

⚡ 1. Web- and app-based programs

Author (Year)	Design	Intervention	Type	Country	Sample	Control
Carlbring & Smit, 2008	RCT	iCBT (web) CBT + MI 8 modules, 8 weeks + weekly phone calls and emails	Therapist-guided	Sweden	66 adults with pathological gambling (NODS), MADRS <21 (suicide item <4), ≥1 gambling episode in the past 30 days	Wait-list
Carlbring et al., 2012	Single-group study	iCBT (web) CBT + MI 8 modules, 8 weeks + weekly phone calls and emails	Therapist-guided	Sweden	284 adults with pathological gambling (NODS), ≥1 gambling episode in the past 30 days	-
Casey et al., 2017	RCT	<i>Improving the Odds</i> (web) iCBT (6 modules) I-MFS (6 modules)	Self-directed	Australia	174 adults with pathological gambling (DSM-IV)	iCBT vs. I-MFS vs. Wait-list (3-arm)
Mide et al., 2023	RCT	iCBT (web) CBT + MI 8 modules, 8 weeks + weekly phone calls	Therapist-guided	Sweden	71 treatment-seeking adults with GD (DSM-5)	MI (web) + telephone support using MI methodology
Molander et al., 2024	Comparative cohort study	iCBT (web) 9 modules, 16 - 18 weeks + weekly monitoring message + telephone contact	Therapist-guided	Sweden	218 GD patients in national iCBT clinic; matched 216 in face-to-face TAU	Face-to-face TAU
Wall et al., 2023	Pilot RCT	Brief iCBT + MI style feedback (web) + weekly gambling expenditure logging 4 modules, 6 weeks	Therapist-guided	Sweden	43 adults with self-identified gambling problems, PGSI ≥3	TAU + weekly gambling expenditure logging
Magnusson et al., 2019	RCT	CRAFT-based iCBT for CSOs (web) 9 modules, 10 weeks + weekly phone calls and emails	Therapist-guided	Sweden	100 CSOs of treatment-refusing gamblers (PGSI ≥8), ≥3-month relationship	Wait-list

III 1. Web- and app-based programs

(continued 1)

Author (Year)	Design	Intervention	Type	Country	Sample	Control
Nilsson et al., 2020	RCT	BCT (web) 10 modules, 12 weeks + weekly phone calls and emails	Therapist-guided	Sweden	272 adults (136 gamblers, PGSI ≥ 8 ; 136 CSOs in ≥ 3 -month relationship)	iCBT (gambler only, no CSO)
Diaz-Sanahuja et al., 2024	A Pilot, feasibility study	<i>SIN JUGAR, GANAS</i> (web) CBT + its third-wave (mindfulness, emotion regulation strategies, distress tolerance strategies, and intentional behaviors guided by personal values) 3 out of the 8 modules (pilot) + weekly phone calls + EMA/EMI	Therapist-guided	Spain	11 adults with problem gambling or pathological gambling (NODS), ≥ 3 modules completed	-
Brazeau et al., 2024	RCT	<i>Becoming a Winner</i> (web) CBT + MI 4 modules, 1 year	Self-directed	Canada	313 adults, PGSI ≥ 5 , ≥ 1 gambling episode in the past 30 days	<i>Becoming a Winner</i> (web) + single online MI session
Hodgins et al., 2019	RCT	<i>Becoming a Winner</i> (web) CBT + MI 6 modules	Self-directed	Canada	181 adults concerned about gambling, PGSI ≥ 3 , gambled in the past month	<i>Check Your Gambling</i> (web)
Boumparis et al., 2023	RCT	<i>Win Back Control</i> (web) MI + self-control practices + CBT 5 modules(+optional), 8 weeks	Self-directed	Switzerland	360 adults gambling ≥ 1 /week in the past 30 days, PGSI ≥ 3	<i>Becoming a Winner</i> delivered via website/email
Stenbro et al., 2023	Feasibility study	<i>SpilleFri</i> (web) CBT + MI + ACT 8 modules + 4 supportive sessions in-clinic or online	Therapist-guided	Denmark	24 adults with GD (DSM-5)	-
Dowling et al., 2021	RCT	<i>GamblingLess</i> (web) CBT + MI + relapse prevention model 4 modules, 8 - 14 weeks	Self-directed	Australia	206 adults seeking gambling support	<i>GamblingLess</i> (web) with therapist email guidance

⌘ 1. Web- and app-based programs

(continued 2)

Author (Year)	Design	Intervention	Type	Country	Sample	Control
Hawker et al., 2021	Feasibility study	<i>GamblingLess: Carb Your Urge</i> (app) CBT + MI + relapse prevention model + EMA/EMI 4 weeks	Self-directed	Australia	36 adults seeking gambling support	-
Humphrey et al., 2022	Formative study	<i>Manaaki</i> (app) CBT based on transtheoretical model 6 modules	Self-directed	New Zealand	Focus group: 20 Māori, 15 Pacifica, 13 young adults (18 - 25) with lived experience or experience supporting someone with gambling harm	-
Cunningham et al., 2012	RCT	<i>Check Your Gambling</i> (web) PNF	Self-directed	Canada	209 adults, PGSI ≥ 3	Full PNF vs. Partial PNF(without normative comparisons) vs. Wait-list (3-arm)
Coral et al., 2020	Development and technical validation study	<i>Don't Go There</i> (app) JITAI (GPS + zero-permission sensor data based on SC)	Self-directed	USA	Simulated driving data (n = 1,200 routes) and real driving experiments (n > 40 routes)	-
Diaz-Sanahuja et al., 2022	Consensual qualitative research	<i>Symptoms</i> (app) Location-based EMI to support the SC + ERP + face-to-face CBT	Therapist-guided	Spain	2 males (ages 28 and 46) with pathological gambling (NODS)	-
Humphrey et al., 2019	Cohort and evaluation study	<i>SPGeTTI</i> (app) JITAI (GPS + CBT + just-in-time intervention)	Self-directed	New Zealand	23 adults with self-identified gambling problems, relapse concern, seeking support	-
Bjücker et al., 2018	RCT	<i>Deprexis</i> (web) CBT + its third-wave (mindfulness and acceptance) 10 modules, 8 weeks	Self-directed	Germany	140 adults with self identified slot machine gambling problems + symptoms of sadness and desperation	Wait-list

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(continued 3)

Author (Year)	Design	Intervention	Type	Country	Sample	Control
Bücker et al., 2021	RCT	<i>Restart</i> (web) CBT + MCT + mindfulness 11 modules, 8 weeks + access to TAU	Self-directed	Germany	150 adults with self-identified gambling problems and psychological distress	Wait-list + access to TAU
Rolvien et al., 2024	RCT	<i>Restart</i> (web) CBT + MCT + mindfulness + MI 12 modules, 6 weeks + <i>Cogito</i> (app) CBT + MCT + its third-wave (mindfulness and acceptance)	Self-directed	Germany	243 adults with gambling problems	Wait-list
Armstrong et al., 2020	RCT	GFQ-based intervention to train analytical thinking and expose common gambling fallacies (web) 4 weeks (10 items weekly)	Self-directed	USA	94 adults gambling ≥ 1 /week in the past 6 months, GHS-SF ≥ 1	General gambling trivia quiz
Rodda et al., 2025	Mixed-method evaluation	<i>Gambling Habit Hacker</i> (app) JITAI based on HAPA + self-determination theory + EMA/EMI 28 days	Self-directed	Australia	174 adults seeking gambling support, willing to receive notifications	-
Dowling et al., 2024	Development study	<i>GamblingLess: In-the-Moment</i> (app) JITAI (CBT+EMA) 28 days	Self-directed	Australia	-	-

Note. ACT (acceptance and commitment therapy), BCT (behavioral couples therapy), CBT (cognitive behavioral therapy), CRAFT (community reinforcement and family training), CSO (concerned significant other), DSM (Diagnostic and Statistical Manual of Mental Disorders), EMA (ecological momentary assessment), EMI (ecological momentary intervention), ERP (exposure and response prevention), GD (gambling disorder), GFQ (Gambler's Fallacy Questionnaire), GHS-SF (Gambling Harms Screen Short-Form), GPS (global positioning system), HAPA (health action process approach), iCBT (internet-based cognitive behavioral therapy), JITAI (just-in-time adaptive intervention), MADRS (Montgomery Åsberg Depression Rating Scale), MCT (metacognitive training), I-MFS (internet-based monitoring, feedback, and support), MI (motivational interviewing), NODS (National Opinion Research Center DSM-IV Screen for Gambling Problems), PFI (personalized feedback intervention), PGSI (Problem Gambling Severity Index), PNF (personalized normative feedback), RCT (randomized controlled trial), SC (stimulus control), TAU (treatment-as-usual)