

## Search strategy

The following search terms were selected for PsycINFO and adapted as appropriate to other databases (Embase, MEDLINE, and CINAHL). English language filters were used for all databases. No date restrictions were imposed.

### OID databases (PsycINFO, Embase, MEDLINE)

#### Addictive substances and behaviours:

(addicti\* or substance or drug\* or prescription drug\* or opioid\* or opiate\* or narcotic\* or heroin or morphine or alcohol\* or drink\* or cannabis or marijuana or tobacco or nicotine or cigar\* or smok\* or vap\* or cocaine or crack or crack-cocaine or meth or methamphetamine\* or amphetamine\* or crystal meth\* or stimulant\* or caffeine or LSD or hallucinogen\* or psilocybin or phencyclidine or inhalant\* or gaming or video gam\* or gambl\* or eat\* or overeat\* or food or sedative\* or anxiolytic\* or hypnotic\* or benzo\* or ketamine or overwork\* or sex\* or internet or Internet or porn\* or social media or Facebook) adj2 (addict\* or dependen\* or behav\* or consum\* or abus\* or misus\* or use\* or using or inject\* or heavy or compuls\* or impuls\* or bing\* or excess\* or frequen\* or sever\* or daily or risky or cessat\* or reduc\* or abstain\* or abstin\* or quit\* or recover\* or disorder\* or urge\* or crav\* or problem\* or patholog\* or comorbid\* or subthreshold or subclinical or concurrent)

#### Technology-mediated interventions:

(interven\* or assess\* or prevent\* or treat\* or therap\* or self-help or self-direct\* or self-guide\* or workbook\* or program\* or support or guided) adj2 (technolog\* or internet\* or Internet\* or computer\* or online\* or virtual\* or digital\* or mobile\* or smartphone\* or phone\* or app or apps or text\* or e-health or m-health or eHealth or mHealth or ecological or ambulatory or just-in-time or adaptive or naturalistic or handheld or web\*)

### EBSCO databases (CINAHL)

((addicti\* or substance or drug\* or prescription drug\* or opioid\* or opiate\* or narcotic\* or heroin or morphine or alcohol\* or drink\* or cannabis or marijuana or tobacco or nicotine or cigar\* or smok\* or vap\* or cocaine or crack or crack-cocaine or meth or methamphetamine\* or amphetamine\* or crystal meth\* or stimulant\* or caffeine or LSD or hallucinogen\* or psilocybin or phencyclidine or inhalant\* or gaming or video gam\* or gambl\* or eat\* or overeat\* or food or sedative\* or anxiolytic\* or hypnotic\* or benzo\* or ketamine or overwork\* or sex\* or internet or Internet or porn\* or social media or Facebook) n2 (addict\* or dependen\* or behav\* or consum\* or abus\* or misus\* or use\* or using or inject\* or heavy or compuls\* or impuls\* or bing\* or excess\* or frequen\* or sever\* or daily or risky or cessat\* or reduc\* or abstain\* or abstin\* or quit\* or recover\* or disorder\* or urge\* or crav\* or problem\* or patholog\* or comorbid\* or subthreshold or subclinical or concurrent)) and ((interven\* or assess\* or prevent\* or treat\* or therap\* or self-help or self-direct\* or self-guide\* or workbook\* or program\* or support or guided) n2 (technolog\* or internet\* or Internet\* or computer\* or online\* or virtual\* or digital\* or mobile\* or smartphone\* or phone\* or app or apps or text\* or e-health or m-health or eHealth or mHealth or ecological or ambulatory or just-in-time or adaptive or naturalistic or handheld or web\*))