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 measures3. Within subject 2 conditions
3	Participant selection	Convenience sample of non-random participants
	1	2. Random selection
		3. Representative sample
	D.1	4. Other
4	Behaviours targeted in intervention	Physical activity 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. Cancer3. Absence of chronic disease
		4. Overweight
		5. General
		6. Not specified
		7. Metabolic syndrome
		8. Physical disabilities
		9. Chronic Disease
		10. Arthritis11. Chronic Obstructive Pulmonary Disease
		12. Cardiovascular disease
10	Screening based on target behaviour	1. Sedentary population (not meeting physical activity
	-	guidelines)
		2. Overweight
11	Country of origin	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	4. Other (specify) 1. Self-report
IJ	Type of filedoures used	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
- 1. Yes
- 2. No
- 3. Not reported
- 1. Yes
- 2. No
- 3. Not reported
- 1. Accelerometer
- 2. Pedometer
- 3. Direct observation
- 4. Not required
- 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)

Reliability of self-report physical activity measure

Validity of self-report physical activity measure

reported

16

17

18

20 Name of tool used 1 (write descriptively)

Objective physical activity measure

Physical activity mode assessed

- 21 Reliability and/or validity of measurement tool reported 1
- 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
- 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
- 28 Number of groups in study
- 29 Type of baseline measure
- 30 Type of introduction session to intervention
- 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)

- 1. Yes
- 2. No
- 3. Not reported
- 1. Yes
- 2. No
- 3. Not reported
- 1. Yes
- 2. No
- 3. Not reported
- 1. Face-to-face
- 2. Telephone
- 3. Internet
- 4. Regular mail
- 1. Face-to-face
- 2. Telephone
- 3. Internet
- 4. Not specified

Number of contacts throughout the intervention over the internet (intervention group only) Additional contacts throughout the intervention 1. Yes 38 face-to-face? (intervention group only) 2. No 39 Additional contacts throughout the intervention 1. Yes over the phone? (intervention group only) 2. No Additional contacts throughout the intervention 40 1. Yes via print based materials? (intervention group 2. No only) 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) Was the OSN the sole intervention, or only a 1. OSN only component of a larger intervention? 2. Standalone website plus OSN 3. Other (describe) Education included in **OSN component** of the 1. Yes 45 intervention (structured education material) 2. No Feedback included in **OSN component** of the 1. Yes 46 intervention (any form of feedback) 2. No 47 Goal setting included in **OSN component** of the 1. Yes intervention 2. No Online self-monitoring for target behaviour 48 1. Yes included in **OSN component** of the intervention 2. No Email reminders included in OSN component of 49 1. Yes the intervention 2. No 50 Updated content included in **OSN component** of 1. Yes the intervention 2. No 51 Discussion board/forum communication included 1. Yes in **OSN** component of the intervention 2. No (asynchronous communication - e.g. discussion board where you aren't expecting a response straight away) 52 Chat communication included in OSN 1. Yes **component o**f the intervention (synchronous 2. No communication - i.e. sending chat messages with reply in real time) Quiz included in **OSN component** of the 1. Yes intervention 2. No Any type of facilitator or moderator function 54 1. Yes 2. No included in **OSN component** of the intervention Education included in **Non OSN component** of 1. Yes 55 the intervention (structured education material) 2. No Feedback included in Non OSN component of 56 1. Yes the intervention (any form of feedback) 2. No Goal setting included in **Non OSN component** of 1. Yes the intervention 2. No

58	Online self-monitoring for target behaviour included in Non OSN component of the	1. Yes 2. No
59	intervention Email reminders included in Non OSN	1. Yes
60	component of the intervention	2. No
60	Updated content included in Non OSN	1. Yes
C1	component of the intervention	2. No
61	Discussion board/forum communication included in Non-OSN component of the intervention	1. Yes 2. No
	in Non OSN component of the intervention (asynchronous communication - e.g. discussion board where you aren't expecting a response	2. 140
62	straight away) Chat communication included in Non OSN	1. Yes
02	component of the intervention (synchronous	2. No
	communication - i.e. sending chat messages with reply in real time)	2.110
63	Quiz included in Non OSN component of the	1. Yes
05	intervention	2. No
64	Any type of facilitator or moderator function	1. Yes
	included in Non OSN component of the	2. No
	intervention	
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	
00	intervention (average logins per participant)	
69	Type of control group used	1. True (e.g. wait list)
	3F	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	1. Yes - significant improvement compared with control
	improvements in outcome measured in	2. "Yes perhaps" if both groups improved, in the case of
	intervention group?	minimal OSN control or alternative intervention control
71	Outcome 2 (name it) Any significant	3. No1. Yes - significant improvement compared with control
/1	improvements in outcome measured in	2. "Yes perhaps" if both groups improved, in the case of
	intervention group?	minimal OSN control or alternative intervention control
	incivention group.	3. No
72	Outcome 3 (name it) Any significant	1. Yes - significant improvement compared with control
	improvements in outcome measured in	2. "Yes perhaps" if both groups improved, in the case of
	intervention group?	minimal OSN control or alternative intervention control
		3. No
73	Is enough info presented that we would be able to	1. Yes
	calculate an effect size for behaviour change	2. No
	(sample size, group means and standard	
	deviations reported)	