

Supplementary Material 2

Table S1. Syntax.

Search strategy	
Query	Keywords (searched within titles, abstracts)
1	(Internet use disorder OR problematic internet use OR internet addiction OR excessive internet use OR problematic internet use OR compulsive internet use OR online addict* OR internet gaming disorder OR internet gaming OR video game addiction OR online game addict* OR videogame addict* OR computer game addiction OR smartphone addiction OR mobile phone addiction OR social media addiction OR online sex* addiction OR online sex* disorder OR online pornography OR hypersex* OR online shopping addiction OR compulsive online shopping)
2	(treatment OR therapy OR intervention OR counselling OR guided self-help OR self-help OR CBT OR cognitive behavioral therapy OR cognitive behavioral intervention OR pharmacological OR psychoanalytic OR psychodynamic OR interpersonal OR intervent* OR psychotherapy OR training OR program)
3	(systematic review OR meta-analysis OR meta-regression OR systematic overview OR „pooled effect OR systematic*)
Syntax	1 AND 2 AND 3

Supplementary Material 2

Table S2. Comprehensive display of SRMA's characteristics

Year	Author	Condition	Date range	Studies included	Outcomes	N	Age	Age range	% Female	n studies	Assignment	n participants	n studies	Primary study design	Outcome	Outcome measurement	
Systematic Reviews																	
2011	King, D. L.	IA/IGD	1985-2011	8	6	435	adolescents - adults	8-39 years	26%	CST 1 RCT 1 MCP 2	ESG 2 CSG 38	1	6	No restrictions regarding study design	IA/GA status	BAGD-2L, CHS, WT, CSRS, K-AS, OTC, YOG, YAS, YAS-K, DSM-IV	
2014	King, D. L.	IGD	2005-2015	36	6	412	adolescents - adults	n.r.	n.r.	CST 3	n.r.	n.r.	n.r.	No restrictions regarding study design	Cognitive related IA	K-AS, YAS, YOG, YAT, OGDSSB, CSRS, CSQ	
2014	Lemna, L. L.	IGD	first available-1950/5	23	6	541	adolescents - adults	10-45 years	n.r.	CST 10 CST based 3	ESG 476 CSG 62	5	6	No restrictions regarding study design	IA/IGD status	WT, LMS, AG, CHS, OTC, PUGPS, SCID, The Structured Clinical Interview for DSM-IV	
2016	Kuan, D. J.	PU/IA	2008-2020/5	46	1	555	children - adults	M = 9.3 (SD = 2.2); 10 years	n.r.	PT 10 DHT 6	n.r. n.r. n.r.	n.r. n.r. n.r.	7	No restrictions regarding study design (including online report studies)	IA status	CHS, CSQ, DC-II-C, WT, K-AS, OCS, OGS, S, YAS, YAS-K, ACA-C, ACA-S, IA, Internet Use, Young 1985 and BagD-2L	
2016	Lim, L. T.	PU/IA	first available-1950/5	3	5	115	university students - adults	M = 23.0 (SD = 7.5); 20-37 (SD = 4.65)	42.1%	O 3	CSG 28	6	2	No restrictions regarding study design (included studies were PU/IGD studies with online sample sizes)	PU/IA status	YOG, YAS, K-SAS	
2017	Zhao, K.	IA/IGD	first available-1950/5	26	2	1357	children - adults	M = 9.3 (SD = 2.2); 10 years	n.r.	CST 10 Other types 7 PT 3	ESG 150 CSG 253	6	11	Multiarmed studies (randomized or non-randomized) or pretest/post-test trials	Severity of IA, CSA, duration of reported internet use	ACA-C, ACA-S, APSU, CSQ, CHS, IA, INDO, WT, C-I-GD-19/03CS, CSRS, K-AS, OTC, YOG	
2017	King, D. L.	IA/IGD	2007-2016	30	6	1680	children - adults	8-37 years	35%	PT 31 O 3 PT 5	ESG 1557 CSG 553	6	26	No restrictions regarding study design (included studies of online report studies)	IA/GA status	WT, YOG, ACA-S, APSU, CHS, CSRS, C-I-GD-19/03CS, WT, CSRS, SARCOS, K-AS, KSMAS, OGSAS, OTC, YAS, YOGCS, YAS-K	
2019	Chen, S.	IGD	first available-1950/5	26	5	645	n.r.	n.r.	n.r.	CST 10 Other types 7	ESG 138 CSG 159	6	10	No restrictions regarding study design (including online report studies and clinical reports)	IGD status	WT, CHS, ACA-S, CSA, PUGPS, CSQ, YOG, DC-II-C, WT, C-I-GD-19/03CS, OGS, OGS-SF, OGS-SF	
2019	Zhao, K.	IGD	first available-1950/5	22	1	888	children - young adults	M = 9.3 (SD = 2.2); M = 27.8 (SD = 1.5)	n.r.	CST 10 Other types 7	ESG 160 CSG 228	6	9	Multiarmed studies (randomized or non-randomized) or pretest/post-test trials	IGD symptom severity, time spent online	CHS, DSM-5, CSA, GAST, IAS, OGSAS, PUG, YOG, SCID-I	
2021	Kuan, D. J.	OGA/IGA, OGA/OGA/IGA	04/2015-2019/5	123	2	1576	children - adults	n.r.	n.r.	OGA = 10.2% - 65.1% IGD = 19.5% - 20% OGA n.r. OGA n.r. Combined 2 MPS 2 ABSCIT 1	ESG 10 Other types 1 n.r. n.r. n.r.	1	4	No restrictions regarding study design	Academic variables affected by internet symptoms	APUS, WT, YOG, K-Scale	
2021	Yu, L. X.	IA	2007-2020	31	5	1652	children - adults	12-16 years	n.r.	CST 10 PT 3 CST based 1 CST based 10	ESG 152 CSG 335	6	16	Multiarmed studies (randomized or non-randomized) or pretest/post-test trials	IA symptom severity	ACA-C, ACA-S, APSU, CHS, DSM-5, CSA, DSM-5, G-I-GD, HOD, IAS, HO, CR, IAT, K-Scale, PUGPS, YOG, YAS	
2022	Lampertucci, P.	IGD	2010-2021	16	1	1116	children - adults	7-21 years	n.r.	CST 10 PT 4 PT 2 PT 2	ESG 152 CSG 5	5	1	No restrictions regarding study design (included studies of studies with online sample sizes < 15)	IGD symptom severity	APUS, CHS, CSQ, CSAS-PH, CSA, DSM-5, DSM-5, GAST, IAS, CR, IASPS, OGSAS, SPT/5A, YAS	
Meta-Analyses																	
2013	Wittorf, A.	IA	first available - 1940/11	16	7	635	children - adults	8.3-44.5 years	16.7%	CST 1 ACT 1 MCP 1 PT 3	ESG 286 CSG 184	6	11	Randomized controlled trials, therapeutic comparison and subgroup change designs, observational studies	IA status, time spent online	CHS, YOG, C-I-GD-19/03CS, CSRS, YAS, YAS-K, CPTM, K-AS, K-AS, OTC, CHS, IAS	
2016	Yoon, Y. S.	IA	first available - 1910/201	27	11	1480	school-age children	n.r.	n.r.	CST 2 AT 3 MT 1 OGP 8 Family based 2 IT based 10 Other types 2	ESG 156 CSG 779	6	23	Randomized controlled trials, non-randomized controlled trials and pre-test/post-test studies	IA status	K-Scale, YAS, GAS	
2017	Chen, J.	IA	2000-2015	30	3	n.r.	adolescents	n.r.	n.r.	CST 12 ACT 6 M 4 OGP 8 Family based 2 SPT 2 Other types 7	ESG 146 CSG 219	1	9	Experimental studies with pre- and post-test analyses and control groups	Severity of IA	n.r.	
2017	Yu, L. X.	IA	first available - 1910/2017	36	10	2071	adolescents - adults	n.r.	n.r.	OGP 30 SPT based 13	ESG 146 CSG 1462	6	16	Randomized controlled trials	Severity of IA	YAS, YOG, CHS-K, CHS, YAS, APSU, CSQ, IAS	
2019	Lu, S.	SA	first available - 1990/2010	9	5	1582	young adults	18-23 years	n.r.	E 3 CSG 6	ESG 750 CSG 750	Single 1 Combined 6	5	Randomized controlled trials	SA status	MP/TS, MP/5, SCS-C	
2019	Kim, S.	IA/IGD	first available - 04/2015	11	5	658	young adolescents - adults	11-16 years	1.7% - 49.2%	Family based 2 CP 3	ESG 219 CSG 139	6	8	A novel quasi-experimental design	Severity of IA	CSRS, YAS, YAS, OGS, CSQ, ACA-S, CHS, CSQ, IAT	
2019	Mahdizadeh, R.	IA/SA	2000-2015	6	4	305	adolescents	12-21 years	16.8%	O 3 Other types 1 MCP 2	ESG 12 CSG 145	1	1	Randomized controlled trials	Severity of internet symptoms (incl. IGD and CHS)	CSRS, YAS, PUG, SAS, IAS, SARCOS	
2019	Shen, S.	IGD	2007-2016	12	6	585	young adolescents - adults	10-16 years	<10%	CST based 10	n.r.	n.r.	1	5	Armed (open) experimental design	IGD status	ACA-S, CSA, SCS, IAT, CSRS, PU/C-I-GD, YOG
2020	Guo, M.	IA/PU/CS	first available - 1990/2010	91	5	2023	young adults	IA = 21 years SA = 26.4%	n.r.	CST based 24 SPT 1 MCP 5 Combined 6	ESG 945 CSG 622	6	1	Randomized or quasi-randomized controlled trials (including quasi-randomized controlled trials with no control, no treatment control, allocation concealment, or a placebo intervention)	Severity of IA/PU/CS (Severity)	ACA, APS, APSU, CSA, DC-II-C, IAS, OGA, OGA-C, CSA, DSM-5, DSM-5, GAST, IAS, HO, CR, IAT, K-Scale, PUGPS, YOG, YAS, YOG, YAT, OGDSSB, CSRS, CSQ	
2021	Angew, C.	PU/PSU	2000-2021	13	5	1439	adolescents - adults	M = 20.4 (SD = 6.6) years	n.r.	CST based 5 MCP 2 SPT 2	ESG 845 CSG 622	6	10	At least 1 year longitudinal trials with online sample sizes	PU/PSU-related variables (severity)	MP/TS, SACS-A, K-SAPS, K	

Supplementary Material 2

Table S3. Calculation of interrater reliability.

Reviewer	H	L	H	L	H	L	H	L	H	L	H	L	H	L	H	L	H	L	H	L	H	L
Study ID	30	30	7	7	4	4	22	22	35	35	33	33	45	45	49	49	50	50	51	51	52	52
PRISMA flow																						
1	2	2	2	2	2	2	2	2	2	0	0	2	2	2	2	0	0	2	2	2	2	2
2	1	1	2	2	2	2	2	2	2	1	1	2	2	2	2	2	2	2	2	2	2	2
3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
4	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	2
5	2	2	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
6	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	2
7	2	2	2	1	2	2	2	2	2	2	2	2	2	2	1	1	2	2	1	1	2	2
8	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	2	2	1	1	2	2
9	2	2	2	2	2	2	2	2	2	0	1	2	2	2	2	0	1	2	2	1	1	2
10a	2	2	2	2	2	2	2	2	2	0	0	2	2	2	2	1	1	2	2	0	0	2
10b	2	2	2	2	2	2	2	2	2	1	1	2	2	2	2	1	1	2	2	1	1	2
11	2	2	2	2	1	1	2	2	0	0	2	2	2	2	2	0	0	2	2	1	1	0
12	2	2	2	2	2	2	2	2	0	0	0	2	2	2	2	0	0	2	2	0	0	0
13a	2	2	2	2	2	2	2	2	2	0	0	2	2	2	2	2	0	2	2	1	1	0
13b	2	2	2	2	2	2	2	2	2	0	1	2	2	2	2	0	0	2	2	0	0	0
13c	1	1	2	2	2	2	2	0	0	0	0	1	2	2	2	0	0	1	1	0	0	0
13d	2	2	2	2	2	2	2	2	0	0	0	2	2	2	2	2	0	2	2	0	0	0
13e	2	2	1	2	2	2	2	2	0	0	0	2	2	2	2	2	0	2	2	0	0	0
13f	2	2	0	0	2	2	2	0	0	0	0	2	2	2	2	2	0	1	1	0	0	0
14	2	2	2	2	1	1	2	2	0	0	0	2	2	2	2	2	0	1	2	0	0	0
15	1	1	2	2	1	0	2	2	0	0	0	2	2	2	1	0	0	0	0	0	1	0
16a	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	2	2	2	2	2
16b	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	0	1	2	2	2	2	2
17	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
18	2	2	2	2	2	2	2	2	2	0	0	2	2	2	2	2	0	2	2	0	0	0
19	2	2	2	2	2	2	2	2	1	2	2	2	2	2	2	1	2	2	2	1	2	2
20a	2	2	2	2	1	1	2	2	0	0	0	2	2	2	2	2	0	2	2	0	0	0
20b	2	2	2	2	2	2	2	2	2	0	0	2	2	2	2	0	0	2	2	0	0	0
20c	1	2	1	2	0	1	1	2	0	0	1	2	2	2	2	0	0	1	2	0	0	0
20d	2	2	0	0	0	0	0	2	2	0	0	2	2	2	2	0	0	2	2	0	0	0
21	2	2	2	2	2	2	2	2	0	0	0	2	2	2	2	2	0	1	2	0	0	0
22	2	2	2	2	2	2	2	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
23a	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	2	2	2	1	2	2
23b	2	2	2	2	2	2	2	2	1	1	2	2	2	2	1	1	1	2	2	1	1	1
23c	2	2	0	0	0	0	0	2	2	2	2	2	2	2	2	2	0	2	2	1	1	1
24a	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2	0	0	0	0	1	1	0
24b	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2	0	0	0	0	0	0	0
24c	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25	0	0	2	2	2	2	2	2	0	2	2	2	0	2	2	2	2	2	2	2	2	2
26	2	2	2	2	2	2	2	2	0	2	2	2	2	2	2	2	2	2	2	2	2	2
27	2	2	0	0	0	0	2	2	0	0	2	2	2	2	2	2	0	2	2	0	0	1
Sum	71	73	68	67	62	63	71	72	32	34	72	75	77	77	77	22	25	89	72	32	35	30
Kappa	0.94	0.93	0.94	0.94	0.94	0.94	0.97	0.97	0.97	0.97	0.91	0.99	0.99	0.99	0.99	0.92	0.93	0.93	0.93	0.96	0.96	0.96
Subgroup	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42
Rate test	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
z value	6.11	6.05	6.14	6.33	6.33	6.31	5.98	5.27	5.87	5.87	6.01	6.15	6.25	6.25	6.25	6.25	6.25	6.25	6.25	6.25	6.25	6.25
p value	0.000-0	0.000-0	1.00e-09	6.16e-10	2.47e-10	2.79e-10	2.28e-09	1.36e-07	4.36e-10	4.36e-10	1.05e-09	7.03e-10	7.03e-10	7.03e-10	7.03e-10	7.03e-10	7.03e-10	7.03e-10	7.03e-10	7.03e-10	7.03e-10	7.03e-10
M-Kappa	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93	0.93
SD-Kappa	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Supplementary Material 2

Table S4. Calculation of percentage of adherence to the PRISMA indicator

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