

Multimedia Appendix 1. Quality assessment of studies reviewed

Author Year	Strength of evidence	Main features
Adamski 2009 [45]	Low	Mixed method comparison study, method of qualitative data gathering is unclear, analysis unclear, no detail on quantitative data for comparison or intervention group
Austrom 2015 [46]	Low	Mixed method prospective cohort pilot study, no control group, small numbers (n=4), no details on analysis for qualitative data, integration of data limited
Banbury 2014 [55]	High	Qualitative study using three evaluation methods, satisfactory numbers (n=52), method of analysis reported
Burkow 2013 [53]	High	Qualitative study using interviews, sample selection unclear, analysis clear, intervention well described
Burkow 2015 [54]	High	Mixed methods prospective cohort study, no control group, small sample size (n=10), qualitative data from interviews, findings well integrated
Damianakis 2016 [49]	High	Qualitative study using achieved recordings of VC meetings, content analysis and criteria well reported, three authors independently coding
Ehlers 2015 [47]	Low	Mixed methods randomised controlled study using two comparison groups, recruitment and randomisation unclear, small numbers (n=30), qualitative data from interviews, field notes and journal, three researchers independently coding, limited integration
Khatri 2014 [38]	High	Mixed methods cohort prospective pilot study, small numbers (n=18), two comparison groups, qualitative data from transcripts of group meetings, two researchers independently coding, data well integrated
Lundberg 2014 [52]	Low	Qualitative case study, interviews, field notes, and website data, methods of meetings unclear, analysis unclear
Marziali 2006a & 2006b [42,41]	Low	Mixed methods randomised controlled control study, randomisation unclear, outcome data for <80% of participants, qualitative data from achieved video sessions, analysis clear
Marziali 2009 [50]	High	Qualitative study, achieved VC recordings, interviews, analysis clear, small size (n=18)

Author Year	Strength of evidence	Main features
Marziali 2011 [51]	High	Mixed methods comparison study, qualitative data achieved VC meetings chat sessions and interviews, size satisfactory (n=91), two independent coders, good integration of data
Nyström 2006 & 2008 [43,44]	High	Qualitative study, diary notes and interviews, researcher as observer but not considered in findings
Tsaousides 2014 [48]	Low	Mixed methods cohort non-randomised prospective study, no control group, small number (n=7), outcome data for >80% of measures, bias sample
Wild 2015 [56]	High	Quantitative randomised controlled study, satisfactory numbers (n=117), clear randomisation

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