Appendix A

Search Strategy

Search carried out in MEDLINE, EMBASE, PsycINFO, CINAHL and the Cochrane Library. Date of Search 7th February 2019. Built-in limiters: adult participants, human participants, any journal type, journals published in the English language and published after the year 2000.

**# Searches**

|  |
| --- |
| 1. "behavi\* therap\*" |
| 1. "behavi\* intervention\*" |
| 1. "behavi\* program |
| 1. "behavi\* management |
| 1. "cognitive therap\*" |
| 1. "cognitive intervention\*" |
| 1. "cognitive program\*" |
| 1. "cognitive management" |
| 1. "CBT". |
| 1. "psychological intervention\*" |
| 1. "psychosocial intervention\*" |
| 1. "cognitive behavi\* therap\*" |
| 1. "self help" |
| 1. "self management" |
| 1. "relaxation" |
| 1. "mindfulness" |
| 1. "psycho-educational therap\*" |
| 1. "talking therap\*" |
| 1. "behavi\* tratement" |
| 1. "cognitive treatment" |
| 1. "behavi\* activation" |
| 1. "CT" |
| 1. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 |
| 1. "heart disease" |
| 1. "coronary heart disease" |
| 1. "CHD" |
| 1. "coronary artery disease" |
| 1. "angina" |
| 1. "myocard\* infarct\*" |
| 1. "cardiac disease" |
| 1. "cardiovascular disease” |
| 1. "COPD" |
| 1. "chronic obstructive pulmonary disease" |
| 1. "pulmonary disease" |
| 1. "respiratory disease" |
| 1. "asthma" |
| 1. "MUS" |
| 1. "medically unexplained symptoms" |
| 1. "somatoform disorders" |
| 1. "chronic fatigue syndrome" |
| 1. "CFS" |
| 1. "irritable bowel syndrome" |
| 1. "IBS" |
| 1. "fibromyalgia" |
| 1. "diabet\*" |
| 1. 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 |
| 1. "mental disorders” |
| 1. "mental health" |
| 1. "depress\*" |
| 1. "anxiety\*" |
| 1. "co-morbid psychological distress" |
| 1. "psychological morbidity" |
| 1. "stress" |
| 1. "adjustment" |
| 1. "coping" |
| 1. "psychopathology" |
| 1. "low mood" |
| 1. "panic" |
| 1. 47 or 48 or 49 or 50 or 51 or 52 or 53 or 54 or 55 or 56 or 57 or 58 |
| 1. 23 and 46 and 59 |