

## Multimedia Appendix: List of studies excluded at full-text appraisal, with reasons

Exclusion Code	Reason
1	Does not address electronic PGHD in accordance with study's definition and in sufficient in detail, as outline by study's eligibility criteria
2	Does not address primary prevention and health promotion in accordance with the study's defined scope
3	Does not describe patient involvement/tasks or provider responsibilities/ or technology functions
4	Does not address an adult population
5	Is not written in English or German
6	Is not a primary study
7	Is an intervention duplication
8	Is not published between 01.01.2003 and 31.01.2018

### List of Excluded Studies with Exclusion Codes

Hwang, K. O., Ning, J., Trickey, A. W., & Sciamanna, C. N. (2013). Website usage and weight loss in a free commercial online weight loss program: Retrospective cohort study. *Journal of Medical Internet Research*, *15*(1), 1–10. **Exclusion Reason: 3**

Choe, E. K., Lee, B., Kay, M., Pratt, W., & Kientz, J. A. (2015). SleepTight : Low-burden , Self-monitoring Technology for Capturing and Reflecting on Sleep Behaviors. In *UBICOMP*. Osaka. **Exclusion Reason: 7**

Banos, O., Villalonga, C., Garcia, R., Saez, A., Damas, M., Holgado-Terriza, J. A., ... Rojas, I. (2015). Design, implementation and validation of a novel open framework for agile development of mobile health applications. *Biomedical Engineering Online*, *14 Suppl 2*, S6–S6. **Exclusion Reason: 3**

Merom, D., Rissel, C., Phongsavan, P., Smith, B. J., Kemenade, C. Van, Brown, W. J., & Bauman, A. E. (2007). Promoting Walking with Pedometers in the Community. *American Journal of Pre*, *32*(4), 290–297. **Exclusion Reason: 1**

Partridge, S. R., McGeechan, K., Bauman, A., Phongsavan, P., & Allman-Farinelli, M. (2017). Improved confidence in performing nutrition and physical activity behaviours mediates behavioural change in young adults: Mediation results of a randomised controlled mHealth intervention. *Appetite*, *108*, 425–433. **Exclusion Reason: 1**

Livingstone, K. M., Celis-Morales, C., Navas-Carretero, S., San-Cristoba, R., MacReady, A. L., Fallaize, R., ... Mathers, J. C. (2016). Effect of an Internet-based, personalized nutrition randomized trial on dietary changes associated with the Mediterranean diet: The Food4Me Study. *American Journal of Clinical Nutrition*, *104*(2 PG-288-297), 288–297. **Exclusion Reason: 1**

- Krist, A. H., Peele, E., Woolf, S. H., Rothemich, S. F., Loomis, J. F., Longo, D. R., & Kuzel, A. J. (2011). Designing a patient-centered personal health record to promote preventive care. *BMC Medical Informatics And Decision Making*, 11, 73. **Exclusion Reason: 1**
- Espinoza, J., Chen, A., Orozco, J., Deavenport-Saman, A., & Yin, L. (2017). Effect of personal activity trackers on weight loss in families enrolled in a comprehensive behavioral family-lifestyle intervention program in the federally qualified health center setting: A randomized controlled trial. *Contemporary Clinical Trials Communications*, 7(June), 86–94. **Exclusion Reason: 6**
- Stuckey, M., Fulkerson, R., Read, E., Russell-Minda, E., Munoz, C., Kleinstiver, P., & Petrella, R. (2011). Remote monitoring technologies for the prevention of metabolic syndrome: the Diabetes and Technology for Increased Activity (DaTA) study. *Journal of Diabetes Science and Technology*, 5(4), 936–944. **Exclusion Reason: 7**
- Sheehan, B., James Lucero, R., & James, R. (2015). Initial Usability and Feasibility Evaluation of a Personal Health Record-Based Self-Management System for Older Adults (Recommended Citation) “Initial Usability and Feasibility Evaluation of a Personal Health Record-Based Self-Management System for Ol. *Geriatric Nursing Commons*, 3(2), 5–7. **Exclusion Reason: 1, 3**
- Mummah, S. A., Mathur, M., King, A. C., Gardner, C. D., & Sutton, S. (2016). Mobile Technology for Vegetable Consumption: A Randomized Controlled Pilot Study in Overweight Adults. *JMIR MHealth and UHealth*, 4(2), e51. **Exclusion Reason: 7**
- Cohen, D. J., Keller, S. R., Hayes, G. R., Dorr, D. A., Ash, J. S., & Sittig, D. F. (2016). Integrating Patient-Generated Health Data Into Clinical Care Settings or Clinical Decision-Making: Lessons Learned From Project HealthDesign. *JMIR Human Factors*, 3(2), e26. **Exclusion Reason: 2**
- Homma, S., Imamura, H., Nakamura, T., Fujimura, K., Ito, Y., Maeda, Y., & Kaneko, I. (2016). A comparative study on the effectiveness of one-way printed communication versus videophone interactive interviews on health promotion. *Journal Of Telemedicine And Telecare*, 22(1 PG-56-63), 56–63. **Exclusion Reason: 2**
- Turner-McGrievy, G. M., Beets, M. W., Moore, J. B., Kaczynski, A. T., Barr-Anderson, D. J., & Tate, D. F. (2013). Comparison of traditional versus mobile app self-monitoring of physical activity and dietary intake among overweight adults participating in an mHealth weight loss program. *Journal Of The American Medical Informatics Association: JAMIA*, 20(3), 513–518. **Exclusion Reason: 1**
- McTigue, K. M., Conroy, M. B., Hess, R., Bryce, C. L., Fioeillo, A. B., Fischer, G. S., ... Simkin-Silverman, L. R. (2009). Using the Internet to Translate an Evidence-Based Lifestyle Intervention into Practice. *Telemedicine and E-Health*, 15(9), 851–858. **Exclusion Reason: 2**
- Sharit, J., Idrees, T., Andrade, A. D., Anam, R., Karanam, C., Valencia, W., ... Ruiz, J. G. (2018). Use of an online personal health record’s Track Health function to promote positive

lifestyle behaviors in Veterans with prediabetes. *Journal of Health Psychology*, 23(5), 681–690. **Exclusion Reason: 2**

Sidman, C. L., Corbin, C. B., & Masurier, G. Le. (2004). Promoting physical activity among sedentary women using pedometers. *Research Quarterly for Exercise and Sport*, 75(2), 122–129. **Exclusion Reason: 1**

Lee, W., Chae, Y. M., Kim, S., Ho, S. H., & Choi, I. (2010). Evaluation of a mobile phone-based diet game for weight control. *Journal of Telemedicine and Telecare*, 16(5), 270–275. **Exclusion Reason: 2**

Carter, M. C., Burley, V. J., & Cade, J. E. (2017). Weight Loss Associated With Different Patterns of Self-Monitoring Using the Mobile Phone App My Meal Mate. *JMIR MHealth and UHealth*, 5(2), e8. **Exclusion Reason: 7**

Vanwormer, J. J., Martinez, A. M., Benson, G. A., Crain, A. L., Martinson, B. C., Cosentino, D. L., ... Vanwormer, J. J. (2009). Telephone Counseling and Home Telemonitoring : The Weigh By Day Trial. *American Journal Of Health Behavior*, 33(4), 445–454. **Exclusion Reason: 2**

Ozok, A. A., Wu, H., Garrido, M., Pronovost, P. J., & Gurses, A. P. (2014). Usability and perceived usefulness of personal health records for preventive health care: A case study focusing on patients' and primary care providers' perspectives. *Applied Ergonomics*, 45(3 PG-613-628), 613–628. **Exclusion Reason: 1**

Kerns, J. W., Krist, A. H., Longo, D. R., Kuzel, A. J., & Woolf, S. H. (2013). How patients want to engage with their personal health record: A qualitative study. *BMJ Open*, 3(7). **Exclusion Reason: 3**

Herring, S. J., Cruice, J. F., Bennett, G. G., Rose, M. Z., Davey, A., & Foster, G. D. (2016). Preventing excessive gestational weight gain among African American women: A randomized clinical trial. *Obesity (Silver Spring, Md.)*, 24(1 PG-30-36), 30–36. **Exclusion Reason: 1**

Rickard, N., Arjmand, H.-A., Bakker, D., & Seabrook, E. (2016). Development of a Mobile Phone App to Support Self-Monitoring of Emotional Well-Being: A Mental Health Digital Innovation. *JMIR Mental Health*, 3(4), e49. **Exclusion Reason: 1**

Turner-McGrievy, G., & Tate, D. (2011). Tweets, Apps, and Pods: Results of the 6-month Mobile Pounds Off Digitally (Mobile POD) randomized weight-loss intervention among adults. *Journal of Medical Internet Research*, 13(4), 1–14. **Exclusion Reason: 1**

Burke, L. E., Conruey, M. B., Sereika, S. M., Elci, O. U., Styn, M. A., Acharya, S. D., ... Glanz, K. (2011). The Effect of Electronic Self-Monitoring on Weight Loss and Dietary Intake: A Randomized Behavioral Weight Loss Trial. *Obesity*, 19(2). **Exclusion Reason: 7**

Ma, J., Yank, V., Xiao, L., Lavori, P. W., Wilson, S. R., Rosas, L. G., & Stafford, R. S. (2013). Translating the diabetes prevention program lifestyle intervention for weight loss into

primary care: A randomized trial. *JAMA Internal Medicine*, 173(2), 113–121. **Exclusion Reason: 2**

Rasche, P., Mertens, A., Bröhl, C., Theis, S., Seinsch, T., Wille, M., ... Knobe, M. (2017). The “Aachen fall prevention App” - a Smartphone application app for the self-assessment of elderly patients at risk for ground level falls. *Patient Safety In Surgery*, 11, 14. **Exclusion Reason: 1**

Conroy, M. B., Bryce, C. L., McTigue, K. M., Tudorascu, D., Gibbs, B. B., Comer, D., ... Fischer, G. S. (2017). Promoting weight maintenance with electronic health record tools in a primary care setting: Baseline results from the MAINTAIN-pc trial. *Contemporary Clinical Trials*, 54, 60–67. **Exclusion Reason: 3**

Robroek, S. J. W., Brouwer, W., Lindeboom, D., Oenema, A., & Burdorf, A. (2010). Demographic, behavioral, and psychosocial correlates of using the website component of a worksite physical activity and healthy nutrition promotion program: a longitudinal study. *Journal of Medical Internet Research*, 12(3), 1–16. **Exclusion Reason: 7**

Williams, R. L., Wood, L. G., Collins, C. E., & Callister, R. (2014). Effectiveness of weight loss interventions - is there a difference between men and women: A systematic review. *Obesity Reviews*, 16(2), 171–186. **Exclusion Reason: 6**

Lau, A. Y. S., Proudfoot, J., Andrews, A., Liaw, S. T., Crimmins, J., Arguel, A., & Coiera, E. (2013). Which bundles of features in a web-based personally controlled health management system are associated with consumer help-seeking behaviors for physical and emotional well-being? *Journal of Medical Internet Research*, 15(5), 1–19. **Exclusion Reason: 1**

Mattila, E., Korhonen, I., Salminen, J. H., Ahtinen, A., Koskinen, E., Särelä, A., ... Lappalainen, R. (2010). Empowering citizens for well-being and chronic disease management with wellness diary. *IEEE Transactions On Information Technology In Biomedicine: A Publication Of The IEEE Engineering In Medicine And Biology Society*, 14(2 PG-456-463), 456–463. **Exclusion Reason: 3**

Chung, L. M. Y., Law, Q. P. S., Fong, S. S. M., & Chung, J. W. Y. (2014). Electronic dietary recording system improves nutrition knowledge, eating attitudes and habitual physical activity: A randomised controlled trial. *Eating Behaviors*, 15(3), 410–413. **Exclusion Reason: 7**

Naveh-Deutsch, N., Ish-Shalom, S., Rozen, G. S., & Bitterman, N. (2007). Interactive computer nutrition system for elderly. *Gerontechnology*, 6(4), 236–240. **Exclusion Reason: 1**

Magoc, D., Tomaka, J., & Bridges-arzaga, A. (2011). Using the Web to Increase Physical Activity in College Students. *American Journal Of Health Behavior*, 35(2), 142–154. **Exclusion Reason: 1**

- Krist, A. H., Woolf, S. H., Bello, G. A., Sabo, R. T., Longo, D. R., Kashiri, P., ... Cohn, J. (2014). Engaging Primary Care Patients to Use a Patient-Centered Personal Health Record. *Annals of Famil, 12*(5). **Exclusion Reason: 1**
- Collins, C. E., Morgan, P. J., Jones, P., Fletcher, K., Martin, J., Aguiar, E. J., ... Callister, R. (2010). Evaluation of a commercial web-based weight loss and weight loss maintenance program in overweight and obese adults: a randomized controlled trial. *BMC Public Health, 10*(1), 669. **Exclusion Reason: 3**
- Krist, A. H., Aycock, R. A., Etz, R. S., Devoe, J. E., Sabo, R. T., Williams, R., ... Woolf, S. H. (2014). MyPreventiveCare: implementation and dissemination of an interactive preventive health record in three practice-based research networks serving disadvantaged patients—a randomized cluster trial. *Implementation Science: IS, 9*, 181. **Exclusion Reason: 3**
- Morgan, P. J., Collins, C. E., Plotnikoff, R. C., Cook, A. T., Berthon, B., Mitchell, S., & Callister, R. (2011). Efficacy of a workplace-based weight loss program for overweight male shift workers: The Workplace POWER (Preventing Obesity Without Eating like a Rabbit) randomized controlled trial. *Preventive Medicine, 52*(5 PG-317-325), 317–325. **Exclusion Reason: 7**
- Lau, A. Y. Y. S., Dunn, A. G., Mortimer, N., Gallagher, A., Proudfoot, J., Andrews, A., ... Coiera, E. (2013). Social and self-reflective use of a Web-based personally controlled health management system. *Journal Of Medical Internet Research, 15*(9), e211–e211. **Exclusion Reason: 1**
- Allman-Farinelli, M., Partridge, S. R., McGeechan, K., Balestracci, K., Hebden, L., Wong, A., ... Bauman, A. (2016). A Mobile Health Lifestyle Program for Prevention of Weight Gain in Young Adults (TXT2BFiT): Nine-Month Outcomes of a Randomized Controlled Trial. *JMIR Mhealth And Uhealth, 4*(2), e78–e78. **Exclusion Reason: 1**
- Dorough, A. E., Winett, R. A., Anderson, E. S., Davy, B. M., Martin, E. C., & Hedrick, V. (2014). DASH to wellness: emphasizing self-regulation through e-health in adults with prehypertension. *Health Psychology: Official Journal Of The Division Of Health Psychology, American Psychological Association, 33*(3), 249–254. **Exclusion Reason: 2**
- Ma, J., Xiao, L., & Blonstein, A. C. (2013). Measurement of self-monitoring web technology acceptance and use in an e-health weight-loss trial. *Telemedicine Journal And E-Health: The Official Journal Of The American Telemedicine Association, 19*(10), 739–745. **Exclusion Reason: 2**
- Staffileno, B. A., Tangney, C. C., Fogg, L., & Darmoc, R. (2015). Making Behavior Change Interventions Available to Young African American Women: Development and Feasibility of an eHealth Lifestyle Program. *The Journal Of Cardiovascular Nursing, 30*(6 PG-497-505), 497–505. **Exclusion Reason: 2**
- Kim, J. (2014). Analysis of health consumers' behavior using self-tracker for activity, sleep, and diet. *Telemedicine Journal And E-Health: The Official Journal Of The American Telemedicine Association, 20*(6), 552–558. **Exclusion Reason: 1, 2**

- Turner-McGrievy, G. M., & Tate, D. F. (2014). Are we sure that Mobile Health is really mobile? An examination of mobile device use during two remotely-delivered weight loss interventions. *International Journal Of Medical Informatics*, 83(5), 313–319. **Exclusion Reason: 7**
- Pekmezi, D., Ainsworth, C., Holly, T., Williams, V., Benitez, T., Wang, K., ... Demark-Wahnefried, W. (2017). Rationale, design, and baseline findings from a pilot randomized trial of an IVR-Supported physical activity intervention for cancer prevention in the Deep South: The DIAL study. *Contemporary Clinical Trials Communications*, 8(October), 218–226. **Exclusion Reason: 3**
- Neubeck, L., Coorey, G., Peiris, D., Mulley, J., Heeley, E., Hersch, F., & Redfern, J. (2016). Development of an integrated e-health tool for people with, or at high risk of, cardiovascular disease: The Consumer Navigation of Electronic Cardiovascular Tools (CONNECT) web application. *International Journal of Medical Informatics*, 96, 24–37. **Exclusion Reason: 1**
- Simons, D., De Bourdeaudhuij, I., Clarys, P., De Cocker, K., Vandelanotte, C., & Deforche, B. (2018). A Smartphone App to Promote an Active Lifestyle in Lower-Educated Working Young Adults: Development, Usability, Acceptability, and Feasibility Study. *JMIR MHEALTH AND UHEALTH*, 6(2), e44. **Exclusion Reason: 8**
- Read, E. (2014). Feasibility of the diabetes and technology for increased activity (DaTA) study: A pilot intervention in high-risk rural adults. *Journal of Physical Activity and Health*, 11(1), 118–126. **Exclusion Reason: 7**
- Coppini, G., Zuccaia, V. C., De Maria, R., Nazare, J. A., Morales, M. A., & Colantonio, S. (2017). User acceptance of self-monitoring technology to prevent cardio-metabolic diseases: The Wise Mirror. *International Conference on Wireless and Mobile Computing, Networking and Communications*. **Exclusion Reason: 1**
- Mayette, G. G. (2016). *Evaluating a Novel Device for Calorie Reduction : The Bite Counter Study*. University of Rhode Island. University of Rhode Island. **Exclusion Reason: 1**
- Jeyabalan, K. (2017). Home healthcare and remote patient monitoring. In *Internet of Things and Data Analytics Handbook* (pp. 675–682). University of Utah, Salt Lake City, UT, United States: wiley. **Exclusion Reason: 1**
- Massone, C., Hofmann-Wellenhof, R., Ahlgrimm-Siess, V., Gabler, G., Ebner, C., & Soyer, H. P. (2007). Melanoma screening with cellular phones. *Plos One*, 2(5), e483–e483. **Exclusion Reason: 1**
- Allen, J. D., Othus, M. K. D., Hart Jr., A., Tom, L., Li, Y., Berry, D., & Bowen, D. (2010). A randomized trial of a computer-tailored decision aid to improve prostate cancer screening decisions: results from the Take the Wheel trial. *Cancer Epidemiology, Biomarkers & Prevention*, 19(9), 2172–2186. **Exclusion Reason: 1**

- Kharrazi, H., & Vincz, L. (2011). Increasing Physical Activity by Implementing a Behavioral Change Intervention Using Pervasive Personal Health Record System: An Exploratory Study. In C. Stephanidis (Ed.), *Universal Access in Human-Computer Interaction: Applications and Services*, (Vol. 6768, pp. 366–375). **Exclusion Reason: 3**
- Dunn, J. T. (2017). *Data integration for health and stress monitoring: Biological metabolites, wearables data, and self-reporting*. ProQuest Information & Learning, US. **Exclusion Reason: 1**
- Soureti, A., Murray, P., Cobain, M., Chinapaw, M., van Mechelen, W., & Hurling, R. (2011). Exploratory study of web-based planning and mobile text reminders in an overweight population. *Journal Of Medical Internet Research*, 13(4), e118–e118. **Exclusion Reason: 1**
- Linas, B. S., Latkin, C., Genz, A., Westergaard, R. P., Chang, L. W., Bollinger, R. C., & Kirk, G. D. (2015). Utilizing mHealth methods to identify patterns of high risk illicit drug use. *Drug and Alcohol Dependence*, 151, 250–257. **Exclusion Reason: 2**
- Cohn, W. F., Ropka, M. E., Pelletier, S. L., Barrett, J. R., Kinzie, M. B., Harrison, M. B., ... Knaus, W. A. (2010). Health Heritage© a web-based tool for the collection and assessment of family health history: initial user experience and analytic validity. *Public Health Genomics*, 13(7–8), 477–491. **Exclusion Reason: 1**
- Bewick, B. M., Trusler, K., Mulhern, B., Barkham, M., & Hill, A. J. (2008). The feasibility and effectiveness of a web-based personalised feedback and social norms alcohol intervention in UK university students: A randomised control trial. *Addictive Behaviors*, 33(9), 1192–1198. **Exclusion Reason: 1**
- Brown, J., Michie, S., Geraghty, A. W. A., Miller, S., Yardley, L., Gardner, B., ... West, R. (2012). A pilot study of StopAdvisor: a theory-based interactive internet-based smoking cessation intervention aimed across the social spectrum. *Addictive Behaviors*, 37(12), 1365–1370. **Exclusion Reason: 1**
- Ganapathy, R., Grewal, A., & Castleman, J. S. (2016). Remote monitoring of blood pressure to reduce the risk of preeclampsia related complications with an innovative use of mobile technology. *Pregnancy Hypertension*, 6(4), 263–265. **Exclusion Reason: 2**
- Wilkinson, L., Pacanowski, C., & Levitsky, D. (2016). Self-weighing and visual feedback has long term effects on weight gain prevention in adults. *FASEB Journal*, 30. **Exclusion Reason: 1**
- Allen, J. D., Mohllajee, A. P., Shelton, R. C., Drake, B. F., & Mars, D. R. (2009). A computer-tailored intervention to promote informed decision making for prostate cancer screening among African American men. *American Journal Of Men's Health*, 3(4), 340–351. **Exclusion Reason: 1**
- Davis, S., Abidi, S., & Cox, J. (2008). Generating personalised cardiovascular risk management educational interventions linking SCORE and behaviour change. *Journal on Information Technology in Healthcare*, 6(1), 73–82. **Exclusion Reason: 3**

- Elfeddali, I., Bolman, C., & de Vries, H. (2013). Situational and Affective Risk Situations of Relapse and the Quality of Implementation Intentions in an E-Health Smoking Relapse Prevention Programme. *Substance Use & Misuse*, 48(8), 635–644. **Exclusion Reason: 1**
- Kukafka, R., Jeong, I. C., Finkelstein, J., & Ieee. (2015). Introducing Decision Support for Smart Mobile Health Behavior Change Applications. In *2015 International Conference on Big Data and Smart Computing* (pp. 75–78). **Exclusion Reason: 1**
- BinDhim, N. F., Shaman, A. M., Trevena, L., Basyouni, M. H., Pont, L. G., & Alhawassi, T. M. (2015). Depression screening via a smartphone app: cross-country user characteristics and feasibility. *Journal Of The American Medical Informatics Association: JAMIA*, 22(1), 29–34. **Exclusion Reason: 1**
- Wanner, M., Martin-Diener, E., Braun-Fahrländer, C., Bauer, G., & Martin, B. W. (2009). Effectiveness of active-online, an individually tailored physical activity intervention, in a real-life setting: randomized controlled trial. *Journal Of Medical Internet Research*, 11(3), e23–e23. **Exclusion Reason: 1**
- Voncken-Brewster, V., Tange, H., de Vries, H., Nagykaladi, Z., Winkens, B., & van der Weijden, T. (2015). A randomized controlled trial evaluating the effectiveness of a web-based, computer-tailored self-management intervention for people with or at risk for COPD. *International Journal Of Chronic Obstructive Pulmonary Disease*, 10, 1061–1073. **Exclusion Reason: 1**
- Nagykaladi, Z. J., Voncken-Brewster, V., Aspy, C. B., & Mold, J. W. (2013). Novel computerized health risk appraisal may improve longitudinal health and wellness in primary care: a pilot study. *Applied Clinical Informatics*, 4(1), 75–87. **Exclusion Reason: 1**
- Wu, H. (2013). *Exploring healthcare consumer acceptance of personal health information management technology through personal health record systems*. ProQuest Information & Learning, Baltimore County. **Exclusion Reason: 1**
- Bashford, G. R., Burnfield, J. M., & Pérez, L. C. (2013). Physical activity discrimination improvement using accelerometers and wireless sensor network localization. *Biomedical Sciences Instrumentation*, 49, 243–250. **Exclusion Reason: 1**
- Partridge, S. R., Allman-Farinelli, M., McGeechan, K., Balestracci, K., Wong, A. T. Y., Hebden, L., ... Phongsavan, P. (2016). Process evaluation of TXT2BFiT: a multi-component mHealth randomised controlled trial to prevent weight gain in young adults. *The International Journal Of Behavioral Nutrition And Physical Activity*, 13, 7. **Exclusion Reason: 1**
- Botts, N. E., Horan, T. A., & Thoms, B. P. (2011). HealthATM: Personal health cyberinfrastructure for underserved populations. *American Journal of Preventive Medicine*, 40(5 SUPPL. 2), S115–S122. **Exclusion Reason: 1**



- Wolin, K. Y., Steinberg, D. M., Lane, I. B., Askew, S., Greaney, M. L., Colditz, G. A., & Bennett, G. G. (2015). Engagement with eHealth Self-Monitoring in a Primary Care-Based Weight Management Intervention. *Plos One*, *10*(10), e0140455–e0140455. **Exclusion Reason: 1**
- Spook, J. E., Paulussen, T., Kok, G., & Van Empelen, P. (2013). Monitoring dietary intake and physical activity electronically: feasibility, usability, and ecological validity of a mobile-based Ecological Momentary Assessment tool. *Journal Of Medical Internet Research*, *15*(9), e214–e214. **Exclusion Reason: 1**
- Saitz, R., Helmuth, E. D., Aromaa, S. E., Guard, A., Belanger, M., & Rosenbloom, D. L. (2004). Web-based screening and brief intervention for the spectrum of alcohol problems. *Preventive Medicine*, *39*(5), 969–975. **Exclusion Reason: 1**
- Martin, C. K., Gilmore, L. A., Apolzan, J. W., Myers, C. A., Thomas, D. M., & Redman, L. M. (2016). Smartloss: A Personalized Mobile Health Intervention for Weight Management and Health Promotion. *JMIR Mhealth And Uhealth*, *4*(1), e18–e18. **Exclusion Reason: 3**
- Chih, M.-Y., Patton, T., McTavish, F. M., Isham, A. J., Judkins-Fisher, C. L., Atwood, A. K., & Gustafson, D. H. (2014). Predictive modeling of addiction lapses in a mobile health application. *Journal Of Substance Abuse Treatment*, *46*(1), 29–35. **Exclusion Reason: 2**
- Michaelides, A., Raby, C., Wood, M., Farr, K., & Toro-Ramos, T. (2016). Weight loss efficacy of a novel mobile Diabetes Prevention Program delivery platform with human coaching. *BMJ Open Diabetes Research & Care*, *4*(1), e000264. **Exclusion Reason: 2**
- Hensel, D. J., Fortenberry, J. D., Harezlak, J., & Craig, D. (2012). The feasibility of cell phone based electronic diaries for STI/HIV research. *BMC Medical Research Methodology*, *12*, 75. **Exclusion Reason: 2**
- Batch, B. C., Tyson, C., Bagwell, J., Corsino, L., Intille, S., Lin, P. H., ... Svetkey, L. P. (2014). Weight loss intervention for young adults using mobile technology: Design and rationale of a randomized controlled trial - Cell Phone Intervention for You (CITY). *Contemporary Clinical Trials*, *37*(2), 333–341. **Exclusion Reason: 3**
- Tucker, J. A., Foushee, H. R., Black, B. C., & Roth, D. L. (2007). Agreement between prospective interactive voice response self-monitoring and structured retrospective reports of drinking and contextual variables during natural resolution attempts. *Journal of Studies on Alcohol and Drugs*, *68*(4), 538–542. **Exclusion Reason: 1**
- Calhoun, P. S., Datta, S., Olsen, M., Smith, V. A., Moore, S. D., Hair, L. P., ... Bastian, L. A. (2016). Comparative effectiveness of an Internet-based smoking cessation intervention versus clinic-based specialty care for veterans. *Journal of Substance Abuse Treatment*, *69*, 19–27. **Exclusion Reason: 1**
- Bonilla, C., Brauer, P., Royall, D., Keller, H., Hanning, R. M., & Dicenso, A. (2015). Use of electronic dietary assessment tools in primary care: An interdisciplinary perspective eHealth/ telehealth/ mobile health systems. *BMC Medical Informatics and Decision Making*, *15*(1). **Exclusion Reason: 3**

- Wright, A., Poon, E. G., Wald, J., Schnipper, J. L., Grant, R., Gandhi, T. K., ... Middleton, B. (2008). Effectiveness of health maintenance reminders provided directly to patients. In *AMIA ... Annual Symposium proceedings / AMIA Symposium. AMIA Symposium* (p. 1183). A. Wright, Partners HealthCare System, Brigham and Women's Hospital, Massachusetts General Hospital, Harvard Medical School, Boston, MA, USA. **Exclusion Reason: 1**
- Munir, F., Biddle, S. J. H., Davies, M. J., Dunstan, D., Esliger, D., Gray, L. J., ... Edwardson, C. L. (2018). Stand More AT Work (SMArT Work): using the behaviour change wheel to develop an intervention to reduce sitting time in the workplace. *BMC Public Health*, *18*(1), 319. **Exclusion Reason: 1**
- Lanpher, M. G., Askew, S., & Bennett, G. G. (2016). Health Literacy and Weight Change in a Digital Health Intervention for Women: A Randomized Controlled Trial in Primary Care Practice. *Journal Of Health Communication*, *21 Suppl 1*, 34–42. **Exclusion Reason: 1**
- Buckingham, C. D., Adams, A., Vail, L., Kumar, A., Ahmed, A., Whelan, A., & Karasouli, E. (2015). Integrating service user and practitioner expertise within a web-based system for collaborative mental-health risk and safety management. *Patient Education And Counseling*, *98*(10), 1189–1196. **Exclusion Reason: 3**
- Smith, S. G., O'Connor, R., Aitken, W., Curtis, L. M., Wolf, M. S., & Goel, M. S. (2015). Disparities in registration and use of an online patient portal among older adults: findings from the LitCog cohort. *Journal of the American Medical Informatics Association*, *22*(4), 888–895. **Exclusion Reason: 3**
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