Digital Health Interventions are Effective for Irritable Bowel Syndrome Self-Management: A Systematic Review

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Supplementary File 2: Study selection criteria

FACTORS	INCLUSION CRITERIA	EXCLUSION CRITERIA
Population	• Adult patients with IBS • Adult patients with IBS and other comorbidities • Adult patients with IBS as a subset of a broader patient group that includes other health diseases	• Non-IBS patients only • IBS is not considered the primary focus of the study in question (e.g. patients with celiac disease as primary condition also experiencing IBS as secondary) • Healthcare professionals • Caregivers or parents of IBS patients • Paediatric patients with IBS
Intervention	• Digital (Mobile app- or internet-delivered) health interventions for IBS self-management, of which the digital aspect is the primary focus of the study in question • Commercial digital health interventions • Digital health interventions developed by the authors of the study in question	• Non-digital health interventions • Digital-based health tools or resources that are not interventional in terms of IBS self-management (does not directly impact patient-reported outcomes) • Digital health interventions with the intention to compare different modes of delivery for the same treatment or management option (e.g. attending in-person CBT vs telehealth CBT sessions) • Digital health interventions of which the digital aspect is not the primary focus of the study in question (e.g. a study that focuses on the effects of a low FODMAP diet compared to standard of care, but the intervention was delivered virtually) • Internet-delivered cognitive behavioural therapies (iCBT; *excludes* mobile app-delivered CBT)
Control	• Standard of care • Absence of digital health intervention • Absence of a patient control group	• Healthy population • Interventions in other modes of delivery that are equivalent to the digital health intervention in question (e.g. paper-form, in-person) • Other digital health interventions

Outcomes	• Patient-reported outcomes
	• Quantitative values of one or more of the following:
	  ○ Symptom severity
	  ○ Quality of life
	  ○ Stress
	  ○ Mental health (Depression, anxiety)
		• Qualitative outcomes (excluding mixed methods studies)

Study Design	• Quantitative studies • Mixed methods studies • Longitudinal observational or experimental studies • Longitudinal randomized clinical trials	• Cross-sectional studies • Case studies • Literature summaries • Reviews and meta-analyses • Commentaries, digests, editorials • Qualitative studies • Protocol studies