

Social media features leading to behavioral change

Studies		OSN	Communication (Many to Many >> Asynchronous)	Communication (Many to Many >>> Synchronous)	Communication (One to One)	Peer Grouping	Activity Data Viewing	Identity Representation	
[26]	W+D+P	X							OSN capabilities site had no significant effect for weight loss.
[62-64]				X					Chatroom-based online meetings had no effect on the outcome (weight loss).
[75]			X						No link between use of online forums and weight loss among male but a small effect was found among female participants.
[79]			X						Guided discussion group in online forums led to significant reduction in weight/shape concerns compared to control.
[108]			X						Peer-led support in online forums found to contribute to weight loss.
[8]							X		Participants in teams (online groups) reported higher social influence for weight loss, led to higher percentage of weight loss.
[5]							X		Number of social connections/virtual friends: linked to weight loss and their friends weight loss (positive correlation).
[76]			X	X			X		Evidence that social support components (friends, virtual world, chatrooms) related to weight loss.
[57]			X			X			Participants using OSN features more, especially sending private messaging tended to increase time walking and lost more weight.
[143-145]			X						Engagement with twitter related to weight loss.
[135, 136]				X	X				Participants who attended more chat sessions achieved greater weight loss., number of posts to online forum was also associated with weight loss.
[118]		W+D	X				X		Higher social interaction on OSN associated with higher weight loss.
[129]			X				X		The use of Facebook groups was significantly related to weight loss at 3 and 6 months.
[85]		D+P	X						X
[133]								X	Significant increase in number of steps taken by participants during the social interaction and social game conditions compared to the control.
[81]	P					X			Increase in step counts for version with social component (viewing team progress).
[82]						X			Larger decreases among participants in social groups in terms of sedentary behaviour.
[46]			X				X		Higher physical activity in social condition compared to control.
[50]							X		Buddy assignment to share game status led to higher engagement which resulted in higher and sustained physical activity levels.

[73]					X		Having social connection/friend helped exercise longer; Encouragement from strong partner had negative impact on performance.
[38]					X		Presence of friends related to recording above average step log days by participants.
[92]	D	X					Greater improvement in food safety among those spending time on Facebook page.
[14]				X			The use of private messaging led to an increase in abstinence rates.
[31]		X	X		X		Participants who posted on forum or have social connections, send/receive private messages were more likely to quit smoking.
[32]		X					Reading online forum messages influenced intent to adopt behaviour.
[140]		X				X	Participants with access to virtual world and OSN (QuitNet) components had significant changes in quitting, amount they smoked and increased intentions to quit.
[141]	S	X	X			X	Participants with access to virtual world and 3D chatroom components were more likely to report abstaining from smoking, smoking fewer cigarettes, quitting smoking.
[55, 56]		X		X	X		Groups with social media features more effective overall.
[117]		X					Using online forums had no effect on outcome (smoking cessation).