

### List of Excluded Studies

Article Number	Literature Basic Information	Reason for exclusion
1	[1] MATSUDA Y, TAKEUCHI T, TAKAHASHI Y, et al. Development and evaluation of the e-learning teaching materials for surgical nursing training; proceedings of the 9th International Congress on Nursing Informatics, Seoul, SOUTH KOREA, F 2006.	Studies were not randomized controlled trial
2	[2] ZHANG CAIYU. Analysis of Psychological Issues and Group Counseling Intervention Measures for Internet Addiction in Middle School Students [M].	Studies without appropriate outcomes
3	[3] ZHANG GONG. Discussion on the Treatment Model of Internet Addiction Patients [M].	Studies were not randomized controlled trial
4	[4] AHN C-Y, LEE HYUNGCHO. A Study on the Development and Effectiveness of Cognitive-Behavioral Therapy for Internet Game Addiction [J]. Korean Journal of Health Psychology, 2002, 7(3): 463-86.	Studies were not report their available data
5	[5] COLBURN C M. Strategic interaction online: A comparison of instructional techniques to optimize the use of scenarios as a distance learning exercise on the Internet [M]. 2002.	Studies were not report their available data
6	[6] KYUNG K H, KWON J-H. The Effect of the Cognitive-Behavioral Group Therapy for High Risk Students of Internet Addiction [J]. Korean Journal of Clinical Psychology, 2002, 21(3): 503-14.	Studies were not report their available data
7	[7] LIANG ZHUPING. College Students' Internet Psychological Disorders and Group Counseling %J Journal of Guangxi University (Philosophy and Social Science Edition) [J]. 2003, (06): 101-5.	Studies were not randomized controlled trial
8	[8] ZHANG CAIXIA. Internet Addiction Behavior and Adjustment in Vocational College Students %J Journal of Nantong Textile Vocational and Technical College [J]. 2003, (04): 72-4.	Studies without appropriate outcomes
9	[9] ZHANG CHUNYAN. Causes of Internet Addiction and Psychotherapy %J Journal of Jimei University (Education Science Edition) [J]. 2003, (03): 70-2+86.	Studies were not report their available data
10	[10] CHEN QIUMING, WU YEGUANG. Psychotherapy for Children's Internet Addiction %J China Clinical Rehabilitation [J]. 2004, (18): 3473-85.	Studies were not report their available data

11	[11] SHAO ZHI, YANG RONG, LUO KANGLING, et al. Clinical Study of Psychotherapy for Students with Internet Addiction %J Chinese Journal of Child Health Care [J]. 2004, (06): 548-57.	Studies were not report their available data
12	[12] WU JIE, WANG YAN, YANG XIUFENG, et al. Analysis of the Causes of Internet Addiction in College Students and Discussion on Correction Methods %J Chinese Journal of School Health [J]. 2004, (04): 462-3.	Studies were not report their available data
13	[13] XU JUN. Analysis of the Current Situation of College Students' Internet Addiction and Research on Psychological Treatment and Prevention Strategies [D]; Wuhan University of Technology, 2004.	Studies were not report their available data
14	[14] YANG YANPING. Group Psychological Counseling for Internet Addiction Students [D]; East China Normal University, 2004.	Studies without appropriate outcomes
15	[15] GRIEBSCH I, COAST J, BROWN J. Quality-adjusted life-years lack quality in pediatric care: A critical review of published cost-utility studies in child health [J]. Pediatrics, 2005, 115(5): E600-E14.	Studies were not randomized controlled trial
16	[16] BAI YU, FAN FUMIN. College Students' Internet Dependence and Group Intervention Methods %J Youth Studies [J]. 2005, (05): 42-9+19.	Studies without appropriate outcomes
17	[17] DONG WEI. A New Attempt at Internet Addiction Syndrome: Drug Treatment Plus Psychological Intervention %J Mass Psychology [J]. 2005, (10): 18-9.	Studies were not report their available data
18	[18] GAO WENBIN, ZHU ZHUOHONG, CHEN ZHIYAN, et al. Study on the Psychological Mechanism of Internet Addiction and Comprehensive Psychological Intervention; proceedings of the 10th National Psychological Science Conference, Shanghai, China, F, 2005 [C].	Studies were not randomized controlled trial
19	[19] GONG YINQING, YANG RONG, ZHANG BIN. Psychological Treatment Methods and Techniques for Internet Addiction in Middle School Students %J Chinese Journal of School Health [J]. 2005, (05): 408-9.	Studies were not report their available data
20	[20] LIANG YINGNAN. A Review of Internet Addiction Issues %J Science and Technology Information [J]. 2005, (22): 139.	Studies were not report their available data
21	[21] YANG FANGRU, HAO WEI. Efficacy Observation of Psychological and Social Comprehensive Intervention in 52 Cases of Internet Addiction Adolescents %J Chinese Journal of Clinical Psychology [J]. 2005, (03): 343-5+52.	Studies were not report their available data

- 22 [22] YANG RONG, SHAO ZHI, ZHENG YONG. Comprehensive Intervention for Internet Addiction  
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- 23 [23] YU YANZHI. The Feasibility of Group Psychological Intervention to Improve Adolescents'  
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- 24 [24] ZHANG GAOCHANG. The Preventive Effect of Positive Psychological Quality on College  
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- 25 [25] ZHU ZHUOHONG, GAO WENBIN, CHEN ZHIYAN, et al. Action Research on Treatment  
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adolescents and young adults with food allergy [J]. Journal of Allergy and Clinical Immunology, 2006,  
117(6): 1440-5. Studies were not report their available data
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- 28 [28] YAN C, YANG F. Internet Addiction Disorder Behavioral Traits and Family Education Methods  
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- 29 [29] AN MINBING. The Intervention of Social Work in Adolescents' Internet Addiction Issues %J  
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- 30 [30] CHEN XI WU A ZHENG A YANG A. The Role of Cognitive Psychotherapy in the Treatment of  
Internet Addiction %J Shandong Psychiatry [J]. 2006, 19(4). Studies were not report their available data
- 31 [31] CHEN YUANYUAN. Causes of Adolescent Internet Addiction and Prevention and Treatment %J  
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- 32 [32] FAN FUMIN, BAI YU. Group Counseling Research on College Students' Internet Dependence  
(Abstract); proceedings of the 2006 Academic Seminar of the Chinese Society of Social Psychology,  
Anhui, China, F, 2006 [C]. Studies without appropriate outcomes

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- 34 [34] LEI MING, CHEN XGUANG, LIU WEIYAN, et al. Group Prevention of College Students' Internet Addiction with Psychological Counseling %J Northwest Medical Education [J]. 2006, 14(03): 265-7. Studies were not report their available data
- 35 [35] LIN ZHIXIONG, ZOU XIAOBO, XIE BO, et al. Combined Treatment of Psychological Drugs for Adolescent Internet Addiction %J Neural Disease and Mental Health [J]. 2006, (02): 127-9. Studies were not report their available data
- 36 [36] NI XIAOLI, YAN HONG, CHEN SILU. College Students' Internet Addiction and Mental Health Education %J Chinese Journal of Behavioral Medicine Science [J]. 2006, (05): 409-10. Studies were not randomized controlled trial
- 37 [37] RAN MIN. Analysis of the Causes of College Students' Internet Addiction and Intervention Measures [D]; Sichuan University, 2006. Studies without appropriate outcomes
- 38 [38] YU XIANPING. An Empirical Study on the Correction of Middle School Students' Internet Addiction Based on Family Therapy [D]; Jiangxi Normal University, 2006. Studies were not report their available data
- 39 [39] ZHANG FENGNING, ZHANG YIPING, ZOU JINSHAN. Adolescent Internet Addiction and Systemic Family Therapy %J Chinese General Practice [J]. 2006, (01): 48-50. Studies were not report their available data
- 40 [40] ZHANG LINGFANG WANG A LV A. Nursing of Internet Addiction Syndrome %J Occupational and Health [J]. 2006, 22(22). Studies without appropriate outcomes
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- 43 [43] YOUNG K S. Cognitive behavior therapy with Internet addicts: Treatment outcomes and implications [J]. Cyberpsychology & Behavior, 2007, 10(5): 671-9. Studies were not report their available data
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48 [48] LIU CHULAI GUO A YIN A ZHOU A. Research on Psychological and Sports Intervention for Adolescent Internet Addiction %J Journal of Capital Institute of Physical Education [J]. 2007, 19(6). Studies without appropriate outcomes

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54 [54] GONG XIAOHUI YANG A. Exploration of Cognitive Behavioral Therapy and Integrated Chinese and Western Medicine Treatment for Internet Addiction %J Shi Zhen Guo Yi Guo Yao [J]. 2008, 19(4). Studies were not report their available data

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- 57 [57] LIU CUI, MENG XIANGKANG, ZHENG BIYUN, et al. Educational Intervention Research on College Students with Internet Addiction %J Pharmaceutical Education [J]. 2008, (03): 1-4. Studies were not report their available data
- 58 [58] QU YAN. Adolescent Internet Addiction and Group Counseling Strategies %J Journal of Sichuan University of Arts and Sciences [J]. 2008, (05): 83-4. Studies were not report their available data
- 59 [59] WEI QIUXIANG. The Role of Psychological Nursing Intervention in the Treatment of Internet Addiction Patients [J]. 2008, (3 %J Journal of Heze Medical College). Studies without appropriate outcomes
- 60 [60] WU SHAOLAN, YANG YONGXIN. Efficacy Analysis of Psychological Cognitive Nursing on the Recovery of Internet Addiction Patients' Character %J Chinese Medical Herald [J]. 2008, (23): 161-2. Studies without appropriate outcomes
- 61 [61] XU GUANGRONG. Group Counseling Reality Therapy for College Students' Internet Addiction %J Chinese Journal of Health Psychology [J]. 2008, (06): 709-11. Studies were not report their available data
- 62 [62] YOU YUJING. Research on the Nursing Intervention Measures for Parents' Child-rearing Styles and Internet Addiction Patients %J Qilu Nursing Journal [J]. 2008, (21): 5-6. Studies were not report their available data
- 63 [63] ZHONG XIN, TAO RAN, YANG FENGCHI. Research on Psychological Intervention of Internet Addiction %J Capital Medical University Journal [J]. 2008, (05): 569-72. Studies were not randomized controlled trial
- 64 [64] ZHU BIYA, WANG LIYAN. Positive Psychology Perspective on the Prevention and Treatment of Adolescent Internet Addiction %J Software Guide (Education Technology) [J]. 2008, (06): 44-5. Studies were not report their available data
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- 68 [68] DAN YUJIN LIU A. Exercise Psychology Perspective on the Psychological Attribution and Intervention of Adolescent Internet Addiction %J Journal of Beijing Sport University [J]. 2009, 32(8). Studies without appropriate outcomes
- 69 [69] JIA FUCHI LI A CHEN A ZHANG A. The Impact of Fitness Exercise Prescription on the Intervention Effects of College Students' Internet Addiction %J Sports Science Journal [J]. 2009, 16(8). Studies were not randomized controlled trial
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- 71 [71] WANG HEYAN, MEI JUNAN. The Impact of Family Intervention on the Recovery of Internet Addicts [J]. 2009, 21(20 %J Chinese Journal of Civil Health). Studies were not report their available data
- 72 [72] YU QING, YU LAN. Evaluation of the Correction Effect on the Mood and Social of Inpatient Internet Addiction Patients [J]. 2009, 28(1 %J International Nursing Journal). Studies were not report their available data
- 73 [73] ZHAN LAIYING, LI RONGQIN. The Role of Introspection Cognitive Therapy in the Psychological Recovery of Internet Addiction Patients %J Nursing Journal [J]. 2009, 24(15): 77-9. Studies were not report their available data
- 74 [74] ZHAO RUI ZHANG A. Research on the Intervention of Outdoor Expansion Sports for Adolescent Internet Addiction %J Inner Mongolia Sports Science and Technology [J]. 2009, (2). Studies were not report their available data
- 75 [75] ZHONG XIN, TAO RAN, ZU SI, et al. Research on the Effect of Group Psychological Intervention on Adolescent Internet Addiction [J]. 2009, 30(4 %J Capital Medical University Journal). Studies were not report their available data
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- 80 [80] CHEN LING. The Application of Cognitive Behavioral Therapy in the Prevention of Internet Addiction %J Social Work [J]. 2010, (11). Studies were not randomized controlled trial
- 81 [81] CHEN XIUHONG. Family Intervention Research on Adolescent Internet Addiction Issues - From the Perspective of Family Function Theory %J Journal of Shanghai Youth Management Cadre Institute [J]. 2010, (01): 54-6. Studies without appropriate outcomes
- 82 [82] GAO WENBIN, CHEN ZHIYAN. Efficacy Assessment of Group Therapy for Internet Addiction Adolescents; proceedings of the 12th China Association for Science and Technology Annual Meeting, Fuzhou, Fujian, China, F, 2010 [C]. Studies were not randomized controlled trial
- 83 [83] MIYAHARA HIROAKI, WANG XIAOMIN, YE JIQUN, et al. Evaluation of Family Therapy Outcomes for Adolescent Internet Addiction %J Chinese Journal of School Health [J]. 2010, 31(03): 300-1. Studies were not report their available data
- 84 [84] GONG XIAOTAO ZHENG A ZHANG A. Electroacupuncture Combined with Behavioral Therapy for 38 Cases of Internet Addiction %J Shanghai Journal of Acupuncture and Moxibustion [J]. 2010, 29(2). Studies without appropriate outcomes
- 85 [85] HOU CHUNYU, YAN TINGSHAN, ZHENG PENG. Exploration of Group Counseling Intervention for Vocational College Students with Internet Addiction %J China Science and Technology Information [J]. 2010, (21): 224-5. Studies without appropriate outcomes
- 86 [86] LI JIANMING, CHU GUORONG, ZHANG FUAN, et al. Clinical Characteristics and Comprehensive Intervention of 108 Cases of Adolescent Internet Addiction %J Journal of Metallurgical Industry Medicine [J]. 2010, 27(04): 454-5. Studies were not report their available data

- 87 [87] LIAO XIAOCHUN. Efficacy Analysis of Comprehensive Intervention Treatment for 142 Cases of Middle School Students with Internet Addiction [J]. 2010, 17(6 %J Practical Preventive Medicine). Studies were not report their available data
- 88 [88] TAO RAN. Group Psychotherapy for Adolescent Internet Addiction; proceedings of the 1st National Academic Seminar on Internet Addiction, Beijing, China, F, 2010 [C]. Studies were not randomized controlled trial
- 89 [89] WU YINGDUO, GAO CAIFENG, WU CHUNRONG. Stigma-free Psychological Nursing Intervention to Promote the Recovery of Internet Addiction Patients [J]. 2010, (12 %J Nursing Journal). Studies without appropriate outcomes
- 90 [90] YU XUELI, SHI JING. Causes of Middle School Students' Internet Addiction and Intervention %J Journal of Ningbo Institute of Education [J]. 2010, 12(03): 67-9. Studies were not report their available data
- 91 [91] ZHANG GUIFENG, MA HAO, LIU YANGYANG, et al. Clinical Study on the Intervention of Acupuncture Combined with Cognitive Behavioral Therapy for Adolescent Internet Addiction %J Chinese Journal of Traditional Chinese Medicine and Pharmacy [J]. 2010, 28(12). Studies were not report their available data
- 92 [92] ZHANG JIANGLI. The Effect of Drug and Psychological Comprehensive Treatment for Internet Addiction Children [J]. 2010, (12 %J Practical Pediatrics Clinic Medicine). Studies were not report their available data
- 93 [93] ZHAO HUI. Research on the Intervention of Sports Activities for College Students' Internet Addiction %J Science and Technology Information [J]. 2010, (31). Studies without appropriate outcomes
- 94 [94] ZHAO JING. Exploration and Research on the Social Psychological Factors of College Students' Internet Addiction and Group Psychological Intervention [D]; Shanxi Medical University, 2010. Studies were not randomized controlled trial
- 95 [95] ZHENG HONGLI, YIN HAILAN. Research on Family Intervention for Adolescent Internet Dependence %J Journal of Qingdao Vocational and Technical College [J]. 2010, 23(03): 59-63. Studies were not report their available data
- 96 [96] GOLSTEIJN C, VAN DEN HOVEN E. Facilitating communication about books through an online community [J]. Personal and Ubiquitous Computing, 2011, 15(2): 197-217. Studies were not report their available data
- 97 [97] LIU Q X. Internet addiction disorder among Chinese adolescents: the effect of parent-adolescent interaction and need satisfaction and family group therapy [J]. 2011. Studies without appropriate outcomes
- 98 [98] LOU Y T. An Empirical Study on The Intervention Effect of Physical Exercise Prescription on Teenage Internet Addiction; proceedings of the 2nd International Conference on Education and Sports Education, Guangzhou, PEOPLES R CHINA, F 2011 Apr 17-18, 2011 [C]. 2011. Studies were not randomized controlled trial

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100	[100] OH H, LEE Y, KIM KYUNGMIN. The Effect of Residential Treatment for Adolescents with Severe Internet Addiction [J]. <i>Asian Journal of Education</i> , 2011, 12(2): 207-39.	Studies were not report their available data
101	[101] PARR J M, KAVANAGH D J, YOUNG R M, et al. Acceptability of cognitive-behaviour therapy via the Internet for cessation of benzodiazepine use [J]. <i>Drug and Alcohol Review</i> , 2011, 30(3): 306-14.	Studies were not report their available data
102	[102] SON C, JEONG EUNSIL. Effects of Mindfulness-Based Cognitive Therapy on Internet Addiction Level, Anxiety, and Stress in College Students with Internet Addiction [J]. <i>Korean Journal of Clinical Psychology</i> , 2011, 30(4): 825-43.	Studies were not report their available data
103	[103] YANG C, JEONG YONSEON. A Study on High School Students Actual Condition for Internet Addiction, Obesity Levels and Physical Fitness [J]. <i>Korean Society for Wellness</i> , 2011, 6(3): 241-52.	Studies without appropriate outcomes
104	[104] YUEQIN H, XINQIAO Z, ZHAORUI L I U. Community intervention of health education to internet addiction in high school students [J]. <i>Chinese Mental Health Journal</i> , 2011, 25(5): 328-31.	Studies were not report their available data
105	[105] ZHU T, LI H, DU Y, et al. Effect of Electro-acupuncture and Psychological Intervention on the Cerebral Working Ability of Internet Addiction Disorder Patients [J]. <i>Journal of Traditional Chinese Medicine</i> , 2011, 52(19): 1647-50.	Studies were not report their available data
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107	[107] CAI XIAOWU, CHEN ZHONGSHAN. Psychological Intervention and Prevention of College Students' Internet Addiction from the Perspective of Counselors %J <i>Changsha University Journal</i> [J]. 2011, 25(01): 127-8.	Studies were not report their available data
108	[108] GUO HUA. Outdoor Sports Intervention for College Students ' Internet Addiction %J <i>China Foreign Investment</i> [J]. 2011, (14).	Studies without appropriate outcomes

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- 110 [110] LIU XUELAN, LI LIZHEN, HUANG XUEMEI. Application of Family Therapy in the Intervention of Adolescent Internet Addiction %J Journal of South China Normal University (Social Science Edition) [J]. 2011, (03): 71-6+160. Studies were not report their available data
- 111 [111] LONG XIAOQUAN LONG A. Empirical Study on the Intervention of Sports Activities for College Students' Internet Addiction %J Journal of Guizhou Minzu College for Nationalities: Philosophy and Social Science Edition [J]. 2011, (4). Studies were not report their available data
- 112 [112] MA NANZHEN, HE CHENGSEN. A Case-Control Study on Cognitive Behavioral Therapy for College Students' Tendency towards Internet Addiction [J]. 2011, 15(6 %J Chinese Journal of Disease Control and Prevention). Studies without appropriate outcomes
- 113 [113] QI XIANGQIAN. Research on the Treatment of Adolescent Internet Addiction through Sports Activities %J Xiangzhou: Theory Edition [J]. 2011, (8). Studies were not randomized controlled trial
- 114 [114] SHI LAN, TANG SHICHENG, WANG YUDONG. Research on College Students' Internet Addiction at Hunan University %J China Health Education [J]. 2011, 27(10). Studies without appropriate outcomes
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- 117 [117] ZHANG CHENGAI. The Psychological Impact of Nursing Intervention on Inpatient Internet Addiction Adolescents [J]. 2011, 33(3 %J Journal of Shandong Medical College). Studies without appropriate outcomes
- 118 [118] ZHANG YING, NING LI, WANG YING. Psychological Nursing Intervention for Inpatient Internet Addiction Adolescents [J]. 2011, 17(8 %J Chinese Modern Nursing Magazine). Studies without appropriate outcomes

119	[118] ZHOU DEZHAO. Clinical Study on the Treatment of Internet Addiction Syndrome with Acupuncture and Auricular Pressure [D]; Guangzhou University of Chinese Medicine, 2011.	Studies were not randomized controlled trial
120	[119] ZHOU WENTING. Research on the Role of Sports Activities in the Intervention of Adolescent Internet Addiction %J Henan Science and Technology [J]. 2011, 0(11X).	Studies were not report their available data
121	[120] GUAN M, QIAN S, LIU W. Effect of Group Therapy on Higher Vocational School Students with Internet Dependence [J]. Chinese General Practice, 2012, 15(12A): 4000-2.	Studies were not report their available data
122	[121] JAEGER S, MUELLER K W, RUCKES C, et al. Effects of a manualized short-term treatment of internet and computer game addiction (STICA): study protocol for a randomized controlled trial [J]. Trials, 2012, 13.	Studies without appropriate outcomes
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128	[127] JI FANG. Nursing Intervention on the Anxiety of Inpatient Internet Addiction Adolescents and Its Psychological Impact [J]. 2012, 34(2 %J Journal of Shandong Medical College).	Studies were not report their available data

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131	[130] TIAN YINGCHUAN CHAI A XIAO A. Experience with Cognitive Behavioral Therapy Intervention for 32 Cases of Internet Addiction in New Soldiers %J Journal of Logistics University of People's Armed Police Force: Medical Edition [J]. 2012, 21(8).	Studies without appropriate outcomes
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