

## Systematic Review Search Strategy

*Total search: 2680 articles (Search 1: 1482, Search 2: 1198)*

Table S1. Search 1: e- and m-health interventions, databases searched, search terms, limits applied and results

Database	Search ID number	Search terms	Results
<b>Medline via Ovid</b>	1	Online intervention.mp. or Computer-assisted therapy.mp. or Therapy, Computer-Assisted/	5242
	2	Internet/ or Website.mp	55352
	3	Cell phones.mp or Cell phones/	5040
	4	Telemedicine/ or Cyber.mp	12148
	5	email.mp or Electronic mail/	5193
	6	Adult/or Young adult/ or young adult*.mp	4093057
	7	Fruit/ or Fruit*.mp	65586
	8	Vegetable*.mp or Vegetables/	39576
	9	1 or 2 or 3 or 4 or 5	77751
	10	7 or 8	87363
	11	6 and 9 and 10	120
	12	Limit 11 to (English language and humans and yr = 1990-current)	<b>120</b>
<b>Cochrane database of systematic reviews</b>	1	Online intervention.mp.	2
	2	Computer-assisted therapy.mp.	8
	3	Therapy, Computer-Assisted.mp. [mp=title, short title, abstract, full text, keywords, caption text]	30
	4	Telemedicine.mp. [mp=title, short title, abstract, full text, keywords, caption text]	52
	5	email.mp. [mp=title, short title, abstract, full text, keywords, caption text]	987
	6	cell phone.mp. [mp=title, short title, abstract, full text, keywords, caption text]	19

	7	1 or 2 or 3 or 4 or 5 or 6	1056
	8	Fruit*.mp. [mp=title, short title, abstract, full text, keywords, caption text]	243
	9	vegetable*.mp. [mp=title, short title, abstract, full text, keywords, caption text]	197
	10	8 or 9	310
	11	Adult*.mp. [mp=title, short title, abstract, full text, keywords, caption text]	5254
	12	young adult*.mp. [mp=title, short title, abstract, full text, keywords, caption text]	385
	13	11 or 12	5132
	14	7 and 10 and 13	<b>23</b>
<b>Web of science</b>	1	TS=("online intervention*" OR "computer-tailored intervention*" OR internet OR "smart-phone*" OR website* OR email OR "electronic mail")	415,764
	2	TS=( Fruit* OR vegetable*)	1,247,542
	3	TS= ("young adult*" OR Adult*)	7,121, 146
	4	Combine 1 AND 2 AND 3 <i>Timespan=1990-2015, search language=English</i>	<b>286</b>
<b>Science direct</b>	1	pub-date > 1989 and "online intervention*" OR "computer-tailored intervention*" OR internet OR "smart-phone*" OR website* OR email OR "electronic mail" AND Fruit* OR vegetable* AND "young adult*" OR Adult* AND "Randomised controlled trial".	<b>675</b>
<b>Cinahl</b>	1	"online intervention"	35
	2	(MH "Therapy, Computer Assisted+")	3,232

3	(MH "Internet") OR "internet"	32,763
4	(MH "Cellular Phone+") OR "mobile phone"	5,066
5	"email"	995
6	(MH "Telemedicine+")	3,871
7	(MH "Adult+") OR (MH "Young Adult")	682,569
8	(MH "Fruit+") OR "fruit"	13,277
9	(MH "Vegetables+") OR "vegetable"	11,752
10	8 OR 9	15,668
11	1 OR 2 OR 3 OR 4 OR 5 OR 6	41,390
12	7 AND 10 AND 11	<b>26</b>

## Scopus

1	"online intervention*" OR "computer-tailored intervention*" OR internet OR "smart-phone*" OR website* OR email OR "electronic mail" AND Fruit* OR vegetable* AND "young adult*" OR Adult*	<b>194</b>
2	'computer-tailored intervention'	38
3	'internet'	100,043
4	'smartphone'	2,126
5	'website'	14,431
6	'email'	42,976
7	Fruit or vegetable	162,239
8	'young adult' OR adult	5,148,352
9	1 or 2 or 3 or 4 or 5 or 6	158,507
10	7 and 8 and 9	<b>156</b>

<b>PsycInfo</b>	1	Computer-assisted therapy.mp. or Therapy, Computer-Assisted/	598
	2	Internet/ or Website.mp	26124
	3	Cell phones.mp or Cell phones/	2536
	4	Telemedicine/ or Cyber.mp	3912
	5	email.mp or Electronic mail/	6601
	6	Adult/or Young adult/ or young adult*.mp	33446
	7	Fruit/ or Fruit*.mp	155564
	8	Vegetable*.mp or Vegetables/	3657
	9	1 or 2 or 3 or 4 or 5	35816
	10	7 or 8	16452
	11	6 and 9 and 10	2
	12	Limit 11 to (English language and humans and yr = 1990-current)	2

Table S2. Search 2: social marketing and mass media interventions), databases searched, search terms, limits applied and results

<b>Database</b>	<b>Search ID number</b>	<b>Search terms</b>	<b>Results</b>
<b>Medline via Ovid</b>	1	Adult/ or Young Adult/ or young adult*.mp.	4126552
	2	Fruit/ or fruit*.mp.	66529
	3	Vegetable*.mp. or Vegetables/	40014
	4	2 or 3	88502
	5	Social marketing.mp. or social marketing/	2976
	6	Social media. mp or Mass Media/ or Social Media/	11192
	7	5 or 6	13882
	8	1 and 4 and 7	6
	9	Limit 8 to (English language and humans and yr = 1990-current)	<b>6</b>
<b>Cochrane Database of Systematic Reviews</b>	1	Adult/ or Young Adult/ or young adult*.mp.	386
	2	Fruit/ or fruit*.mp.	249
	3	Vegetable*.mp. or Vegetables/	197
	4	2 or 3	294
	5	Social marketing.mp. or social marketing/	36
	6	Social media. mp or Mass Media/ or Social Media/	17
	7	5 or 6	53
	8	1 and 4 and 7	0
	9	Limit 8 to (English language and humans and yr = 1990-current)	<b>0</b>

<b>Web of science</b>	1	TS= (social media OR social marketing OR mass media)	431,098
	2	TS= (Fruit* OR vegetable*)	1,247,569
	3	TS=(“young adult*” OR Adult*)	7,123, 146
	4	1 AND 2 AND 3	<b>432</b>
<b>Science direct</b>	1	"social media" OR "social marketing" OR "mass media" AND Fruit* OR vegetable* AND "young adult*" .	<b>302</b>
<b>Cinahl</b>	1	(MH "Social Media") OR "social media"	3512
	2	(MH "Communications Media+") OR "mass media"	317,892
	3	(MH "Social Marketing") OR "social marketing"	974
	4	(MH "Adult+") OR (MH "Young Adult")	682,594
	5	(MH "Fruit+") OR "fruit"	13,283
	6	(MH "Vegetables+") OR "vegetable"	11,762
	7	1 OR 2 OR 3	319,897
	8	5 OR 6	15,704
	9	4 AND 7 AND 8	<b>165</b>
<b>Scopus</b>		"social media" OR "social marketing" OR "mass media" AND fruit* OR vegetable* AND "young adult*"	<b>287</b>
<b>Embase</b>	1	‘social marketing’/exp OR ‘social marketing’	3509
	2	‘social media’	4449
	3	‘mass media’	4157
	4	1 or 2 or 3	11,849
	5	‘young adult’ or ‘young adults’	138,234
	6	‘fruits and vegetables’ or ‘fruit’ or ‘vegetable’	162,845
	7	4 and 5 and 6	<b>6</b>

**PsycInfo**

1	Adult/ or Young Adult/ or young adult*.mp.	33964
2	Fruit/ or fruit*.mp.	15808
3	Vegetable*.mp. or Vegetables/	3748
4	2 or 3	16715
5	Social marketing.mp. or social marketing/	1225
6	Social media. mp or Mass Media/ or Social Media/	11955
7	5 or 6	13102
8	1 and 4 and 7	2
9	Limit 8 to (English language and humans and yr = 1990-current)	<b>0</b>