

**Table S3. Characteristics of the included studies**

| Author/year               | Sample size           |                  | Location<br>(Language)       | Type of intervention  |                   | Outcome<br>measurements | Intervention<br>duration |
|---------------------------|-----------------------|------------------|------------------------------|-----------------------|-------------------|-------------------------|--------------------------|
|                           | Intervention<br>group | Control<br>group |                              | Intervention<br>group | Control<br>group  |                         |                          |
| Song et al, 2020          | 60                    | 60               | Henan, China<br>(Chinese)    | PPT                   | RI                | CIAS-R                  | 20weeks                  |
| Fateme et al, 2017        | 24                    | 24               | Iran (English)               | PPT                   | NI                | YIAT                    | 7days                    |
| Fang and Dai, 2019        | 24                    | 24               | Liaoning, China<br>(Chinese) | PPT                   | NI                | YDQ                     | 8weeks                   |
| Ye et al, 2010            | 39                    | CG1:36<br>CG2:37 | Taiwan, China<br>(Chinese)   | CBT                   | CG1:AT<br>CG2:CPT | YIAT                    | 40days                   |
| Qutaiba et al, 2021       | 80                    | 80               | Israel (English)             | CBT                   | RI                | YIAT                    | 12weeks                  |
| Cao et al, 2007           | 29                    | 35               | Henan, China<br>(Chinese)    | CBT                   | RI                | YDQ                     | 8weeks                   |
| Alavi et al, 2020         | 18                    | 23               | Iran (English)               | CBT                   | RI                | YIAT                    | 15weeks                  |
| Chen et al, 2018          | 52                    | 52               | Fujian, China<br>(Chinese)   | CBT                   | RI                | CIAS-R                  | NR                       |
| Du et al, 2010            | 32                    | 24               | Shanghai, China<br>(Chinese) | CBT                   | NI                | IOSRS                   | 9weeks                   |
| Lindenberg et al,<br>2022 | 167                   | 256              | Germany<br>(English)         | CBT                   | NI                | CIUS                    | 12months                 |
| Wang, 2012                | 32                    | 32               | Hubei, China<br>(Chinese)    | CBT                   | RI                | YDQ                     | 3months                  |
| Wölfling et al,<br>2019   | 72                    | 71               | Germany and<br>Austria       | CBT                   | NI                | AICA-S                  | 15weeks                  |
| Yang et al, 2022          | 21                    | 22               | Yunnan, China<br>(Chinese)   | CBT                   | NI                | YIAT                    | 6weeks                   |
| Liu et al, 2013           | 16                    | 15               | Shenzhen, China<br>(Chinese) | CBT                   | RI                | YIAT                    | 12weeks                  |
| Li Geng, 2009             | 48                    | 48               | Ningxia, China<br>(Chinese)  | CBT                   | NI                | YDQ                     | 8weeks                   |
| Li and Dai, 2009          | 38                    | 38               | Ningxia, China<br>(Chinese)  | CBT                   | NI                | CIAS                    | 8weeks                   |
| Lu et al, 2021            | 16                    | 17               | Guizhou, China<br>(Chinese)  | CBT                   | NI                | YIAT                    | 5weeks                   |
| Ming, 2014                | 60                    | 60               | Shandong, China<br>(Chinese) | CBT                   | RI                | YIAT                    | 40weeks                  |
| Wang et al, 2011          | 36                    | 34               | Ningxia, China<br>(Chinese)  | CBT                   | RI                | CIAS                    | 2months                  |
| Zhao et al, 2016          | 65                    | 65               | Shandong, China<br>(Chinese) | CBT                   | RI                | CIAS                    | 16weeks                  |
| Bong et al, 2020          | 67                    | 71               | Korea (English)              | CBT                   | CPT               | YIAT                    | 8weeks                   |
| Hong et al, 2020          | 25                    | 25               | Korea (English)              | CBT                   | CPT               | YIAT                    | 14weeks                  |
| Sung et al, 2016          | 12                    | 12               | Korea (English)              | CBT                   | VRT               | YIAT                    | 8weeks                   |

|                   |    |                  |                                  |     |                   |      |         |
|-------------------|----|------------------|----------------------------------|-----|-------------------|------|---------|
| Wei et al, 2021   | 39 | CG1:36<br>CG2:37 | Taiwan, China<br>(Chinese)       | CBT | CG1:AT<br>CG2:CPT | YIAT | 40days  |
| Yang et al, 2017  | 16 | 16               | Sichuan, China<br>(Chinese)      | CBT | AT                | YIAT | 45days  |
| Zhu et al, 2012   | 40 | CG1:40<br>CG2:40 | Sichuan, China<br>(Chinese)      | CBT | CG1:AT<br>CG2:CPT | YIAT | 40days  |
| Tang et al, 2018  | 23 | CG1:20<br>CG2:21 | Hunan, China<br>(Chinese)        | CBT | CG1:AT<br>CG2:CPT | YIAT | 4weeks  |
| Tang et al, 2017  | 20 | CG1:23<br>CG2:21 | Hunan, China<br>(Chinese)        | CBT | CG1:AT<br>CG2:CPT | YIAT | 4weeks  |
| Yang, 2013        | 14 | 15               | Sichuan, China<br>(Chinese)      | CBT | AT                | YIAT | 40days  |
| Zhu et al, 2008   | 22 | 23               | Sichuan, China<br>(Chinese)      | CBT | CPT               | YIAT | 40days  |
| Zhu et al, 2011   | 36 | CG1:39<br>CG2:37 | Sichuan, China<br>(Chinese)      | CBT | CG1:AT<br>CG2:CPT | YIAT | 40days  |
| Zhu et al, 2011   | 36 | CG1:39<br>CG2:37 | Sichuan, China<br>(Chinese)      | CBT | CG1:AT<br>CG2:CPT | YIAT | 40days  |
| Zhu et al, 2009   | 22 | 23               | Sichuan, China<br>(Chinese)      | CBT | CPT               | YIAT | 40days  |
| Çelik, 2016       | 15 | 15               | TURKISH<br>(English)             | EI  | NI                | PIUS | 5weeks  |
| Abdullah, 2021    | 15 | 15               | TURKISH<br>(English)             | EI  | NI                | YIAT | 6weeks  |
| Yang, 2021        | 56 | 28               | Hunan, China<br>(Chinese)        | SI  | NI                | CIAS | 12weeks |
| Zhang, 2013       | 30 | 30               | Yunnan, China<br>(Chinese)       | SI  | NI                | YIAT | 4months |
| Liao et al, 2009  | 30 | 30               | Hunan, China<br>(Chinese)        | SI  | NI                | CIAS | 10weeks |
| Qiu et al, 2011   | 18 | 18               | Shandong, China<br>(Chinese)     | SI  | NI                | YDQ  | 12weeks |
| Yang et al, 2017  | 26 | 26               | Fujian, China<br>(Chinese)       | SI  | NI                | CIAS | 16weeks |
| Zhang et al, 2023 | 62 | 31               | Anhui, China<br>(Chinese)        | SI  | NI                | YIAT | 8weeks  |
| Ren et al, 2014   | 4  | 4                | Heilongjiang, China<br>(Chinese) | SI  | NI                | YIAT | 12weeks |
| Gao et al, 2012   | 35 | 34               | Jilin, China<br>(Chinese)        | SI  | NI                | YIAT | 8weeks  |
| Zhang, 2009       | 35 | 35               | Xian, China<br>(Chinese)         | SI  | GC                | CIAS | 12weeks |
| Bai et al, 2007   | 24 | 24               | Beijing and<br>Sichuan, China    | GC  | NI                | CIAS | 6weeks  |

|                         |    |    |                               |    |    |        |          |
|-------------------------|----|----|-------------------------------|----|----|--------|----------|
|                         |    |    | (Chinese)                     |    |    |        |          |
| Huang et al, 2010       | 17 | 10 | Beijing, China<br>(Chinese)   | GC | NI | CGAI   | 3weeks   |
| Li et al, 2017          | 30 | 30 | Guangdong, China<br>(Chinese) | GC | NI | YDQ    | 8weeks   |
| Zhang and Wang,<br>2011 | 18 | 27 | Jilin, China<br>(Chinese)     | GC | NI | QIA    | 4months  |
| Yin, 2021               | 30 | 30 | Chongqing, China<br>(Chinese) | GC | NI | APIUS  | 1.5month |
| Zhang, 2011             | 6  | 6  | Sichuan, China<br>(Chinese)   | GC | NI | DSIADC | NR       |
| Chen et al, 2010        | 30 | 31 | Wenzhou, China<br>(Chinese)   | GC | NI | YDQ    | 8weeks   |
| Chen et al, 2011        | 14 | 23 | Chongqing, China<br>(Chinese) | GC | NI | CIAS   | 7weeks   |
| Duan et al, 2012        | 11 | 11 | Hunan, China<br>(Chinese)     | GC | NI | YIAT   | 3months  |
| Ge et al, 2014          | 12 | 12 | Chongqing, China<br>(Chinese) | GC | NI | CIAS   | 5weeks   |
| Guo et al, 2008         | 16 | 16 | Nanchang, China<br>(Chinese)  | GC | RI | CIAS   | 1month   |
| Liu, 2014               | 12 | 12 | Fujian, China<br>(Chinese)    | GC | NI | YIAT   | 8weeks   |
| Liu et al, 2010         | 80 | 80 | Jiangsu, China<br>(Chinese)   | GC | RI | YIAT   | 4weeks   |
| Lv et al, 2012          | 26 | 26 | Shandong, China<br>(Chinese)  | GC | RI | CIAS   | 8weeks   |
| Park and Hee, 2011      | 18 | 19 | Korea (English)               | GC | NI | KIAS   | 5weeks   |
| Zhang et al, 2009       | 12 | 13 | Jiangsu, China<br>(Chinese)   | GC | NI | YDQ    | 8weeks   |
| Zheng et al, 2007       | 30 | 31 | Wenzhou, China<br>(Chinese)   | GC | NI | YDQ    | 9weeks   |
| Guan et al, 2012        | 25 | 25 | Jiangsu, China<br>(Chinese)   | GC | RI | CIAS   | 4weeks   |
| Kong et al, 2011        | 36 | 35 | Jiangsu, China<br>(Chinese)   | GC | NI | YIAT   | 8weeks   |
| Li, 2012                | 27 | 25 | Shandong, China<br>(Chinese)  | GC | NI | IADDS  | 4months  |
| Su, 2015                | 15 | 15 | Henan, China<br>(Chinese)     | GC | NI | CIAS   | 6weeks   |
| Liu et al, 2013         | 16 | 15 | Shenzhen, China<br>(Chinese)  | GC | RI | YIAT   | 13weeks  |
| Peng et al, 2015        | 28 | 28 | Gansu, China                  | GC | NI | YDQ    | 8weeks   |

|                         |    |                  |                               |     |                  |                           |          |
|-------------------------|----|------------------|-------------------------------|-----|------------------|---------------------------|----------|
|                         |    |                  | (Chinese)                     |     |                  |                           |          |
| Xu et al, 2012          | 13 | 13               | Jiangxi, China<br>(Chinese)   | GC  | NI               | YDQ                       | 12weeks  |
| Xu et al, 2018          | 20 | 20               | Hubei, China<br>(Chinese)     | GC  | RI               | CIAS                      | 1month   |
| Zhang and Wang,<br>2015 | 10 | CG1:10<br>CG2:10 | Guangdong, China<br>(Chinese) | GC  | CG1:SI<br>CG2:ST | YIAT                      | 4monthss |
| Zhao and Hu, 2015       | 24 | 24               | Jilin, China<br>(Chinese)     | GC  | NI               | CIAS                      | 4weeks   |
| Zhong et al, 2011       | 28 | 29               | Beijing, China<br>(Chinese)   | FT  | GC               | OCS                       | 14weeks  |
| Lu et al, 2013          | 60 | 60               | Shandong, China<br>(Chinese)  | FT  | CPT              | IAD                       | 5months  |
| Du et al, 2013          | 30 | 33               | Shandong, China<br>(Chinese)  | FT  | RI               | YDQ                       | 4months  |
| Wei et al, 2014         | 60 | 60               | Shandong, China<br>(Chinese)  | FT  | RI               | YIAT                      | 20weeks  |
| Liu et al, 2015         | 21 | 25               | Neimenggu, China<br>(Chinese) | FT  | NI               | PIUS                      | 18days   |
| Gong et al, 2022        | 60 | 58               | Hunan, China<br>(Chinese)     | CPT | NI               | YDQ                       | 8weeks   |
| Preeti et al, 2020      | 30 | 30               | India (English)               | CPT | NI               | PIU                       | 12weeks  |
| Zhao and Zhang,<br>2022 | 40 | 20               | Henan, China<br>(Chinese)     | AT  | NI               | YIAT                      | 10weeks  |
| Li et al, 2017          | 15 | 15               | America (English)             | MT  | RI               | DSM-5 Criteria<br>for IGD | 8weeks   |
| Liu et al, 2021         | 60 | 61               | Shandong, China<br>(Chinese)  | MT  | RI               | CIAS                      | 8weeks   |
| Huang, 2020             | 34 | 34               | Chongqing, China<br>(Chinese) | MT  | NI               | APIUS                     | 9weeks   |
| Cheng and Luo,<br>2017  | 25 | 25               | Jiangxi, China<br>(Chinese)   | EBF | GC               | YIAT                      | 12weeks  |
| Jeong et al, 2020       | 13 | 13               | Korea (English)               | ELT | sham tDCS        | YIAT                      | 4weeks   |
| Lee et al, 2021         | 14 | 12               | Korea (English)               | ELT | sham tDCS        | YIAT                      | 5days    |
| Zhong, 2020             | 32 | 32               | China (Chinese)               | ELT | sham tDCS        | YIAT                      | 4weeks   |
| Sun et al, 2022         | 30 | 31               | China (Chinese)               | ELT | sham rTMS        | CIAS                      | 2weeks   |
| Zhang et al, 2018       | 33 | 33               | China (Chinese)               | ST  | RI               | YIAT                      | 12weeks  |
| Kim, 2008               | 13 | 12               | Korea ( (English))            | RT  | NI               | K-IAS                     | 5weeks   |
| Deng et al, 2017        | 44 | 19               | China (Chinese)               | CBI | NI               | CIAS                      | 6weeks   |

APIUS, Adolescent pathological internet use scale; AICA-S, Assessment of internet and computer game addiction self-report; ELT, Electroacupuncture therapy; CIAS-R, Revised chen internet addiction scale; CIUS, Compulsive Internet use scale; CIAS, Chen internet addiction scale; CGAI, Computer gaming addiction invention; CBT, Cognitive behavior therapy; CPT, Compound Psychotherapy; DSIADC, Discriminating scale on internet addiction disorder of callan; EI, Educational intervention; EBF, Electroencephalogram biological feedback; FT, Family therapy; GC, Group counselling; IGD, Internet gaming disorder; IAD, Internet addiction disorder;

IOSRS, Internet overuse self-rating scale; IADDS, Internet addiction disorder diagnostic scale; MT, Mindfulness therapy; NI, No intervention; K-IAS, Korea internet addiction scale; PPT, Positive psychology; PIUS, Problematic internet use scale; QIA, Questionnaire for internet addiction; RT, Reality therapy; RI, Routine intervention; ST, Sandplay therapy; SI, Sports intervention; VRT, Virtual reality therapy; YDQ, Young diagnostics questionnaire; YIAT, Young internet addiction test.