

**Supplementary file: Search strategy to identify articles that use ICTs to promote healthy lifestyle behaviour**

Search engine	Keywords searched	No of publications retrieved
PsycArticle (EBSCO), PsycINFO (EBSCO), Academic Search Complete (EBSCO), CINAHL (EBSCO), Educational Source (EBSCO), Health Source – Consumer Edition (EBSCO), Health Source: Nursing Academic Edition (EBSCO), and Medline (EBSCO)	health promoting lifestyle profile OR health-promoting behaviour OR physical activity OR health responsibility OR nutrition OR interpersonal relation, OR stress management OR self-actualization OR spiritual growth OR wellness AND information and communication technology OR ICT OR mobile phone OR text messages OR SMS OR internet OR e-health OR m-health AND Adults OR workers OR employees	1,692
Google Scholar	health promoting lifestyle profile OR health-promoting behaviour OR physical activity OR health responsibility OR nutrition OR diet OR interpersonal relation, OR stress management OR self-actualization OR spiritual growth OR wellness AND information and communication technology OR ICT OR mobile phone OR text messages OR SMS OR e-health OR m-health OR internet AND Adults OR workers OR employees	6041
Google Scholar	Health- promoting lifestyle behaviour OR wellness AND information and communication technology OR ICT OR mobile phone OR text messages OR SMS OR internet OR e-health OR m-health OR internet	1054
Google Scholar	Nutrition OR physical activity OR interpersonal relationships OR health responsibility OR stress management OR self-actualization AND information and communication technology OR ICT OR mobile phone OR e-health OR m-health OR text messages OR SMS OR internet	1117
Science direct,	Nutrition OR physical activity OR interpersonal relationships OR health responsibility OR stress management OR self-actualization AND information and communication technology OR ICT OR mobile phone OR text messages OR SMS OR internet OR e-health OR m-health AND adult	575
PubMed	Nutrition OR physical activity OR interpersonal relationships OR health responsibility OR stress management OR self-actualization AND information and communication technology OR ICT OR mobile phone OR text messages OR SMS OR internet OR e-health OR m-health AND adult	379