Multimedia Appendix 3. Types of outcomes assessed in intervention studies using social media comparing single or multiple intervention groups with a control group with no social media access (N=14 studies).

Outcomes[a]	Number of studies in which the effect is reported as positive	Number of studies in which the effect is reported as neutral	Number of studies in which the effect is reported as negative	Number of studies in which the effect is reported as mixed
Users' knowledge				
Self-care knowledge				
General nutrition knowledge[b]	1 [58]			
Sports nutrition knowledge[b]		1 [58]		
Users' experience of care				
Quality of life		1 [48]		1 [44]
Self-efficacy		1 [58]		
Users' health behaviors and status				
Health related lifestyles				
Dietary intakes[b]				
Vegetables[b]	2 [18,55]	3 [56,66,82]		1 [44]
Fruits[b]	2 [18,82]	2 [55,56]		2 [44,66]
Grain products[b]		3 [18,44,66]		
Milk and alternatives[b]		2 [18,44]		1 [66]
Meat and alternatives[b]		2 [18,44]		1 [66]
Ultra-processed foods (eg, energy-dense takeaway meals, sugar-sweetened beverages)b	1 [55]	2 [56,82]		1 [44]
Total energy[b]				2 [44,79]
Carbohydrates[b]		2 [44,79]		

	Col 1	Col 2	Col 3	Col 4
Dietary fibers[b]		1 [44]		
Sugar[b]		1 [44]		
Proteins[b]		2 [44,79]		
Fat[b]		2 [44,79]		
Saturated fat[b]		1 [44]		
Unsaturated fat[b]		1 [44]		
Monounsaturated fatty acids: saturated fatty acids ratio[b]		1 [66]		
Alcohol[b]		2 [44,66]		
Sodium[b]		1 [44]		
Diet quality (eg, Mediterranean score)[b]		2 [48,66]		
Dietary behaviors (eg, cognitive restraint, disinhibition)[b]			1 [46]	2 [44,58]
Physical activity[b]		2 [44,48]		4 [55,56,79,82]
Sedentary activity/sitting time[b]		2 [56,79]		
Mental functioning				
Depression symptoms[b]		1 [48]		
Clinical indicators				
Body weight/body mass index[b]	2 [44,55]	2 [18,56]		3 [72,75,82]
Gestational weight gain[b]		1 [79]		
Waist circumference[b]		1 [18]		1 [72]
Arm circumference[b]		1 [72]		
Total cholesterol[b]	1 [44]	1 [66]		
High-density lipoprotein (HDL) cholesterol[b]		2 [44,66]		1 [66]
Low-density lipoprotein (LDL) cholesterol[b]		2 [44,66]		
Total/HDL cholesterol ratio[b]				1 [66]

	Triglycerides[b]		2 [44,66]		
	Insulin[b]		1 [44]		
	Glucose/HbA1c[b]		1 [44]		
	Blood pressure[b]	1 [44]			1 [72]
	Heart rate[b]		2 [44,72]		
	Global health risk scores[b]		1 [48]		
Others[b]					
	Compliance rates[b]	2 [18,54]	1 [82]		
	Participation rates/usage statistics	1 [18]	1 [48]		
	Attrition/retention rates[b]	2 [18,44]	1 [54]		
	User perspectives				
	Intention to use				
	Satisfaction	1 [66]			
	Learning environment[b]				1 [78]
	Learning process[b]				1 [78]
	Application of professional knowledge[b]		1 [78]		
	Professional knowledge[b]	1 [80]	1 [78]		
	Professional self-efficacy[b]	1 [80]			