

**Multimedia Appendix 2. Program objectives and contents among included studies**

Study	Program objectives	Program contents	
		Physical Activity	Diet
Van Wier et al [28]	weight management + behavioral change	Y	Y
Kim et al [25]	weight management + behavioral change	Y	Y
Júdice et al [23]	behavioral change	Y	N
Kim et al [24]	weight management	Y	Y
Brakenridge et al [22]	behavioral change	Y	N
Simons et al [27]	behavioral change	Y	N
Viestter et al [29]	weight management + behavioral change	Y	Y
Rollo and Prapavessis [26]	behavioral change	Y	N