

Intention-to-treat	Unique ID	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Corepal et al	1	StepSmart Challenge	did not receive any form of NA		1	+	+	+	+	+	+	Low risk
	Duncan, Staples	1	active video game	did not receive any form of NA		1	+	+	+	+	+	+	Some concerns
	Gomez-Cuesta	1	use mobile apps	did not receive any interver NA		1	+	+	+	+	+	+	High risk
	Haerens et al	1	computer-tailored interventions	did not receive any form of NA		1	+	+	+	+	+	+	
	Layne et al	1	receive heart monitor system	did not receive any form of NA		1	+	+	+	+	+	+	D1 Randomisation process
	Raaside et al	1	Health4Me	did not receive any form of NA		1	+	!	+	+	-	-	D2 Deviations from the intended interventions
	Mateo-Orcjad	1	Mobile step-tracking application	did not receive any form of NA		1	+	+	+	+	+	+	D3 Missing outcome data
	Thompson et al	1	SDT	did not receive any form of NA		1	+	!	+	+	+	!	D4 Measurement of the outcome
	Daniel B. Fassi	1	SMS	did not receive any form of NA		1	+	+	+	+	+	+	D5 Selection of the reported result
	Kathrin Wunsc	1	mhealth	did not receive any form of NA		1	+	+	+	+	+	+	
	Christine Delis	1	mhealth	did not receive any form of NA		NA	+	!	+	+	+	!	
	Delisle Nyström	1	mhealth	did not receive any form of NA		NA	+	+	+	+	+	+	
	Michelle Ng	1	SMS	did not receive any form of NA		NA	+	+	+	+	+	+	