

Multimedia Appendix 1

Selection of the final 20 reviews applying inclusion criteria

Author(s)	Date	Review Superseded	Systematic Review	Included interventions assessed Weight related outcome	Included interventions were self-directed	Reviewed interventions including interactive and self-regulatory components
1. Arem, H & Irwin, M	2011	No	Yes	Yes	Yes	Yes
2. Berkel, L. A & Carlos-Poston, W. S	2005	No	No	Yes	Yes	Yes
3. Cole-Lewis, H & Kershaw, T	2010	No	Yes	Yes	Yes	Yes
4. Enwald, H. P & Huotari, M. L	2010	No	Yes	Yes	Yes	Yes

5. Galani, C & Schneider, H	2007	No	Yes	Yes	No	No
6. Garaulet, M & Perez de Heredia, F	2009	No	No	Yes	Yes	Yes
7. Gordon, J & Watson, M	2011	No	Yes	Yes	Yes	Yes
8. Harris, J & Felix, L	2011	No	Yes	Yes	Yes	Yes
9. Hemmingsson, E & Page, A	2001	No	Yes	Yes	Yes	Yes
10. Holt, J & Warren, L	2006	No	No	Yes	No	Yes
11. Keller, C & Records, K	2008	No	Yes	Yes	Yes	Yes
12. Kroeze, W & Wekman, A	2006	No	Yes	Yes	Yes	Yes
13. Lemmens, V. E &	2008	No	Yes	Yes	Yes	Yes

Oenema, A

14. Lombard, C. B & Deeks, A. A	2009	No	Yes	Yes	Yes	Yes
15. Loveman, E & Frampton, G. K	2011	No	Yes	Yes	Yes	Yes
16. Manzoni, G. M & Pagnini, F	2011	No	Yes	Yes	Yes	Yes
17. Maon, S & Edirippulige, S	2012	No	Yes	No	Yes	No
18. Miller, Y. D & Dunstan, D. W	2004	No	Yes	Yes	No	No
19. Neve & Morgan	2010	Yes	Yes	Yes	Yes	Yes
20. Norris, S. L & Zhang, X	2005	No	Yes	No	No	No
21. Norman, G. J & Zabinski, M. F	2007	No	Yes	Yes	Yes	Yes

22. Perry, K. J & Hickson, M	2011	No	Yes	Yes	No	Yes
23. Reed, V. A & Schifferdecker, K. E	2011	No	Yes	Yes	Yes	Yes
24. Saperstein, S. L & Atkinson, N. L	2007	No	Yes	Yes	Yes	Yes
25. Shaw, K. A & Gennat, H. C	2006	No	Yes	Yes	No	No
26. Shaw, K. A & O'Rourke, P	2005	No	Yes	Yes	No	Yes
27. Tuah, N. A & Amiel, C	2011	No	Yes	Yes	Yes	Yes
28. Turk, M. W & Yang, K	2009	No	Yes	Yes	Yes	Yes
29. Volpe, S. L	2006	No	Yes	No	No	No
30. Weinstein, P. K	2006	No	Yes	Yes	Yes	Yes

31. Wieland, L. S	2012	No	Yes	Yes	Yes	Yes
32. Winett, R. A & Tate, D. F	2005	No	No	Yes	Yes	Yes

Note. Selected reviews that meet inclusion criteria are highlighted in **Bold**.