

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

Mobile health intervention	Components	Elements included						
		Education	Self-monitoring	Setting goals	Feedback	Gamification	Peers network	Entertainment
SmartDiet [23]	MyPage app Diet Game app	— <sup>a</sup>	+	+	—	+	—	—
Health-E-call [25]	Daily Burn app + Health-E-call app	+	+	+	+	—	—	—
My Meal Mate [24]	Stand-alone app	—	+	+	+	—	—	—
B-mobile [26]	Aka app + armband sensor	—	—	+	+	—	—	—
Stand-alone app [27]	Stand-alone app	—	+	+	+	—	—	—
Multicomponent [36]	App Face-to-face sessions Phone meetings	—	+	+	+	—	+	+
Loose It [32]	Stand-alone app	—	+	+	+	—	—	—
Multicomponent [29]	Fitbit App Website	—	+	+	+	—	—	—
Diabetes Prevention Program	App Pedometer	+	+	—	+	—	—	+

(mDPP) [30]	Face-to-face sessions							
mActive [31]	Fitbug app Armband sensor	—	—	+	+	—	—	—
TXT2BFiT [34,35]	eVIP, ePass, eSIYP apps My Message Media Website	+	+	+	+	—	+	—
eBalance [37]	Stand-alone app	—	+	—	+	—	—	—
Cell phone intervention for you (CITY) [39]	Stand-alone app Personal coach	—	—	+	—	—	+	—
SmartCare [33]	App Body composition monitors Pedometers	+	+	+	+	—	—	—
Alive-PD [28]	App Web Email Interactive voice response Phone calls	+	+	+	+	+	+	+
Balance It [38]	Stand-alone app	+	—	+	+	+	—	+
Multicomponent [40]	Fitbit App Facebook	—	+	+	+	—	+	—

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

<sup>a</sup>—: data not applicable