

Table S2. List of excluded studies and reason for exclusion.

Study	Reason for exclusion
Akintola (2008)[1]	Inappropriate study design – non-randomised
Allott (2011)[2]	Befriending used as a control intervention for psychotherapy
Andrews (2003)[3]	Inappropriate study design – non-randomised
Ashbury (1998)[4]	Befriending intervention has an informational component
Balaam (2015)[5]	Inappropriate content – review paper
Ballard (2015)	Intervention included social engagement strategies with planned social interactions
Bateman (2007)[6]	Befriending used as a control intervention for psychotherapy
Behnia (2007)[7]	Inappropriate study design – descriptive exploratory research design
Bendall (2015)[8]	Befriending used as a control intervention for psychotherapy
Bloom (1982, 1985)[9, 10]	Intervention incorporates informational and mentoring aid
Boisvert (2008)[11]	Befriending intervention incorporated peer support characteristics
Bradshaw (1998)[12]	Inappropriate study design – non-randomised
Campbell (2004)[13]	Inappropriate content – review paper
Cattan (2005)[14]	Inappropriate content – review paper
Cattan (2009, 2011)[15, 16]	Inappropriate study design – non-randomised and descriptive exploratory research design
Chang (2004)[17]	Inappropriate study design – non-randomised
Charlesworth (2010)[18]	Inappropriate content – review paper
Cohen (1999)[19]	Inappropriate study design – non-randomised
Cox (1991,1993)[20, 21]	Inappropriate study design – non-randomised
Curtin (2016)[22]	Befriending intervention incorporated peer support characteristics
Cust (2016)[23]	Befriending intervention incorporated peer support characteristics
Dam (2016)[24]	Inappropriate content – review paper
Darwin (2016)[25]	Befriending included informational and clinical support, and signposting
Davidson (2001)[26]	Inappropriate study design – descriptive exploratory research design
de la Haye (2015)[27]	Befriending intervention incorporated peer support characteristics
Dean (1998)[28]	Inappropriate format - report
Dean (2016)[29]	Befriending intervention used as a control intervention for motivational interviewing
Dennis (2002a,b, 2013)[30-32]	Befriending intervention incorporated peer support characteristics, inappropriate study design (descriptive qualitative research design)
Douglas (2012)[33]	Inappropriate study design – descriptive qualitative research design
Duggan (2005)[34]	Inappropriate content – review paper
Evans (2016)[35]	Befriending intervention incorporated mentoring characteristics
Ferguson (1981)[36]	Inappropriate study design – descriptive exploratory research design
Fisher (2010)[37]	Befriending intervention incorporated peer support characteristics
Fitzsimons (2010)[38]	Inappropriate study design – descriptive exploratory research design
Forgeron (2015)[39]	Befriending intervention incorporated peer support characteristics
Fox (1998)[40]	Befriending intervention has an informational component
Glover (2016)[41]	Befriending intervention incorporated peer support characteristics and was delivered by a health care professional
Goodyear (2009)[42]	Befriending intervention incorporated peer support characteristics
Gotay (2007)[43]	Befriending intervention has an informational component
Gray (2009)[44]	Inappropriate study design – descriptive exploratory research design
Greenwood (2016)[45]	Inappropriate study design – descriptive qualitative research design
Grossman (1996)[46]	Befriending intervention incorporates mentoring support

Ha (2016)[47]	Inappropriate study design – descriptive qualitative research design
Harris (1999)[48]	Inappropriate study design – descriptive exploratory research design
Heisler (2010)[49]	Befriending intervention incorporated peer support characteristics
Heslop (2005)[50]	Inappropriate study design – descriptive exploratory research design
Hoey (2008)[51]	Inappropriate content – review paper
Hogarty (1997a,b)[52, 53]	Befriending incorporates informational support
Infante-Rivard (1988)[54]	Befriending included health needs assessment
Ireys (1996, 2001)[55, 56]	Befriending included informational support
Jackson (2008)[57]	Befriending used as a control intervention for psychotherapy
Jensen (2017)[58]	Inappropriate study design – descriptive qualitative research design
Jones (2012)[59]	Inappropriate content – review paper
Jones (2015)[60]	Befriending intervention incorporated peer support characteristics
Jones (2013)[61]	Inappropriate research design – befriending was incorporated into other interventions
Kam-shing (2002)[62]	Inappropriate study design – descriptive exploratory research design
Kingdon (1989)[63]	Inappropriate content – discussion of cost-effectiveness of befriending
Lester (2012)[64]	Inappropriate study design – descriptive exploratory research design
Ludman (2016)[65]	Befriending intervention led by health care professional
MacDonald (2010)[66]	Inappropriate study design – descriptive qualitative research design
Macvean (2008)[67]	Inappropriate content – review paper
Mavropoulou (2007)[68]	Inappropriate content – development of a befriending scheme
McCarthy (2013)[69]	Inappropriate content – development and qualitative evaluation of a befriending scheme
McCurdy (2001)[70]	Befriending included informational support
McGorry (2007)[71]	Befriending included psychoeducation and informational support
McGowan (2003)[72]	Inappropriate content – development and qualitative evaluation of a befriending scheme
McLeish (2015)[73]	Befriending intervention incorporated peer support characteristics
Mead (2010)[74]	Inappropriate content – review paper
Menesini (2003)[75]	Befriending intervention incorporated peer support characteristics
Milne (2006)[76]	Befriending used as a control intervention for psychotherapy
Mitchell (2011)[77]	Inappropriate study design – descriptive qualitative research design
Mohr (2005a,b)[78, 79]	Befriending used as a control intervention for psychotherapy
Mokhovikov (1999)[80]	Inappropriate study design – descriptive exploratory research design
Mountain (2017)[81]	Inappropriate study design – descriptive qualitative research design
Murrock (2009)[82]	Befriending intervention incorporated peer support characteristics
Naeem (2006)[83]	Befriending used as a control intervention for psychotherapy
Onrust (2008)[84]	Befriending intervention incorporated peer support characteristics
Oris (2016)[85]	Befriending intervention incorporated peer support characteristics
Paul (2007)[86]	Befriending intervention incorporated peer support characteristics
Pfeiffer (2011)[87]	Befriending intervention incorporated peer support characteristics
Ramsay (2007)[88]	Befriending intervention incorporated peer support characteristics
Raphael (1977)[89]	Befriending incorporated psychotherapy components for treatment
Riddell (2012)[90]	Befriending intervention incorporated peer support characteristics
Ross (2005)[91]	Befriending included informational support
Rotheram-Borus (2012)[92]	Befriending intervention incorporated peer support characteristics
Samarasekera (2007)[93]	Befriending used as a control intervention for psychotherapy
Schutt (2008)[94]	Befriending intervention incorporated peer support characteristics
Shawyer (2012)[95]	Befriending used as a control intervention for psychotherapy

Shawyer (2016)[96]	Befriending intervention used as a control intervention for acceptance and commitment therapy
Silver (1997)[97]	Befriending included informational support, appraisal support and signposting
Skea (2011)[98]	Befriending intervention incorporated peer support characteristics and used qualitative research design
Sledge (2011)[99]	Befriending intervention incorporated peer support characteristics
Small (2011)[100]	Inappropriate study design – descriptive qualitative review
Smith (2014)[101]	Inappropriate content – review paper
Smith (2016)[102]	Befriending intervention incorporated peer support characteristics
Stewart (2001a,b)[103, 104]	Befriending intervention incorporated peer support characteristics
Stolinski (2004)[105]	Inappropriate patient population – focused on volunteers
Sullivan (1994)[106]	Befriending included advocacy and signposting
Taggart (2000)[107]	Inappropriate study design – descriptive qualitative research design
Teissedre (2004)[108]	Inappropriate study design – non-randomised
Thomas (2014)[109]	Befriending used as a control intervention for psychotherapy
Thompson (2016)[110]	Inappropriate content – review paper
Thupayagale (2011)[111]	Befriending intervention incorporated peer support characteristics
Tough (2006)[112]	Intervention included instrumental support, health education and signposting
Tudiver (1995)[113]	Befriending intervention included self-help, no outcomes reported.
Turkington (2000, 2008)[114, 115]	Inappropriate population – patients not within the community Befriending used as a control intervention for psychotherapy
Turner (2014)[116]	Inappropriate content – review paper
Tymms (2016)[117]	Befriending intervention incorporated peer support characteristics
Upsal (1990)[118]	Befriending intervention incorporated peer support characteristics
Vachon (1980)[119]	Befriending included instrumental support
Valenstein (2016)[120]	Befriending intervention incorporated peer support characteristics
Van wel (2013)[121]	Befriending intervention incorporated payment
Walsh (2007)[122]	Intervention included health needs assessment, instrumental and informational support
Weber (2004)[123]	Befriending intervention incorporated peer support characteristics
Weir (2010)[124]	Inappropriate study design – descriptive qualitative research design
Wiggins (2004)[125]	Inappropriate befriending intervention – paid or professional workers, provided informational support
Wilson (2009)[126]	Inappropriate content measures – focus on cost-effectiveness of befriending intervention
Wishart (2000)[127]	Outcomes not recorded for the befriender

Supplementary References

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