

Records identified through  
database searching  
(n = 651)

Additional records identified  
through other sources  
(n = 0)

Records after duplicates removed  
(n = 460)

Records screened  
(n = 460)

Records excluded  
(n = 436)

Full-text articles assessed  
for eligibility  
(n = 24)

Full-text articles excluded,  
with reasons  
(n = 16)

- prevention/ inadequate  
diagnosis (n = 6)
- no controlled design (n =  
5)
- relapse prevention (n = 1)
- no internet-based therapy  
(n = 4)

Studies included in the  
present review  
(n = 8)