

Supplementary Table 1. Scopus search terms

((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.

Category	Strategy	N	Mean	SD
	Referral			
	Schools			
Media (print & electronic)	Word-of-mouth	23	4.8	1.8
	Schools	25	4.4	1.7
	Social media posts (e.g., Facebook, Twitter)	22	4.3	1.7
Employers	Study information emailed to employees from within organisation on behalf of the research team (e.g., an email sent from HR to employees within an organisation)	24	4.2	1.4
Schools	Assembly delivered to parents by research team	25	4.2	2.0
Primary care	Letters sent from GPs or health care providers on behalf of research team	23	4.2	1.8
Community	Research team speaking to parents while waiting for their children (e.g., while parents are waiting during their child's swimming lesson)	24	4.1	2.0
Primary care	Letters from research team directly to potential participants	23	4.0	1.8
Schools	Research team attending parent meetings (e.g., orientation meetings, Parent Teacher Association meetings)	25	4.0	1.9
Media (print & electronic)	Television (local news story promoting study)	22	4.0	2.0
Media (print & electronic)	E-blasts (e.g., University news, 3rd party media groups, corporate mailing lists)	22	4.0	1.6
Media (print & electronic)	Electronic newsletter mailing list	22	3.9	1.4
Schools	Leaflets via email (e.g., ParentMail) or other 3rd party companies (e.g., Peachjar)	25	3.9	1.5
Community	Research team speaking to parents during pick up time (e.g., at the end of an after-school program or summer camp day)	24	3.9	2.0
Schools	Research team attending school events (e.g., sports day)	25	3.8	1.9
Media (print & electronic)	Radio (ads or story promoting study)	23	3.8	1.9
Schools	Study information in school newsletter (hard copy)	25	3.8	1.4
Community	Hard copy leaflets to parents	24	3.7	1.6
Primary care	Phone calls from research team directly to potential participants	23	3.7	2.1
Schools	Assembly delivered to students by research team	25	3.7	1.5
Media (print & electronic)	Print - newspaper (ads or story promoting study)	23	3.6	1.6
Primary care	Pull tab poster displays in GP clinic	22	3.6	1.1
Schools	Hard copy leaflets to parents via children	25	3.6	1.7
Schools	Study information written in students' diary/agenda	25	3.6	1.5
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
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.