

Multimedia Appendix 6 Reported outcomes*

*Presenting outcomes measured in weight loss interventions >6 months and weight loss maintenance interventions

Study number	Adherence measured / outcomes	Motivation measured / outcomes	Weight measured / outcomes
WM1	No	No	No
WM2	No	No	No
WM3	Yes, adherence to coaching, by sending self-monitoring data to coach, was evaluated. This method cannot be used to evaluate actual usage. Intended usage: ≥ 1 /day.	No	Yes, significant effects were found for this intervention. There were significant group differences in weight regain ($p=.01$).
WM4	Yes, adherence measured by the amount of delivered text messages. Adherence to coaching calls and delivery of text messages was reported to be >90%. The method cannot be used to evaluate usage. A separate publication on process evaluation, evaluated use more extensively. Intended usage: ≥ 1 /day.	No. Motivation was evaluated in the separate paper, through qualitative methods. <i>Ref: Process evaluation of TXT2BFIT: a multi-component mHealth randomised controlled trial to prevent weight gain in young adults. Patridge et al. 2016.</i>	Yes, significant effects were found for this intervention through self-reported measures.
WM5	No	No	No
WM6	No	No	No
WM7	No	No	No
WM8	No	No	No
WM9	Yes, adherence measured through self-monitoring of weight/weigh-ins and activity tracking. Usage of the dashboard cannot be linked to the actual usage or adherence, or to effective PSD features, as no data on the actual usage is provided. Intended usage: ≥ 1 /day.	No	Yes, significant effects were found for this intervention. This intervention has one weight-loss, and one weight maintenance part, and focus on "High- performing participants" = Participants who lost $\geq 10\%$ of their starting weight.
WM10	No	No	No
WM11	No	No	No
WL1	No	No	No
WL2	No	No	No

WL3	<p>Yes, indicators of adherence to the prescribed interventions were measured and automatically computed by the computerized tracking system: (1) attendance to individual sessions, (2) attendance to group sessions, (3) frequency of submitting dietary self-monitoring records, (4) frequency of submitting physical activity records, (5) deviation from total daily kilocalories goal, (6) deviation from daily protein goal, (7) deviation from daily fat goal, and (8) deviation from daily carbohydrate goal. Rates of internet based computer tracking system utilization were highest during year 1 of this 2-year intervention, but declined steadily over time.</p> <p>Intended usage: ≥ 1/day.</p>	No	<p>Yes, significant effects were found for this intervention. The key finding was that weight loss from baseline to week 32 was significantly greater for participants with high versus low usage.</p>
WL4	No	No	No
WL5	No	<p>Yes, participants had to answer questions and telling to what degree they experienced the text messages motivational (“not at all, somewhat, very much”)</p>	Yes
WL6	<p>Yes, intervention duration ≤ 6 months.</p> <p>Intended usage: ≥ 1/day</p>	No	Yes
WL7	<p>Yes, intervention duration ≤ 6 months.</p> <p>Intended usage: free usage, not specified</p>	No	Yes

WL8	No	Yes, motivational orientation (gain or loss focus) and the focus on behavioral consequences was measured by the instrument Consideration of Future Consequences (CFC) and the Behavioral Inhibition and Activation Scales (BIS/BAS). The Diet and Exercise Self-Efficacy questionnaires and the University of Rhode Island Change Assessment (URICA) scale were also used to assess motivation.	Yes
WL9	No	Yes, motivation for healthy eating and continued exercise was assessed by using the autonomous and controlled regulation subscales of the Treatment Self-Regulation Questionnaire, TSRQ.	Yes
WL10	No	No	No
WL11	No, evaluate engagement	No	Yes
WL12	Yes, adherence was measured as reported by the authors, which in this case was compliance to the web-based program. The reported measures related to The Precision Nutrition Coaching Program, a web-based multi-platform, cannot be linked to actual usage, or to effective PSD features. Intended usage: ≥ 1 /day.	No	Yes, significant effects were found for this intervention. Completers experienced significant weight loss (between 5 and 10%). Individuals reporting the highest compliance with daily habits and exercise experienced the greatest weight loss.
WL13	Yes, intervention duration ≤ 6 months. Intended usage: ≥ 1 /day	No	Yes
WL14	No	No	Yes
WL15	Yes, intervention duration ≤ 6 months. Intended usage: ≥ 1 /day	No	Yes
WL16	No	No	Yes
WL17	No	No	No
WL18	No	No	No
WL19	Yes, adherence was measured according to authors' definition. Web-site usage was according to the authors correlating with weight loss. Intended usage: Every second week (1/month - 1/week).	No	Yes, significant effects were found for this intervention at early stage. The relationship between Heart360 usage and weight loss from 3 to 15 months continued the same trend but was not statistically significant.

WL20	Yes, intervention duration ≤6 months. Intended usage: ≥1/day	No	Yes
WL21	No	No	No
WL22	Yes, intervention duration ≤6 months. Intended usage: ≥1/day	No	Yes
WL23	No	Yes, each week, participants had to report their level of motivation, via an online portal, so that it could be considered whether they needed of closer follow-up from the GP or practice nurse.	Yes
WL24	No	No	No
WL25	No	No	No
WL26	No	No	No
WL27	No	No	Yes
WL28	Yes, adherence was measured as the total percent of question SMS (knowledge testing, weight and step data) that participants responded to. Participants who responded to a greater proportion of SMS tended to have greater weight loss over time. Intended usage: Step count – daily, weight weekly (1/week).	No	Yes, weight was measured. No group differences in weight loss were found over 6 or 12 months.
WL29	Yes, intervention duration ≤6 months. Intended usage: ≥1/day	No	Yes
WL30	Yes, intervention duration ≤6 months. Intended usage: ≥1/day	Yes, weight loss motivation was measured at baseline, at four and sixteen weeks, using the autonomous and controlled regulation subscales of the Treatment Self-Regulation Questionnaire (TSRQ).	Yes
WL31	Yes, intervention duration ≤6 months. Intended usage: ≥1/day	Yes, motivation for weight loss was measured at baseline and at 4, 8, 12, and 16 weeks using the autonomous and controlled motivation subscales of the Treatment Self-Regulation Questionnaire (TSRQ). Motivation levels were tabulated by averaging the answers for each subscale separately.	Yes

WL32	Yes, intervention duration \leq 6 months. Intended usage: 2-3/week	No	Yes
WL33	No	No	No
WL34	Yes, intervention duration \leq 6 months. Intended usage: \geq 1/day	No	Yes

WM = Weight loss maintenance

WL = Weight loss