

**Parent-focussed childhood and adolescent overweight and obesity interventions using eHealth:  
systematic review and meta-analysis**

**Search strategy:**

1. child\* OR adolescen\* OR paediatric OR pediatric OR teen OR youth
2. famil\* OR parent\* OR Carer\*
3. e-health OR eHealth OR internet OR technology OR web\* OR online OR mhealth OR m-health OR mobile OR "social media" OR "social network\*" OR email OR telemedicine OR e-learning OR elearning
4. \*weight OR obes\* OR BMI OR adipos\* OR nutrition OR diet\* OR activ\* OR lifestyle OR "behaviour change" OR "behavior change" OR promot\* OR "health behaviour" OR "health behavior"
5. RCT OR interven\* OR program\* OR manag\* OR prevent\* OR trial\*