1. Adolescents
   exp adolescent/ or exp child/ or infant/
   exp Minors/
   exp Students/
   adolescen$.mp.
   pre-adolescen$.mp.
   youth$.mp.
   teen$.mp.
   (young$ adj (people$ or person$ or adult$)).mp.

2. Technology
   bibliotherap$.mp.
   written material$.mp.
   manual$.mp.
   (printed adj5 communicat$).mp.
   exp Bibliotherapy/
   Teaching Materials/
   Computer Systems/
   Programmed Instruction/

3. Self help
   self care.mp.
   self help.mp.
   self manage$.mp.
   self treat$.mp.
   Self Care/
   exp Self help Groups/
   exp Self Administration/

4. Mental health treatment
   cogniti$ therap$.mp.
   behavio?r$ therap$.mp.
   cogniti$ behavio?r$.mp.
   behavio?r$ modif$.mp.
   exp Cognitive Therapy/
   Behavior Therapy/
   exp Psychotherapy/
   exp Counseling/

The search combined these four search sets so that studies were identified that included adolescents and technology, and in addition had terms relating to either self help or mental health treatment.

- Academy of Child and Adolescent Psychiatry
- Adolescence
- Journal of Affective Disorder
- Journal of Depression and Anxiety
- Journal of Medical Internet Research
- Journal of Mental Health
- British Journal of Psychiatry
- Archives of General Psychiatry
- Journal of Clinical Psychology