

Study	Risk of bias (/ 25) and CEBM level of evidence	Design/ participants/ setting	Intervention	Online social-networking features	Outcome measures	Process measures
Brindal et al, 2012 [21]	CONSORT = 16.5; CEBM Level 2	<p>Participants: 2648 overweight volunteers.</p> <p>Age: mean 45.0 (SD 11.9)</p> <p>% female: 83.4</p> <p>Participation rate: 33%</p> <p>Attrition rate: 84%</p> <p>Recruitment: mass media campaign</p> <p>Setting: live trial</p> <p>Country: Australia</p> <p>Design: RCT</p>	<p>Focus: diet & weight loss</p> <p>Groups: (a) personalised-online social network including personalised tools; (b) online social network including non-personalised tools; (c) information-based website.</p> <p>Additional to online social-network: 7 emails</p> <p>Duration: 12 weeks</p> <p>Follow-up post baseline: 12 weeks</p> <p>Intro session: none</p>	<p>Format: Health online social networking website (“Online CSIRO Total Wellbeing Diet”)</p> <p>Frequency: daily use encouraged (i.e. total 84 logins).</p> <p>Characteristics: education, feedback, self-monitoring, email reminders (n=7), updated content, discussion board/forum, quiz, facilitator/moderator</p> <p>Theory: Theory of Planned Behaviour</p>	<p>Primary outcome: Self-reported weight and BMI.</p> <p>Tool: NA</p> <p>Validity: NR</p> <p>Secondary outcomes: Numerous mediators reportedly measured (body dissatisfaction, proactive coping, perceived need to lose weight, behavioural intention), but results not presented.</p>	<p>Mean logins varied significantly between groups: 6.0 logins for the personalised-supportive group; 5.5 for the supportive group and 3.4 for the control group, over the 12 week intervention.</p> <p>Satisfaction with website: significantly higher for online social network sites compared with control.</p> <p>Usefulness of website: significantly higher for online social network sites compared with control.</p>
Cavallo et al, 2012 [30]	CONSORT = 13.5; CEBM Level 2	<p>Participants: 134 healthy, physically inactive college students</p> <p>Age: mean NR. <25 years</p> <p>% female: 100</p> <p>Participation rate: 64%</p> <p>Attrition rate: 10%</p> <p>Recruitment: advertising within</p>	<p>Focus: physical activity</p> <p>Groups: (a) physical activity website including self-monitoring features plus Facebook group; (b) physical activity website and emails.</p> <p>Additional to online social-network: >38</p>	<p>Format: Facebook group, to supplement a physical activity website</p> <p>Frequency: daily use encouraged (i.e. total 84 logins).</p> <p>Characteristics: education, feedback from moderator, email reminders (n>38), updated content, discussion board/forum,</p>	<p>Primary outcome: Self-reported physical activity.</p> <p>Tool: Paffenbarger activity questionnaire</p> <p>Validity: NR</p> <p>Secondary outcomes: Online social support for physical activity</p>	<p>Mean logins to standalone website = 8.7 logins per participant; mean logins to Facebook = 5.1 over 12 weeks.</p>

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		university Setting: university students Country: United States Design: RCT	emails. Duration: 12 weeks Follow-up post baseline: 12 weeks Intro session: none	facilitator/moderator Theory: NR		
Foster et al, 2010 [22]	CONSORT = 8.5; CEBM Level 2	Participants: 10 healthy adults Age: NR % female: 90 Participation rate: NR Attrition rate: 0% Recruitment: personal contacts Setting: hospital nursing staff Country: United Kingdom Design: randomised cross-over study	Focus: physical activity Groups: (a) Facebook app with self-monitoring and online social interaction (2) Facebook app with self-monitoring only. Additional to online social network: pedometer Duration: 5 days Follow-up post baseline: 5 days Intro session: none	Format: Facebook app ("StepMatron") Frequency: daily use encouraged (i.e. total 5 logins) Characteristics: self-monitoring of daily steps and discussion board/forum Theory: NR	Primary outcome: Objective physical activity Tool: Pedometer (Silva Ex3 Plus) Validity: NR	Mean logins = 22 per participant over 21 days. Mean 5 page views per visit. 1min46 sec on step input (non-social) interface; 2min37 on the rankings (social) interface.
Freyne et al, 2010 [23]	CONSORT = 3; CEBM Level 4	Participants: 545 healthy adults with families Age: NR % female: NR Participation	Focus: physical activity & diet. Intervention: online health social network with educational material, self-monitoring, discussion	Format: Health online social networking website ("SOFA" – Social Families) Frequency: "Regular use" encouraged	Primary outcome: Attitude towards control over health Tool: Health Locus of Control scale	Social content used more heavily than educational content (5:1 at start, 4:1 by end). Website use decreased as the program went on.

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		rate: NR Attrition rate: NR Recruitment: NR Setting: live trial Country: Australia Design: single group pre-post	board/forum, quiz Additional to online social network: nil Duration: 3 weeks Follow-up post baseline: 3 weeks Intro session: none	Characteristics: education, self-monitoring, discussion board/forum, quiz Theory: Social Learning Theory	Validity: NR	
Kuwata et al, 2010 [29]	CONSORT = 4; CEBM Level 4	Participants: 10 adults with metabolic syndrome Age: mean 34.4 (SD 6.8) % female: 40 Participation rate: NR Attrition rate: 0% Recruitment: NR Setting: NR Country: Japan Design: single group pre-post	Focus: physical activity & diet. Intervention: Online health social network Additional to online social network: 7 emails, personalised feedback from dietician plus accelerometer. Duration: 24 days Follow-up post baseline: 24 days Intro session: none	Format: Health online social networking website ("Metaboli-net") Frequency: 3 x daily encouraged (i.e. total 72 logins). Characteristics: self-monitoring meals, goal-setting, discussion board/forum, facilitator/moderator (dietician) Theory: NR	Primary outcome: Dietary awareness. Tool: NR Validity: NR Secondary outcome: Self-reported physical activity awareness	NR
Ma et al, 2010 [24]	CONSORT = 4; CEBM Level 4	Participants: 107,907 Age: NR	Focus: diet, weight loss & physical activity Intervention: Online health	Format: Health online social networking website ("FatSecret")	Primary outcome: Self-reported weight Tool: NA	Mean 6.1 weigh-ins per participant during the 19 week prospective component.

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		<p>% female: NR</p> <p>Participation rate: NR</p> <p>Attrition rate: 41%</p> <p>Setting: live trial</p> <p>Recruitment: existing users</p> <p>Country: United States</p> <p>Design: single group pre-post and retrospective audit</p>	<p>social network</p> <p>Additional to online social network: fortnightly email reminders</p> <p>Duration: prospective component – 19 weeks; retrospective component – 24 months</p> <p>Follow-up post baseline: variable: prospective component – 19 weeks; retrospective component – up to 24 months</p> <p>Intro session: none</p>	<p>Frequency: daily use encouraged</p> <p>Characteristics: educational content, goal-setting, self-monitoring, discussion board/forum,</p> <p>Theory: NR</p>	<p>Validity: NR</p>	
Napolitano et al, 2012 [28]	CONSORT = 11; CEBM Level 2	<p>Participants: 52 overweight adults</p> <p>Age: 20.5 (SD 2.2)</p> <p>% female: 87</p> <p>Participation rate: 56%</p> <p>Attrition rate: 4%</p> <p>Recruitment: advertising within university</p> <p>Setting: University</p> <p>Country: United</p>	<p>Focus: Physical activity, diet & weight loss</p> <p>Intervention: (a) Facebook group plus daily SMS messages plus weekly tailored feedback reports; (b) Facebook group; (c) wait-list control.</p> <p>Additional to online social network: Group (a) 56 SMS messages, pedometer,</p>	<p>Format: Facebook group.</p> <p>Frequency: ? daily</p> <p>Characteristics: Group (a) Facebook group plus goal-setting, self-monitoring, daily SMS', digital scales, pedometer, book, measuring utensils, personalised weekly report, support buddy.</p> <p>Group (b) education, information,</p>	<p>Primary outcomes: Objective weight</p> <p>Tool: scales</p> <p>Validity: NR</p> <p>Secondary outcomes: Self-reported physical activity (Godin); exercise goal-setting; physical activity self-efficacy; weight self-efficacy; social support.</p>	<p>Engagement was slightly higher for Group (a) than Group (b).</p> <p>Satisfaction was similar for Group (a) and Group (b).</p>

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		<p>States</p> <p>Design: RCT (3 groups)</p>	<p>digital scales, extensive written materials, measuring utensils, support buddy plus expert personalised advice. Group (b) nil.</p> <p>Duration: 8 weeks</p> <p>Follow-up post baseline: 4 and 8 weeks.</p> <p>Intro session: yes</p>	<p>polls, discussion board/forum.</p> <p>Theory: NR</p>		
Sugano & Yamazaki, 2011 [25]	<p>CONSORT = 0.5;</p> <p>CEBM Level 4</p>	<p>Participants: 2500 adults using weight loss website</p> <p>Age: NR</p> <p>% female: 100</p> <p>Participation rate: NR</p> <p>Attrition rate: NR</p> <p>Setting: live trial</p> <p>Recruitment: existing users</p> <p>Country: Japan</p> <p>Design: single group pre-post</p>	<p>Focus: diet & weight loss</p> <p>Intervention: Online health social network</p> <p>Additional to online social network: nil</p> <p>Duration of intervention: Study 1 > 6 months</p> <p>Study 2 > 90 days</p> <p>Follow-up post baseline: Study 1 > 6 months</p> <p>Study 2 > 90 days</p> <p>Intro session: no</p>	<p>Format: Health online social networking website “Yahoo Diet Diary”</p> <p>Frequency: daily</p> <p>Characteristics: self-monitoring, discussion board</p> <p>Theory: NR</p>	<p>Primary outcome: Self-reported weight</p> <p>Tool: NA</p> <p>Validity: NR</p> <p>Secondary outcomes: diet diary</p>	<p>More weight loss occurs in the first 90 days of use, than in ensuing 90 day periods.</p> <p>Long term use is associated with higher weight loss.</p> <p>Higher social interaction is associated with higher weight loss.</p>

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Turner-McGrievy & Tate, 2011 [27]	CONSORT = 19.5; CEBM Level 2	<p>Participants: 96 overweight adults</p> <p>Age: Group-a 42.6 (10.7); Group-b: 43.2 (11.7)</p> <p>% female: 75</p> <p>Participation rate: 71%</p> <p>Attrition rate: 10% Recruitment: television advertising and mass emails</p> <p>Setting: community</p> <p>Country: United States</p> <p>Design: RCT</p>	<p>Focus: physical activity, diet & weight loss</p> <p>Intervention: (a): podcasts plus 2 x daily tweets plus FatSecret Calorie Counter phone app; (b) podcasts only.</p> <p>Additional to online social network: expert moderator, 48 podcasts, FatSecret phone app plus extensive written materials.</p> <p>Duration of intervention: 26 weeks</p> <p>Follow-up post baseline: 26 weeks</p> <p>Intro session: yes</p>	<p>Format: Twitter posts from facilitator.</p> <p>Frequency: 2 x daily</p> <p>Characteristics: education, self-monitoring, discussion board/forum, facilitator, goal-setting, email reminders,</p> <p>Theory: Social cognitive theory</p>	<p>Primary outcome: Objective weight</p> <p>Tool: scales</p> <p>Validity: NR</p> <p>Secondary outcomes: Self-reported physical activity (Paffenbarger); dietary intake; eating behaviours; weight loss self-efficacy</p>	<p>Number of podcast episodes downloaded per group was similar.</p> <p>Within Group (a), participants made a mean of 2.1 (SD 3.1) posts to Twitter per week; 94% posted to Twitter at least once. Rate of Twitter posts decreased across the intervention period.</p>
Valle et al, 2013 [26]	CONSORT = 18; CEBM Level 2	<p>Participants: 86 physically inactive, young adult cancer survivors</p> <p>Age: 31.7 (5.1)</p> <p>% female: 91</p> <p>Participation rate: 89%</p> <p>Attrition rate:</p>	<p>Focus: Physical activity</p> <p>Intervention: (a) Facebook group plus pedometer plus self-monitoring website; (b) Facebook group plus pedometer</p> <p>Additional to online social network: pedometer,</p>	<p>Format: Facebook group + pedometer + self-monitoring website.</p> <p>Frequency: daily</p> <p>Characteristics: education, goal-setting, self-monitoring, email reminders, discussion board,</p>	<p>Primary outcome: Self-reported physical activity</p> <p>Tool: Godin</p> <p>Validity: yes</p> <p>Secondary outcomes: Quality of life, self-reported</p>	<p>Mean number of Facebook posts was similar for Group (a) and (b).</p> <p>Group (a) participants set an average of 4.2 + 4.8 goals (supposed to be 12) and completed a mean of 21.9 + 37.9 physical activity entries (supposed to be 84).</p>

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		<p>23%</p> <p>Recruitment: online social media campaign, flyers and mass emails</p> <p>Setting: community</p> <p>Country: United States</p> <p>Design: RCT</p>	<p>expert moderator</p> <p>Duration of intervention: 12 weeks</p> <p>Follow-up post baseline: 12 weeks</p> <p>Intro session: introduction e-mail</p>	<p>moderator</p> <p>Theory: Social cognitive theory</p>	<p>weight.</p>	<p>Usage gradually declined across the 12 weeks.</p>