

Table S7: Change in fruit and vegetable intake between baseline and follow-up for intervention and control arms with calculated effect size Cohen's d (95% CI) (n=14)

Author (year), citation	e/mHealth strategies	Results	
		Baseline to post intervention	Effect Size Cohen's d (95% CI)
Clifford <i>et al.</i> (2009) (69)	Online cooking videos	<i>Data as mean (SE) F&amp;V serves/day</i> <b>Intervention:</b> pre: 2.82 (0.25), post:2.46 (0.30) <b>Control:</b> pre: 2.67 (0.25), post:2.77 (0.29) <i>P = NS (p &gt;0.05)</i>	<i>F&amp;V</i> -0.15 (-0.54; 0.24)
Franko <i>et al.</i> (2008) (73)	Online education	<i>Data as mean (SE) F&amp;V serves/day<sup>1</sup></i> <b>Intervention</b> I: pre: 3.2 (0.1), post: 3.65, II: pre: 3.0, post: 3.66 <b>Control:</b> pre: 2.9 (0.1), post:3.07 <i>P &lt;0.01</i>	N/A (No SE reported post intervention for calculation)
Gow <i>et al.</i> (2010) (67)	Online education, Email	<i>Data as mean (pre: SD, post: SE ) F&amp;V score (value of score not defined)</i> <b>Intervention + FB group:</b> pre: 1.32 (1.67), post: 1.73 (0.21), <b>Intervention only:</b> pre: 1.87 (1.54), post: 1.63 (0.21), <b>FB only:</b> pre: 1.46 (1.64), post:1.57 (0.22) <b>Control:</b> pre: 1.80 (1.43), post:1.44 (0.21) <i>P = NS (p value NR)</i>	<i>F&amp;V</i> I + FB: 0.22 (-0.22; 0.66) I only: 0.14 ( -0.29; 0.58) FB only: 0.1 (0.34; 0.54)
Greene <i>et al.</i> (2012) (62)	Online education	<i>Data as mean (SE) F&amp;V cups/day</i> <b>Intervention:</b> 2 item screener: pre: 2.6 (0.10) post:3.7 (0.10) NCI: pre: 3.3 (0.12), post:4.1 (0.16) <b>Control:</b> 2 item screener: pre: 2.6 (0.09), post:2.5 (0.10) NCI: pre: 3.1 (0.12), post:2.8 (0.15) <i>P &lt;0.001 (for both tools)</i>	<i>F&amp;V 2 Item</i> 0.46 (0.35; 0.57)
			<i>F&amp;V NCI</i> 0.32 (0.21; 0.43)
Hebden <i>et al.</i> (2013) (65)	SMS, Apps, Email, Website	<i>Data as median serves/day (IQR 25–75%)</i> <b>Intervention:</b> V: pre: 2.0 (1.0–3.0), post:2.0 (2.0–4.0) F: pre: 1.5 (1.0–2.0), post:2.0 (1.0–3.0) <b>Control:</b> V: pre: 2.0 (2.0–3.0), post:3.0 (2.0–4.0) F: pre: 2.0 (1.0–2.0), post:2.0 (1.0–3.0) V: <i>P= 0.66</i> , F: <i>P= 0.96</i>	<i>Vegetables</i> 0.12 (-0.43; 0.67) <i>Fruit</i> 0.01(-0.53; 0.60)
Kattelman <i>et al.</i> (2014) (63)	Online education, Email	<i>Data as mean (SD) F&amp;V cups/day</i> <b>Intervention:</b> pre: 2.6 (2.1), post: 2.8 (2.1) <b>Control:</b> pre: 2.7 (1.9), post:2.5 (2.1) <i>P= 0.001</i>	<i>F&amp;V</i> 0.14 (0.03; 0.25)
Kothe & Mullan (2014) (68)	Email	<i>Data as mean (SD) F&amp;V serves/day</i> <b>Intervention:</b> pre: 4.69 (1.92), post:5.31 (2.08) <b>Control:</b> pre: 4.59 (2.22), post:5.02 (2.10) <i>P= 0.499</i>	<i>F&amp;V</i> 0.14 (-0.2; 0.48)
Kypri and McAnally (2005) (74)	Online assessment, Email	<i>Data as % meeting F&amp;V recommendations</i> <b>Intervention:</b> pre: 24%, post 33% <b>Control:</b> pre: 21%, post 26% <i>P= 0.44</i>	<i>F&amp;V</i> 0.19 (-0.15; 0.52)
LaChausse (2012) (71)	Online web-based education	<i>Data as mean (SD) frequency of F&amp;V consumption</i> <b>Intervention:</b> F: pre: 2.67 (1.25), post:3.37 (1.6), V: pre: 2.44 (1.22), post:2.80 (1.35) <b>Control:</b> F: pre: 3.24 (1.55), post: 3.15 (1.48), V: 2.65 (1.32), post:2.8 (1.35) <i>P=0.04</i>	<i>Vegetables</i> 0 (-2.35; 2.35) <i>Fruit</i> 0.14 (-0.12; 0.40)

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		Baseline to post intervention	Effect Size Cohen's d (95% CI)
Nitzke <i>et al.</i> (2007) (64)	Phone calls	<i>Data as mean (SD) F&amp;V serves/day</i> <sup>3</sup> <b>Intervention:</b> F: pre: 2.36 (2.5), post 2.59 (4.11) V: pre: 1.69 (1.33), post: 1.82 (1.40) ( <b>P</b> < 0.05) <b>Control:</b> F: pre: 2.37 (2.36), post: 2.21 (1.96), V: pre: 1.67 (1.21), post: 1.67 (1.21) COMBINED F&V <b>Intervention:</b> pre: 4.04 (3.18), post 4.40 (4.58) <b>Control:</b> pre: 4.03 (3.10), post: 3.87 (2.67) ( <b>P</b> < 0.05)	<i>Vegetables:</i> 0.11 (0.03; 0.20) <i>Fruit:</i> 0.12(0.03; 0.21)  <i>F&amp;V</i> 0.14 (0.03; 0.26)
Partridge <i>et al.</i> (2015) (66)	SMS Mobile Apps Website Email	<i>Data as % consuming ≥2 F &amp; ≥4 V serves/day</i> <b>Intervention:</b> F: pre: 33.3%, post:75.6%, V: pre: 15.4%, post:35% <b>Control:</b> F: pre: 38.4%, post:60.0%, V: pre: 14.4%, post:22.4% F: <b>P</b> = 0.18, V: <b>P</b> =0.009 <sup>4</sup>	<i>Vegetables:</i> 0.40 (0.04; 0.70) <i>Fruit:</i> 0.8 (0.33; 1.31)
Richards <i>et al.</i> (2006) (75)	Website Email Phone calls	<i>Data as mean (SE) F&amp;V serves/day</i> <b>Intervention:</b> pre: 2.2 (0.1), post: 3.2 (0.1) <b>Control:</b> pre: 2.1 (0.1), post: 2.5 (0.1) <b>P</b> < 0.001	<i>F&amp;V</i> 0.56 (0.33; 0.79)
Rompotis <i>et al.</i> (2014) (72)	SMS Email	<b>All groups:</b> Pre: 2.32, post: 2.66 (+0.34 V serves/day across the groups) <b>P</b> < 0.009 (change in intake NR by group or for fruit) NS differences between groups <b>P</b> =0.30	N/A No control vs intervention mean and SE/SD for calculation
Shahril <i>et al.</i> (2013) (70)	SMS	<i>Data as mean (SE) F&amp;V serves/day</i> <b>Intervention:</b> F <sup>5</sup> : pre: 0.40 (0.05), post: 1.16 (0.08), V: pre:1.39 (0.06), post: 1.45 (0.06) <b>Control:</b> F <sup>5</sup> : 0.35 (0.04), post:0.32 (0.04), V: pre: 1.31(0.06), post:no change in V F: <b>P</b> < 0.001, V: <b>P</b> =0.12	<i>Fruit</i> 1.0 (0.8; 1.2) <i>Vegetables</i> 0.17 (-0.03; 0.37)

<sup>1</sup>, data based on single item F&V tool as no post test data for FFQ; <sup>2</sup>, Intervention + feedback group compared to the control; <sup>3</sup> 3 month data reported (6 month NA); <sup>4</sup> p values based on shift in intake for intervention vs. control arms, <sup>5</sup> including fruit juice; BCT, behavior change techniques; FB, feedback, FFQ, food frequency questionnaire; F&V, fruit and vegetables; I, intervention; IQR, Interquartile range; msg, message; NA, not applicable; NCI, national cancer institute; NR, not reported; NS, not significant; PA, physical activity; SMS, short message service; SOC, stages of change; SSB, sugar sweetened beverages; TA, take away; wks, weeks