

Multimedia Appendix 8 Overview over PSD principles used in the included eHealth interventions

Study ID	Primary task support							Dialogue support							Social support							Other					
	a) Reduction	b) Tunneling	c) Tailoring	d) Personalization	e) Self-monitoring	f) Simulation	g) Rehearsal	h) Praise	i) Rewards	j) Reminders	k) Suggestions	l) Similarity	m) Liking	n) Social role	o) Social learning	p) Social comparison	q) Normative influence	r) Social facilitation	s) Cooperation	t) Competition	u) Recognition	v) Feedback	w) Goal-setting	x) Social support	Stimulate adherence	Stimulate motivation	
WM 1			✓	✓	✓	✓		✓		✓	✓											✓	✓		✓	✓	
WM 2			✓	✓	✓	✓		✓		✓													✓	✓	✓		✓
WM 3			✓		✓			✓	✓								✓						✓	✓	✓	✓	
WM 4			✓		✓	✓		✓	✓	✓													✓	✓			✓
WM 5			✓		✓			✓	✓														✓	✓		✓	✓
WM 6	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓												✓	✓	✓	✓	✓
WM 7	✓	✓	✓	✓	✓	✓		✓	✓	✓				✓	✓		✓	✓					✓	✓	✓	✓	✓
WM 8			✓	✓	✓	✓		✓		✓	✓												✓	✓	✓	✓	✓
WM 9			✓	✓	✓	✓																	✓	✓	✓	✓	
WM 10	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓						✓	✓				✓	
WM 11			✓	✓	✓					✓													✓	✓	✓	✓	✓
WL 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓		✓			✓	✓	✓		✓	
WL 2			✓		✓			✓		✓	✓												✓	✓			✓
WL 3			✓		✓																		✓	✓		✓	
WL 4										✓													✓	✓		✓	
WL 5			✓					✓		✓	✓												✓			✓	✓
WL 6			✓	✓	✓			✓		✓	✓												✓	✓			
WL 7			✓	✓	✓	✓	✓	✓															✓	✓			✓
WL 8			✓							✓	✓												✓				✓
WL 9			✓		✓			✓															✓	✓			✓
WL 10			✓	✓	✓	✓																	✓	✓	✓	✓	✓
WL 11			✓	✓	✓	✓				✓													✓	✓			

WL 12	✓			✓	✓	✓	✓	✓		✓	✓				✓	✓					✓	✓	✓				
WL 13			✓	✓	✓					✓												✓	✓	✓		✓	
WL 14	✓	✓	✓	✓		✓	✓				✓	✓		✓	✓	✓		✓						✓			
WL 15		✓	✓		✓						✓											✓	✓	✓			
WL 16					✓	✓			✓							✓		✓		✓	✓	✓	✓	✓	✓	✓	
WL 17	✓	✓	✓	✓	✓		✓		✓		✓	✓			✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	
WL 18			✓		✓			✓		✓	✓						✓					✓	✓	✓		✓	
WL 19			✓		✓					✓												✓	✓				
WL 20					✓						✓					✓		✓	✓	✓	✓	✓	✓	✓			
WL 21				✓	✓	✓		✓	✓		✓				✓	✓						✓	✓	✓	✓	✓	
WL 22				✓	✓	✓																✓				✓	
WL 23			✓		✓						✓	✓											✓	✓	✓	✓	
WL 24				✓	✓										✓	✓						✓	✓	✓		✓	
WL 25			✓	✓	✓	✓		✓			✓											✓	✓	✓	✓		
WL 26				✓	✓						✓	✓											✓			✓	
WL 27					✓																		✓	✓	✓		
WL 28			✓		✓	✓		✓		✓	✓												✓	✓		✓	✓
WL 29			✓	✓	✓	✓		✓			✓			✓									✓	✓	✓	✓	✓
WL 30					✓					✓	✓																
WL 31					✓																				✓		
WL 32		✓	✓	✓	✓	✓					✓	✓			✓								✓	✓	✓	✓	✓
WL 33			✓		✓	✓		✓			✓												✓	✓		✓	
WL 34					✓	✓																	✓	✓		✓	

WM = Weight loss maintenance

WL = Weight loss