The information was mainly obtained from the included studies. Additional data was found in published study protocols, via internet searches and program websites. The information regarding the modules obtained from included studies was adapted and updated.

### Study Intervention

<table>
<thead>
<tr>
<th>Study</th>
<th>Intervention</th>
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| Allen et al. | 1. Guided disorder-specific iCBT ("Panic Program")  
- Delivery mode: Internet/website  
- Language: English  
- Length: 8 weeks  
- Modules: 5  
- Guidance: scheduled contact via email or telephone  
Provider/developer: virtual clinic, THS/WAYUP clinic (primary care), Australia  
Website: www.thwaysup.org.au |
| Berger et al. | 2. Guided disorder-specific iCBT (no specific name)  
- Delivery mode: Internet/website  
- Language: German  
- Length: 8 weeks  
- Modules: 8  
- Guidance: email contact  
Provider/developer: principal investigator: T. Berger, University of Bern  
Website: not reported |
| Fogliati et al. | 1. Disorder-specific iCBT ("Panic Course"), self-guided or clinician-guided  
- Delivery mode: Internet/website  
- Language: German  
- Length: 9 weeks  
- Modules: 6  
- Provider/developer: GAG AG (commercial), Germany, University of Bern (study website)  
Website: www.mindspot.org.au |
| Ivanov et al. | Transdiagnostic iCBT for PD ("Free from Anxiety"), with or without scheduled psychological support  
- Delivery mode: Internet/website  
- Language: Spanish  
- Length: 8-10 weeks (one module per week is recommended)  
- Modules: 8  
- Guidance: written feedback via the app  
Provider/developer: CentreClinic, MindSpot Clinic (primary care), Australia  
Website: www.mindspot.org.au |
| Oromendia et al. | Transdiagnostic iCBT for PD ("Free from Anxiety"), with or without scheduled psychological support  
- Delivery mode: Internet/website  
- Language: Spanish  
- Length: 8 weeks  
- Modules: 8  
- Guidance: telephone contact  
Provider/developer: "Amanit terapia", Spain (developed by Livanda, Sweden)  
Website: www.amanit-terapia.net |
| Schröder et al. | Unguided transdiagnostic iCBT ("ConDi") for PD/PDA, agoraphobia, specific phobia and SAD  
- Delivery mode: Internet/website  
- Language: German  
- Length: 4 weeks  
- Modules: 4  
- Provider/developer: NeroGo AG, Germany  
Website: www.nerogo.de |
| Van Ballegooijen et al. | Guided disorder-specific iCBT ("Don't Panic Online")  
- Delivery mode: Internet/website  
- Language: Dutch  
- Length: 8 weeks  
- Modules: 6  
- Guidance: contact via email  
Provider/developer: Tinnen Institute, Netherlands, in collaboration with CGNet  
Website: www.tinnin.org |