**Supplementary Table 1: Overview of search terms**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group 1 | Group 2 | Group 3 | Group 4 | Group 5 |
| mhealth OR telehealth OR telemedicine OR digital\* OR \*phone\* OR mobile OR app | monitor\* OR track\* OR chart\* OR experience sampl\* OR ambulatory assessment OR real-time subjective emotionality assessment OR ecological momentary assessment OR self-surveillance | mood\* OR emotion\* OR valence OR alcohol\* OR substance us\* OR mental health OR bipolar disorder OR depress\* OR borderline personality disorder OR anx\* OR \*regulat\* OR instab\* OR labil\* | youth\* OR adolescen\* OR young\* OR child\* OR teen\* OR student\* | therap\* OR self\* OR assess\* OR treat\* OR manag\* OR clinical OR impact\* OR benefit\* OR improve\* OR useful\* OR acceptab\* OR feasib\* OR reliab\* OR valid\* OR sensitivity OR specificity OR psychometric\* OR compl\* OR adher\* OR interven\* |