

Table 1. Risk of bias summary for diet only intervention studies.

Author, year	Selection bias	Study design	Confounders	Blinding	Data collection method	Withdrawals and dropouts	Global rating
Ford, 2010 [21]	Moderate	Strong	Strong	Moderate	Weak	Strong	Moderate
Mummah, 2016 [22]	Weak	Strong	Strong	Strong	Strong	Moderate	Moderate
Pedersen, 2015 [23]	Strong	Strong	Strong	Moderate	Moderate	Weak	Moderate

Table 2. Risk of bias summary for PA or sedentary behavior only intervention studies.

Author, year	Selection bias	Study design	Confounders	Blinding	Data collection method	Withdrawals and dropouts	Global rating
Adams, 2013 [24]	Weak	Strong	Strong	Weak	Strong	Strong	Weak
Bond, 2014 [25]	Weak	Moderate	N/A ^a	Moderate	Strong	Strong	Moderate
Chapman, 2016 [26]	Weak	Strong	Weak	Moderate	Strong	Strong	Weak
Choi, 2015 [27]	Moderate	Strong	Strong	Weak	Strong	Strong	Moderate
Hooke, 2016 [28]	Moderate	Moderate	N/A	Moderate	Strong	Strong	Strong
King, 2008 [29]	Weak	Strong	Strong	Moderate	Strong	Strong	Moderate
Martin, 2015 [30]	Moderate	Strong	Strong	Moderate	Strong	Strong	Strong
McManus, 2008 [31]	Moderate	Strong	Strong	Moderate	Strong	Strong	Strong
Patel, 2016 [32]	Weak	Strong	Strong	Moderate	Strong	Strong	Moderate
Paul, 2016 [33]	Weak	Strong	Strong	Weak	Strong	Strong	Weak
Prestwich, 2016 [34]	Weak	Strong	Strong	Moderate	Strong	Strong	Moderate
van der Weegen, 2015 [35]	Weak	Strong	Strong	Moderate	Strong	Strong	Moderate
van Nimwegen 2013 [36]	Weak	Strong	Strong	Strong	Strong	Strong	Moderate
Walsh, 2016 [37]	Weak	Strong	Strong	Moderate	Weak	Strong	Weak
Wijman, 2013 [38]	Weak	Strong	Strong	Weak	Strong	Strong	Weak

Table 3. Risk of bias summary for diet and PA or sedentary behavior intervention studies.

Author, year	Selection bias	Study design	Confounders	Blinding	Data collection method	Withdrawals and dropouts	Global rating
Burke, 2012 [39]	Weak	Strong	Strong	Moderate	Strong	Strong	Moderate
Collins, 2012 [40]	Weak	Strong	Strong	Strong	Moderate	Moderate	Moderate
Fassnacht, 2015 [41]	Moderate	Strong	Strong	Moderate	Weak	Weak	Weak
Fujii, 2009 [42]	Weak	Moderate	N/A ^a	Moderate	Weak	Weak	Weak
Jakicic, 2016 [43]	Weak	Strong	Strong	Strong	Strong	Moderate	Moderate
Khanna, 2014 [44]	Moderate	Strong	Strong	Moderate	Weak	Moderate	Moderate
Lim, 2015 [45]	Moderate	Strong	Strong	Moderate	Strong	Strong	Strong
Nollen, 2014 [46]	Weak	Strong	Weak	Moderate	Strong	Moderate	Weak
Sacks, 2009 [47]	Weak	Strong	Strong	Strong	Strong	Strong	Moderate
Shapiro, 2008 [48]	Weak	Strong	Strong	Moderate	Weak	Weak	Weak
Shuger, 2011 [49]	Weak	Strong	Strong	Moderate	Strong	Moderate	Moderate
Steinberg, 2013 [50]	Weak	Strong	Strong	Moderate	Moderate	Strong	Moderate
Willey, 2016 [51]	Weak	Moderate	N/A	Moderate	Strong	Strong	Moderate

^aN/A: not applicable (because of study design).

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