## MULTIMEDIA APPENDIX 2

Excluded studies after full-text review and reasons why they were excluded:

Bardus M, van Beurden SB, Smith JR, Abraham C. A review and content analysis of engagement, functionality, aesthetics, information quality, and change techniques in the most popular commercial apps for weight management. Int Journal of Behavioral Nutrition and Physical Activity 2016; PMID: 26964880         Outcomes: Engagement, functionality, aesthetics and information quality.           González C, Herrero P, Cubero JM, Iniesta JM, Hernando ME, Garcia EJ, Rubinat E, Alcantrar V, Brugués E, Chico A, Mato E, Bell O, Corcov R, de Leiva A. PREDIRCAM Health platform for individualized telemedical assistance for lifestyle modification in the treatment of obesity, diabetes, and cardiometabolic risk prevention: apilot study (PREDIRCAM 1). Journal of Diabetes Science and Technology 2013; PMID: 23911170         Outcome: Feasibility of the platform.           Nasiund JA, Aschbrenner KA, Barre LK, Bartels SJ, Feasibility of popular m-health technologies for activity tracking among individuals with serious mental liness. Telemed J E Health 2015. PMID: 2536190         Outcome: Feasibility Final outcomes other than efficacy, safety or effectiveness.           Oliver E, Baños RM, Cebolla A, Lurbe E, Alvarez-Pitti J, Botella C. An electronic system (PDA) to record dietary and physical activity in brael outcomes other than efficacy, safety or effectiveness.         Outcome: Feasibility Final outcomes other than efficacy, safety or effectiveness.           Walsh JC, Corbett T, Hogan M, Duggan J, McNamara A. An mHealth Intervention Using a Smartphone App to Increase Walking Behavior in Young Adults: A Pilot Study. JMIR Mhealth Uhealth 2016. PMID: 27658677         Outcome: Feasibility of using a smartphone app in increasing number of daily steps.           Mundi MS, Lorentz PA, Grothe K, Kellogg TA, Collazo-Clavell ML Young Adults: A Pi	Study	Reason for exclusion
content analysis of engagement, functionality, aesthetics, information quality, and change techniques in the most popular commercial apps for weight management. Int Journal of Behavioral Nutrition and Physical Activity 2016; PMID: 26964880 Gonzalez C, Herrero P, Cubero JM, Iniesta JM, Hernando ME, Garcia- Saez G, Serrano AJ, Martinez-Samiegui I, Perze-Gandia C, Gómez EJ, Rubinat E, Acantara V, Brugués E, Chico A, Mato E, Bell O, Corcoy R, de Leiva A. PREDIRCAM elHealth platform for individualized telhendical assistance for lifestyle modification in the treatment of obesity, diabetes, and cardiometabolic risk prevention: a pilot study (PREDIRCAM I). Journal of Diabetes Science and Technology 2013; PMID: 23911170 Naslund JA, Aschbrenner KA, Barre LK, Bartels SJ. Feasibility of popular m-health technologies for activity tracking among individuals with serious mental illness. Telemed J E Health 2015. PMID: 25536190 Cher J, Cade JE, Aliman-Farinelli M. The Most Popular Smartphone Apps for Weight Loss: A Quality Assessment. JMIR Mhealth Uhealth 2015. PMID: 26678569 Oliver E, Bartos RM, Cebolla A, Lurbe E, Alvarez-Pitti J, Botella C. A electronic system (PDA) to record dietary and physical activity in obese adolescents; data about efficiency and feasibility. Nut Hosp. 27658677 Multi XS, Corbett T, Hogan M, Duggan J, McNamara A. An mHealth Untervention Using a Smartphone App to increase Waiking Behavior in Young Aduits: A Pilot Study. JMIR Mhealth Uhealth 2016. PMID: 27658677 Mundi MS, Lorentz PA, Grothe K, Kellogg TA, Collazo-Clavelli ML Feasibility of Smartphone-Based Education Modules and Ecological Momentary Assessment/Intervention in Pre-bariatric Surgery Patients. Obesity Surgery 2015. PMID: 25702141 Management and Health Promotion. JMIR mHealth and uHealth 2016. PMID: 26983937 Naslund, JA, Aschbrenner KA, Barteli S. Wearable Devices and Smartphones for Activity Tracking Amorg Poogle with Serious Mental Ilness. Mental Health Pomotion. JMIR mHealth and uHealth 2016. PMID: 26983937		
for weight management. Int Journal of Behavioral Nutrition and Physical Activity 2016; PMID: 26964880       Final outcomes other than efficacy, safety or effectiveness.         González C, Herrero P, Cubero JM, Iniesta JM, Hermando ME, García- Saez G, Serrano AJ, Martinez-Sarriegui I, Perez-Gandia C, Górez EJ, Rubinat E, Alcantra V, Brugués E, Chico A, Mato E, Bell O, Didvidualized telemedical assistance for lifestyle modification in the treatment of obesity, diabetes, and cardiometabolic risk prevention: a Technology 2013; PMID: 23911170       Outcome: Feasibility of effectiveness.         Naslund JA, Aschbrenner KA, Barre LK, Bartels SJ, Feasibility of popular m-health technologies for activity tracking among individuals with serious mental illness. Telemed J E Health 2015. PMID: 25536190       Outcome: Feasibility <i>Final outcomes other than efficacy, safety</i> <i>or effectiveness.</i> Otiver E, Baños RM, Cebolla A, Lurbe E, Alvarez-Pitti J, Botella C. An electronic system (PDA) to record dietary and physical activity in obese adolescents; data about efficiency and feasibility. Nutr Hosp. 213. PMID: 24506361       Outcome: Feasibility <i>Final outcomes other than efficacy, safety</i> <i>or effectiveness.</i> Walsh JC, Corbett T, Hogan M, Duggan J, McNamara A. An mHealth Deterventio Using a Smartphone App to Increase Walking Behavior in Young Adutts: A Pitol Study. JMIR Mhealth Uhealth 2016. PMID: 27658677       Outcome: Feasibility of using a smartphone app in increasing number of daily steps.         Martin CK, Gilmore LA, Apolzan JW, Myers CA, Thomas DM, Redman Illerventio Using a Smartphone. JMIR Mhealth Uhealth 2016. PMID: 27658677       Outcome: Teesciblity of using a smartphone app in the education. <i>Final outcomes other than efficacy, safety</i> <i>or effectiveness.</i>	content analysis of engagement, functionality, aesthetics, information	
Saez G, Serrano AJ, Martinez-Sarriegui I, Perez-Gandia C, Gómez       Final outcomes other than efficacy, safety or effectiveness.         EJ, Rubinat E, Alcantara V, Brugués E, Chico A, Mato E, Bell O, Crocoy R, de Leiva A, PREDIRCAM eHealth platform for individualized telemedical assistance for lifestyle modification in the treatment of obesity, diabetes, and cardiometabolic risk prevention: a plot study (PREDIRCAM 1). Journal of Diabetes Science and Technology 2013; PMID: 23911170       Outcome: Feasibility         Nasiund JA, Aschbrenner KA, Barre LK, Bartels SJ, Feasibility of popular m-health technologies for activity tracking among individuals with serious mental illness. Telemed J E Health 2015. PMID: 2536190       Outcome: reasibility         Chen J, Cade JE, Allman-Farinelli M. The Most Popular Smartphone Apps for Weight Loss: A Quality Assessment. JMIR Mhealth Uhealth 2015. PMID: 26678569       Outcome: quality assessment         Oliver E, Baños RM, Cebolla A, Lurbe E, Alvarez-Pitti J, Botella C, An electronic system (PDA) to record dietary and physical activity in obese adolescents: data about efficiency and feasibility. Nutr Hosp. 2013. PMID: 24506361       Outcome: efficacy of Accupedo-Pro Pedometer app in increase Walking Behavior in Young Adults: A Pilot Study. JMIR Mhealth Uhealth 2016. PMID: 27656677         Mundi MS, Lorentz PA, Grothe K, Kellogg TA, Collazo-Clavell ML. SmartLoss: A Personalized Mobile Health Intervention for Weight Management and Health Promotion. JMIR mHealth and UHealth 2016. PMID: 2693937       Outcome: To describe SmartLoss, a semi automated mHealth Petiform for weight loss         Martin CK, Gilmore LA, Apolzan JW, Myers CA, Thomas DM, Redman LM. SmartLoss: A Personalized Mobile Health Intervention for Weight Management and Health Pr	for weight management. Int Journal of Behavioral Nutrition and	
popular m-health technologies for activity tracking among individuals       Final outcomes other than efficacy, safety or effectiveness.         Chen J, Cade JE, Allman-Farinelli M. The Most Popular Smartphone       Outcome: quality assessment         Apps for Weight Loss: A Quality Assessment. JMIR Mhealth Uhealth       Outcome: quality assessment         2015. PMID: 26678669       Outcome: quality assessment         Oliver E, Baños RM, Cebolla A, Lurbe E, Alvarez-Pitti J, Botella C. An       Outcome: other than efficacy, safety or effectiveness.         Oliver System (PDA) to record dietary and physical activity in obese adolescents; data about efficiency and feasibility. Nutr Hosp.       Outcome: efficacy of Accupedo-Pro         Walsh JC, Corbett T, Hogan M, Duggan J, McNamara A. An mHealth       Outcome: efficacy of Accupedo-Pro         Nedometer app in increasing number of daily steps.       Final outcomes other than efficacy, safety or effectiveness.         Mundi MS, Lorentz PA, Grothe K, Kellogg TA, Collazo-Clavell ML, Feasibility of Smartphone-Based Education Modules and Ecological Momentary Assessment/Intervention in Pre-bariatric Surgery Patients.       Outcome: Teasibility of using a smartphone eap in the education.         Martin CK, Gilmore LA, Apolzan JW, Myers CA, Thomas DM, Redman LM. SmartLoss: A Personalized Mobile Health Intervention for Weight Management and Health Promotion. JMIR mHealth and UHealth 2016.       Outcome: To describe SmartLoss, a semi automated mHealth platform for weight loss         Martin CK, Gilmore LA, Apolzan JW, Myers CA, Thomas DM, Redman LM. SmartLoss: A Personalized Mobile Health and UHealth	Sáez G, Serrano AJ, Martinez-Sarriegui I, Perez-Gandia C, Gómez EJ, Rubinat E, Alcantara V, Brugués E, Chico A, Mato E, Bell O, Corcoy R, de Leiva A. PREDIRCAM eHealth platform for individualized telemedical assistance for lifestyle modification in the treatment of obesity, diabetes, and cardiometabolic risk prevention: a pilot study (PREDIRCAM 1). Journal of Diabetes Science and	Final outcomes other than efficacy, safety
popular m-health technologies for activity tracking among individuals       Final outcomes other than efficacy, safety or effectiveness.         Chen J, Cade JE, Allman-Farinelli M. The Most Popular Smartphone       Outcome: quality assessment         Apps for Weight Loss: A Quality Assessment. JMIR Mhealth Uhealth       Outcome: quality assessment         2015. PMID: 26678669       Outcome: quality assessment         Oliver E, Baños RM, Cebolla A, Lurbe E, Alvarez-Pitti J, Botella C. An       Outcome: other than efficacy, safety or effectiveness.         Oliver System (PDA) to record dietary and physical activity in obese adolescents; data about efficiency and feasibility. Nutr Hosp.       Outcome: efficacy of Accupedo-Pro         Walsh JC, Corbett T, Hogan M, Duggan J, McNamara A. An mHealth       Outcome: efficacy of Accupedo-Pro         Nedometer app in increasing number of daily steps.       Final outcomes other than efficacy, safety or effectiveness.         Mundi MS, Lorentz PA, Grothe K, Kellogg TA, Collazo-Clavell ML, Feasibility of Smartphone-Based Education Modules and Ecological Momentary Assessment/Intervention in Pre-bariatric Surgery Patients.       Outcome: Teasibility of using a smartphone eap in the education.         Martin CK, Gilmore LA, Apolzan JW, Myers CA, Thomas DM, Redman LM. SmartLoss: A Personalized Mobile Health Intervention for Weight Management and Health Promotion. JMIR mHealth and UHealth 2016.       Outcome: To describe SmartLoss, a semi automated mHealth platform for weight loss         Martin CK, Gilmore LA, Apolzan JW, Myers CA, Thomas DM, Redman LM. SmartLoss: A Personalized Mobile Health and UHealth	Naslund JA. Aschbrenner KA. Barre LK. Bartels SJ. Feasibility of	Outcome: Feasibility
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	Skau JK, Nordin AB, Cheah JC, Ali R, Zainal R, Aris T, Ali ZM, Matzen	Published study protocol

P, Biesma R, Aagaard-Hansen J, Hanson MA, Norris S. A complex behavioural change intervention to reduce the risk of diabetes and prediabetes in the pre-conception period in Malaysia: study protocol for a randomised controlled trial. Trials 2016. PMID: 27117703	
Patrick K, Marshall SJ, Davila EP, Kolodziejczyk JK. Fowler J, Calfas KJ, Huang J, Rock CL, Griswold W, Gupta A, Merchant G, Norman GJ, Raab F, Donohue M, Fogg BJ, Robinson TN. Design and Implementation of a Randomized Controlled Socialand Mobile Weight Loss Trial for Young Adults (project SMART). Contemp Clin Trials 2014. PMID: 24215774	
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Granado-Font E, Flores-Mateo G, Sorlí-Aguilar M, Montaña-Carreras X, Ferre-Grau C, Barrera-Uriarte M, Oriol-Colominas E, Rey-Reñones C, Caules I, Satué-Gracia E. Effectiveness of a Smartphone application and wearable device for weight loss in overweight or obese primary care patients: protocol for a randomised controlled trial. BMC Public Health 2015. PMID: 26041131	
Boh B, Lemmens L, Jansen A, Nederkoorn C, Kerkhofs V, Spanakis G, Weiss G, Roefs A. An Ecological Momentary Intervention for weight loss and healthy eating via smartphone and Internet. Trials 2016. PMID: 27000058Published study protocol	
Shin D, Joh H, Yun J, Kwon H, Lee H, Min H, Shin J, Chung W, Park J, Cho B. Design and baseline characteristics of participants in the Enhancing Physical Activity and Reducing Obesity through Smartcare and Financial Incentives (EPAROSFI): A pilot randomized controlled trial. Contemporary Clinical Trials 2016. PMID: 26744232	
Ifejika NL, Noser EA, Grotta JC, Savitz SI. Swipe out Stroke: Feasibility and efficacy of using a smart-phone based mobile application to improve compliance with weight loss in obese minority stroke patients and their carers. International Journal of Stroke 2016; PMID: 26956032	
Delisle C, Sandin S, Forsum E, Henriksson H, Trolle-Lagerros Y, Larsson C, Maddison R, Ortega FB, Ruiz JR, Silfvernagel K, Timpka T, Löf M. A web- and mobile phone-based intervention to prevent obesity in 4-year-olds (MINISTOP): a population-based randomized controlled trial. BMC Public Health 2015; PMID: 25886009	
Chen JL, Kwan M, Mac A, NC Chin, Liu K. iStart Smart: A Primary- Care Based and Community Partnered Childhood Obesity Management Program for Chinese-American Children: Feasibility Study. Journal of Immigrant and Minority Health 2013. PMID: 23595264	ealth intervention
Lubans DR, Smith JJ, Plotnikoff RC, Dally KA, Okely AD, Salmon J, Morgan PJ. Assessing the sustained impact of a school-based obesity prevention program for adolescent boys: the ATLAS cluster	ealth intervention
randomized controlled trial. Int J Behav Nutr Phys Act. 2016. PMID: 27542825	

Johnson CM. A mobile health intervention to sustain weight loss. Am J Med 2013. PMID: 24050486	
Carnero-Gregorio M, Blanco-Ramos M, Obeso-Carillo GA, García- Fontán E, Álvarez-González MÁ, Cañizares-Carretero MÁ. Design and development of a nutritional assessment application for smartphones and tablets with Android OS. Nutrición Hospitalaria 2015. PMID: 25726229	<i>Out of scope</i> : nutritional calculation software.