

Multimedia Appendix 1. The data extraction form.

Characteristic	Codes
1 Publication status	1. Published 2. In press/accepted for publication
2 Design of study	1. Randomised controlled trial 2. Pre-post measures 3. Within subject 2 conditions
3 Participant selection	1. Convenience sample of non-random participants 2. Random selection 3. Representative sample 4. Other
4 Behaviours targeted in intervention	1. Physical activity 2. Diet 3. Weight loss 4. Smoking cessation 5. Alcohol consumption
5 Sample size at commencement of study	
6 Average age of sample	
7 % female participants	
8 % population white	
9 Health status of target population	1. Diabetes 2. Cancer 3. Absence of chronic disease 4. Overweight 5. General 6. Not specified 7. Metabolic syndrome 8. Physical disabilities 9. Chronic Disease 10. Arthritis 11. Chronic Obstructive Pulmonary Disease 12. Cardiovascular disease
10 Screening based on target behaviour	1. Sedentary population (not meeting physical activity guidelines) 2. Overweight 3. Other
11 Country of origin	1. USA 2. Australia 3. England 4. Singapore 5. New Zealand 6. Canada 7. Belgium 8. Norway 9. Taiwan 10. South Korea 11. Netherlands
12 Study setting	1. University 2. Hospital staff 3. School 4. Other (specify)
13 Type of measures used	1. Self-report 2. Objective
14 Self-report physical activity methods used	1. IPAQ (short form) 2. IPAQ (long form) 3. BRFSS 4. 2D PAR

	5. NHANES III
	6. Active Australia
	7. Godin
	8. 7-day recall
	9. Not required
	10. Other
15	Reliability of self-report physical activity measure reported
	1. Yes
	2. No
	3. Not reported
16	Validity of self-report physical activity measure reported
	1. Yes
	2. No
	3. Not reported
17	Objective physical activity measure
	1. Accelerometer
	2. Pedometer
	3. Direct observation
	4. Not required
18	Physical activity mode assessed
	1. Overall physical activity
	2. Walking
	3. Leisure time physical activity
	4. Vigorous intensity physical activity
	5. Moderate intensity physical activity
	6. Light intensity physical activity
	7. Other
19	Other outcome measured 1 (write descriptively)
20	Name of tool used 1 (write descriptively)
21	Reliability and/or validity of measurement tool reported 1
	1. Yes
	2. No
	3. Not reported
22	Other outcome measured 2 (write descriptively)
23	Name of tool used 2 (write descriptively)
24	Reliability and/or validity of measurement tool reported 2
	1. Yes
	2. No
	3. Not reported
25	Other outcome measured 3 (write descriptively)
26	Name of tool used 3 (write descriptively)
27	Reliability and/or validity of measurement tool reported 3
	1. Yes
	2. No
	3. Not reported
28	Number of groups in study
29	Type of baseline measure
	1. Face-to-face
	2. Telephone
	3. Internet
	4. Regular mail
30	Type of introduction session to intervention
	1. Face-to-face
	2. Telephone
	3. Internet
	4. Not specified
31	Duration of intervention (weeks)
32	Number of follow up time points (other than immediately post intervention)
33	Length of time from post-test measure to first follow up (weeks)
34	Length of time from post-test measure to second follow up (weeks)
35	Length of time from post-test measure to third follow up (weeks)
36	Number of contacts throughout the intervention (other than website)

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| 37 | Number of contacts throughout the intervention over the internet (intervention group only) | |
| 38 | Additional contacts throughout the intervention face-to-face? (intervention group only) | 1. Yes
2. No |
| 39 | Additional contacts throughout the intervention over the phone? (intervention group only) | 1. Yes
2. No |
| 40 | Additional contacts throughout the intervention via print based materials? (intervention group only) | 1. Yes
2. No |
| 41 | Intervention tailored to individual | 1. Comprehensive (major component)
2. Limited (part of intervention tailored)
3. No tailoring |
| 42 | Intervention developed based on theory? | 1. Yes
2. No |
| 43 | Which theory | 1. Social cognitive theory
2. Theory of planned behaviour
3. Transtheoretical model (incl. Stages of change)
4. Stages of change (not include Transtheoretical model)
5. Self-management theory
6. Social ecological model
7. Protection motivation theory
8. Goal-setting theory
9. Health beliefs model
10. Other (write out) |
| 44 | Was the OSN the sole intervention, or only a component of a larger intervention? | 1. OSN only
2. Standalone website plus OSN
3. Other (describe) |
| 45 | Education included in OSN component of the intervention (structured education material) | 1. Yes
2. No |
| 46 | Feedback included in OSN component of the intervention (any form of feedback) | 1. Yes
2. No |
| 47 | Goal setting included in OSN component of the intervention | 1. Yes
2. No |
| 48 | Online self-monitoring for target behaviour included in OSN component of the intervention | 1. Yes
2. No |
| 49 | Email reminders included in OSN component of the intervention | 1. Yes
2. No |
| 50 | Updated content included in OSN component of the intervention | 1. Yes
2. No |
| 51 | Discussion board/forum communication included in OSN component of the intervention (asynchronous communication - e.g. discussion board where you aren't expecting a response straight away) | 1. Yes
2. No |
| 52 | Chat communication included in OSN component of the intervention (synchronous communication - i.e. sending chat messages with reply in real time) | 1. Yes
2. No |
| 53 | Quiz included in OSN component of the intervention | 1. Yes
2. No |
| 54 | Any type of facilitator or moderator function included in OSN component of the intervention | 1. Yes
2. No |
| 55 | Education included in Non OSN component of the intervention (structured education material) | 1. Yes
2. No |
| 56 | Feedback included in Non OSN component of the intervention (any form of feedback) | 1. Yes
2. No |
| 57 | Goal setting included in Non OSN component of the intervention | 1. Yes
2. No |

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| 58 | Online self-monitoring for target behaviour included in Non OSN component of the intervention | 1. Yes
2. No |
| 59 | Email reminders included in Non OSN component of the intervention | 1. Yes
2. No |
| 60 | Updated content included in Non OSN component of the intervention | 1. Yes
2. No |
| 61 | Discussion board/forum communication included in Non OSN component of the intervention (asynchronous communication - e.g. discussion board where you aren't expecting a response straight away) | 1. Yes
2. No |
| 62 | Chat communication included in Non OSN component of the intervention (synchronous communication - i.e. sending chat messages with reply in real time) | 1. Yes
2. No |
| 63 | Quiz included in Non OSN component of the intervention | 1. Yes
2. No |
| 64 | Any type of facilitator or moderator function included in Non OSN component of the intervention | 1. Yes
2. No |
| 65 | Percent of attrition throughout study for all groups | |
| 66 | Percent of attrition throughout study for intervention group only | |
| 67 | Participation rate of study | |
| 68 | Website usage of participants throughout intervention (average logins per participant) | |
| 69 | Type of control group used | 1. True (e.g. wait list)
2. Standard care
3. Minimal OSN intervention
4. Minimal non-OSN intervention
5. Alternative intervention
6. Other (write out) |
| 70 | Outcome 1 (name it) Any significant improvements in outcome measured in intervention group? | 1. Yes - significant improvement compared with control
2. "Yes perhaps" if both groups improved, in the case of minimal OSN control or alternative intervention control
3. No |
| 71 | Outcome 2 (name it) Any significant improvements in outcome measured in intervention group? | 1. Yes - significant improvement compared with control
2. "Yes perhaps" if both groups improved, in the case of minimal OSN control or alternative intervention control
3. No |
| 72 | Outcome 3 (name it) Any significant improvements in outcome measured in intervention group? | 1. Yes - significant improvement compared with control
2. "Yes perhaps" if both groups improved, in the case of minimal OSN control or alternative intervention control
3. No |
| 73 | Is enough info presented that we would be able to calculate an effect size for behaviour change (sample size, group means and standard deviations reported) | 1. Yes
2. No |

OSN = online social network