

Supplementary Table S1. Included studies (n=239)

Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
Alexander & Parsons (1973)	USA	86	46	13 to 16	Indicated	RCT
Apsche et al. (2005)	USA	60	60	NA	Treatment	RCT
Arbuthnot & Gordon (1986)	USA	48	24	13 to 17	Selective	RCT
Aronson (1986)	NA	1	1	15	Treatment	Single case
Avci & Kelleci (2016)	Turkey	60	30	14 to 15	Selective	RCT
Bachi et al. (2012)	USA	29	14	14 to 18	Selective	Controlled-Trial
Bank et al. (1991)	USA	55	28	NA	Indicated	RCT
Barfield & Hutchinson (1990)	USA	10	10	13 to 18	Treatment	Open label
Barnert et al. (2014)	USA	29	16	14 to 18	Indicated	Controlled-Trial
Belknap et al. (2013)	USA	66	66	NA	Universal	Open label
Bell, et al. (1983)	USA	45	24	10 to 16	Treatment	RCT
Bögels et al. (2008)	Netherlands	14	14	11 to 17	Treatment	Open label
Borduín et al. (1995)	USA	176	92	12 to 17	Indicated	RCT
Bosworth & Espelage (1998)	USA	119	119	12 to 13	Universal	Open label
Brank et al. (2008)	USA	314	151	12 to 18	Indicated	RCT
Brigham et al. (1985)	USA	79	79	11 to 14	Selective	Open label
Brown & Greenspan (1984)	USA	32	17	14 to 20	Selective	Controlled-Trial
Burt (2018)	USA	50	18	11 to 14	Selective	RCT
Caldwell & Jo (2012)	USA	3	3	14 to 18	Indicated	ABAB design
Cancio et al. (2004)	USA	6	6	11 to 15	Selective	Open label
Cardwell et al. (2019)	Australia	102	51	10 to 16	Selective	RCT
Carpenter & Sandberg (1985)	USA	17	7	14 to 16	Indicated	Controlled-Trial
Carpenter & Sanderberg (1973)	USA	16	10	15 to 16	Indicated	Other
Carr & Punzo (1993)	USA	3	3	13 to 15	Selective	ABAB design
Carroll et al. (2012)	Australia	24	18	12 to 18	Indicated	RCT
Chao-Fernández (2020)	Spain	6	6	16 to 18	Selective	Open label
Claro, Boulanger & Shaw (2015)	Canada	41	28	12 to 17	Selective	Controlled-Trial
Clement (2011)	USA	1	1	12	Treatment	Single case

Supplementary file 2: Non-pharmaceutical interventions for self-regulatory failures in adolescents suffering from externalizing symptoms: A scoping review

Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
Coleman, et al. (1992)	USA	39	24	13 to 18	Treatment	RCT
Connell et al. (2007)	USA	998	500	11 to 17	Universal	RCT
Coonerty-Femiano (2008)	USA	14	14	13 to 14	Selective	RCT
Corder et al. (1986)	USA	13	13	13 to 18	Treatment	Open label
Cuenca-Sanchez et al. (2012)	USA	21	11	12 to 15	Selective	RCT
Currie (2004)	Australia	1	1	13	Selective	Single case
Currie & Startup (2012)	Australia	111	60	12 to 15	Selective	RCT
Dangel, et al. (1989)	USA	18	NA	10 to 17	Indicated	ABAB design
Davidson et al. (1987)	USA	213	124	NA	Indicated	RCT
Davis & Hajicek (1985)	USA	7	7	9 to 15	Treatment	Other
De Fuccio et al. (2009)	USA	52	28	12 to 22	Indicated	Controlled-Trial
Deffenbacher et al. (1996)	USA	120	79	11 to 14	Selective	RCT
Derbyshire et al. (2019)	UK	21	21	16 to 17	Indicated	Open label
Dishion & Andrews (1995)	USA	158	119	10 to 14	Selective	RCT
Dos Santos (2018)	South Africa	6	6	15 to 18	Selective	Qualitative
Down et al. (2011)	UK	25	18	NA	Treatment	RCT
Ducharme et al. (2012)	USA	37	18	9 to 17	Treatment	Controlled-Trial
Dykeman (1995)	USA	4	4	13 to 14	Treatment	Other
Elder & Edelstein (1979)	USA	4	4	NA	Treatment	ABAB design
Ennis et al. (2015)	USA	44	44	12 to 18	Selective	Open label
Etscheidt (1991)	USA	30	NA	12 to 18	Selective	RCT
Feindler (1995)	USA	1	1	13	Selective	Single case
Feindler et al. (1986)	USA	29	21	13 to 18	Treatment	Controlled-Trial
Feindler et al. (1984)	USA	36	18	12 to 15	Selective	RCT
Felver et al. (2020)	USA	23	9	NA	Universal	Controlled-Trial
Fishbein et al. (2006)	USA	120	56	NA	Selective	RCT
Fosco et al. (2013)	USA	593	386	11 to 14	Universal	RCT
Franco et al. (2016)	Spain	27	13	12 to 19	Universal	RCT

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Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
Fung et al. (2016)	USA	19	9	12 to 14	Selective	RCT
Fung et al. (2019)	USA	145	79	13 to 15	Selective	RCT
Gaines & Barry (2008)	USA	6	6	15 to 18	Indicated	ABAB design
Garaigordobil & Peña-Sarrionandia (2015)	Spain	148	83	13 to 16	Universal	RCT
Garrett & Giddings (2014)	USA	5	5	NA	Selective	Multiple cases
Garwood et al. (2019)	USA	11	11	13 to 16	Treatment	ABAB design
Gentry & Ostapiuk (1988)	UK	1	1	17	Indicated	Single case
Glick & Goldstein (1987)	USA	60	48	14 to 17	Indicated	RCT
Glomb & West (1990)	USA	2	2	NA	Selective	Multiple cases
Goldstein et al. (2018)	USA	57	29	14 to 20	Indicated	RCT
Gómez et al. (2014)	Spain	5	5	15 to 17	Treatment	Other
Gonzales et al. (2012)	USA	516	338	NA	Universal	RCT
Gottfredson et al. (2002)	USA	188	90	12 to 14	Universal	RCT
Gregory et al. (1997)	NA	3	3	13 to 14	Selective	ABAB design
Gross et al. (1980)	USA	10	10	12 to 16	Indicated	Open label
Guerra (1990)	USA	120	80	15 to 18	Indicated	RCT
Hains (1984)	USA	4	4	14 to 17	Indicated	ABAB design
Hains (1989)	USA	4	4	15 to 17	Indicated	Open label
Hains & Hains (1988)	USA	5	5	15 to 17	Indicated	ABBA crossover
Hanselman (2001)	USA	7	7	NA	Indicated	ABAB design
Hansen et al. (2013)	USA	3	3	7 to 12	Selective	Multiple cases
Harvey, et al (2020)	USA	19	19	10 to 17	Selective	Open label
Havighurst et al. (2015)	Australia	212	113	10 to 13	Universal	RCT
Hawkins et al. (1991)	USA	141	69	11 to 18	Indicated	RCT
Hay et al. (2010)	USA	671	338	12 to 15	Selective	RCT
Heaton et al. (1976)	USA	46	32	13 to 14	Selective	Controlled-Trial
Hein et al. (2020) – Study 1	Germany	476	305	16.03	Indicated	RCT
Hein et al. (2020) – Study 2	Germany	476	305	16.03	Indicated	Open label
Henggeler et al. (1992)	USA	56	33	NA	Indicated	RCT

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Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
Hentges et al. (2020)	USA	731	367	NA	Universal	RCT
Hilyer et al. (1982)	USA	43	23	15 to 18	Indicated	RCT
Himmelstein et al. (2011)	USA	32	32	14 to 18	Indicated	Open label
Hobbs & Holt (1976)	USA	125	NA	12 to 15	Indicated	Controlled-Trial
Hogue et al. (2017)	USA	205	104	12 to 18	Treatment	RCT
Holmqvist et al. (2009)	Sweden	57	26	16 to 19	Indicated	Controlled-Trial
Hoogsteder et al. (2018)	Netherlands	91	63	16 to 21	Indicated	Controlled-Trial
Hornsveld et al. (2008)	Netherlands	142	NA	13 to 20	Treatment	Open label
Hornsveld et al. (2015)	Netherlands	62	NA	15 to 21	Indicated	Controlled-Trial
Houck et al. (2016)	USA	420	222	12 to 14	Selective	ABBA crossover
Hovell et al. (2001)	USA	29	29	13 to 18	Indicated	Controlled-Trial
Huey & Rank (1984)	USA	48	24	13 to 15	Selective	RCT
Huey et al. (2000)	USA	114	54	NA	Indicated	RCT
Jamali et al. (2016)	Iran	100	50	NA	Universal	RCT
Jones et al. (2004)	USA	35	24	11 to 16	Indicated	Controlled-Trial
Kaffman (1968)	Israel	32	32	8 to 15	Treatment	Multiple cases
Kahn & McFarland (1973)	USA	47	47	NA	Indicated	Open label
Kanchibhotla et al. (2021)	India	454	237	13 to 17	Universal	Other
Kappes & Thompson (1985)	USA	26	12	15 to 18	Indicated	RCT
Kastner (1998)	USA	11	11	NA	Treatment	Open label
Kauser & Pinquart (2019)	Pakistan	110	50	NA	Selective	RCT
Kaya & Buzlu (2016)	Turkey	65	32	14 to 17	Indicated	Controlled-Trial
Keiley (2007)	USA	73	73	13 to 18	Indicated	Open label
Kellner & Bry (1999)	USA	7	7	14 to 18	Selective	Open label
Kellner et al. (2002)	USA	46	27	12 to 16	Selective	Controlled-Trial
Kellner et al. (2003)	USA	46	27	12 to 16	Selective	Controlled-Trial
Kethineni & Braithwaite (2010)	USA	172	86	11 to 18	Indicated	Controlled-Trial
Kifer et al. (1974)	USA	3	3	13 to 17	Selective	ABAB design
Kimber et al. (2008)	Sweden	1417	1028	7 to 16	Universal	Controlled-Trial

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Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
Langeveld et al. (2012)	Norway	112	112	NA	Universal	RCT
Larson (1992)	USA	37	22	NA	Selective	RCT
Larson et al. (1998)	USA	NA	NA	NA	Treatment	Open label
Lazarus (1993)	USA	18	NA	11 to 13	Selective	Open label
Le & Proulx (2015)	Hawaii	36	36	14 to 18	Indicated	Open label
Lee et al. (1979)	Canada	26	7	14 to 15	Selective	RCT
Leonard et al. (2013)	USA	264	147	16 to 18	Indicated	RCT
Leve et al. (2005)	USA	81	37	13 to 17	Indicated	RCT
Lök et al. (2018)	Turkey	60	30	NA	Selective	RCT
Lombas et al. (2019)	Spain	524	156	12 to 17	Universal	Controlled-Trial
Long & Sherer (1984)	USA	27	9	12 to 17	Indicated	Controlled-Trial
Lutz (2014)	USA	NA	NA	NA	Treatment	Single case
MacMahon & Gross (1988)	USA	69	32	14 to 18	Indicated	RCT
Marco et al. (2013)	NA	2	2	12 to 18	Treatment	Multiple cases
Marshall & Heward (1979)	NA	8	8	16 to 17	Indicated	Open label
Martin & Johnson (2005)	USA	7	7	14 to 17	Indicated	Open label
Martsch (2005)	USA	65	34	13 to 18	Indicated	RCT
Marvit et al. (1974)	Hawaii	44	23	NA	Indicated	RCT
Mason et al. (2010)	USA	5	5	12 to 14	Selective	Open label
Mason et al. (2016)	USA	321	118	NA	Universal	Other
Mathur & Rutherford (1994)	USA	9	9	13 to 17	Indicated	ABAB design
Maya et al. (2019)	Spain	216	109	11 to 17	Selective	Controlled-Trial
Mazerolle et al. (2017)	Australia	102	51	10 to 16	Selective	RCT
Mazerolle et al. (2017)	Australia	102	51	10 to 16	Selective	RCT
Mazerolle et al. (2019)	Australia	102	51	10 to 16	Indicated	RCT
Mazerolle et al. (2020)	Australia	102	51	NA	Universal	RCT
McAllister et al. (1969)	USA	51	25	16 to 19	Universal	Controlled-Trial
McCarthy-Tucker et al. (1999)	USA	8	8	NA	Indicated	Open label
McCraty et al. (1999)	USA	92	62	12 to 14	Selective	RCT

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Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
McCullough et al. (1977)	USA	1	1	16	Treatment	Single case
McMahon & Washbur (2003)	USA	149	149	11 to 14	Selective	Open label
McNamara & Heard (1976)	UK	20	20	13 to 14	Universal	RCT
McNamara & Jolly (1990)	UK	15	NA	12 to 13	Universal	Open label
McWirther & Page (1999)	USA	57	19	16 to 19	Selective	Controlled-Trial
Minkos et al. (2018)	USA	2	2	15 to 16	Selective	Open label
Minor & Elrod (1994)	USA	45	22	12 to 17	Indicated	RCT
Mohammadi et al. (2017)	Iran	8	8	14 to 18	Indicated	Open label
Moneta & Rousseau (2008)	Canada	20	20	13 to 16	Selective	Qualitative
Moretti & Obsuth (2009)	Canada	329	NA	NA	Treatment	Controlled-Trial
Mutiso et al. (2018)	Kenya	630	171	11 to 18	Selective	RCT
Neel & De Bruler (1979)	USA	73	55	12 to 15	Selective	Open label
Nelson Gray et al. (2006)	USA	32	32	10 to 15	Treatment	Open label
Nickel et al. (2005)	NA	87	44	16 to 18	Selective	RCT
Niles (1986)	USA	59	19	13 to 15	Indicated	RCT
Ninness et al. (1995)	USA	4	4	14 to 15	Selective	ABAB design
Nugent et al. (1999)	USA	522	NA	11 to 17	Indicated	Open label
Nugent et al. (1997)	USA	102	9	12 to 18	Indicated	Controlled-Trial
Ollendick & Hersen (1979)	USA	27	NA	13 to 16	Indicated	RCT
Oruche et al. (2018)	USA	20	11	12 to 18	Treatment	RCT
Panosky & Shelton (2015)	USA	6	6	16 to 17	Indicated	ABAB design
Pardo et al. (2020)	Spain	20	NA	14 to 17	Treatment	Qualitative
Patrick & Rich (2004)	NA	8	8	NA	Indicated	Single case
Patterson (1974)	USA	41	41	NA	Selective	Open label
Pazaratz (1998)	Canada	1	1	15	Treatment	Single case
Peterson et al. (1999)	USA	29	29	12 to 14	Selective	Open label
Phillips et al. (1971)	USA	6	6	12 to 15	Indicated	ABAB design
Pop-Jordanova (2009)	Macedonia	74	59	NA	Treatment	Controlled-Trial
Presley & Hughes (2000)	USA	4	4	14 to 17	Selective	Open label

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Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
Puskar et al. (2015)	USA	179	93	14 to 18	Universal	RCT
Quinn & Van Dyke (2004)	USA	362	267	NA	Indicated	Controlled-Trial
Ramadoss & Bose (2010)	USA	70	70	16 to 17	Indicated	Open label
Rapp-Paglicci et al. (2011)	USA	108	108	15 to 18	Indicated	Open label
Redondo et al. (2012)	Spain	28	17	15 to 20	Indicated	Controlled-Trial
Rowlands et al. (2020)	USA	14	14	13 to 17	Indicated	Open label
Richman & Harper (1979)	USA	54	54	NA	Indicated	Open label
Rickson & Watkins (2003)	New Zealand	15	11	11 to 15	Treatment	RCT
Rizzo et al. (2020)	USA	119	59	NA	Universal	RCT
Robinson, et al. (2002)	USA	41	22	11 to 15	Selective	RCT
Rodríguez et al. (2016)	Costa Rica	28	28	NA	Selective	Qualitative
Rogevich & Perin (2008)	USA	63	30	13 to 16	Treatment	Controlled-Trial
Rohde et al. (2004)	USA	138	46	12 to 25	Indicated	RCT
Ronen (2004)	Israel	1	1	12	Treatment	Single case
Ronen & Rosenbaum (2009)	Israel	447	167	14 to 15	Selective	Controlled-Trial
Rosenberg (2004)	USA	1347	1084	13 to 14	Universal	Controlled-Trial
Ruttledge & Petrides (2011)	Ireland	22	22	13 to 14	Selective	Open label
Santogrossi et al. (1973)	USA	9	9	12 to 15	Treatment	ABAB design
Sanz de Acedo & Iriarte (2001)	Spain	109	50	14 to 16	Selective	RCT
Scherer et al. (1994)	USA	55	23	11 to 17	Indicated	RCT
Schippers et al. (2020)	Netherlands	25	11	13 to 23	Treatment	RCT
Schlichter & Horan (1981)	USA	38	10	13 to 18	Indicated	RCT
Schloss et al. (1983)	USA	1	1	18	Treatment	Single case
Schuurmans et al. (2018)	Netherlands	37	18	NA	Treatment	RCT
Seckman et al. (2016)	USA	NA	NA	12 to 17	Treatment	Open label
Seivert et al. (2018)	USA	138	83	13 to 18	Indicated	RCT
Shahbazi et al. (2017)	IRAN	30	15	15 to 18	Selective	RCT
Sharry & Owens (2000)	UK	6	6	13 to 16	Selective	Multiple cases
Shivrattan (1988)	Canada	43	14	15 to 17	Indicated	RCT

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Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
Singh et al. (2007)	USA	3	3	13 to 14	Treatment	Open label
Smaller (2012)	USA	15	2	NA	Selective	Multiple cases
Smith et al. (2017)	USA	152	83	11 to 15	Selective	RCT
Smith et al. (1998)	USA	4	4	13 to 15	Selective	ABAB design
Snyder & Shapiro (1997)	USA	3	3	14 to 15	Selective	Open label
Snyder & White (1979)	USA	15	5	14 to 17	Indicated	RCT
Snyder et al. (1999)	USA	50	25	NA	Treatment	RCT
Sosa-Rubi et al. (2017)	Mexico	885	381	NA	Universal	Controlled-Trial
Spence & Marzillier (1981)	UK	76	32	10 to 16	Indicated	RCT
Stormshak et al. (2005)	USA	584	584	NA	Universal	Open label
Sutton et al. (2013)	New Zealand	20	20	NA	Treatment	Qualitative
Syzmanski et al. (2018)	USA	73	43	NA	Indicated	RCT
Teeter et al. (2000)	USA	17	8	NA	Selective	RCT
Thoder & Cautilli (2011)	USA	39	39	14 to 17	Indicated	Open label
Titilayo & Aderanti (2012)	Nigeria	72	36	9 to 16	Indicated	Controlled-Trial
Trajkovic et al. (2020)	Italy	107	56	NA	Universal	RCT
Trulson (1986)	USA	34	15	13 to 17	Indicated	Controlled-Trial
Trupin et al. (2011)	USA	274	105	12 to 19	Indicated	Controlled-Trial
Twemlow & Sacco (1998)	USA	3	3	10 to 16	Indicated	Multiple cases
Tyson (2002)	USA	11	5	NA	Indicated	RCT
Umbach et al. (2018)	USA	197	109	16 to 18	Indicated	RCT
Uzunoglu & Baysan-Arabaci (2017)	Turkey	16	8	12 to 18	Treatment	Controlled-Trial
Valliant et al. (1995)	Canada	39	29	16 to 18	Indicated	Controlled-Trial
Van Bockstaele et al. (2020)	Netherlands	39	19	12 to 16	Selective	RCT
Van Manen et al. (2004)	Netherlands	97	42	9 to 13	Treatment	RCT
Van Vliet et al. (2017)	Canada	28	28	12 to 17	Treatment	RCT
Van Wijk-Herbrink et al. (2017)	Netherlands	4	4	15 to 17	Treatment	Multiple cases
Wainryb et al. (2018)	USA	241	114	8 to 17	Universal	RCT
West et al. (2017)	Australia	112	56	12 to 18	Treatment	Open label

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Author, publication date	Location	Sample size (N)	Intervention received (N)	Age range	Intervention stages	Study design*
Whitfield (1999)	USA	28	8	NA	Selective	Controlled-Trial
Williams & Akamatsu (1978)	USA	30	NA	NA	Indicated	RCT
Wodarski et al. (1979)	USA	40	21	NA	Indicated	RCT
Wolff & Ollendick (2012)	USA	5	5	11 to 14	Treatment	ABAB design
Wongtongkam et al. (2014)	Thailand	96	40	NA	Universal	Controlled-Trial
Yektatalab et al. (2017)	Iran	140	70	13 to 15	Universal	RCT
Zapolski & Smith (2017)	USA	53	53	12 to 14	Selective	Open label
Zhou et al. (2018)	Singapore	156	NA	NA	Indicated	Open label
Zivin et al. (2001)	USA	60	32	11 to 14	Selective	ABBA crossover

*Study design: RCT = Randomized controlled trial

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