Records identified through database searching (n = 651)

Records after duplicates removed (n = 460)

Records screened (n = 460)

Records excluded (n = 436)

Full-text articles assessed for eligibility (n = 24)

Studies included in the present review (n = 8)

Full-text articles excluded, with reasons (n = 16)
- prevention/ inadequate diagnosis (n = 6)
- no controlled design (n = 5)
- relapse prevention (n = 1)
- no internet-based therapy (n = 4)