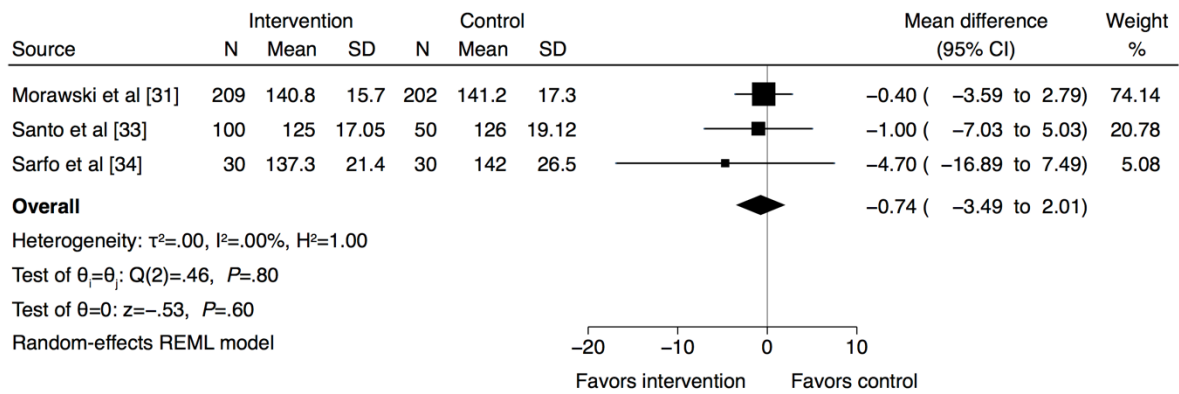


Multimedia Appendix 4. Meta-analysis and forest plot of the effect of app-based interventions on clinical outcomes.

Figure 1. Meta-analysis and forest plot of the effect of app-based interventions on systolic blood pressure (SBP), using mean values (A), using mean change values (B). REML: restricted maximum likelihood.

(A)



(B)

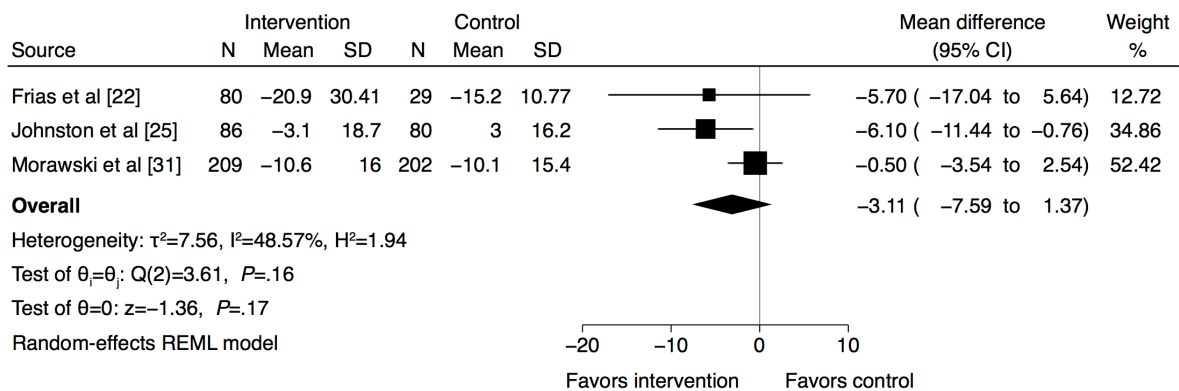
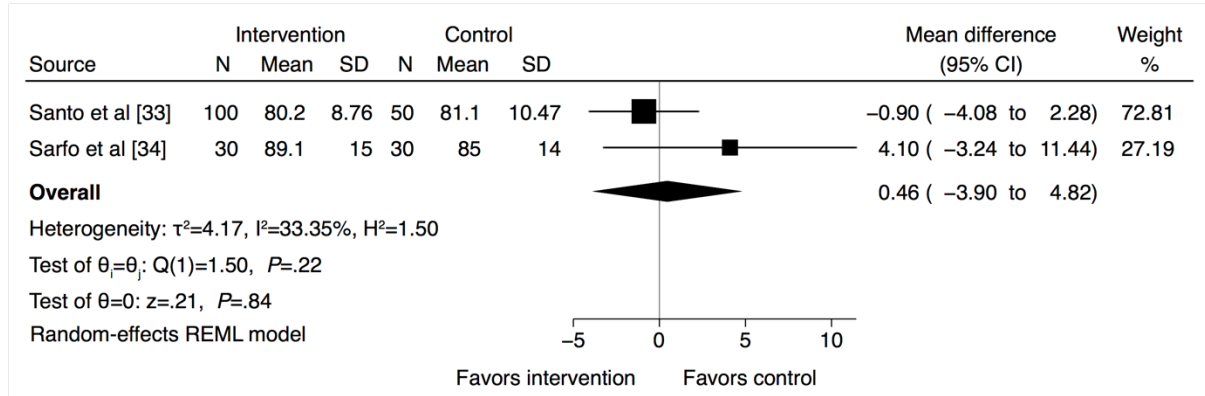


Figure 2. Meta-analysis and forest plot of the effect of app-based interventions on diastolic blood pressure (DBP), using mean values (A), using mean change values (B). REML: restricted maximum likelihood.

(A)



(B)

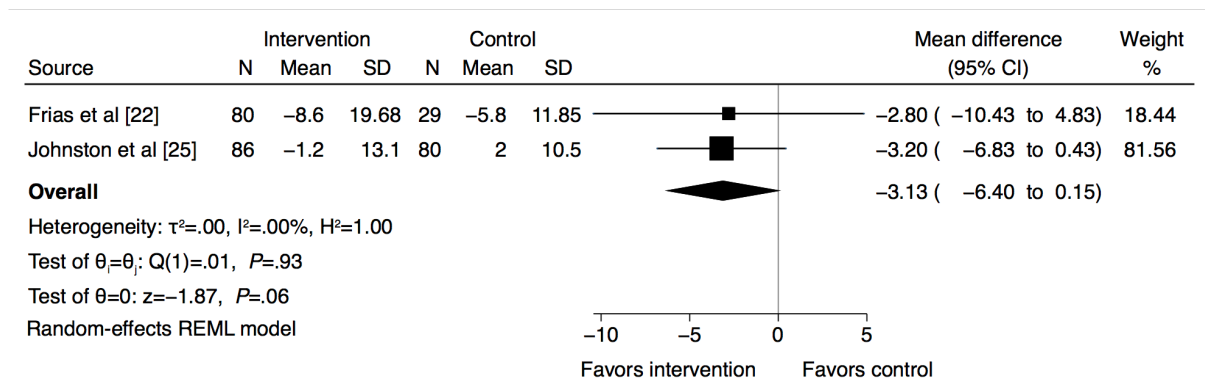
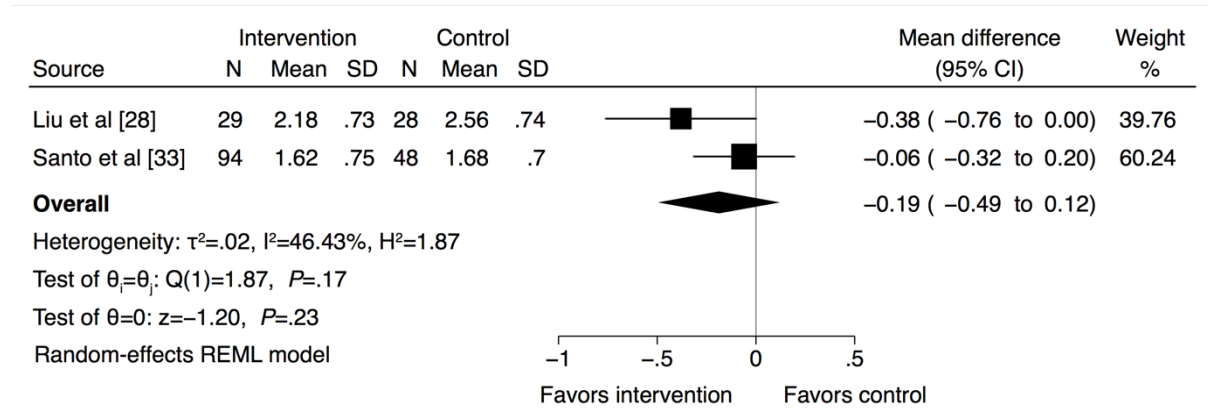


Figure 3. Meta-analysis and forest plot of the effect of app-based interventions on low-density lipoprotein cholesterol (LDL-C), using mean values (A), using mean change values (B). REML: restricted maximum likelihood.

(A)



(B)

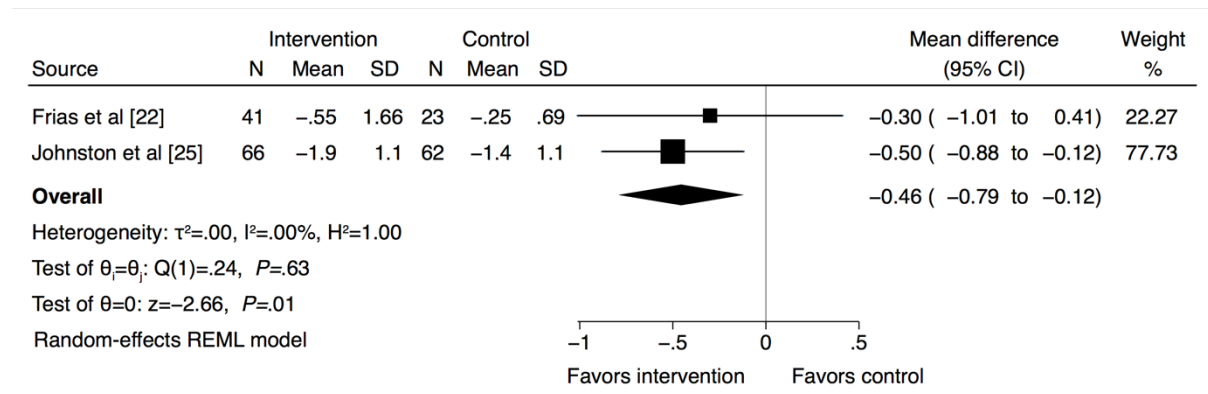


Figure 4. Meta-analysis and forest plot of the effect of app-based interventions on total cholesterol (TC). REML: restricted maximum likelihood.

