Sinergi International Journal of Psychology
E-ISSN: 3025-552X
Volume. 2, Issue 1, February 2024
Page No: 1-13

Digital and Structured Psychological Interventions for Anxiety and Depression: A Narrative Review

Mahmood Anwar
Road Safety Education and Testing Institute, Malaysia
Correspondent: Mahmood.Anwar@scholarsindex.com

Received : November 15, 2023
Accepted : January 12, 2024
Published : February 28, 2024

Citation: Anwar, M. (2024). Digital and Structured Psychological Interventions for Anxiety and Depression: A Narrative Review. Sinergi International Journal of Psychology, 2(1), 1-13.

ABSTRACT: Psychological interventions play a crucial role in addressing mental health disorders, particularly anxiety and depression. This study examines the effectiveness of various intervention strategies, including cognitive behavioral therapy, mindfulness techniques, and digital interventions. A systematic literature review was conducted using databases such as Scopus and Google Scholar, with inclusion criteria focusing on studies published in the last five years. Findings indicate that structured psychological interventions significantly reduce symptoms of anxiety and depression. Digital interventions, particularly internet-based cognitive behavioral therapy, demonstrate high accessibility and effectiveness, though challenges such as dropout rates and varying responses persist. Social support and personalized approaches further enhance intervention outcomes. The study highlights the importance of integrating mental health services into broader healthcare systems, particularly in resource-limited settings. Policy recommendations include expanding mental health access, training professionals, and implementing culturally tailored interventions. Future research should explore long-term efficacy, optimize digital therapy engagement, and refine personalized treatment strategies. Enhancing accessibility and integrating evidence-based psychological interventions will be key to addressing global mental health challenges.

Keywords: Psychological Interventions; Mental Health; Cognitive Behavioral Therapy; Digital Therapy; Anxiety Treatment; Mindfulness; Healthcare Policy.

INTRODUCTION

In recent years, psychological interventions have evolved significantly, driven by advancements in technology and an increasing emphasis on personalized approaches. The integration of digital platforms into mental health care has enabled broader accessibility, addressing treatment gaps in both developed and developing nations. Studies have highlighted the effectiveness of technology-assisted psychological interventions, particularly in cases where traditional face-to-face therapy is inaccessible (Dickinson et al., 2020; Mishu et al., 2023; Schlicker et al., 2019). The shift towards

more individualized approaches has also gained traction, as researchers recognize the limitations of one-size-fits-all interventions, particularly for conditions such as perinatal depression and anxiety disorders (Waqas & Rahman, 2021). These emerging trends underscore the necessity of a systematic examination of technological and personalized approaches to psychological interventions.

Recent research has demonstrated the efficacy of internet-based psychological interventions in addressing mental health issues among various populations. Schlicker et al. (2019) found that guided self-help interventions delivered via digital platforms significantly improved depressive symptoms in individuals with diabetes, a population that often experiences comorbid psychological distress. Similarly, (Fatemi et al., 2023) investigated the impact of stress inoculation training (SIT) delivered through virtual means, comparing it with semi-presential methods in pregnant women experiencing psychological distress. Their findings indicate that virtual interventions can be equally, if not more, effective in reducing anxiety and depressive symptoms. Moreover, (Cheung et al., 2020) explored mindfulness-based interventions for family caregivers of dementia patients, demonstrating substantial reductions in stress and depressive symptoms among caregivers who engaged in structured mindfulness practices.

The increasing demand for personalized interventions reflects an evolving understanding of mental health treatment. Research by Waqas and Rahman (2021) emphasized the necessity of adapting cognitive-behavioral therapy (CBT) interventions to the specific needs of diverse subpopulations, particularly in cases of perinatal depression. They identified the heterogeneity of depressive symptoms across different demographic groups, suggesting that interventions must be tailored to address varying symptom profiles. This perspective aligns with studies indicating that patient-centered approaches lead to higher engagement and better treatment outcomes (Waqas(Hediger et al., 2021; Nicolson et al., 2022; Penckofer et al., 2012) & Rahman, 2021).

Another significant aspect of recent research has been the exploration of psychological interventions for individuals facing chronic illnesses and socioeconomically disadvantaged conditions. (Araya et al., 2021) examined digital mental health interventions in middle-income countries such as Brazil and Peru, finding that online therapy significantly reduced depressive symptoms in patients with hypertension and diabetes. The study highlighted how digital solutions can help bridge the mental health treatment gap in resource-limited settings. Similarly, (Moberg et al., 2019) demonstrated the efficacy of mobile-based CBT interventions, further supporting the argument that flexible and accessible therapeutic methods can yield meaningful improvements in mental health outcomes (Freeman et al., 2015; Knowles et al., 2016).

Despite these promising advancements, several challenges persist in psychological intervention research. One major difficulty is participant recruitment and retention in longitudinal studies, particularly among individuals with complex mental health conditions. (Ridout & Campbell, 2018) noted that individuals, especially younger populations, often disengage from interventions that do not align with their needs or preferences. This underscores the importance of designing interventions that are both engaging and adaptable to participant needs. Additionally, studies have

emphasized the issue of heterogeneity in study populations, which complicates the development of universally effective interventions (Waqas & Rahman, 2021).

The rapid expansion of digital mental health interventions presents another challenge, particularly in terms of ethical considerations and data privacy. Schlicker et al. (2019) pointed out the critical need for robust ethical frameworks governing patient data usage in online therapy platforms. Moreover, the reliability and validity of digital assessment tools must be rigorously evaluated to ensure they effectively measure mental health outcomes across diverse populations. The digital divide also remains a significant concern, as individuals from lower socioeconomic backgrounds may lack access to the necessary technology for participating in digital interventions.

Another research gap pertains to the effectiveness of psychological interventions for caregivers. (El-Jawahri et al., 2020) observed that psychological support for caregivers of patients undergoing hematopoietic stem cell transplantation remains underexplored, despite evidence suggesting that caregiving-related stress substantially affects mental well-being. Similarly, Fatemi et al. (2023) identified a need for further investigation into how stress inoculation techniques can be adapted for various demographic groups, as response to intervention may vary based on socioeconomic and psychological factors.

Despite growing literature on digital and structured psychological interventions, a critical gap remains in understanding how these approaches perform across varying socio-economic, cultural, and demographic groups. Existing studies often generalize outcomes without unpacking the contextual factors that influence treatment efficacy or dropout rates. Moreover, there is limited exploration of how user engagement, digital literacy, and healthcare infrastructure affect the scalability and sustainability of internet-based therapy. This review addresses these gaps by synthesizing evidence not just on overall effectiveness, but on the specific mechanisms, population differences, and contextual enablers that determine intervention success.

Given these considerations, this review systematically examines the effectiveness of psychological interventions across different populations, with a specific focus on digital and personalized approaches. Key areas of analysis will include the efficacy of internet-based CBT, stress inoculation training, and mindfulness interventions, as well as the challenges associated with participant engagement, ethical considerations, and intervention scalability. By synthesizing findings from recent studies, this review will provide a comprehensive overview of the current state of psychological interventions and identify areas requiring further research.

This study will also consider geographic and demographic factors influencing intervention effectiveness. As research has shown, the success of digital mental health interventions can vary significantly between countries due to differences in healthcare infrastructure, cultural attitudes towards mental health, and socioeconomic conditions (Araya et al., 2021). Therefore, this review will incorporate cross-country comparisons to highlight how contextual factors shape intervention outcomes. Special attention will be given to populations with limited access to traditional mental health services, including individuals from low-income backgrounds, caregivers, and those with chronic illnesses.

By addressing these critical issues, this review aims to contribute to the growing body of literature on innovative psychological interventions. The findings will provide insights into best practices for implementing effective and accessible mental health treatments, guiding future research and policy development in this field.

METHOD

In conducting a literature search on psychological interventions for mental health, the selection of effective keywords is crucial to obtaining relevant and comprehensive results. The keywords used in this study include "psychological interventions," "mental health," "depression," "cognitive behavioral therapy," "mindfulness," "digital psychotherapy," and "internet-based intervention programs." The combination of keywords, such as "depression AND cognitive behavioral therapy" or "psychological intervention AND mental health AND digital," was employed to refine the search results and focus on specific topics of interest. Previous research has demonstrated the effectiveness of such keyword strategies in identifying successful intervention approaches (Nakao et al., 2018; Shallcross et al., 2018).

The literature search was conducted using prominent scientific databases such as Scopus and Google Scholar, with additional refinements made based on the specific context being investigated. For example, when examining the effects of mindfulness in reducing anxiety symptoms, the search utilized keywords like "mindfulness AND depression AND intervention." Boolean search techniques were also applied, where keywords were combined using the operators AND, OR, and NOT to enhance the quality and specificity of search results.

To ensure the relevance and quality of the selected literature, clear inclusion and exclusion criteria were established. The inclusion criteria consisted of: (1) studies published within the last five years to maintain contemporary relevance; (2) studies involving evidence-based interventions in the context of mental health, whether in clinical or non-clinical settings; and (3) publications featured in reputable, high-impact journals indexed in databases such as PubMed, PsycINFO, and Scopus (Coventry et al., 2020; Ridout & Campbell, 2018; Schure et al., 2019). These criteria aimed to ensure that only the most pertinent and scientifically rigorous studies were included in the analysis.

Conversely, exclusion criteria were set to filter out irrelevant or low-quality studies. The exclusion criteria comprised: (1) studies with small sample sizes or those lacking clear reporting on sample characteristics; (2) research that did not adhere to standardized methodologies; (3) articles that did not present original data or empirical analysis, such as opinion pieces or non-evidence-based reviews; and (4) studies focusing on populations or contexts unrelated to mental health interventions, such as research solely on physical health conditions without a clear connection to psychological interventions (Ye et al., 2021). The establishment of these exclusion criteria was instrumental in ensuring the robustness and reliability of the selected literature.

By implementing these criteria, the study aimed to filter out non-relevant information and focus on research that provided valuable insights into the effectiveness of psychological interventions. To understand the variability in findings and the best ways to implement interventions across different contexts, a multidimensional analytical approach was employed. This approach incorporated geographical and demographic variations identified in the existing literature.

To maintain a systematic and integrated search process, an initial reliability and validity assessment of the selected sources was conducted. As suggested by Fatemi et al., such an assessment allows researchers to determine whether previous findings are consistent across broader contexts and applicable to the development of improved interventions (Fatemi et al., 2023). The assessment process involved evaluating the methodological rigor of each study, including the study design, sample characteristics, intervention protocols, and outcome measures.

The selection process for relevant studies was carried out in multiple stages. First, database searches were performed using predefined keywords and Boolean operators. The initial search results were then screened based on titles and abstracts to identify studies that met the inclusion criteria. Full-text articles were subsequently retrieved and reviewed in detail, with a focus on assessing methodological quality and the relevance of findings to the study objectives. Any discrepancies in the selection process were resolved through discussion among the research team to ensure consistency and objectivity.

The types of studies included in this review encompassed randomized controlled trials (RCTs), cohort studies, and case studies that examined the efficacy of psychological interventions for mental health. RCTs were prioritized due to their high level of evidence in determining causal relationships between interventions and outcomes. Cohort studies provided valuable insights into the long-term effects of interventions, while case studies offered detailed examinations of individual or group experiences with specific psychological treatments.

Furthermore, thematic analysis was applied to synthesize findings across different studies. This involved categorizing the studies based on key themes, such as the effectiveness of digital psychotherapy, the impact of mindfulness interventions, and the role of cognitive behavioral therapy in treating depression and anxiety. By grouping studies into thematic clusters, the review was able to identify patterns, trends, and gaps in the existing literature.

The methodological approach adopted in this study was designed to provide a comprehensive and systematic evaluation of psychological interventions in mental health. By integrating evidence from high-quality studies, the review aimed to generate meaningful conclusions that could inform future research and clinical practice. Additionally, the findings were expected to contribute to the development of more effective and accessible psychological interventions tailored to diverse populations and settings.

Ultimately, this research methodology sought to establish a rigorous foundation for understanding the effectiveness of psychological interventions in improving mental health outcomes. Through a structured and evidence-based approach, this study aimed to enhance the body of knowledge on

digital and personalized psychological interventions, addressing key challenges and opportunities in the field.

RESULT AND DISCUSSION

The effectiveness of psychological interventions in addressing mental health disorders has been extensively documented across multiple studies, highlighting the efficacy of cognitive behavioral therapy (CBT), mindfulness-based interventions, and digital therapy approaches. Research by Fatemi et al. (2023) demonstrated that Stress Inoculation Training (SIT), whether delivered virtually or in-person, significantly reduced symptoms of anxiety, depression, and stress among pregnant women experiencing psychological distress. This finding underscores the viability of both digital and in-person interventions in managing complex psychological conditions.

Further supporting this perspective, (Murga et al., 2021) investigated the effectiveness of the DIALOG intervention for patients with depressive and anxiety disorders. Their findings revealed that the intervention significantly improved patients' quality of life, with an effect size of 0.33 (95% CI 0.24–0.42). This evidence highlights the importance of a multidisciplinary approach that integrates psychosocial techniques into standard healthcare practices.

The role of internet-based therapy has been widely explored, particularly in times of crisis. (Heckendorf et al., 2022) assessed self-help interventions delivered via digital platforms to alleviate stress during the COVID-19 pandemic. Their findings suggest that such interventions were more effective in reducing anxiety and distress compared to conventional treatment. This adds empirical support to the argument that online therapy can serve as an efficient tool for mitigating psychological distress during emergencies.

The statistical backing for these findings is further reflected in a meta-analysis by (Hans & Hiller, 2013), which examined the effectiveness of cognitive behavioral therapy for individuals with unipolar depression. Their study revealed that dropout rates in individual therapy settings were comparable to those reported in clinical settings, with higher dropout tendencies observed in cases involving more therapy sessions. This highlights the need to carefully tailor therapy frequency and format to optimize outcomes.

Additional evidence suggests that combining multiple therapeutic modalities yields significant benefits. (Im et al., 2022) explored interventions that integrated psychological therapy with treatment for physical ailments, such as vertigo. Their study found notable improvements in both psychological and physical symptoms, emphasizing the potential of integrative treatment approaches. Similarly, (Ying et al., 2021) examined internet-based cognitive behavioral therapy for older adults without cognitive impairments during the COVID-19 pandemic, reporting significant reductions in negative affect and anxiety. This finding supports the accessibility and effectiveness of digital interventions, particularly for older populations who may face barriers to traditional therapy access.

Research by (Zanden et al., 2012) further demonstrated that online group courses for adolescents and young adults with depression led to significant symptom alleviation, particularly among

individuals from low-income backgrounds. This underscores the need for diverse, inclusive mental health interventions that are accessible across socioeconomic groups.

Overall, empirical and statistical evidence from authoritative studies confirms that both conventional and digital psychological interventions play a crucial role in mitigating mental health disorders. The success of these interventions, however, is influenced by multiple factors, including intervention mode, patient demographic characteristics, and the integration of multidisciplinary approaches.

The success of psychological interventions is significantly influenced by specific factors, including individual characteristics, social support, and contextual elements. Fatemi et al. (2023) found that pregnant women with higher levels of anxiety responded more effectively to Stress Inoculation Training (SIT) than those with lower baseline anxiety levels. This suggests that interventions must be tailored to symptom severity to achieve optimal outcomes.

Social support also plays a crucial role in intervention efficacy. Research by (Cheung et al., 2020) on caregivers of dementia patients revealed that strong social networks were associated with reduced psychological distress. The presence of robust social support systems not only acts as a buffer against stress but also enhances participation and engagement in psychological intervention programs.

Contextual factors, including economic and social conditions, significantly affect intervention outcomes. Araya et al. (2021) investigated digital interventions for depression in Brazil and Peru, revealing that variations in mental healthcare accessibility influenced treatment success. Their study underscores the importance of considering local contexts when designing mental health interventions to maximize effectiveness.

Comparative studies further highlight how geographical and demographic factors shape intervention effectiveness. Murga et al. (2021) found that the effectiveness of the DIALOG intervention varied between Bosnia and Herzegovina and Western European countries, suggesting that cultural and systemic differences impact intervention reception and outcomes. In a related study, (Notiar et al., 2021) examined maternal depression interventions in Kenya, finding that integrating education and emotional support improved treatment outcomes. These findings emphasize the necessity of culturally adaptive mental health interventions.

The duration and timing of therapy sessions also play a critical role in treatment success. Hans and Hiller (2013) demonstrated that patients receiving longer therapy sessions exhibited greater symptom reduction compared to those receiving minimal therapy. However, they also observed higher dropout rates among patients subjected to extended therapy schedules, emphasizing the need for well-structured treatment plans that balance effectiveness with patient retention.

Technological accessibility is another determinant of intervention success. Heckendorf et al. (2022) found that internet-based mental health interventions were effective during the COVID-19 pandemic; however, disparities in technological access across different demographic groups influenced intervention reach and success rates. This highlights the need for equitable access to mental health resources.

Cross-population studies further reveal the importance of demographic considerations in intervention design. Zeng et al. (2019) found that mindfulness-based interventions tailored to menopausal women in China yielded better outcomes than generalized therapeutic approaches. This finding reinforces the importance of culturally relevant interventions that align with the specific needs and preferences of different populations.

In conclusion, the effectiveness of psychological interventions is shaped by a complex interplay of individual, social, contextual, and technological factors. By incorporating these elements into intervention design, mental health programs can be optimized to meet the diverse needs of various populations, ensuring greater accessibility and efficacy in mitigating mental health disorders.

The findings of this study support the effectiveness of psychological interventions, particularly through virtual and semi-presential approaches. The application of Stress Inoculation Training (SIT) and other psychological techniques aligns with existing literature, affirming that structured and evidence-based interventions significantly reduce anxiety and depression symptoms across diverse populations (Lintvedt et al., 2011). This research corroborates the growing consensus that well-structured therapy can be effectively implemented in various contexts, including among pregnant women experiencing psychological distress.

The efficacy of internet-based interventions further reinforces previous studies on digital mental health solutions. Heckendorf et al. (2022) found that self-guided online therapy effectively reduced anxiety levels during crises such as the COVID-19 pandemic, producing results comparable to traditional treatments. These findings are consistent with other studies highlighting the benefits of digital interventions, emphasizing accessibility and flexibility as key factors in mental health support (Ying et al., 2021). However, digital interventions require appropriate implementation strategies to ensure user engagement and effectiveness, as variations in technological literacy and access can influence outcomes.

A critical issue in psychological interventions is dropout rates, as highlighted in research by Hans and Hiller (2013). Their study found that the likelihood of disengagement from therapy increases with prolonged treatment duration, which is a challenge frequently observed in both individual and group therapy settings. This study similarly identified that structured interventions with integrated social support mechanisms contribute to successful treatment outcomes. Previous research has confirmed that social support serves as a buffer against psychological stress, reinforcing patient engagement and adherence to treatment plans (Cheung et al., 2020). Addressing dropout rates requires optimizing therapy structures to balance treatment effectiveness with user retention.

Comparative studies on intervention effectiveness in different geographical contexts reveal the impact of localized factors. Research by Araya et al. (2021) demonstrated that digital interventions for depression in patients with chronic illnesses, such as hypertension or diabetes, yielded varying results in Brazil and Peru. These differences suggest that contextual factors, including healthcare infrastructure and socioeconomic conditions, significantly influence treatment efficacy. Similarly, studies on mental health interventions in developing countries indicate that accessibility constraints can limit individual exposure to effective therapy (Notiar et al., 2021). However, tailoring

interventions to specific local needs has proven to yield better outcomes, emphasizing the importance of adapting treatments based on cultural and economic contexts.

The role of social support in mental health interventions is particularly evident in research on caregivers. Cheung et al. (2020) found that strong social networks correlate with improved mental health outcomes among dementia caregivers. This aligns with findings from (Rahman et al., 2023), suggesting that cross-disciplinary collaboration in healthcare can enhance patient experiences and improve intervention efficacy. Developing comprehensive support systems within communities and healthcare institutions is essential to maximizing the benefits of psychological interventions.

The balance between individual and group therapy remains a topic of debate. Research has indicated that group therapy often experiences higher dropout rates compared to individualized treatment, possibly due to personal comfort levels and the ability to address specific concerns within a group setting (Smelson et al., 2013). This study reinforces the importance of customizing interventions to individual needs while also considering the benefits of peer support in group settings. The success of therapy appears to depend on balancing structured individual approaches with flexible community-based interventions.

Advancements in mental health technology, particularly smartphone applications and digital health tools, have become increasingly relevant. Research by Schure et al. (2022) highlights the potential of web-based interventions in addressing depressive symptoms across different populations. The accessibility and scalability of digital solutions provide a promising avenue for bridging treatment gaps, particularly in underserved communities. However, ensuring the reliability and ethical use of digital interventions remains a challenge, necessitating further research and policy development.

The variability in treatment responses presents ongoing challenges for researchers and mental health practitioners. Psychological interventions must account for cultural, social, and economic differences that shape individual experiences and treatment engagement. Research has suggested that personalized interventions based on individual symptom profiles yield the highest effectiveness (Löchner et al., 2023; Valiente-Gómez et al., 2019). Future studies should focus on integrating multi-dimensional approaches to optimize mental health treatment.

These findings reinforce the importance of adapting mental health services to individual and contextual needs. Policymakers and practitioners should consider developing tiered digital solutions that accommodate users with different levels of digital access and literacy. For instance, hybrid models combining brief face-to-face onboarding with remote therapy could bridge the gap for digitally vulnerable groups. Moreover, implementing culturally sensitive content and integrating social support components—such as peer support groups or family involvement—can significantly boost long-term engagement and treatment outcomes.

CONCLUSION

This study highlights the effectiveness of psychological interventions in reducing symptoms of anxiety and depression, particularly through digital and structured approaches. Findings support the growing role of internet-based therapies, cognitive behavioral therapy, and mindfulness

techniques in addressing mental health disorders. Evidence from previous studies indicates that personalized treatment plans and social support networks significantly enhance the effectiveness of interventions. However, accessibility issues and varying responses to treatment remain challenges that must be addressed through policy and practice.

The need for further intervention is urgent, particularly in low-resource settings where mental health services remain limited. Digital solutions offer a promising avenue for bridging treatment gaps, but their integration into healthcare systems requires careful consideration of technological access and user engagement. Policies should focus on expanding mental health services, training healthcare professionals, and incorporating culturally adaptive approaches to improve intervention success rates.

Future research should explore the long-term efficacy of digital interventions, factors influencing dropout rates, and the role of personalized treatment in improving mental health outcomes. Addressing these gaps will enhance the sustainability and effectiveness of psychological interventions. Emphasizing community engagement, policy adaptation, and technological advancements will be critical in mitigating mental health challenges and promoting overall well-being.

REFERENCE

Araya, R., Menezes, P. R., Claro, H. G., Brandt, L., Daley, K., Quayle, J., Diez-Canseco, F., Peters, T. J., Cruz, D. V, Toyama, M., Aschar, S., Hidalgo-Padilla, L., Martins, H., Cavero, V., Rocha, T. I. U., Scotton, G. A., Lopes, I. F. de A., Begale, M., Mohr, D. C., & Miranda, J. J. (2021). Effect of a Digital Intervention on Depressive Symptoms in Patients With Comorbid Hypertension or Diabetes in Brazil and Peru. *Jama*, *325*(18), 1852. https://doi.org/10.1001/jama.2021.4348

Cheung, D. S. K., Kor, P. P. K., Jones, C., Davies, N., Moyle, W., Chien, W. T., Yip, A. L. K., Chambers, S. K., Yu, C. T. K., & Lai, C. K. Y. (2020). The Use of Modified Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy Program for Family Caregivers of People Living With Dementia: A Feasibility Study. *Asian Nursing Research*, *14*(4), 221–230. https://doi.org/10.1016/j.anr.2020.08.009

Coventry, P., Meader, N., Melton, H., Temple, M., Dale, H. E., Wright, K., Cloître, M., Karatzias, T., Bisson, J. I., Roberts, N. P., Brown, J. V. E., Barbui, C., Churchill, R., Lovell, K., McMillan, D., & Gilbody, S. (2020). Psychological and Pharmacological Interventions for Posttraumatic Stress Disorder and Comorbid Mental Health Problems Following Complex Traumatic Events: Systematic Review and Component Network Meta-Analysis. *Plos Medicine*, *17*(8), e1003262. https://doi.org/10.1371/journal.pmed.1003262

Dickinson, C., Whittingham, K., Sheffield, J., Wotherspoon, J., & Boyd, R. N. (2020). Efficacy of Interventions to Improve Psychological Adjustment for Parents of Infants With or at Risk of Neurodevelopmental Disability: A Systematic Review. *Infant Mental Health Journal*, *41*(5), 697–722. https://doi.org/10.1002/imhj.21871

El-Jawahri, A., Jacobs, J. M., Nelson, A. M., Traeger, L., Greer, J. A., Nicholson, S., Waldman, L., Fenech, A. L., Jagielo, A. D., D'Alotto, J., Horick, N., Spitzer, T. R., DeFilipp, Z., Chen, Y. A., & Temel, J. S. (2020). Multimodal Psychosocial Intervention for Family Caregivers of Patients Undergoing Hematopoietic Stem Cell Transplantation: A Randomized Clinical Trial. *Cancer*, *126*(8), 1758–1765. https://doi.org/10.1002/cncr.32680

Fatemi, A., Nasiri-Amiri, F., Faramarzi, M., Chehrazi, M., Adib-Rad, H., & Pahlavan, Z. (2023). Comparing the Effectiveness of Virtual and Semi-Attendance Stress Inoculation Training [SIT] Techniques in Improving the Symptoms of Anxiety, Depression, and Stress of Pregnant Women With Psychological Distress: A Multicenter Randomized Controlled Trial. *BMC Pregnancy and Childbirth*, *23*(1). https://doi.org/10.1186/s12884-023-05650-1

Freeman, D., Waite, F., Startup, H., Myers, E., Lister, R., McInerney, J., Harvey, A. G., Geddes, J., Zaiwalla, Z., Luengo-Fernández, R., Foster, F., Clifton, L., & Yu, L. (2015). Efficacy of Cognitive Behavioural Therapy for Sleep Improvement in Patients With Persistent Delusions and Hallucinations (BEST): A Prospective, Assessor-Blind, Randomised Controlled Pilot Trial. *The Lancet Psychiatry*, *2*(11), 975–983. https://doi.org/10.1016/s2215-0366(15)00314-4

Hans, E., & Hiller, W. (2013). Effectiveness of and Dropout From Outpatient Cognitive Behavioral Therapy for Adult Unipolar Depression: A Meta-Analysis of Nonrandomized Effectiveness Studies. *Journal of Consulting and Clinical Psychology*, *81*(1), 75–88. https://doi.org/10.1037/a0031080

Heckendorf, H., Lehr, D., & Boß, L. (2022). Effectiveness of an Internet-Based Self-Help Intervention Versus Public Mental Health Advice to Reduce Worry During the COVID-19 Pandemic: A Pragmatic, Parallel-Group, Randomized Controlled Trial. *Psychotherapy and Psychosomatics*, *91*(6), 398–410. https://doi.org/10.1159/000521302

Hediger, K., Wagner, J., Künzi, P., Haefeli, A., Theis, F., Grob, C., Pauli, E., & Gerger, H. (2021). Effectiveness of Animal-Assisted Interventions for Children and Adults With Post-Traumatic Stress Disorder Symptoms: A Systematic Review and Meta-Analysis. *European Journal of Psychotraumatology*, *12*(1). https://doi.org/10.1080/20008198.2021.1879713

Im, J. J., Na, S., Kang, S., Jeong, H., Lee, E., Lee, T.-K., Ahn, W., Chung, Y., & Song, I. (2022). A Randomized, Double-Blind, Sham-Controlled Trial of Transcranial Direct Current Stimulation for the Treatment of Persistent Postural-Perceptual Dizziness (PPPD). *Frontiers in Neurology*, *13*. https://doi.org/10.3389/fneur.2022.868976

Knowles, S. R., Ski, C. F., Langham, R. G., O'flaherty, E., Thompson, D. R., Rossell, S. L., Moore, G., Hsueh, Y., & Castle, D. (2016). Design and Protocol for the Dialysis Optimal Health Program (DOHP) Randomised Controlled Trial. *Trials*, *17*(1). https://doi.org/10.1186/s13063-016-1558-z

Lintvedt, O., Griffiths, K. M., Sørensen, K., Østvik, A. R., Wang, C. E. A., Eisemann, M., & Waterloo, K. (2011). Evaluating the Effectiveness and Efficacy of Unguided Internet-based Self-help Intervention for the Prevention of Depression: A Randomized Controlled Trial. *Clinical Psychology & Psychotherapy*, *20*(1), 10–27. https://doi.org/10.1002/cpp.770

Löchner, J., Platt, B., Starman-Wöhrle, K., Takano, K., Engelmann, L., Voggt, A., Loy, F., Bley, M., Winogradow, D., Hämmerle, S., Neumeier, E., Wermuth, I., Schmitt, K., Oort, F. J., & Schulte-Körne, G. (2023). A Randomized Controlled Trial of a Preventive Intervention for the Children of Parents With Depression: Mid-Term Effects, Mediators and Moderators. *BMC Psychiatry*, *23*(1). https://doi.org/10.1186/s12888-023-04926-2

Mishu, M. P., Tindall, L., Kerrigan, P., & Gega, L. (2023). Cross-Culturally adapted Psychological Interventions for the Treatment of Depression and/or Anxiety Among Young People: A Scoping Review. *Plos One*, *18*(10), e0290653. https://doi.org/10.1371/journal.pone.0290653

Moberg, C. A., Niles, A. N., & Beermann, D. (2019). Guided Self-Help Works: Randomized Waitlist Controlled Trial of Pacifica, a Mobile App Integrating Cognitive Behavioral Therapy and Mindfulness for Stress, Anxiety, and Depression. *Journal of Medical Internet Research*, *21*(6), e12556. https://doi.org/10.2196/12556

Murga, S. S., Jankovic, S., Muhić, M., Sikira, H., Burn, E., Priebe, S., & Kulenović, A. D. (2021). Effectiveness of a Structured Intervention to Make Routine Clinical Meetings Therapeutically Effective (DIALOG+) for Patients With Depressive and Anxiety Disorders in Bosnia and Herzegovina: A Cluster Randomised Controlled Trial. *Psychiatry Research Communications*, *1*(2), 100010. https://doi.org/10.1016/j.psycom.2021.100010

Nakao, S., Nakagawa, A., Oguchi, Y., Mitsuda, D., Kato, N., Nakagawa, Y., Tamura, N., Kudo, Y., Abe, T., Hiyama, M., Iwashita, S., Ono, Y., & Mimura, M. (2018). Web-Based Cognitive Behavioral Therapy Blended With Face-to-Face Sessions for Major Depression: Randomized Controlled Trial. *Journal of Medical Internet Research*, *20*(9), e10743. https://doi.org/10.2196/10743

Nicolson, S., Carron, S., & Paul, C. (2022). Supporting Early Infant Relationships and Reducing Maternal Distress With the Newborn Behavioral Observations: A Randomized Controlled Effectiveness Trial. *Infant Mental Health Journal*, *43*(3), 455–473. https://doi.org/10.1002/imhj.21987

Notiar, A., Jidong, D. E., Hawa, F., Lunat, F., Shah, S., Bassett, P., Edge, D., Naeem, F., & Husain, N. (2021). Treatment of Maternal Depression in Low-income Women: A Feasibility Study From Kilifi, Kenya. *International Journal of Clinical Practice*, *75*(12). https://doi.org/10.1111/ijcp.14862

Penckofer, S., Ferrans, C. J., Mumby, P., Byrn, M., Emanuele, M. A., Harrison, P. R., Durazo-Arvizú, R., & Lustman, P. J. (2012). A Psychoeducational Intervention (SWEEP) for Depressed Women With Diabetes. *Annals of Behavioral Medicine*, *44*(2), 192–206. https://doi.org/10.1007/s12160-012-9377-2

Rahman, A., Malik, A., Atif, N., Nazir, H., Zaidi, A., Nisar, A., Waqas, A., Sharif, M., Chen, T., Wang, D., & Sikander, S. (2023). Technology-Assisted Cognitive-Behavior Therapy Delivered by Peers Versus Standard Cognitive Behavior Therapy Delivered by Community Health Workers for Perinatal Depression: Study Protocol of a Cluster Randomized Controlled Non-Inferiority Trial. *Trials*, *24*(1). https://doi.org/10.1186/s13063-023-07581-w

Ridout, B., & Campbell, A. (2018). The Use of Social Networking Sites in Mental Health Interventions for Young People: Systematic Review. *Journal of Medical Internet Research*, *20*(12), e12244. https://doi.org/10.2196/12244

Schlicker, S., Weisel, K. K., Buntrock, C., Berking, M., Nobis, S., Lehr, D., Baumeister, H., Snoek, F. J., Riper, H., & Ebert, D. D. (2019). Do Nonsuicidal Severely Depressed Individuals With Diabetes Profit From Internet-Based Guided Self-Help? Secondary Analyses of a Pragmatic Randomized Trial. *Journal of Diabetes Research*, *2019*, 1–11. https://doi.org/10.1155/2019/2634094

Schure, M. B., Lindow, J. C., Greist, J. H., Nakonezny, P. A., Bailey, S. J., Bryan, W., & Byerly, M. (2019). Use of a Fully Automated Internet-Based Cognitive Behavior Therapy Intervention in a Community Population of Adults With Depression Symptoms: Randomized Controlled Trial. *Journal of Medical Internet Research*, *21*(11), e14754. https://doi.org/10.2196/14754

Shallcross, A. J., Willroth, E. C., Fisher, A. J., Dimidjian, S., Gross, J. J., Visvanathan, P. D., & Mauss, I. B. (2018). Relapse/Recurrence Prevention in Major Depressive Disorder: 26-Month Follow-Up of

Mindfulness-Based Cognitive Therapy Versus an Active Control. *Behavior Therapy*, *49*(5), 836–849. https://doi.org/10.1016/j.beth.2018.02.001

Smelson, D., Chen, K. W., Ziedonis, D., Andes, K., Lennox, A. S., Callahan, L., Rodrigues, S., & Eisenberg, D. M. (2013). A Pilot Study of <i>Qigong</I> for Reducing Cocaine Craving Early in Recovery. *The Journal of Alternative and Complementary Medicine*, *19*(2), 97–101. https://doi.org/10.1089/acm.2012.0052

Valiente-Gómez, A., Moreno-Alcázar, A., Raduà, J., Hogg, B., Blanco, L., Lupo, W., Pérez, V., Robles-Martínez, M., Torrens, M., & Amann, B. L. (2019). A Multicenter Phase II Rater-Blinded Randomized Controlled Trial to Compare the Effectiveness of Eye Movement Desensitization Reprocessing Therapy vs. Treatment as Usual in Patients With Substance Use Disorder and History of Psychological Trauma: A Study Design and Protocol. *Frontiers in Psychiatry*, *10*. https://doi.org/10.3389/fpsyt.2019.00108

Waqas, A., & Rahman, A. (2021). Does One Treatment Fit All? Effectiveness of a Multicomponent Cognitive Behavioral Therapy Program in Data-Driven Subtypes of Perinatal Depression. *Frontiers in Psychiatry*, *12*. https://doi.org/10.3389/fpsyt.2021.736790

Ye, M., Lin, H., Lash, G. E., Yuan, L., & Li, L. (2021). Effects of Psychosomatic Mutual Aid Treatment on Anxiety and Depression in Turner Syndrome. *Frontiers in Psychiatry*, *12*. https://doi.org/10.3389/fpsyt.2021.644147

Ying, Y., Ji, Y., Kong, F., Chen, Q., Lv, Y., Hou, Y., Zhu, L., Miao, P., Yu, L., Li, L., Kuang, W., Jiang, L., Zhu, X., Liu, X., Xu, L., Mi, Y., Lou, Z., & Ruan, L. (2021). Internet-Based Cognitive Behavioral Therapy for Psychological Distress in Older Adults Without Cognitive Impairment Living in Nursing Homes During the COVID-19 Pandemic: A Feasibility Study. *Internet Interventions*, *26*, 100461. https://doi.org/10.1016/j.invent.2021.100461

Zanden, R. v. d., Kramer, J., Gerrits, R. S., & Cuijpers, P. (2012). Effectiveness of an Online Group Course for Depression in Adolescents and Young Adults: A Randomized Trial. *Journal of Medical Internet Research*, *14*(3), e86. https://doi.org/10.2196/jmir.2033