Supplementary figures S4. Forest plots for changes in HbA1c, glucose, heart rate and smoking cessation.

HbA1c

	mł	lealt	h	Co	ontro			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Choi BG et al., 2019	5.8	0.1	44	6.1	0.1	44	44.4%	-0.30 [-0.34, -0.26]	+
Frederix I et al, 2017	5.8	0.7	62	6	1.1	64	26.1%	-0.20 [-0.52, 0.12]	
Yudi MB et al., 2020	5.9	0.9	83	5.8	0.9	85	29.5%	0.10 [-0.17, 0.37]	
Total (95% CI)			189			193	100.0%	-0.16 [-0.41, 0.10]	
Heterogeneity: Tau ² =	0.04; Ch	i = 8	.41, df						
Test for overall effect: 2	Z = 1.21	(P = 1	0.23)						-1 -0.5 0 0.5 1 Favours [mHealth] Favours [control]

Glucose

	m	Health		C	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Frederix I et al, 2017	112	25	62	117	43	64	40.4%	-5.00 [-17.24, 7.24]	
Maddison R et al., 2019	105.7	29.2	68	109.3	42.3	72	42.1%	-3.60 [-15.58, 8.38]	— — —
Skobel E et al., 2017	104.7	22.3	15	98.4	44	34	17.5%	6.30 [-12.30, 24.90]	
Total (95% CI)			145			170	100.0%	-2.44 [-10.21, 5.34]	•
Heterogeneity: Tau² = 0.01 Test for overall effect: Z = 1		-50 -25 0 25 50 Favours [mHealth] Favours [Control]							

Heart rate

	m	Health		C	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Dorje T et al, 2019	68.9	8.2	134	74.4	10.3	131	42.9%	-5.50 [-7.74, -3.26]	-8-
Skobel E et al., 2017	64	10	19	64	10	42	22.9%	0.00 [-5.42, 5.42]	_
Yudi MB et al., 2020	65.8	11.3	83	67.3	11.7	85	34.2%	-1.50 [-4.98, 1.98]	
Total (95% CI)			236			258	100.0%	-2.87 [-6.33, 0.59]	◆
Heterogeneity: Tau ² = : Test for overall effect: 2			-20 -10 0 10 20 Favours [mHealth] Favours [Control]						

Smoking cessation

	mHealth		Contr	ol		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Dorje T et al, 2019	102	116	120	131	12.9%	-0.04 [-0.11, 0.04]	
Johnston N et al., 2016	75	81	65	72	9.3%	0.02 [-0.07, 0.11]	-
Yu C et al., 2020	458	493	458	494	71.4%	0.00 [-0.03, 0.03]	
Yudi MB et al., 2020	71	83	72	85	6.4%	0.01 [-0.10, 0.12]	
Total (95% CI)		773		782	100.0%	-0.00 [-0.03, 0.03]	+
Total events	706		715				
Heterogeneity: Chi ² = 1.1	9, df = 3 (i	P = 0.76	6); I ² = 0%	6			-0.2 -0.1 0 0.1 0.2
Test for overall effect: Z =	0.05 (P =	0.96)					Favours [Control] Favours [mHealth]