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The following files have been archived:

| File name | File description |
| --- | --- |
| Data extraction systematic review | File contains the extracted data for studies included in the systematic review and meta-analysis (Groot et al., 2023).  Any studies and study-arms highlighted in red have been excluded from the systematic review & meta-analysis. |
| NIH Quality Assessment – Di Consiglio, 2021 | National Institute of Health Quality Assessment for before-after studies with no control group used to assess risk of bias in study 2 from Di Consiglio et al. (2021) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| NIH Quality Assessment – Eisenstadt, 2021 | National Institute of Health Quality Assessment for before-after studies with no control group used to assess risk of bias in Eisenstadt et al. (2021) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Avey, 2022 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Avey et al. (2022) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Bakker, 2018 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Bakker et al. (2018) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Brazier, 2022 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Brazier et al. (2022) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Champion, 2018 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Champion et al. (2018) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Chung, 2021 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Chung et al. (2021) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Di Consiglio, 2021 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Di Consiglio et al. (2021) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Gammer, 2020 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Gammer et al. (2020) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Liu, 2021 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Liu et al. (2021) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Ly, 2017 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Ly et al. (2017) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Mak, 2018 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Mak et al. (2018) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Manthey, 2016 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Manthey et al. (2016) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Mitchell, 2009 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Mitchell et al. (2009) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Neumeier, 2017 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Neumeier et al. (2017) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Pheh, 2020 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Pheh et al. (2020) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Schulte-Frankenfeld, 2021 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Schulte-Frankenfeld and Trautwein (2021) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Shin, 2020 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Shin et al. (2020) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |
| RoB\_2.0 – Walsh, 2019 | Cochrane’s Risk of Bias 2.0 tool used to assess risk of bias in Walsh et al. (2019) for the purpose of the systematic review & meta-analysis (Groot et al., 2023). |

**Publications**:

Groot, J., MacLellan, A., Butler, M., Todor, E., Zulfiqar, M., Thackrah, T., Clarke, C., Brosnan,

M., & Ainsworth, B. (2023). The effectiveness of fully automated digital interventions in promoting mental well-being in the general population: Systematic review & meta-analysis. *JMIR Mental Health, 10,* e44658. <https://doi.org/10.2196/44658>