

Additional File 2: Master search strategy

Intervention: mHealth OR m-health OR "mobile health" OR (mobile adj3 (program* or intervention* or app* or device)) OR "mobile phone" OR (cell* phone) OR cellphone OR smartphone OR "smart phone" OR PDA OR "personal digital assistant" OR tablet OR (smart* adj2 (sensor or app*)) OR (wearable adj3 (monitor or tracker or device)) OR (activity adj2 (monitor or tracker or device)) OR (digital adj3 (monitor or tracker or device)) OR (mobile gam*) OR exergam*

AND

Outcome: "Physical activity" OR PA OR exercise OR fitness OR inactiv* OR sedentar* OR sitting OR "screen time" OR "leisure activity" OR walk* OR step* OR sport*

AND

Population/Setting: Worksite* OR work-base* OR workplace* OR worker* OR occupation* OR employ* OR profession* OR organi?ation* OR office*