Client Education") OR SU.EXACT("Counseling") OR SU.EXACT("Psychotherapeutic Counseling")) OR ti(treatment* OR intervention* OR prevent* OR teaching* OR guidance* OR support* OR therap* OR psychotherap* OR self-manage* OR self-help* OR "patient education*" OR "client education*" OR "patient information*") OR ab(treatment* OR intervention* OR prevent* OR teaching* OR guidance* OR support* OR therap* OR psychotherap* OR self-help* OR self-manage* OR "patient education*" OR "client education*" OR "patient information*") OR SU.EXACT("Self Management") OR SU.EXACT("Self Help Techniques") OR (SU.EXACT("Teaching") OR SU.EXACT("Information"))) AND (ti(outcome* OR effectiv* OR impact* OR design* OR develop* OR protocol*) OR ab(outcome* OR effectiv* OR impact* OR design* OR develop* OR protocol*) OR SU.EXACT.EXPLODE("Treatment Outcomes") OR SU.EXACT("Treatment Effectiveness Evaluation")) AND ((SU.EXACT.EXPLODE("Communication Systems") OR SU.EXACT("Internet") OR SU.EXACT("Computer Assisted Therapy") OR SU.EXACT("Online Therapy") OR	Medline PsychInfo Cochrane (N = 587)	(ti(adolescen* OR "young people" OR youngster* OR youth* OR teen* OR juvenile*) OR ab(adolescen* OR "young people" OR youngster* OR youth OR teen* OR juvenile*) OR su(adolescen* OR "young people" OR youngster* OR youth* OR teen* OR juvenile*)) AND ((SU.EXACT("Client Education") OR SU.EXACT("Counseling") OR SU.EXACT("Psychotherapeutic Counseling")) OR ti(treatment* OR intervention* OR prevent* OR teaching* OR guidance* OR support* OR therap* OR psychotherap* OR self-manage* OR self-help* OR "patient education*" OR "client education*" OR "patient information*") OR ab(treatment* OR intervention* OR prevent* OR teaching* OR guidance* OR support* OR therap* OR psychotherap* OR self-help* OR self-manage* OR "patient education*" OR "client education*" OR "patient information*") OR SU.EXACT("Self Management") OR SU.EXACT("Self Help Techniques") OR (SU.EXACT("Teaching") OR SU.EXACT("Information"))) AND (ti(outcome* OR effectiv* OR impact* OR design* OR develop* OR protocol*) OR ab(outcome* OR effectiv* OR impact* OR design* OR develop* OR protocol*) OR SU.EXACT.EXPLODE("Treatment Outcomes") OR SU.EXACT("Treatment Effectiveness Evaluation")) AND ((SU.EXACT.EXPLODE("Communication Systems") OR SU.EXACT("Internet") OR SU.EXACT("Computer Assisted Therapy") OR SU.EXACT("Online Therapy") OR

Cochrane  
(N = 79)

SU.EXACT.EXPLODE("Electronic  
Communication") OR  
SU.EXACT("Telecommunications Media")) OR  
ti(internet\* OR web\* OR online\* OR technolog\* OR  
eHealth OR computer\* OR ICT OR smartphone\* OR  
"social media") OR ab(internet\* OR web\* OR online\*  
OR technolog\* OR eHealth OR computer\* OR ICT  
OR smartphone\* OR "social media")) AND  
(ti(depress\* OR "mood disorder\*" OR "affective  
disorder\*") OR ab(depress\* OR "mood disorder\*" OR  
"affective disorder\*")) OR  
SU.EXACT.EXPLODE("Major Depression") OR  
SU.EXACT("Depression (Emotion)") OR  
SU.EXACT("Affective Disorders"))

MeSH descriptor: [Adolescent] explode all trees OR  
ti(adolescen\* or "young people" or youngster\* or  
youth\* or teen\* or juvenile\*:ti (Word variations have  
been searched)) OR ab(adolescen\* or "young people"  
or youngster\* or youth\* or teen\* or juvenile\*:ab  
(Word variations have been searched) AND MeSH  
descriptor: [Depressive Disorder, Major] explode all  
trees OR MeSH descriptor: [Mood Disorders] this  
term only OR MeSH descriptor: [Depression] explode  
all trees OR ti(depress\* OR "mood disorder\*" OR  
"affective disorder\*") OR ab(depress\* OR "mood  
disorder\*" OR "affective disorder\*") AND  
ti(outcome\* OR effectiv\* OR impact\* OR design\*  
OR develop\* OR protocol\*) OR ab(outcome\* OR  
effectiv\* OR impact\* OR design\* OR develop\* OR  
protocol\*) OR MeSH descriptor: [Treatment  
Outcome] this term only OR MeSH descriptor:  
[Outcome Assessment (Health Care)] this term only  
AND MeSH descriptor: [Internet] this term only OR  
MeSH descriptor: [Communications Media] this term  
only OR ti(internet\* OR web\* OR online\* OR  
technolog\* OR eHealth OR computer\* OR ICT OR

SU.EXACT.EXPLODE("Electronic  
Communication") OR  
SU.EXACT("Telecommunications Media")) OR  
ti(internet\* OR web\* OR online\* OR technolog\* OR  
eHealth OR computer\* OR ICT OR smartphone\* OR  
"social media") OR ab(internet\* OR web\* OR  
online\* OR technolog\* OR eHealth OR computer\*  
OR ICT OR smartphone\* OR "social media")) AND  
(ti(depress\* OR "mood disorder\*" OR "affective  
disorder\*") OR ab(depress\* OR "mood disorder\*" OR  
"affective disorder\*")) OR  
SU.EXACT.EXPLODE("Major Depression") OR  
SU.EXACT("Depression (Emotion)") OR  
SU.EXACT("Affective Disorders"))

smartphone\* OR "social media") OR ab(internet\* OR web\* OR online\* OR technolog\* OR eHealth OR computer\* OR ICT OR smartphone\* OR "social media") AND MeSH descriptor: [Patient Education as Topic] this term only OR MeSH descriptor: [Counseling] this term only OR MeSH descriptor: [Teaching] this term only OR ti(treatment\* or intervention\* or prevent\* or teaching\* or guidance\* or support\* or therap\* or psychotherap\* or self-manage\* or self-help\* or "patient education\*" or "client education\*" or "patient information\*":ti and treatment\* or intervention\* or prevent\* or teaching\* or guidance\* or support\* or therap\* or psychotherap\* or self-manage\* or self-help\* or "patient education\*" or "client education\*" or "patient information\*") OR ab(Word variations have been searched for)

Cinahl  
(N = 218)

(MH "Adolescence") OR TI (adolescen\* OR "young people" OR youngster\* OR youth\* OR teen\* OR juvenile\*) OR AB (adolescen\* OR "young people" OR youngster\* OR youth\* OR teen\* OR juvenile\*) AND (MH "Depression+") OR (MH "Affective Symptoms")) OR TI (depress\* OR "mood disorder\*" OR "affective disorder\*") OR AB (depress\* OR "mood disorder\*" OR "affective disorder\*") AND ((MH "Internet+") OR (MH "World Wide Web+") OR (MH "Telecommunications") OR (MH "Communications Media") OR (MH "Therapy, Computer Assisted") OR (MH "Online Services")) OR TI (internet\* OR web\* OR online\* OR technolog\* OR eHealth OR computer\* OR ICT OR smartphone\* OR "social media") OR AB (internet\* OR web\* OR online\* OR technolog\* OR eHealth OR computer\* OR ICT OR smartphone\* OR "social media") AND (MH "Patient Education") OR (MH "Counseling") OR (MH "Self Care") OR (MH "Teaching+") OR (MH "Health Information

Cinahl  
(N = 17)

(MH "Adolescence") OR TI (adolescen\* OR "young people" OR youngster\* OR youth\* OR teen\* OR juvenile\*) OR AB (adolescen\* OR "young people" OR youngster\* OR youth\* OR teen\* OR juvenile\*) AND (MH "Depression+") OR (MH "Affective Symptoms")) OR TI (depress\* OR "mood disorder\*" OR "affective disorder\*") OR AB (depress\* OR "mood disorder\*" OR "affective disorder\*") AND ((MH "Internet+") OR (MH "World Wide Web+") OR (MH "Telecommunications") OR (MH "Communications Media") OR (MH "Therapy, Computer Assisted") OR (MH "Online Services")) OR TI (internet\* OR web\* OR online\* OR technolog\* OR eHealth OR computer\* OR ICT OR smartphone\* OR "social media") OR AB (internet\* OR web\* OR online\* OR technolog\* OR eHealth OR computer\* OR ICT OR smartphone\* OR "social media") AND (MH "Patient Education") OR (MH "Counseling") OR (MH "Self Care") OR (MH "Teaching+") OR (MH "Health Information

<p><b>Total</b> N = <b>1,483</b></p>	<p>Systems")) OR TI (treatment* OR intervention* OR prevent* OR teaching* OR guidance* OR support* OR therap* OR psychotherap* OR self-manage* OR self-help* OR "patient education*" OR "client education*" OR "patient information*") OR AB (treatment* OR intervention* OR prevent* OR teaching* OR guidance* OR support* OR therap* OR psychotherap* OR self-manage* OR self-help* OR "patient education*" OR "client education*" OR "patient information*") AND ((MH "Outcomes (Health Care)") OR (MH "Treatment Outcomes") OR (MH "Outcome Assessment") OR (MH "Health Impact Assessment")) OR TI (outcome* OR effectiv* OR impact* OR design* OR develop* OR protocol*) OR AB (outcome* OR effectiv* OR impact* OR design* OR develop* OR protocol*)</p>	<p><b>Total</b> N = <b>604</b></p>	<p>Systems")) OR TI (treatment* OR intervention* OR prevent* OR teaching* OR guidance* OR support* OR therap* OR psychotherap* OR self-manage* OR self-help* OR "patient education*" OR "client education*" OR "patient information*") OR AB (treatment* OR intervention* OR prevent* OR teaching* OR guidance* OR support* OR therap* OR psychotherap* OR self-manage* OR self-help* OR "patient education*" OR "client education*" OR "patient information*") AND ((MH "Outcomes (Health Care)") OR (MH "Treatment Outcomes") OR (MH "Outcome Assessment") OR (MH "Health Impact Assessment")) OR TI (outcome* OR effectiv* OR impact* OR design* OR develop* OR protocol*) OR AB (outcome* OR effectiv* OR impact* OR design* OR develop* OR protocol*)</p>
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