Multimedia Appendix 4: Elements included in the mobile health interventions of the selected studies.

Mobile	Components	Elements included						
health		Educatio	Self-	Setting	Feedba	Gamificati	Peers	Entertain
intervention		n	monitori	goals	ck	on	networ	ment
			ng				k	
SmartDiet	MyPage app	a	+	+		+		
[23]	Diet Game							
	app							
Health-E-	Daily Burn	+	+	+	+			
call [25]	app + Health-							
	E-call app							
My Meal	Stand-alone		+	+	+	_	_	_
Mate [24]	app							
B-mobile	Aka app +			+	+	_	_	_
[26]	armband							
	sensor							
Stand-alone	Stand-alone		+	+	+	_	_	_
app [27]	app							
Multicompo	App		+	+	+	_	+	+
nent [36]	Face-to-face							
	sessions							
	Phone							
	meetings							
Loose It	Stand-alone		+	+	+			
[32]	app							
Multicompo	Fitbit	_	+	+	+		_	
nent [29]	App							
	Website							
Diabetes	App	+	+	_	+		_	+
Prevention	Pedometer							
Program								

Sand-alone Cell phone Cel	(mDPP)	Face-to-face							
Sand-alone Stand-alone App + + + + + + + + +	[30]	sessions							
Sensor	mActive	Fitbug app	_		+	+			_
TXT2BFTT eVIP, ePass,	[31]	Armband							
[34,35] eSIYP apps My Message Media Website eBalance Stand-alone app Personal (CITY) [39] coach SmartCare [33] Body composition monitors Pedometers Alive-PD [28] Web Email Interactive voice response Phone calls Balance It [38] app Multicompo nent [40] App Fibit App Multicompo fitibit App		sensor							
My Message Media Website Media Mebsite Media Mebsite Media Mebsite Media Mebsite Media Mebsite Mebsite Media Mebsite Message Media Mebsite Message Media Mebsite Message Media Message Media Message Media Message Media Message	TXT2BFiT	eVIP, ePass,	+	+	+	+		+	
Media Website	[34,35]	eSIYP apps							
Balance Stand-alone Stand-alone App Stand-alone App Stand-alone App Stand-alone App Stand-alone App Stand-alone App Stand-alone Stand-alone		My Message							
Balance Stand-alone app		Media							
Stand-alone Stand-alone app stand-alon		Website							
Cell phone Stand-alone mintervention app personal (CITY) [39] coach	eBalance	Stand-alone		+		+			
intervention for you	[37]	app							
for you (CITY) [39] coach SmartCare [33] Body composition monitors Pedometers Alive-PD App + + + + + + + + + + + + + + + + + +	Cell phone	Stand-alone			+			+	
CITY) [39] coach	intervention	app							
SmartCare App	for you	Personal							
Balance It [38] But Stand-alone Fitbit Multicompo nent [40] App Fitbit App Ap	(CITY) [39]	coach							
Composition Monitors Pedometers Pedo	SmartCare	App	+	+	+	+			
Multicompo Fitbit App Hard	[33]	Body							
Pedometers Ped		composition							
Alive-PD App		monitors							
[28] Web Email Interactive voice response Phone calls Balance It [38] app Multicompo nent [40] App		Pedometers							
Email Interactive voice response Phone calls	Alive-PD	App	+	+	+	+	+	+	+
Interactive	[28]	Web							
Voice response Phone calls Phone cal		Email							
response Phone calls Pho		Interactive							
Balance It Stand-alone + - + + + + + + + + + + + + + + + + + + + - + + - + + - - - + -		voice							
Balance It Stand-alone + - + + + + + - + + - + - + + + +		response							
[38] app Multicompo nent [40] Fitbit — + + + - + - + + +		Phone calls							
Multicompo Fitbit — + + + — + —	Balance It	Stand-alone	+		+	+	+		+
nent [40] App	[38]	app							
	Multicompo	Fitbit		+	+	+	_	+	_
Facebook	nent [40]	App							
		Facebook							

Be Positive	Website	_	+	+	+	_	+	+
Be Healthe	App							
[41]								
Daily Burn	Stand-alone	+	+	+	+	_	_	_
[42]	app							
With U [43]	App			+		_	+	
	Facebook							
Noom [44]	App	+	+		+	+		
	Personal							
	Health Coach							
Multicompo	Fitbit Aria	+	_		+	_		
nent [45]	Scale							
	Fitbit Flex							
	Tele and							
	face-to-face							
	counseling							
YouPlus	Stand-alone	+	+	_	+	_	_	_
Health [46]	app							
Evident II	App		+	_	+	_	_	
[47,48]	Pedometer							
Vegethon	Stand-alone	_	_	+	+	_	+	_
[50]	app							
Vida Health	App	+	_		+	_		
[51]	Scale							
	Pedometer							
	Blood							
	pressure cuff							
We Chat	Stand-alone	+	_	_	+	+	+	_
[49]	app							
B-slim [52]	Stand-alone	+	+	+	_	_	+	
	app							

a—: data not applicable