

Supplementary File 5. List of excluded studies

Reference	Reasons for exclusion
1. Abroms (2017)	Not psychosocial health outcomes
2. Al Hashmi (2017)	Ph.D. dissertation
3. Ashcroft (2017)	Not psychosocial health outcomes
4. Atkinson (2016)	Not psychosocial health outcomes
5. Atnafu (2017)	Not psychosocial health outcomes
6. Baggett (2020)	Did not meet PICO criteria
7. Baggett (2021)	Did not meet PICO criteria
8. Bhat (2018)	Intervention not exclusively mobile health
9. Bhati (2014)	Conference poster
10. Brown (2018)	Ph.D. dissertation
11. Bush (2017)	Not psychosocial health outcomes
12. Castaño (2012)	Not psychosocial health outcomes
13. Crawford (2014)	Not psychosocial health outcomes
14. Dalfra (2009)	Unclear if exclusively using mobile devices
15. Dehlendorf (2019)	Not psychosocial health outcomes
16. Dodd (2017)	Not psychosocial health outcomes
17. Evans (2015)	Not psychosocial health outcomes
18. Fjeldsoe (2010)	Not psychosocial health outcomes
19. Fletcher (2017)	Not targeting pregnant women and mothers
20. Fletcher (2019)	Not targeting pregnant women and mothers
21. Forinash (2018)	Not psychosocial health outcomes
22. Gold (2021)	Unclear if exclusively using mobile devices
23. Gray (2017)	Not psychosocial health outcomes
24. Hackett (2019)	Not targeting pregnant women and mothers
25. Haile (2018)	Not psychosocial health outcomes
26. Hamdani (2021)	Participants' age did not meet inclusion criteria
27. Henkemans (2018)	Not targeting pregnant women and mothers
28. Huberty (2017)	Not psychosocial health outcomes
29. Ilozumba (2018)	Not psychosocial health outcomes
30. Jiskoot (2020)	Not targeting pregnant women and mothers
31. Johnson (2017)	Not psychosocial health outcomes
32. Jones (2020)	Not psychosocial health outcomes
33. Kennelly (2018)	Not psychosocial health outcomes
34. Kiani (2021)	Not psychosocial health outcomes
35. Kinuthia (2021)	Not psychosocial health outcomes
36. Kurti (2020)	Not psychosocial health outcomes
37. Ladley (2018)	Not psychosocial health outcomes
38. Ledford (2016)	Not psychosocial health outcomes
39. Letourneau (2015)	Unclear if exclusively using mobile devices
40. Levine (2021)	Not psychosocial health outcomes
41. Li (2020)	Not psychosocial health outcomes
42. Li (2021)	Not psychosocial health outcomes
43. Lund (2012)	Not psychosocial health outcomes
44. Lund (2014)	Not psychosocial health outcomes
45. MacDonald (2019)	Not targeting pregnant women and mothers

46. Mascarenhas (2018)	Participants' age did not meet inclusion criteria
47. Medhanyie (2015)	Not targeting pregnant women and mothers
48. Miremberg (2018)	Not psychosocial health outcomes
49. Mohan (2021)	Not psychosocial health outcomes
50. Moniz (2013)	Not psychosocial health outcomes
51. Moulai (2021)	Not psychosocial health outcomes
52. Murthy (2020)	Not psychosocial health outcomes
53. Naughton (2012)	Not psychosocial health outcomes
54. Naughton (2013)	Not psychosocial health outcomes
55. Naughton (2017)	Not psychosocial health outcomes
56. Ngai (2015)	Unclear if exclusively using mobile devices
57. Niederhauser (2015)	Not psychosocial health outcomes
58. Odeny (2019)	Not psychosocial health outcomes
59. Pandya (2021)	Participants' age did not meet inclusion criteria
60. Perricone (2021)	Unclear if exclusively using mobile devices
61. Pollak (2013)	Not psychosocial health outcomes
62. Pollak (2014)	Not psychosocial health outcomes
63. Potzel (2021)	Not psychosocial health outcomes
64. Prasad (2018)	Ph.D. dissertation
65. Ragesh (2020)	Not psychosocial health outcomes
66. Raj (2021)	Not targeting pregnant women and mothers
67. Redman (2017)	Not psychosocial health outcomes
68. Scheepers (2021)	Not psychosocial health outcomes
69. Schoeppe (2020)	Not psychosocial health outcomes
70. Scott (2021)	Not targeting pregnant women and mothers
71. Shelus (2017)	Not psychosocial health outcomes
72. Sloan (2017)	Not psychosocial health outcomes
73. Smith (2020)	Telehealth; unclear if exclusively using mobile devices
74. Soltani (2015)	Not psychosocial health outcomes
75. Stonbraker (2020)	Not psychosocial health outcomes
76. Suryavanshi (2020)	Not targeting pregnant women and mothers
77. Sun (2017)	Not psychosocial health outcomes
78. Tinius (2021)	Not psychosocial health outcomes
79. Tombor (2018)	Not psychosocial health outcomes
80. Toohill (2014)	Unclear if exclusively using mobile devices
81. Trafford (2020)	Not psychosocial health outcomes
82. Walter (2021)	Not psychosocial health outcomes
83. Willcox (2017)	Not psychosocial health outcomes
84. Wouldes (2021)	Report/review
85. Wu (2020)	Not psychosocial health outcomes
86. Wu (2021)	Not psychosocial health outcomes
87. Ye (2018)	Not psychosocial health outcomes
88. Yee (2021)	Not psychosocial health outcomes
89. Yudin (2017)	Not psychosocial health outcomes
90. Zakus (2019)	Not targeting pregnant women and mothers
91. Zuccolo (2021)	Study protocol