((TITLE-ABS-KEY (child* OR boy* OR girl* OR teen* OR adolesc* OR youth OR young* OR dyad*)) AND (TITLE-ABS-KEY (parent* OR mom* OR mum* OR dad* OR mother* OR father* OR famil* OR dyad*))) AND (TITLE-ABS-KEY (trial* OR intervention* OR experiment*)) AND (TITLE (review OR "meta-analys*")) AND ((((TITLE-ABS-KEY ("physical activit*" OR exercis* OR sport* OR fitness OR "activity intens*" OR "activity level*" OR movement)) OR (TITLE-ABS-KEY (overweight OR obesity OR adipos* OR "body mass" OR "body weight" OR "waist circumference" OR "weight loss")) OR (TITLE-ABS-KEY ("healthy eat*" OR "healthy snack*" OR beverage* OR diet* OR nutrition OR vegetable* OR fruit* OR "energy intake" OR "energy balanc*" OR "soft drink*" OR soda OR sugar*))) OR (TITLE-ABS-KEY (sedentar* OR screen* OR game* OR computer* OR television OR tv OR tablet*))) AND (LIMIT-TO (DOCTYPE, "re") OR LIMIT-TO (DOCTYPE, "ar") OR LIMIT-TO (DOCTYPE, "ip")) AND (LIMIT-TO (LANGUAGE, "English")).

Note. The same key words were used in our searches of the other three databases (Cochrane Library, PubMed, PsycINFO).

Supplementary Table 2. Overview of experts' top recruitment strategies and mean ratings for each strategy's effectiveness and resource efficiency.

ReferralWord-of-mouth234.8SchoolsLetter about the study from head teacher to parents on behalf of rescarch team254.4Media (print & electronic)Social media posts (e.g., Facebook, Twitter)224.3EmployersStudy information emailed to employees from within organisation on behalf of the research team (e.g., an email sent)244.2SchoolsAssembly delivered to parents by research team254.24.2Primary careLetters sent from GPs or health care providers on behalf of research team234.2CommunityResearch team speaking to parents while waiting for their children (e.g., while parents are waiting during their childrs swimming lesson)234.0SchoolsResearch team attending parent meetings (e.g., orientation meetings, Parent Teacher Association meetings)254.0Media (print & electronic)Television (local news story promoting study)224.0Media (print & electronic)E-blasts (e.g., University news, 3rd party media groups, corporate mailing lists)224.0Media (print & electronic)Electronic newsletter mailing list233.9SchoolsResearch team attending school events (e.g., sports day)243.9SchoolsResearch team attending school events (e.g., sports day)253.8Media (print & electronic)Radio (ads or story promoting study)233.8SchoolsStudy information in school newsletter (hard copy)253.8Media (print & electronic)Radio (ads or story promoting study)23 </th <th>Category</th> <th>Strategy</th> <th>Ν</th> <th>Mean</th> <th>SD</th>	Category	Strategy	Ν	Mean	SD
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Media (print & electronic)Print - other local publications (ads or story promoting study)233.4	Primary care	Hard copy leaflets displayed in GP clinic	23	3.5	1.1
	Employers	Hard copy leaflets displayed in employee common areas (e.g., kitchen)	24	3.5	1.3
Community Electronic neighbourhood bulletin boards 23 3.4	Media (print & electronic)	Print - other local publications (ads or story promoting study)	23	3.4	1.3
	Community	Electronic neighbourhood bulletin boards	23	3.4	1.1

Community	Pull tab poster displays	23	3.4	1.1
Schools	Research team hosting parent/researcher night to discuss study	25	3.4	1.7
Community	Pop-up stands disseminating study information directly (e.g., at local market)	24	3.4	1.7
Media (print & electronic)	Craigslist (an American classified ad website)	20	3.4	1.5
Media (print & electronic)	Print - magazines (ads or story promoting study)	23	3.4	1.3
Schools	Research team speaking to parents during 'pick up' time	25	3.3	2.0
Schools	Research team hosting after school 'drop-in' sessions for parents	25	3.1	1.6

Note. Experts rated each strategy using a 4-point Likert scale (4 = very effective/resource-efficient, 3 = effective/resource-efficient, 2 = slightly effective/resource-efficient and 1 = not effective/resource-efficient). Scores for effectiveness were weighted more heavily, by a factor of 2, than scores for resource efficiency. Therefore, the maximum weighted score for effectiveness was 8 and the minimum score was 2 and the maximum score for resource-efficiency was 4 and the minimum score was 1.