

Table S1: Studies included in the meta-analysis.

| Number | Study | Title |
|--------|-------------------|---|
| 1 | Li et al, 2014 | The effects of Adlerian group counseling on college students with Internet addiction |
| 2 | Li et al, 2015 | Effects of group counseling on Internet addiction among vocational medical students |
| 3 | Duan et al, 2012 | Psychological intervention on Internet dependence in college students and its effect: based on the control test in human police academy |
| 4 | Ren et al, 2014 | The study of sport intervention experiment on college students with Internet addiction |
| 5 | Cheng et al, 2015 | The intervention effect of hypnosis combined with cognitive behavioral therapy to cyber deviant behavior |
| 6 | Zhao et al, 2015 | Internet addiction college students: social-psychological factors and group psychological intervention |
| 7 | Ma et al, 2011 | Study of psychological intervention of college students' Internet addiction disorder |
| 8 | Qu et al, 2006 | Study of the psychological mechanism college students' Internet addiction and psychological intervention |
| 9 | Ma et al, 2011 | Case-control study of cognitive behavior in the tendency of Internet addiction and loneliness among the undergraduates |
| 10 | Duan et al, 2013 | The investigations, intervention of Internet addiction in college students -taking human police academy as an example |
| 11 | Wen et al, 2008 | The research of group counseling on Internet-dependent college students |
| 12 | Zheng et al, 2010 | Compared study of group psychotherapy in College Students with Internet addiction |
| 13 | Zhao et al, 2015 | Empirical research of group counseling to college students Internet addiction |
| 14 | Chi et al, 2012 | Internet addiction college students sports experimental study of intervention in city of Changchun |
| 15 | Guan et al, 2012 | Effect of group therapy on higher vocational school students with Internet dependence |
| 16 | Ming et al, 2014 | Evaluation study of cognitive-behavioral therapy to Internet addiction intervention effects of medical students |
| 17 | Xu et al, 2012 | Research on the interference of Internet addiction on the basis of self-controlled group guidance |
| 18 | Chen et al, 2011 | Evaluation of intervention effects of periodical group counseling to college students Internet addiction |
| 19 | Zhang et al, 2013 | A study on the sports intervention of undergraduates' Internet addiction in Kunming city |
| 20 | Zhang et al, 2011 | Internet addiction investigate and group psychological study of country junior high school |
| 21 | Li et al, 2009 | Cognitive-behavior therapy on adolescent with Internet addiction disorder |
| 22 | Guo et al, 2007 | A study on psychotherapy and exercise prevention for Internet addiction and disorder among adolescents |
| 23 | Guo et al, 2008 | Impact evaluation of group counseling on Internet addiction adolescents |

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| 24 | Guo et al, 2006 | A study on psychotherapy and exercise prevention on Internet addiction disorder of adolescents |
| 25 | Lv et al, 2012 | The effects of group counseling on Internet-dependent college students |
| 26 | Wang et al, 2012 | Evaluation of intervention effect of Internet addiction by cognitive behavioral therapy for college students |
| 27 | Ming et al, 2014 | The effect of cognitive behavioral therapy on the intervention of Internet addiction behavior of medical students |
| 28 | Zhao et al, 2010 | Effects of cognitive behavioral training on college students Internet addiction disorder |
| 29 | Zheng et al, 2013 | The efficacy of neuro linguistic programming group counseling on university freshmen with tendency of Internet addiction |
| 30 | Deng et al, 2014 | Study on the intervention of physical exercise on the Internet addiction of higher vocational college students |
| 31 | Zhang et al, 2009 | Study on the intervention of physical exercise on the Internet addiction of adolescents |
| 32 | Wu et al, 2013 | Empirical study about using sports means to intervene in Internet addiction of college students |
| 33 | Lou et al, 2010 | An empirical study on the intervention effect of physical exercise prescription on teenage Internet addiction |
| 34 | Fu et al, 2010 | Experimental study on sports intervention of adolescent Internet addiction |
| 35 | Gao et al, 2012 | Influence of sport interference on university students' network addiction |
| 36 | Liu et al, 2013 | Effects of Internet addiction group counseling on Internet using and study management in college students |
| 37 | Bai et al, 2007 | The effects of group counseling on Internet-dependent college students |
| 38 | Zhou et al, 2010 | Study on intervention effects of group counseling on Internet-dependent college students |
| 39 | Zhao et al, 2016 | Control study of curative effect on Internet addiction disorder elimination by cognitive-behavioral therapy in groups |
| 40 | Mou et al, 2013 | Intervention effects of group sand play therapy on undergraduate with Internet dependence |
| 41 | Kong et al, 2011 | Effect of group guidance on Internet addiction disorder among university students |
| 42 | Wang et al, 2008 | Research on the effect of group counseling intervention on adolescents' network dependence |
| 43 | Zhong et al, 2009 | Effect of group psychological intervention in adolescents on Internet addiction |
| 44 | Wu et al, 2009 | The study of group training for weakening higher vocational students Internet addiction tendency |
| 45 | Liu et al, 2010 | Effects of centralized and closed group counseling on Internet-dependent undergraduates |
| 46 | Chen et al, 2010 | Group psychotherapy among college students with Internet addiction in Wenzhou |
| 47 | Ge et al, 2014 | Effects of psychodrama group counseling on internet addiction and social avoidance in urban left-behind children |
| 48 | Wang et al, 2009 | Effect of psychological drama therapy on negative emotion of patients with Internet addiction |

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| 49 | Zhang et al, 2013 | The study of interventions cognitive therapy to medical students with Internet addiction disorder |
| 50 | Feng et al, 2011 | The study of group counseling intervention on students' network addiction by using core self-evaluation |
| 51 | Liao et al, 2008 | Intervention of aerobic exercise for Internet addiction college students |
| 52 | Zhang et al, 2012 | Effect of exercise prescription on college students' Internet dependence symptom |
| 53 | Liu et al, 2014 | Moral education evaluation based on educational dialogue-the trend of moral education evaluation reform under the dialogue paradigm of moral education evaluation |
| 54 | Cao et al, 2007 | Control study of group psychotherapy on middle school students with Internet overuse |
| 55 | Li et al, 2014 | Current situation and exercise prescription intervention of Internet addiction among middle school students |
| 56 | Kim et al, 2008 | The Effect of a R/T Group Counseling Program on The Internet Addiction Level and Self-Esteem of Internet Addiction University Students |
| 57 | Zhang et al, 2016 | Effects of craving behavioral intervention on neural substrates of cue-induced craving in Internet gaming disorder |
| 58 | Zhang et al, 2016 | Altered resting-state neural activity and changes following a craving behavioral intervention for Internet gaming disorder |

Table S2: Risk of bias assessment for randomised trials.

| Study | Random sequence generation | Allocation concealment | Blinding of participants and researchers | Blinding of outcome assessment | Incomplete outcome data | Selective reporting | Other bias |
|-------------------|----------------------------|------------------------|--|--------------------------------|-------------------------|---------------------|------------|
| Li et al, 2014 | Unclear | Unclear | Unclear | Low | Low | Low | Low |
| Li et al, 2015 | Unclear | Unclear | Unclear | Low | Low | Low | Low |
| Duan et al, 2012 | Unclear | Low | Unclear | Low | Low | Unclear | Low |
| Ren et al, 2014 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Cheng et al, 2015 | Unclear | Unclear | Unclear | Low | Unclear | Low | Low |
| Zhao et al, 2015 | Low | Low | Unclear | Low | Low | Low | Low |
| Ma et al, 2011 | Low | Low | Unclear | Low | Low | Low | Low |
| Qu et al, 2006 | Unclear | Low | Unclear | Low | Low | Low | Low |
| Ma et al, 2011 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Duan et al, 2013 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Wen et al, 2008 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Zheng et al, 2010 | Unclear | Low | Unclear | Low | Unclear | Low | Low |
| Zhao et al, 2015 | Unclear | Low | Unclear | Low | Low | Unclear | Low |
| Chi et al, 2012 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Guan et al, 2012 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Ming et al, 2014 | Unclear | Low | Unclear | Low | Low | Low | Unclear |
| Xu et al, 2012 | Low | Low | Unclear | Low | Low | Low | Unclear |
| Chen et al, 2011 | Unclear | Low | Unclear | Low | Low | Unclear | Unclear |
| Zhang et al, 2013 | Low | Low | Unclear | Low | Unclear | Low | Unclear |
| Zhang et al, 2011 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Li et al, 2009 | Low | Low | Unclear | Low | Low | Low | Low |
| Guo et al, 2007 | Unclear | Low | Unclear | Low | Low | Unclear | Low |

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|-------------------|---------|---------|---------|-----|---------|---------|---------|
| Guo et al, 2008 | Low | Low | Unclear | Low | Low | Low | Unclear |
| Guo et al, 2006 | Low | Unclear | Unclear | Low | Unclear | Low | Unclear |
| Lv et al, 2012 | Low | Low | Unclear | Low | Low | Low | Low |
| Wang et al, 2012 | Low | Low | Unclear | Low | Low | Low | Low |
| Ming et al, 2014 | Unclear | Unclear | Unclear | Low | Low | Low | Low |
| Zhao et al, 2010 | Low | Unclear | Unclear | Low | Low | Low | Unclear |
| Zheng et al, 2013 | Low | Low | Unclear | Low | Low | Low | Unclear |
| Deng et al, 2014 | Unclear | Unclear | Unclear | Low | Low | Low | Low |
| Zhang et al, 2009 | Low | Low | Unclear | Low | Low | Unclear | Low |
| Wu et al, 2013 | Unclear | Unclear | Unclear | Low | Unclear | Low | Low |
| Lou et al, 2010 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Fu et al, 2010 | Low | Low | Unclear | Low | Low | Low | Unclear |
| Gao et al, 2012 | Low | Low | Unclear | Low | Low | Low | Low |
| Liu et al, 2013 | Unclear | Unclear | Unclear | Low | Unclear | Low | Low |
| Bai et al, 2007 | Low | Low | Unclear | Low | Unclear | Low | Unclear |
| Zhou et al, 2010 | Unclear | Low | Unclear | Low | Low | Unclear | Low |
| Zhao et al, 2016 | Unclear | Low | Unclear | Low | Low | Low | Low |
| Mou et al, 2013 | Unclear | Low | Unclear | Low | Low | Low | Low |
| Kong et al, 2011 | Unclear | Low | Unclear | Low | Low | Low | Low |
| Wang et al, 2008 | Low | Low | Unclear | Low | Unclear | Low | Low |
| Zhong et al, 2009 | Unclear | Low | Unclear | Low | Low | Low | Low |
| Wu et al, 2009 | Low | Unclear | Unclear | Low | Low | Low | Unclear |
| Liu et al, 2010 | Unclear | Low | Unclear | Low | Low | Low | Low |
| Chen et al, 2010 | Unclear | Low | Unclear | Low | Low | Low | Low |
| Ge et al, 2014 | Low | Low | Unclear | Low | Low | Low | Unclear |
| Wang et al, 2009 | Unclear | Unclear | Unclear | Low | Unclear | Unclear | Low |

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|-------------------|---------|---------|---------|-----|---------|---------|---------|
| Zhang et al, 2013 | Low | Low | Unclear | Low | Low | Unclear | Unclear |
| Feng et al, 2011 | Low | Low | Unclear | Low | Low | Low | Low |
| Liao et al, 2008 | Low | Low | Unclear | Low | Low | Low | Low |
| Zhang et al, 2012 | Low | Unclear | Unclear | Low | Low | Low | Low |
| Liu et al, 2014 | Unclear | Low | Unclear | Low | Low | Unclear | Unclear |
| Cao et al, 2007 | Low | Unclear | Unclear | Low | Unclear | Low | Low |
| Li et al, 2014 | Low | Low | Unclear | Low | Low | Low | Low |
| Kim et al, 2008 | Unclear | Low | Unclear | Low | Low | Low | Unclear |
| Zhang et al, 2016 | Low | Unclear | Unclear | Low | Low | Unclear | Low |
| Zhang et al, 2016 | Low | Low | Unclear | Low | Unclear | Low | Low |
