

Review of: "A Mixed Studies Systematic Review on the Health and Wellbeing Effects, and Underlying Mechanisms, of Online Support Groups for Chronic Conditions"

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Potential competing interests: No potential competing interests to declare.

Mills et al. published a holistic "Mixed Studies Systematic Review on the Health and Wellbeing Effects, and Underlying Mechanisms, of Online Support Groups for Chronic Conditions, showing that online support groups can have a positive impact on social wellbeing, behaviour, and adjustment, with inconclusive findings for physical health and quality of life and the possibility for a negative effect on anxiety and distress - which is not unexpected.

The main outcome is that further research is needed comparing different types of support groups in different chronic disease entities.