## **Review**

Mark

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## Screening and selection process

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## Eligibility criteria \*

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#### Risk of bias assessment

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## Narrative synthesis

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## Results

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## Online courses and computer lessons

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## Physical activity interventions

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#### Online cognitive training

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	6.0DCt)TJWeekli		
	O(support)		
Percentage participant completion rate (treatment; control), %	Online course—the Managing Stress and Anxiety course allows participants and Anxiety course allows participants to learn and practise psychological skills. The course is comprises the skills. The course is comprises the following components: five online following components: five online with 7v <b>降</b> 越遠國 Fs. MCIp-MZ(g>BDC w 43 TEMC /Sparapist JIEMC /Span <>BDC -Tc O(support) 6.0DC t ) TjWeekIto I Ts. M降越遠國 Fs. MCIp-MZ(g <th></th> <th></th>		
Psychological outcomes	MC /Span < <th></th> <th></th>		
Follow-up	/Sparapist[JE		
Duration of the intervention	DC w 43 TEMC		
Mode of delivery	S)T975/Lang (en-US)>>E		
Presence of support	MCID 760 /Lang (en-U		
Control	MCIp-M2(g		
_	Online course—the Managing Stress and Anxiety course allows participants to learn and practise psychological skills. The course is comprises the following components: five online with 7vir Mark alex — 8° tev square Ts.		
Intervention	Online cours and Anxiety, to learn and skills. The co following coi with 7v		
Depression or Intervention anxiety scale used	PHO-9, GAD-7		
Psychological outcome measured	Anxiety		
	Dear et al (2015) <sup>33</sup>		

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