

## Data supplement

Table DS1 Included studies

Author	Year	n	Self-help condition				Control condition		Risk of bias (high/medium/low/unclear)
			Self-help materials	Average amount of guidance, h	Guidance method	Duration, weeks	Type of control	Clinician hours	
Generalised anxiety disorder									
Bowman <sup>11</sup>	1997	38	Written materials	PSH: 0.33	Telephone	4	Waiting list	NA	Unclear
Robinson <sup>13</sup>	2010	150	Website	GSH: 1.25	Telephone, email and online discussion forum	10	Waiting list	NA	Low
Titov <sup>12</sup>	2009	48	Website	GSH: 2.16	Email and online discussion forum	10	Waiting list	NA	Low
Obsessive-compulsive disorder									
Greist <sup>15</sup>	2002	210	Voice response telephone line	PSH: 0	None	11	Face-to-face CBT or relaxation	11	Unclear
Tolin <sup>14</sup>	2007	41	Written materials	PSH: 0	Face to face	6	Face-to-face CBT or self-help + group therapy	20 or 10	Low
Panic disorder									
Botella <sup>16</sup>	1999	23	Written materials	GSH: 4.16	Face to face	10	CBT	8.33	High
Carlbring <sup>19</sup>	2001	41	Website	GSH: 1.5	Email	12	Waiting list	NA	Low
Carlbring <sup>18</sup>	2005	49	Website	GSH: 2.5	Email	10	Face-to-face CBT	10	Low
Carlbring <sup>17</sup>	2006	60	Website	GSH: 3.9	Telephone	10	Waiting list	NA	Low
Ghosh <sup>20</sup>	1987	40	Written materials or website	PSH: 0 GSH: 1.2	Face to face	10	Face-to-face CBT	3.1	Unclear
Gould <sup>22</sup>	1993	33	Written materials	GSH: 3	Telephone	4	Waiting list or CBT	10.5	Unclear
Gould <sup>21</sup>	1995	30	Written materials, video and audiotape	GSH: 3	Telephone	4	Waiting list	NA	Unclear
Kiropoulos <sup>23</sup>	2008	86	Website	GSH: exact amount of input unclear	Email	12	Face-to-face CBT	12	Low
Klein <sup>24</sup>	2001	23	Website	PSH: 0	NA	3	Self-monitoring	NA	Unclear
Klein <sup>25</sup>	2006	37	Website or written materials	GSH: written, 4.1 GSH: website, 5.5	Telephone (written) Email (website)	6	Information only	1.07	Medium
Lidren <sup>26</sup>	1994	36	Written materials	PSH: 0	NA	8	Waiting list or group therapy	12	Unclear
Marchand <sup>27</sup>	2007	77	Written materials	GSH: 7	Face to face	15	Face-to-face CBT	14	Unclear
Nordin <sup>28</sup>	2010	39	Written materials	PSH: 0	NA	10	Waiting list	0	Low
Power <sup>29</sup>	2000	102	Written materials	PSH: 0 GSH: 2	Face to face	12	Face-to-face CBT	6	Unclear
Post-traumatic stress disorder									
Ehlers <sup>30</sup>	2003	85	Written materials	PSH: 0.66	Face to face	12	Face-to-face CBT or repeated assessments	11.9	Low
Social phobia									
Abramowitz <sup>31</sup>	2009	21	Written materials	GSH: 3.25	Face to face and telephone	9	Waiting list	NA	Unclear
Andersson <sup>32</sup>	2006	64	Website	GSH: 2	Email	9	Waiting list	NA	Low
Berger <sup>33</sup>	2009	52	Website	GSH: exact amount of input unclear	NA	10	Waiting list	NA	Unclear
Furmark <sup>34</sup>	2009	253	Written materials or website	PSH: 0 GSH: 2.25	Email	9	Waiting list	NA	Low
Rapee <sup>35</sup>	2007	224	Written materials	PSH: 0	Written	12	Waiting list or self-help + group therapy	10	Unclear
Titov <sup>38</sup>	2008	105	Website	GSH: 2	Email	6	Waiting list	NA	Low
Titov <sup>37</sup>	2008	88	Website	GSH: 2	Email	6	Waiting list	NA	Low
Titov <sup>36</sup>	2008	98	Website	PSH: 0	NA	6	Waiting list	NA	Low
Mixed anxiety disorders									
Sorby <sup>39</sup>	1991	49	Written materials	PSH: 0	NA	6	Face-to-face CBT or TAU	NA	Unclear
Van Boeijen <sup>40</sup>	2005	154	Written materials	GSH: 1.7	Face to face	12	Face-to-face CBT or TAU	9	Unclear
Titov <sup>41</sup>	2010	86	Website	PSH: 0.8	Email or telephone	8	Waiting list	NA	Low

PSH, pure self-help; NA, not applicable; GSH, guided self-help; CBT, cognitive-behavioural therapy; TAU, treatment as usual.