*Figure 1: Flowchart detailing the search process*

Studies included
(n = 14)

Full-text articles assessed for eligibility
(n = 26)

Records screened
(n = 5162)

Records after duplicates removed
(n = 5162)

Additional records identified through other sources
(n = 0)

## Identification

## Eligibility

## Included

## Screening

Full-text articles excluded, with reasons
(Participants not at risk of chronic disease: n = 2

No control group: n = 2

Intervention did not target couple: n=5

Intervention did not target physical health issues: n=3)

Records excluded
(n = 5136)

Records identified through database searching
(WoK: n = 1260 Embase: n = 2444 Medline: n = 1492 PsycInfo: n = 192

Total = 5388)