

**Supplementary Table 1.** Summary of contents of 10 internet treatments in the 8 included studies

| Study  | Intervention   | Contents and components   |
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| Allen et al. <sup>19</sup><br>Australia                      | Guided disorder-specific iCBT (“Panic Program”) <ul style="list-style-type: none"> <li>–Delivery mode: Internet/website</li> <li>–Language: English</li> <li>–Length: 8 weeks</li> <li>–Modules: 5</li> <li>–Guidance: scheduled contact via email or telephone</li> <li>Provider/developer: virtualclinic, THISWAYUP clinic (primary care), Australia</li> <li>Website: www.thiswayup.org.au</li> </ul>   | The “Panic Program” is presented as an illustrated comic-style story about the journey of patient to recovery from panic symptoms, with the help of CBT techniques and a clinician. <ol style="list-style-type: none"> <li>1 Psychoeducation on PD (e.g., anxiety, diagnosis and treatment)</li> <li>2 Psychoeducation (e.g., fight-or-flight response) Controlled breathing</li> <li>3 Link between thoughts and feelings Thought monitoring and challenging</li> <li>4 Psychoeducation on the role of avoidance Interoceptive and <i>in vivo</i> exposure</li> <li>5 Continued exposure Key skills review Relapse prevention</li> </ol>   |
| Berger et al. <sup>23</sup><br>Germany, Switzerland, Austria | 1. Guided transdiagnostic iCBT for PD/PDA, SAD and GAD (no specific name)<br>2. Guided disorder-specific iCBT (no specific name) <ul style="list-style-type: none"> <li>–Delivery mode: Internet/website</li> <li>–Language: German</li> <li>–Length: 8 weeks</li> <li>–Modules: 8</li> <li>–Guidance: email contact</li> <li>Provider/developer: principal investigator T. Berger, University of Bern</li> <li>Website: not reported</li> </ul>   | The two iCBT self-help interventions are similar in core modules, but differ in the approach (i.e. tailored/transdiagnostic vs. disorder-specific/standardized) <ol style="list-style-type: none"> <li>1 Motivational enhancement (introduction, applied relaxation)</li> <li>2 Psychoeducation (e.g., information on SAD, PDA, and/or GAD. maintaining processes, treatment rationale, individual anxiety model, applied relaxation)</li> <li>3 Cognitive restructuring (identifying and modifying dysfunctional assumptions, thought record, applied relaxation)</li> <li>4 Self-focused attention and detached mindfulness; exercises to reduce self-focused attention (e.g., mindfulness exercises, applied relaxation)</li> <li>5 Exposure, behavioral experiments (e.g., <i>vivo</i> exposures, record and (in)validation of negative assumptions in anxiety situations, worry confrontation, scheduled worrying, applied relaxation)</li> <li>6 Summary and repetition (e.g., importance of repeating the exercises)</li> <li>7 Lifestyle modification and problem solving</li> <li>8 Repetition and relapse prevention</li> </ol>   |
| Berger et al. <sup>24</sup><br>Germany, Switzerland          | Unguided transdiagnostic tailored iCBT (“velibra”) for PD/PDA, SAD and GAD <ul style="list-style-type: none"> <li>–Delivery mode: Internet/website</li> <li>–Language: German</li> <li>–Length: 9 weeks</li> <li>–Modules: 6</li> <li>Provider/developer: GAIA AG (commercial), Germany, University of Bern (study website)</li> <li>Websites: www.online-therapy.ch (study), www.velibra.de (provider)</li> </ul>   | The course format of the transdiagnostic iCBT program “velibra” is based on Deprexis for depressive symptoms. <ol style="list-style-type: none"> <li>1 Introduction (e.g., purpose and function of the program; psychoeducation, symptom focus, introduction to CBT, treatment motivation)</li> <li>2 Coping with anxiety-related cognitions (e.g., understanding and identifying automatic thoughts and cognitive distortions)</li> <li>3 Learning mindfulness and relaxation exercises (e.g., introducing and practicing specific exercises, including breathing, mental imagery, and muscle relaxation)</li> <li>4 Understanding and practicing exposure (e.g., general and disorder-specific explanations of the role of exposure in anxiety treatment; disorder-specific examples and instructions for self-guided exposure exercises)</li> <li>5 Social skills, social support, and interpersonal relationships (e.g., suggestions for improving interpersonal relationships, anxiety-related social situations)</li> <li>6 Summary and relapse prevention (e.g., quiz)</li> </ol>  |
| Fogliati et al. <sup>21</sup><br>Australia                   | 1. Disorder-specific iCBT (“Panic Course”), self-guided or clinician-guided<br>2. Transdiagnostic iCBT (“Wellbeing Course”), self-guided or clinician-guided <ul style="list-style-type: none"> <li>–Delivery mode: Internet/website</li> <li>–Language: English</li> <li>–Length: 8 weeks</li> <li>–Modules: 5</li> <li>–Guidance: contact via telephone or secured email</li> <li>Provider/developer: eCentreClinic, MindSpot Clinic (primary care), Australia</li> <li>Website: www.mindspot.org.au</li> </ul>  | The transdiagnostic “Wellbeing Course” mentioned no specific anxiety or depressive disorder throughout the materials, vignettes, examples and case stories (provided in each lesson), whereas the disorder-specific “Panic Course” focused on PD. <ol style="list-style-type: none"> <li>1 Introduction: Education about the prevalence and symptoms (transdiagnostic or PD), introduction of a CBT model and explanation of the functional relationship between physical, thought and behavioral symptoms in psychological distress. Instructions for identifying symptoms and their interactions</li> <li>2 Unhelpful thoughts: Introduction to the basic principles of cognitive therapy and importance of managing thoughts. Instructions for monitoring and challenging thoughts (transdiagnostic or PD)</li> <li>3 Physical symptoms: Introduction (hyper-arousal and hypo-arousal for transdiagnostic or PD). Instructions about controlling physical symptoms using de-arousal strategies including controlled breathing (plus scheduling pleasant activities in the transdiagnostic condition)</li> <li>4 Behavioral symptoms: Introduction. Explanation of avoidance and safety behaviors and their relationship to distress. Instructions for graded exposure for safely confronting fears and increasing activity levels (plus behavioral activation in the transdiagnostic condition)</li> <li>5 Staying well/relapse prevention: Information about the occurrence of lapses, the process of recovery (transdiagnostic or disorder-specific) and about the signs of relapse and managing lapses. Instructions for relapse prevention plan</li> </ol> |
| Ivanova et al. <sup>64</sup><br>Sweden                       | Internet-delivered Acceptance and Commitment Therapy (ACT) for PD and SAD, with iCBT elements (“ACT-smart”), self-guided and clinician-guided <ul style="list-style-type: none"> <li>–Delivery mode: Internet/website+app</li> <li>–Language: Swedish</li> <li>–Length: 8–10 weeks (one module per week is recommended)</li> <li>–Modules: 8</li> <li>–Guidance: written feedback via the app</li> <li>Provider/developer: principal investigator: P. Carlbring, Stockholm University</li> <li>Website: the former study website is not accessible (www.act-smart.se)</li> </ul> | The “ACT-smart” self-help program is based on Ångesthjälpen (“The Anxiety Help”). Besides an Internet treatment program contains a supplemented smartphone app, a printed additional exercise book and a CD with mindfulness and acceptance exercises. The app was integrated to promote the training of behavioral skills in daily life. The program involves conceptualizations of anxiety disorders and therapeutic techniques, including: <ul style="list-style-type: none"> <li>–Cognitive restructuring</li> <li>–Exposure training</li> <li>–Acceptance training</li> <li>–Goal-setting (according to values)</li> <li>–Attention and breathing exercises</li> <li>–Relapse prevention</li> </ul>  |
| Oromendia et al. <sup>57</sup><br>Spain                      | Transdiagnostic iCBT for PD (“Free from Anxiety”), with or without scheduled psychological support <ul style="list-style-type: none"> <li>–Delivery mode: Internet/website</li> <li>–Language: Spanish</li> <li>–Length: 8 weeks</li> <li>–Modules: 8</li> <li>–Guidance: telephone contact</li> <li>Provider/developer: “Amind terapia”, Spain (developed by Livanda, Sweden)</li> <li>Website: www.amind-terapiainternat.com</li> </ul>  | This iCBT program is the Spanish version of “Free from Anxiety” (“Libre de Ansiedad”). The core elements of iCBT for PD are presented in the first three of eight modules. The program involves the following therapeutic components: <ul style="list-style-type: none"> <li>–Psychoeducational training (module 1–8)</li> <li>–Behavioral analysis (module 1+2)</li> <li>–Exposure (interoceptive, <i>in vivo</i>) (module 2–8)</li> <li>–Relaxation (module 1–4)</li> <li>–Cognitive restructuring (module 3–5)</li> <li>–Mindfulness (module 6)</li> <li>–Communication skills (module 7)</li> <li>–Problem solving (module 8)</li> </ul>  |
| Schröder et al. <sup>62</sup><br>Germany                     | Unguided transdiagnostic iCBT (“ConfID”) for PD/PDA, agoraphobia, specific phobia and SAD <ul style="list-style-type: none"> <li>–Delivery mode: Internet/website</li> <li>–Language: German</li> <li>–Length: 4 weeks</li> <li>–Modules: 4</li> <li>Provider/developer: Novego AG, Germany</li> <li>Website: www.novego.de</li> </ul>   | This iCBT program* is presented using multimedia and interactive elements such as an automated video-advisor, text elements, audio files, photos, illustrations, interactive games and exercises to apply learnt functional reactions in simulated fear-loaded situations. It contains classical CBT components such as psychoeducation, cognitive restructuring, and exposure to feared stimuli (exercises) and is complemented by elements from systemic psychotherapy with a focus on interactional patterns. *update: a search on the German novego website (accessed 20 May 2018) indicated that this 4-week program is currently available under the name “novego-Angstprogramm” (anxiety program).   |
| Van Ballegooijen et al. <sup>63</sup>                        | Guided disorder-specific iCBT (“Don’t Panic Online”) <ul style="list-style-type: none"> <li>–Delivery mode: Internet/website</li> <li>–Language: Dutch</li> <li>–Length: 8 weeks</li> <li>–Modules: 6</li> <li>–Guidance: contact via email</li> <li>Provider/developer: Trimbos Institute, Netherlands, in collaboration with GGNet</li> <li>Website: www.trimbos.org</li> </ul>  | The iCBT course (Dutch: “Geen Paniek Online”) is based on the face-to-face group course “Geen Paniek”. The course format is based on “Colour Your Life” for depressive symptoms. Each session consists of multimedia material and has a typical structure (introduction, discussion of the last homework, new theory and next week’s homework). The program contains common CBT components such as psychoeducation, information about PD based on CBT (e.g., about panic attacks, hyperventilation, viscous cycle), analysis of fearful situations, tracking of symptoms (log of panic attacks), relaxation methods, cognitive restructuring, interoceptive exposure exercises, exposure <i>in vivo</i> exercise and relapse prevention.  |

The information was mainly obtained from the included studies. Additional data was found in published study protocols, via internet searches and program websites. The information regarding the modules obtained from included studies was adapted and shortened. Seven out of ten interventions were Non-English and their contents have been translated in the English papers. Therefore, the names of modules in the original programs differ in language in most presented interventions. Some of the contents, structure or names of courses might have changed since the publication of studies. All interventions included homework assignments and provided automated messages. ACT: Acceptance and Commitment Therapy, AG: Aktiengesellschaft (German, stock corporation), app: application, CD: compact disc, iCBT: internet-based Cognitive Behavioral Therapy, GAD: general anxiety disorder, PD: panic disorder, PDA: panic disorder with agoraphobia, SAD: social anxiety disorder