**Table 2**.  
Overview of independent studies and their sample characteristics

| **Authors** | **N**  **(TG/ CG)** | **Age**  **M(SD)** | **Female %** | **Country** | **Included Outcomes** | **Follow-up** | **Intervention Type** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Amadeo et al. (2015) | 190  (100/90) | 32 | 64 | PYF | suicide attempts, completed suicides | NA | Phone calls |
| Batterham (2018) | 194  (118/76) | NA | 86 | AUS | Suicide ideation | At 12 weeks | Online module program |
| Beautrais et al. (2010) | 327  (153/174) | 33.8 | 66 | NZL | deliberate self- harm | NA | 6 Postcards |
| Bush et al. (2017) | 118  (58/60) | 47 | 32 | USA | Suicide ideation | NA | Smartphone App |
| Carter et al. (2005) | 772  (378/394) | 38.7 | 68 | AUS | deliberate self-poisoning | 2 and 5 years later  (Carter et al., 2007; Carter et al., 2013) | 8 postcards |
| Cedereke et al. (2002) | 216  (107/109) | 41 | 66 | SWE | suicide ideation, suicide attempts | After 17 weeks | Telephone calls |
| Christensen et al. (2013) | 155  (TG1=38;  TG2=45;  TG3=37;  /35) | 41.49 | 81.9 | AUS | suicide ideation | After 24 weeks | Web-based  Cognitive Behaviour Therapy |
| Comtois et al. (2019) | 658  (329/328) | 25.2 | 18 | USA | suicide ideation, suicide attempts | NA | 11 Text Messages |
| De Jaegere et al. (2019) | 724  (365/359) | 59.4 | 35.7 | BEL | suicidal thoughts | After 6 weeks | Unguided online self-help intervention |
| Evans et al. (1999) | 827  (417/410) | 33.5 | 55 | GBR | deliberate self -harm | 26 weeks later (E. Evans et al., 2005) | crisis card & 24h telephone support |
| Franklin et al. (2016)  Study 1  Study 2  Study 3 | 114 (55/59)  131 (62/69)  163 (75/84) | 23.02  22.9  24.5 | 80.77  74.1  58.6 | USA & EU | Non suicidal self-injury, deliberate self- harm, suicidal behavior,  Suicide ideation, suicide plans | 2 weeks | Mobile App |
| Guille et al. (2015) | 199  (100/99) | 25.2 | 49.3 | USA | Suicide ideation | NA | Online CBT |
| Hassanian-Moghaddam et al. (2011) | 2113  (1043/1070) | 24.1 | 66.4 | IRN | suicide ideation , deliberate self-poisoning, self – harm, suicide attempts, | 52 weeks later (Hassanian-Moghaddam et al., 2015) | Postcards |
| Hetrick et al. (2017) | 50  (26/24) | 14.7 | 82 | AUS | suicide ideation | 12 weeks later | Online CBT |
| Hill & Pettit (2019) | 80  (40/40) | 16.67 | 68.8 | USA | suicide ideation | 6 weeks | Online program |
| Hooley et al. (2018) | 144  (TG1= 49  TG2=49  /46) | 25.63 | 85.4 | USA | suicide ideation, suicide plans | 4 and 8 weeks | Online daily diary |
| Kasckow et al. (2016) | 32  (16/16) | 51.1 | 6 | USA | suicide ideation | NA | Health Buddy System |
| Luxton et al. (2019) | 1318  (652/666) | 32 | 24 | USA | suicide ideation  Suicide mortality | NA | 13 caring emails |
| Motto & Bostrom (2001) | 843  (389/454) | 34 | 56 | USA | suicide rates | 522 weeks | Short letters |
| Mouaffak et al. (2015) | 320  (160/160) | 39 | 73.5 | FRA | suicide attempts | NA | resource card, phone calls |
| Mousavi et al. (2014) | 139  (69/70) | NA | 64 | IRN | Suicide ideation  Suicide reattempts | NA | 7 Telephone calls |
| Niederkrotenthaler et al. (2020) | 266  (TG1=86  TG2=90  /90) | 34 | 73 | AUT | Suicide risk | 1 week later | Newspaper articles |
| O`Connor et al. (2017) | 518  (259/259) | 36 | 63 | GBR | self – harm | NA | volitional helpsheet |
| Robinson et al. (2012) | 165  (81/83) | 18.6 | 62 | AUS | Suicide ideation suicide-related behavior, deliberate self – harm | 26 weeks later | 12 postcards |
| Rodante et al. (2020) | 18  (9/9) | 30 | 81 | ARG | suicide ideation, suicide plans | 4 weeks later | Mobile App- DBT |
| Tighe et al. (2017) | 61  (31/30) | 26 | 64 | AUS | Suicide ideation | NA | acceptance-based therapy App |
| Vaiva et al. (2006) | 605  (TG1=147  TG2=146  /312) | 36 | 73.2 | FRA | deliberate self-poisoning, suicide attempts, death by suicide | 9 oder 11 mo | Telephone calls |
| Vaiva et al. (2018) | 949  (461/488) | 38.7 | 64.8 | FRA | Suicide reattempts | NA | Postcards and Telephone |
| van Spijker et al. (2014) | 236  (116/120) | 41 | 66.1 | NLD | suicidal thoughts | NA | Online module- based program |
| van Spijker et al. (2018) | 418  (207/211) | 41 | 77.3. | AUS | suicidal thoughts | 52 weeks | Online module- based program |
| Wei et al. (2012) | 239  (TG1 =82  TG2= 80  CG=77) | 33 | 76 | PRC | Suicide attempts | 40 weeks | 12 telephone calls |
| Wilks et al. (2018) | 59 (30/29) | 38 | 69.5. | AUS | Suicide ideation | At 5 and 9 weeks | Online DBT skills training |
| Wilksch et al. (2019) | 316 (122/194) | 21 | 100 | AUS & NZL | suicide ideation | 26 and 52 weeks | Online module- based program |