Records identified through database searching n = 5780

**MEDLINE** identified 1987 records

Records after duplicates removed n = 1625

Records screened n = 1625

19 full-text articles assessed for eligibility

Records excluded n = 1606

9 full-text articles excluded, with reasons:
- TS not distinct i.e. effects cannot be distinguished (n=148)
- HCP delivered (n=132)
- TS not supportive in content i.e. assessed compliance only (n=11)
- TS automated, not verbal support (n=9)
- Home telemedicine i.e. uses electronic transmission (n=103)

10 studies met our inclusion criteria which were duplicates of those located by **CENTRAL**

**CENTRAL** identified 1172 records

Records after duplicates removed n = 1137

Records screened n = 1137

413 full-text articles assessed for eligibility

Records excluded n = 724

10 studies met our inclusion criteria which were duplicates of those located by **CENTRAL**

**EMBASE** identified 2621 records

Records after duplicates removed n = 2380

Records screened n = 2380

18 full-text articles assessed for eligibility

Records excluded n = 2362

9 full-text articles excluded, with reasons:
- TS not distinct i.e. effects cannot be distinguished (n=5)
- HCP delivered (n=3)
- TS not supportive in content i.e. assessed compliance only (n=1)

9 studies met our inclusion criteria which were duplicates of those located by **CENTRAL**

Total of 10 studies included in the review

*Figure 1 PRISMA flowchart*