

Psychological interventions for inflammatory bowel disease: a systematic review and component network meta-analysis

Appendix 1. Search strategy

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The search is planned with no restrictions to the date, language, age of the participants and the comparison group. Only clinical trials will be included.

MEDLINE (via Ovid)

PI(CO)S	Type	#	Search
Population	Terms	#1	exp Inflammatory Bowel Diseases/pc, px, rh, th [Prevention & Control, Psychology, Rehabilitation, Therapy]
		#2	exp Proctitis/pc, px, rh, th
		#3	Enterocolitis/pc, px, rh, th
		#4	Ileitis/pc, px, th [Prevention & Control, Psychology, Therapy]
	Free text word	#5	crohn*.tw,ot.
		#6	(ulcer* adj5 colit*).tw,ot.
		#7	(ulcer* adj5 kolit*).ot.
		#8	(regional* adj2 enter*).tw,ot.
		#9	ileitis.tw,ot.
		#10	(enterocolit* or entero-colit*).tw. or (enterokolit* or enterokolit*).ot.
		#11	(proktiti* or proktokolit* or prokto-kolit*).ot.
		#12	(inflamm* adj5 bowel* adj5 disease*).tw.
		#13	entzundliche* darm*.ot.
		#14	(proctiti* or proctocolit* or procto-colit*).tw,ot.
		#15	or/1-14
Intervention	Terms	#16	exp Psychotherapy/
		#17	exp mind-body therapies/
		#18	exp spiritual therapies/

	#19	exp Adaptation, Psychological/
	#20	patient Education/
	#21	social support/
	#22	mental Health/
	#23	exp psychology, social/
	#24	self care/
	#25	Patient Education/
	#26	emotional regulation/
	#27	psychological distress/
	#28	mental competency/
	#29	psychosocial functioning/
	#30	psychology, positive/
	#31	psychology, adolescent/
	#32	psychology, child/
	#33	psychology, clinical/
	#34	exp psychology, medical/
	#35	community mental health services/
	#36	exp counseling/
	#37	social work, psychiatric/
	#38	or/16-37
Free text word	#39	(Acceptance adj2 Commitment).tw. or adler*.tw,ot. or
	#40	(art therap* or attack therap* or attachment therap*).tw.
	#41	Autogen* training.tw,ot.
	#42	(behavio* adj (treat* or therap* or modif*)).tw. or verhaltenstherap*.ot.
	#43	(Biodynami* or Bioenergeti* or Biofeedback or Bionomi*).tw,ot. or (Body Mind or Breathwork).tw.
	#44	(characteranalyti* or character-analyti*).tw,ot. Or (client-centered or client-centred).tw.
	#45	(counselling or counseling).tw. or (psycholog* adj2 intervention).tw or (psychosoc* adj2 intervention).tw
	#46	(cognitive adj1 behavio*).tw. or CBT.tw,ot.
	#47	(coherence therap* or contemplative or conversational).tw.
	#48	(cope* or coping).tw,ot. or (core energetic* or core process*).tw,ot.
	#49	dance.tw. or tanz*.ot. or daseins*.tw,ot.
	#50	(Developmental Needs Meeting Strateg* or DNMS).tw. or (Dialectical or DBT).tw. or (Dreamwork or Drama or Dyadic or DDP).tw.
	#51	(Emotional Freedom Techni* or EFT).tw.
	#52	(encounter group* or eye movement*).tw.
	#53	(EMDR or (Desensiti* adj2 (Reprocessing or re-processing))).tw.
	#54	(Experient* Dynamic or Existential therap*).tw.
	#55	(Exposure adj2 response prevent*).tw.
	#56	expressive therap*.tw,ot.
	#57	(Family Constellation* or Family System* or Family therap* or Feminist therap* or functional analytic or Focusing or Freudian).tw. or feldenkr*.tw,ot. or (familien* or freud*).ot.

#58	(goal setting or Gestalt* or Group Analy* or group-based or (group adj (therap* or treatment* or intervention))).tw. or (gruppenpsychotherap* or gruppentherap* or gruppenanaly* or gestalt*).ot.
#59	(Hakomi or Holistic or Holotropic or Humanistic or Human givens).tw. or (Hypnos* or Hypnot* or hypno-therap*).tw,ot.
#60	(Integral* Strateg* or (Intensive adj2 dynami*) or Interaction Therap* or Interperson* therap* or IPT).tw,ot. or interaktionstherap*.ot. or (interpersonal or inter-personal).tw. or (interpersonell* or inter-personell*).ot.
#61	(Jungian or Logotherapie*).tw,ot.
#62	(Meditati* or Milieu Therap* or milieutherap* or Mindfulness* or MBSR or (Method adj2 Levels) or Morita Therap* or Multimodal* Therap* or multi-modal* therap* or Multitheoreti* or Multi-theoreti* or Music therap* or yoga).tw,ot. or musiktherap*.ot.
#63	(Narrative Therap* or Needs Meeting* or Neuro-linguistic program* or NLP).tw,ot.
#64	(Object* Relation* or Orgonom*).tw. or (objektrelation* or orgonom*).ot.
#65	(parent-child interact* or PCIT).tw. or eltern-kind interakt*.ot. or patient education.tw.
#66	(person-centered or person-centred).tw. or personenzentriert*.ot. or pulsing.tw.
#67	(Personal construct or PCP or Play therap* or Primal therap* or Process Oriented or Provocative Therap* or Psychedelic or Psychoanaly* or psycho-analyti* or Psychodrama or psychodrama or Psychodynamic or psycho-dynamic or (psycho* adj3 (care* or treat* or therap* or intervent* or support*))).tw.
#68	psychotherap*.mp. [mp=title, original title, abstract, name of substance word, subject heading word, unique identifier]
#69	(Radix therap* or Rational Emoti* or REBT or Rational Living Therap* or RLT or Rebirthing or re-birthing or Reiki or Relationship counsel* or Relational-Cultural or relaxation or (relax* adj3 (techni* or train* or treatment* or therap*)) or Reprogram* or re-program* or Reality therap* or Rogerian or Rubinfeld Synergy or Reichian or Rolfing).tw.
#70	(self-manag* or selfmanag*).tw. or (selbstmanagement* or selbst-management*).ot.
#71	(SHENor social support* or SocialTherap* or social care or Solution focused or Somatic Psychology or Sophia analys* or supportive-expressive or Systematic Treatment Selection* or STS or Systemic Constellation* or Systemic Therap*).tw. or sozialeunterst*.ot.
#72	(supporti* adj3 (therap* or care or treat* or intervent*)).tw.
#73	(Thought Field Therap* or Transactional* or trans-actional* or Transperson* or trans-person* or twelve-step program* or Vegetotherapie* or vegeto-therap*).tw.
#74	(Acceptance Therapy or Adherence Therapy or (Behavior* adj2 (Intervention or Activation)) or (Cognitive adj2 (Enhancement or Intervention or Rehabilitation or Remediation or Therapy or Training)) or Compliance Intervention).tw,ot.
#75	(health education or psychoeducation).tw,ot.
#76	((mental adj (health or rehabilitation)) or mentalization or (metacogniti* adj4 (therapy or training)) or (motivational adj3 (training or care planning or intervention or interviewing or feedback or enhancement)).tw,ot.
#77	Naikan.tw,ot.

		#78	(Neurocognitive adj3 (Enhancement or Rehabilitation or Remediation)) or ((Neurocognitive or Neuropsychological) adj3 (Therapy or Training or Rehabilitation)).tw,ot.
		#79	(meditation or peer support or positive psychology or problem solving or (psychological adj2 (care or guidance or therapy or training)) or resilience training or self-help or talking therapy or vipassana or yoga).tw,ot.
		#80	or/39-79
Study design	Cochrane Highly Sensitive Strategy	#81	randomized controlled trial.pt.
		#82	controlled clinical trial.pt.
		#83	randomized.ab.
		#84	placebo.ab.
		#85	clinical trials as topic.sh.
		#86	randomly.ab.
		#87	trial.ti.
		#88	or/81-87
		#89	exp animals/ not humans.sh.
		#90	88 not 89
		#91	15 and 38 and 80 and 90

EMBASE

PI(CO)S	Type	#	Search
Population	Emtree	#1	Inflammatory bowel disease'/exp
		#2	enterocolitis'/exp
		#3	proctitis'/exp
		#4	ileitis'/exp
	Free text word	#5	(inflamm* NEAR/1 bowel* NEAR/1 disease*):ti,ab,kw
		#6	crohn*:ti,ab,kw
		#7	((ulcer* NEAR/1 colit*) or (ulzer* NEAR/1 kolit*)):ti,ab,kw
		#8	(regional* NEAR/1 enter*):ti,ab,kw
		#9	ileitis:ti,ab,kw
		#10	(enterocolit* or entero-colit* or enterokolit* or enterokolit*):ti,ab,kw
		#11	(proctiti* or proctocolit* or procto-colit* or proktiti* or proktokolit* or proktokolit*):ti,ab,kw
		#12	entz* NEXT/1 darm*
	#13	#1 OR # OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12	
Intervention	Emtree	#14	Psychotherapy'/exp
		#15	alternative medicine'/exp
		#16	patient education'/exp
		#17	social support'/exp
		#18	mental health'/exp
		#19	social psychology'/exp
		#20	psychological theory'/exp
		#21	self care'/exp
		Free	#22

#23	((art NEXT/1 therap*) or (attack NEXT/1 therap*) or (attachment NEXT/1 therap*)):ti,ab,kw
#24	(Autogen* NEXT/1 training):ti,ab,kw
#25	((behavio* NEAR/1 treat*) or (behavio* NEAR/1 therap*) or (behavio* NEAR/1 modif*) or verhaltenstherap*):ti,ab,kw
#26	(biodynami* or bio-dynami* or bioenergeti* or bioenergeti* or biofeedback or bio-feedback or Bionomi* or (Body NEXT/1 Mind) or Breathwork):ti,ab,kw
#27	(characteranalyti* or character-analyti* or client-centered or client-centred):ti,ab,kw
#28	(counselling or counseling or (psychological NEXT/1 counsel*) or (psychological NEXT/1 intervention*) or (psychosocial NEXT/1 counsel*) or (psychosocial NEXT/1 intervention*)):ti,ab,kw
#29	((cognitive NEAR/1 behavio*) or CBT):ti,ab,kw
#30	((coherence NEXT/1 therap*) or contemplative or conversational):ti,ab,kw
#31	(cope* or coping or (core NEXT/1 energetic*) or (core NEXT/1 process*)):ti,ab,kw
#32	(dance or tanz* or daseins*):ti,ab,kw
#33	((Developmental NEXT/1 Needs NEXT/1 Meeting NEXT/1 Strateg*) or DNMS or Dialectical or DBT):ti,ab,kw
#34	(Dreamwork or Drama or Dyadic or DDP):ti,ab,kw
#35	((Emotional NEXT/1 Freedom NEXT/1 Techni*) or EFT or (encounter NEXT/1 group*) or (eye NEXT/1 movement*)):ti,ab,kw
#36	((Desensiti* NEAR/1 (reprocessing or re-processing)) or EMDR):ti,ab,kw
#37	(Experient* NEXT/1 Dynamic) or (Existential NEXT/1 therap*)
#38	(Exposure NEAR/1 response NEAR/1 prevent*):ti,ab,kw
#39	expressive NEXT/1 therap*
#40	((Family NEXT/1 Constellation*) or (Family NEXT/1 System*) or (Family NEXT/1 therap*) or (Feminist NEXT/1 therap*) or (functional NEXT/1 analytic) or Focusing or Freudian or familien* or freud* or feldenkr*):ti,ab,kw
#41	((goal NEXT/1 setting) or gestalt* or (group NEXT/1 analy*) or gruppenpsychotherap* or gruppentherap* or gruppenanaly*):ti,ab,kw
#42	((group NEXT/1 therap*) or (group NEXT/1 treatment*) or (group NEXT/1 intervention*) or (group NEXT/1 based)):ti,ab,kw
#43	(Hakomi or Holistic or Holotropic or Humanistic or (Human NEXT/1 givens) or Hypnos* or Hypnot* or hypnotherap*):ti,ab,kw
#44	(integral* NEXT/1 strateg*) or ((intensive NEAR/2 dynami*) or (interaction NEXT/1 therap*) or (interperson* NEXT/1 therap*) or IPT or interpersonal or inter-personal or interpersonell* or inter-personell* or interaktionstherap*):ti,ab,kw
#45	(Jungian or Logotherap*):ti,ab,kw
#46	(Meditati* or (Milieu NEXT/1 Therap*) or milieutherap* or Mindfulness* or MBSR or (Method NEAR/2 Levels) or (Morita NEXT/1 Therap*) or (Multimodal* NEXT/1 Therap*) or (multi-modal* NEXT/1 therap*) or Multitheoreti* or Multitheoreti* or (Music NEXT/1 therap*) or musiktherap*):ti,ab,kw
#47	((Narrative NEXT/1 Therap*) or (Needs NEXT/1 Meeting*) or (Neuro-linguistic NEXT/1 program*) or NLP):ti,ab,kw
#48	((Object* NEXT/1 Relation*) or Orgonom* or objektrelation*):ti,ab,kw
#49	((parent-child NEXT/1 interact*) or PCIT or (eltern-kind NEXT/1 interakt*) or (patient NEXT/1 education) or education*):ti,ab,kw
#50	(person-centered or person-centred or personenzentriert*):ti,ab,kw

	#51	((Personal NEXT/1 construct) or PCP or (Play NEXT/1 therap*) or (Primal NEXT/1 therap*) or (Process NEXT/1 Oriented)):ti,ab,kw	
	#52	((Provocative NEXT/1 Therap*) or Psychedelic or Psychoanaly* or psycho-analyti* or Psychodrama or psychodrama):ti,ab,kw	
	#53	(Psychodynamic or psycho-dynamic or (psycho* NEAR/1 (care* or treat* or therap* or intervent* or support*)):ti,ab,kw	
	#54	psychotherap*:ti,ab,kw	
	#55	pulsing:ti,ab,kw	
	#56	((Radix NEXT/1 therap*) or (Rational NEXT/1 Emoti*) or REBT or (Rational NEXT/1 Living NEXT/1 Therap*) or RLT):ti,ab,kw	
	#57	(Rebirthing or re-birthing or Reiki or (Relationship NEXT/1 counsel*) or Relational-Cultural):ti,ab,kw	
	#58	(relaxation or (relax* NEAR/1 (techni* or train* or treatment* or therap*)):ti,ab,kw	
	#59	(Reprogram* or re-program* or (Reality NEXT/1 therap*) or Rogerian or (Rubenfeld NEXT/1 Synergy) or Reichian or Rolfing):ti,ab,kw	
	#60	(self-manag* or selfmanag* or selbstmanagement* or selbstmanagement*):ti,ab,kw	
	#61	(SHEN or (social NEXT/1 support*) or (Social NEXT/1 Therap*) or (social NEXT/1 care) or (Solution NEXT/1 focused) or (Somatic NEXT/1 Psychology) or (Sophia NEXT/1 analys*)):ti,ab,kw	
	#62	((supportive NEXT/1 therap*) or (supportive NEXT/1 care) or (supportive NEXT/1 treat*) or (supportive NEXT/1 intervent*) or supportive-expressive or (Systematic NEXT/1 Treatment NEXT/1 Selection*) or STS or (Systemic NEXT/1 Constellation*) or (Systemic NEXT/1 Therap*) or (soziale NEXT/1 unterst*)):ti,ab,kw	
	#63	((Thought NEXT/1 Field NEXT/1 Therap*) or Transactional* or trans-acti* or Transperson* or trans-person* or (twelvestep NEXT/1 program*)):ti,ab,kw	
	#64	(Vegetotherap* or vegeto-therap*):ti,ab,kw	
	#65	(Acceptance Therapy or Adherence Therapy OR (Behavior* NEAR/2 (Intervention OR Activation)) OR (Cognitive NEAR/2 (Enhancement OR Intervention OR Rehabilitation OR Remediation OR Therapy or Training)) OR Compliance Intervention):ti,ab,kw	
	#66	(health education OR psychoeducation):ti,ab,kw	
	#67	((mental NEAR/1 (health OR rehabilitation)) OR mentalization OR (metacogniti* NEAR/4 (therapy or training)) OR (motivational NEAR/3 (training OR care planning OR intervention OR interviewing OR feedback or enhancement)):ti,ab,kw	
	#68	Naikan:ti,ab,kw	
	#69	(Neurocognitive NEAR/3 (Enhancement OR Rehabilitation or Remediation)) OR ((Neurocognitive OR Neuropsychological) NEAR/3 (Therapy OR Training OR Rehabilitation)):ti,ab,kw	
	#70	(meditation OR peer support OR positive psychology OR problem solving OR (psychological NEAR/2 (care OR guidance OR therapy OR training)) OR resilience training OR self-help OR talking therapy OR vipassana OR yoga):ti,ab,kw	
	#71	#14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #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 OR #46 OR #47 OR #48 OR #49 OR #50 OR #51 OR #52 OR #53 OR #54 OR #55 OR #56 OR #57 OR #58 OR #59 OR #60 OR #61 OR #62 OR #63 OR #64 OR #65 OR #66 OR #67 OR #68 OR #69 OR #70	
Study design	Free Emtree	#72	controlled clinical trial'/exp
	Free	#73	(RCT OR (Randomi* contro* tria*)):ti,ab,kw

	#74	trial:ti,ab,kw
	#75	#72 OR #73 OR #74
	#76	#13 AND #71 AND #75

Central Register of Controlled Trials (via Cochrane Library)

PI(COS)	Type	#	Search
Population	Mesh	#1	[Inflammatory Bowel Diseases] explode all trees
		#2	[Enterocolitis] explode all trees
		#3	[Proctitis] explode all trees
		#4	[Ileitis] explode all trees
	Free text word	#5	(inflamm* near bowel* near disease*):ti,ab,kw
		#6	crohn*:ti,ab,kw
		#7	((ulcer* near colit*) or (ulzer* near kolit*)):ti,ab,kw
		#8	(regional* near enter*):ti,ab,kw
		#9	ileitis:ti,ab,kw
		#10	(enterocolit* or entero-colit* or enterokolit* or enterokolit*):ti,ab,kw
		#11	(proctiti* or proctocolit* or procto-colit* or proktiti* or proktokolit* or prokto-kolit*):ti,ab,kw
		#12	entz* next darm*
	#13	{OR #1-#12}	
Intervention	Mesh	#14	[Psychotherapy] explode all trees
		#15	[Mind-Body Therapies] explode all trees
		#16	[Spiritual Therapies] explode all trees
		#17	[Adaptation, Psychological] explode all trees
		#18	[Patient Education as Topic] explode all trees
		#19	[Social Support] explode all trees
		#20	[Mental Health] explode all trees
		#21	[Psychology, Social] explode all trees
		#22	[Psychological Theory] explode all trees
	#23	MeSH descriptor: [Self Care] explode all trees	
	Free text word	#24	((Acceptance near Commitment) or adler*):ti,ab,kw
		#25	((art next therap*) or (attack next therap*) or (attachment next therap*)):ti,ab,kw
		#26	(Autogen* next training):ti,ab,kw
		#27	((behavio* near (treat* or therap* or modif*)) or verhaltenstherap*):ti,ab,kw
		#28	(biodynami* or bio-dynami* or bioenergeti* or bioenergeti* or biofeedback or bio-feedback or Bionomi* or (Body next Mind) or Breathwork):ti,ab,kw
		#29	(characteranalyti* or character-analyti* or client-centered or client-centred):ti,ab,kw
		#30	(counselling or counseling or (psychological next counsel*) or (psychological next intervention*) or (psychosocial next counsel*) or (psychosocial next intervention*)):ti,ab,kw
		#31	((cognitive near behavio*) or CBT):ti,ab,kw
		#32	((coherence next therap*) or contemplative or conversational):ti,ab,kw
		#33	(cope* or coping or (core next energetic*) or (core next process*)):ti,ab,kw
#34		(dance or tanz* or daseins*):ti,ab,kw	

#35	((Developmental next Needs next Meeting next Strateg*) or DNMS or Dialectical or DBT):ti,ab,kw
#36	(Dreamwork or Drama or Dyadic or DDP):ti,ab,kw
#37	((Emotional next Freedom next Techni*) or EFT or (encounter next group*) or (eye next movement*)):ti,ab,kw
#38	((Desensiti* near (reprocessing or re-processing)) or EMDR):ti,ab,kw
#39	(Experient* next Dynamic) or (Existential next therap*)
#40	(Exposure near (response next prevent*)):ti,ab,kw
#41	expressive next therap*
#42	((Family next Constellation*) or (Family next System*) or (Family next therap*) or (Feminist next therap*) or (functional next analytic) or Focusing or Freudian or familien* or freud* or feldenkr*):ti,ab,kw
#43	((goal next setting) or gestalt* or (group next analy*) or gruppenpsychotherap* or gruppentherap* or gruppenanaly*):ti,ab,kw
#44	((group next therap*) or (group next treatment*) or (group next intervention*) or (group next based)):ti,ab,kw
#45	(Hakomi or Holistic or Holotropic or Humanistic or (Human next givens) or Hypnos* or Hypnot* or hypnotherap*): ti,ab,kw
#46	(integral* next strateg*) or ((intensive near/2 dynami*) or (interaction next therap*) or (interperson* next therap*) or IPT or interpersonal or inter-personal or interpersonell* or inter-personell* or interaktionstherap*):ti,ab,kw
#47	(Jungian or Logotherap*):ti,ab,kw
#48	(Meditati* or (Milieu next Therap*) or milieutherap* or Mindfulness* or MBSR or (Method near/2 Levels) or (Morita next Therap*) or (Multimodal* next Therap*) or (multi-modal* next therap*) or Multitheoreti* or Multitheoreti* or (Music next therap*) or musiktherap*):ti,ab,kw
#49	((Narrative next Therap*) or (Needs next Meeting*) or (Neuro-linguistic next program*) or NLP):ti,ab,kw
#50	((Object* next Relation*) or Orgonom* or objektrelation*):ti,ab,kw
#51	((parent-child next interact*) or PCIT or (eltern-kind next interakt*) or (patient next education) or education*):ti,ab,kw
#52	(person-centered or person-centred or personenzentriert*):ti,ab,kw
#53	((Personal next construct) or PCP or (Play next therap*) or (Primal next therap*) or (Process next Oriented)):ti,ab,kw
#54	((Provocative next Therap*) or Psychedelic or Psychoanaly* or psycho-analyti* or Psychodrama or psychodrama): ti,ab,kw
#55	(Psychodynamic or psycho-dynamic or (psycho* near (care* or treat* or therap* or intervent* or support*)):ti,ab,kw
#56	psychotherap*:ti,ab,kw
#57	pulsing:ti,ab,kw
#58	((Radix next therap*) or (Rational next Emoti*) or REBT or (Rational next Living next Therap*) or RLT):ti,ab,kw
#59	(Rebirthing or re-birthing or Reiki or (Relationship next counsel*) or Relational-Cultural):ti,ab,kw
#60	(relaxation or (relax* near (techni* or train* or treatment* or therap*)):ti,ab,kw
#61	(Reprogram* or re-program* or (Reality next therap*) or Rogerian or (Rubinfeld next Synergy) or Reichian or Rolfing):ti,ab,kw
#62	(self-manag* or selfmanag* or selbstmanagement* or selbstmanagement*): ti,ab,kw

	#63	(SHEN or (social next support*) or (Social next Therap*) or (social next care) or (Solution next focused) or (Somatic next Psychology) or (Sophia next analys*)):ti,ab,kw
	#64	((supportive next therap*) or (supportive next care) or (supportive next treat*) or (supportive next intervent*) or supportive-expressive or (Systematic next Treatment next Selection*) or STS or (Systemic next Constellation*) or (Systemic next Therap*) or (soziale next unterst*)):ti,ab,kw
	#65	((Thought next Field next Therap*) or Transactional* or trans-actional* or Transperson* or trans-person* or (twelvestep next program*)):ti,ab,kw
	#66	(Vegetotherap* or vegeto-therap*):ti,ab,kw
	#67	(Acceptance Therapy or Adherence Therapy or (Behavior* NEAR (Intervention or Activation)) or (Cognitive NEAR (Enhancement or Intervention or Rehabilitation or Remediation or Therapy or Training)) or Compliance Intervention):ti,ab,kw
	#68	(health education or psychoeducation):ti,ab,kw
	#69	((mental NEAR (health or rehabilitation)) or mentalization or (metacogniti* NEAR (therapy or training)) or (motivational NEAR (training or care planning or intervention or interviewing or feedback or enhancement)):ti,ab,kw
	#70	Naikan:ti,ab,kw
	#71	(Neurocognitive NEAR (Enhancement or Rehabilitation or Remediation)) or ((Neurocognitive or Neuropsychological) NEAR (Therapy or Training or Rehabilitation)):ti,ab,kw
	#72	(meditation or peer support or positive psychology or problem solving or (psychological NEAR (care or guidance or therapy or training)) or resilience training or self-help or talking therapy or vipassana or yoga):ti,ab,kw
	#73	{OR #14-#72}
	#74	#13 AND #73

PsycINFO (via Ovid)

Search with disease terms only. Search with English terms only. Multipurpose field (mp) includes search in title, abstract, heading word, table of contents, key concepts, original title, tests & measures, mesh.

P(ICOS)	Type	Search line	Free text word
Population	Mesh	#1	ulcerative colitis.mp. or exp Ulcerative Colitis/
	Free text word	#2	((crohn*) or (crohn* adj5 disease)).mp
		#3	Crohn.ti. or Crohn.ab. or Crohn.mp.
		#4	((regional* adj5 entero*) or (regional* adj5 enteri*)):mp
		#5	(ulcer* adj3 colit*).mp.
		#6	(inflamm* adj5 bowel* adj5 disease*).mp.
		#7	(ileiti* or proctiti* or proctocoliti* or procto-coliti*).mp.
		#8	(enterocoliti* or entero-coliti*).mp.
	#13	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8	

Psyndex (via Ovid)

Includes PSYNDEXplus Literature and Audiovisual Media and PSYNDEXplus Tests. Search with German and English terms.

P(ICOS)	Type	Search line	Free text word
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Population	Mesh	#1	ulcerative colitis.mp. or exp Ulcerative Colitis/
	Free text word	#2	entz* darm*.mp.
		#3	((ulcer* or ulzer*) adj5 (colit* or kolit*)).mp.
		#4	crohn*.mp.
		#5	(proctocolit* or proktokolit* or procto-colit* or prokto-kolit* or enterocolit* or enterokolit*).mp.
		#6	(entero-colit* or entero-kolit*).mp.
		#7	(regional* adj2 enter*).mp.
		#8	(inflamm* adj5 bowel* adj5 disease*).mp.
		#9	ileiti*.mp.
		#13	or/1-9

LILACS

Only DeCS/MeSH descriptors and free text terms for the field in Spanish and Portuguese will be applied. Free text words in Portuguese will include “inflamação intestinal”, “inflamação no intestino”, “doença de crohn”, “colite ulcerosa”. Free text words in Spanish will include “enfermedad inflamatoria intestinal”, “enfermedad de crohn”, “colitis ulcerosa”. We will apply filters for the type of study (“Controlled clinical trial”).

Strategy: Title, abstract, subject: (mh:(C06.405.205.731 or C06.405.469.432 or C06.405.205.265.231 or C06.405.205.731.249 or C06.405.469.158.188.231 or C06.405.469.432.249 or C06.405.205.731.500 or C06.405.469.432.500 or C06.405.205.865 or C06.405.469.860.622 or C06.405.205.265.767 or C06.405.205.865.790 or C06.405.469.158.188.767 or C06.405.469.158.850.790 or C06.405.469.860.622.790 or C06.405.205.596 or C06.405.469.363 or C06.405.205.462.624 or C06.405.469.326.875 or C06.405.469.420.520)) OR ((inflamação intestinal) OR (inflamação no intestino) OR (Doença de Crohn) OR (Colite ulcerosa) OR (Enfermedad inflamatoria intestinal) OR (enfermedad de Crohn) OR (colitis ulcerosa))

Inflammatory Bowel Diseases: C06.405.205.731 or C06.405.469.432

Colitis, Ulcerative: C06.405.205.265.231 or C06.405.205.731.249 or C06.405.469.158.188.231 or C06.405.469.432.249

Crohn Disease: C06.405.205.731.500 or C06.405.469.432.500

Proctitis: C06.405.205.865 or C06.405.469.860.622

Proctocolitis: C06.405.205.265.767 or C06.405.205.865.790 or C06.405.469.158.188.767 or C06.405.469.158.850.790 or C06.405.469.860.622.790

Enterocolitis: C06.405.205.596 or C06.405.469.363

Ileitis: C06.405.205.462.624 or C06.405.469.326.875 or C06.405.469.420.520

Web of Science Core Collection, KCI-Korean Journal Database, Russian Science Citation Index (via Web of Science)

PI(CO)S	Search line	Free text word
Population	#1	TS=((crohn*) or (crohn* NEAR/5 disease))
	#2	TI=Crohn or AB=Crohn or TS=Crohn
	#3	TS=((regional* NEAR/5 entero*) or (regional* NEAR/5 enteri*))
	#4	TS=(ulcer* NEAR/5 colit*)
	#5	TS=(inflamm* NEAR/5 bowel* NEAR/5 disease*)
	#6	TS=(ileiti* or proctiti* or proctocoliti* or procto-coliti*)

	#7	TS=(enterocoliti* or entero-coliti*)
	#8	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7
Intervention	#9	TS=(psychotherap* OR (psychological NEAR/1 intervent*) OR (psychosocial NEAR/1 intervent*))
	#10	TS=(Acceptance NEAR/2 Commitment)
	#11	TS=(adler*)
	#12	TS=((art NEAR/1 therap*) or (attack NEAR/1 therap*) or (attachment NEAR/1 therap*))
	#13	TS=(Autogen* NEAR training)
	#14	TS=(behavio* NEAR/1 (treat* or therap* or modif*))
	#15	TS=(Biodynami* or Bioenergeti* or Biofeedback or Bionomi* or (Body NEAR Mind) or Breathwork)
	#16	TS=(Client-centered or client-centred)
	#17	TS=(counselling or counseling)
	#18	TS=((cognitive NEAR/1 behavio*) or CBT)
	#19	TS=((coherence NEAR therap*) or contemplative or conversational)
	#20	TS=(cope* or coping)
	#21	TS=((core NEAR energetic*) or (core NEAR process*))
	#22	TS=(dance)
	#23	TS=((Developmental NEAR Needs NEAR Meeting NEAR Strateg*) or DNMS)
	#24	TS=(Dialectical or DBT)
	#25	TS=(Dreamwork or Drama or Dyadic or DDP)
	#26	TS=((Emotional NEAR Freedom NEAR Techni*) or EFT)
	#27	TS=((encounter NEAR group*) or (eye NEAR movement*))
	#28	TS=(EMDR or (Desensiti* NEAR/2 (Reprocessing or re-processing)))
	#29	TS=((Experient* NEAR Dynamic) or (Existential NEAR therap*))
	#30	TS=(Exposure NEAR/2 response NEAR prevent*)
	#31	TS=(expressive NEAR therap*)
	#32	TS=((Family NEAR Constellation*) or (Family NEAR System*) or (Family NEAR therap*) or (Feminist NEAR therap*) or (functional NEAR analytic) or Focusing or Freudian or (system* NEAR therap*))
	#33	TS=((goal NEAR setting) or Gestalt* or (Group NEAR Analy*) or group-based or (group NEAR therap* or treatment* or intervention))
	#34	TS=(Hakomi or Holistic or Holotropic or Humanistic or Human givens)
	#35	TS=(Hypnos* or Hypnot* or hypno-therap*)
	#36	TS=((Integral* NEAR Strateg*) or (Intensive adj2 dynami*) or (Interaction NEAR Therap*) or (Interperson* NEAR therap*) or IPT)
	#37	TS=(interpersonal or inter-personal)
	#38	TS=(Jungian or Logotherap*)
	#39	TS=(Meditati* or (Milieu NEAR Therap*) or milieutherap* or Mindfulness* or mindful* or MBSR or (Method NEAR/2 Levels) or (Morita NEAR Therap*) or (Multimodal* NEAR Therap*) or (multi-modal* NEAR therap*) or Multitheoreti* or Multi-theoreti* or (Music NEAR therap*))
	#40	TS=((Narrative NEAR Therap*) or (Needs NEAR Meeting*) or Neuro-linguistic program* or NLP)
	#41	TS=(parent-child interact* or PCIT)
	#42	TS=((patient NEAR education) or education*)

	#43	TS=(person-centered or person-centred)
	#44	TS=((Personal NEAR construct) or PCP or (Play NEAR therap*) or (Primal NEAR therap*) or (Process NEAR Oriented) or (Provocative NEAR Therap*) or Psychedelic or Psychoanaly* or psycho-analyti* or Psychodrama or psychodrama or Psychodynamic or psycho-dynamic or (psycho* NEAR/3 (care* or treat* or therap* or intervent* or support*)))
	#45	TS=(self-manag* or selfmanag*)
	#46	TS=((Radix NEAR therap*) or (Rational NEAR Emoti*) or REBT or (Rational NEAR Living NEAR Therap*) or RLT or Rebirthing or re-birthing or Reiki or Relationship NEAR counsel* or Relational-Cultural or relaxation or (relax* NEAR/3 (techni* or train* or treatment* or therap*)) or Reprogram* or re-program* or (Reality NEAR therap*) or Rogerian or (Rubenfeld NEAR Synergy) or Reichian or Rolfing)
	#47	TS=(Pulsing)
	#48	TS=(SHEN or (social NEAR support*) or (Social NEAR Therap*) or (social NEAR care) or (Solution NEAR focused) or (Somatic NEAR Psychology) or (Sophia NEAR analys*) or supportive-expressive or (Systematic NEAR Treatment NEAR Selection*) or STS or (Systemic NEAR Constellation*) or (Systemic NEAR Therap*))
	#49	TS=(supporti* NEAR/3 (therap* or care or treat* or intervent*))
	#50	TS=(Thought Field Therap* or Transactional* or trans-actional* or Transperson* or trans-person* or twelve-step program* or Vegetotherap* or vegeto-therap*)
	#51	TS=(Acceptance Therapy or Adherence Therapy OR (Behavior* NEAR/2 (Intervention OR Activation)) OR (Cognitive NEAR/2 (Enhancement OR Intervention OR Rehabilitation OR Remediation OR Therapy or Training)) OR Compliance Intervention)
	#52	TS=(health education OR psychoeducation)
	#53	TS=((mental NEAR/1 (health OR rehabilitation)) OR mentalization OR (metacogniti* NEAR/4 (therapy or training)) OR (motivational NEAR/3 (training OR care planning OR intervention OR interviewing OR feedback or enhancement))
	#54	TS=Naikan
	#55	TS=(Neurocognitive NEAR/3 (Enhancement OR Rehabilitation or Remediation)) OR ((Neurocognitive OR Neuropsychological) NEAR/3 (Therapy OR Training OR Rehabilitation))
	#56	TS=(meditation OR peer support OR positive psychology OR problem solving OR (psychological NEAR/2 (care OR guidance OR therapy OR training)) OR resilience training OR self-help OR talking therapy OR vipassana OR yoga)
	#57	#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 OR #23 OR #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 OR #46 OR #47 OR #48 OR #49 OR #50 OR #51 OR #52 OR #53 OR #54 OR #55 OR #56
Study design	#58	TS=(RCT OR (Randomi* contro* tria*))
	#59	TS=(trial)
	#60	#58 OR #59
	#61	#8 AND #57 AND #60

ICTRP

Condition: IBD OR Inflammatory Bowel Diseas* OR Inflammatory Bowel Disease OR Crohn's OR crohn* OR Ulcerative colitis OR ulcerative colit*

[ClinicalTrials.gov](https://clinicaltrials.gov)

Condition: "Inflammatory Bowel Diseases" OR "Colitis, Ulcerative" OR "Proctocolitis" OR "Enterocolitis" OR "Crohn Disease"