

## Additional file 6. Intervention effectiveness coding

Study (Author, published year)	Dependent variable	Group ID	Follow up time (month)	Intervention effectiveness	Category of key indicator	Effect size magnitude	Statistical power of group difference in outcome (1-significant, 0-insignificant)
Luszczynska, Scholzc et al. 2007	Diet behavior	d1	6	Effective	Self-reported behavior	Medium	1
Luszczynska, Sobczyk et al. 2007	Diet behavior	d2	2	Effective	Physiological	Small	1
Soureti et al. 2011a	Diet behavior	d3	1.25	Effective	Self-reported behavior	Medium	1
Soureti et al. 2011a	Diet behavior	d4	1.25	Ineffective	Self-reported behavior	No effect	0
Soureti et al. 2011b	Diet behavior	d5	1.25	Effective	Self-reported behavior	Small	1
Soureti et al. 2011b	Diet behavior	d6	1.25	Ineffective	Self-reported behavior	No effect	0
Broekhuizen et al. 2012	Diet behavior	d7	12	Ineffective	Physiological	No effect	0
Scholz et al. 2013	Diet behavior	d8	6	Ineffective	Self-reported behavior	No effect	0
Ströbl et al. 2013	Diet behavior	d9	6	Ineffective	Physiological	No effect	0
de Freitas Agondi et al. 2014	Diet behavior	d10	2.5	Effective	Physiological	Medium	1
Helena et al. 2014	Diet behavior	d11	6	Effective	Physiological	Medium	1
Janssen et al. 2014	Diet behavior	d12	6	Effective	Physiological	Small	1

Study (Author, published year)	Dependent variable	Group ID	Follow up time (month)	Intervention effectiveness	Category of key indicator	Effect size magnitude	Statistical power of group difference in outcome (1-significant, 0-insignificant)
van Genugten et al. 2014	Diet behavior	d13	6	Ineffective	Physiological	No effect	0
Vinkers et al. 2014	Diet behavior	d14	1	Effective	Physiological	Small	1
Vinkers et al. 2014	Diet behavior	d15	1	Effective	Physiological	Small	1
Obara-Golebiowska et al. 2015	Diet behavior	d16	0.5	Effective	Self-reported behavior	Medium	1
Armitage et al. 2017	Diet behavior	d17	6	Effective	Physiological	Medium	1
Cheung et al. 2017	Diet behavior	d18	6	Ineffective	Physiological	No effect	0
Duan et al. 2018	Diet behavior	d19	2	Effective	Self-reported behavior	Large	1
Stevens et al. 2001	Diet behavior	d20	6	Effective	Physiological	Medium	1
Jackson et al. 2005	Diet behavior	d21	3.2	Ineffective	Self-reported behavior	No effect	0
Svetkey et al. 2008	Diet behavior	d22	30	Effective	Physiological	Small	1
Svetkey et al. 2008	Diet behavior	d23	30	Effective	Physiological	Small	1
Thoolen et al. 2009	Diet behavior	d24	12	Effective	Physiological	Small	1
Zandstra et al. 2010	Diet behavior	d25	1	Effective	Physiological	Small	1

Study (Author, published year)	Dependent variable	Group ID	Follow up time (month)	Intervention effectiveness	Category of key indicator	Effect size magnitude	Statistical power of group difference in outcome (1-significant, 0-insignificant)
Sniehotta et al. 2011	Diet behavior	d26	6	Effective	Physiological	Medium	1
Armitage et al. 2014	Diet behavior	d27	1	Effective	Physiological	Small	1
Hayes et al. 2020	Diet behavior	d28	1	Ineffective	Physiological	No effect	0
Hayes et al. 2020	Diet behavior	d29	1	Ineffective	Physiological	No effect	0
Ayre et al. 2020	Diet behavior	d30	1	Ineffective	Self-reported behavior	No effect	0
Ayre et al. 2020	Diet behavior	d31	1	Ineffective	Self-reported behavior	No effect	0
Kim et al. 2019	Diet behavior	d32	2.25	Ineffective	Physiological	No effect	0
Kim et al. 2019	Diet behavior	d33	2.25	Ineffective	Physiological	No effect	0
Groeneveld et al. 2011	Diet behavior	d34	6	Ineffective	Self-reported behavior	Small	1
Fleig et al. 2011	Diet behavior	d35	1.5	Ineffective	Self-reported behavior	Small	1
Dombrowski et al. 2016	Diet behavior	d36	2.5	Ineffective	Physiological	No effect	0
Göhner et al. 2012	Diet behavior	d37	6	Effective	Physiological	Medium	1
Gagnon-Girouard et al. 2010	Diet behavior	d38	6	Ineffective	Physiological	No effect	0

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Gagnon-Girouard et al. 2010	Diet behavior	d39	6	Ineffective	Physiological	No effect	0
Miller et al. 2016	Diet behavior	d40	3	Effective	Physiological	Large	1
Kwasnicka et al. 2020	Diet behavior	d41	6	Effective	Physiological	Small	1
Kivelä et al. 2020	Diet behavior	d42	12	Ineffective	Physiological	No effect	0
Osborn et al. 2018	Diet behavior	d43	12	Ineffective	Physiological	No effect	0
Luszczynska 2006	Physical activity	p1	8	Effective	Self-reported behavior	Medium	1
Sniehotta et al. 2006	Physical activity	p2	2.5	Ineffective	Self-reported behavior	No effect	0
Sniehotta et al. 2006	Physical activity	p3	2.5	Effective	Self-reported behavior	Medium	1
Luszczynska, Sobczyk et al. 2007	Physical activity	p4	2	Effective	Physiological	Small	1
Scholz et al. 2007	Physical activity	p5	2.5	Ineffective	Self-reported behavior	No effect	0
Scholz et al. 2007	Physical activity	p6	2.5	Ineffective	Self-reported behavior	Small	1
Broekhuizen et al. 2012	Physical activity	p7	12	Ineffective	Physiological	No effect	0
Bélanger-Gravel et al. 2013	Physical activity	p8	6	Effective	Device-based	Medium	1

Study (Author, published year)	Dependent variable	Group ID	Follow up time (month)	Intervention effectiveness	Category of key indicator	Effect size magnitude	Statistical power of group difference in outcome (1-significant, 0-insignificant)
Ströbl et al. 2013	Physical activity	p9	6	Ineffective	Self-reported behavior	Small	1
Helena et al. 2014	Physical activity	p10	6	Ineffective	Device-based	No effect	0
Janssen et al. 2014	Physical activity	p11	6	Effective	Device-based	Medium	1
van Genugten et al. 2014	Physical activity	p12	6	Ineffective	Physiological	No effect	0
Vinkers et al. 2014	Physical activity	p13	1	Effective	Physiological	Small	1
Vinkers et al. 2014	Physical activity	p14	1	Effective	Physiological	Small	1
Cheung et al. 2017	Physical activity	p15	6	Ineffective	Physiological	No effect	0
Duan et al. 2018	Physical activity	p16	2	Effective	Self-reported behavior	Medium	1
Stevens et al. 2001	Physical activity	p17	6	Effective	Physiological	Medium	1
Sniehotta et al. 2005	Physical activity	p18	4	Ineffective	Self-reported behavior	No effect	0
Sniehotta et al. 2005	Physical activity	p19	4	Ineffective	Self-reported behavior	No effect	0
Svetkey et al. 2008	Physical activity	p20	30	Effective	Device-based	Small	1
Svetkey et al. 2008	Physical activity	p21	30	Effective	Device-based	Small	1

Study (Author, published year)	Dependent variable	Group ID	Follow up time (month)	Intervention effectiveness	Category of key indicator	Effect size magnitude	Statistical power of group difference in outcome (1-significant, 0-insignificant)
Thoolen et al. 2009	Physical activity	p22	12	Effective	Physiological	Small	1
Sniehotta et al. 2011	Physical activity	p23	6	Effective	Physiological	Medium	1
Rodrigues et al. 2013	Physical activity	p24	2	Ineffective	Self-reported behavior	Small	1
Wilczynska et al. 2019	Physical activity	p25	5	Effective	Device-based	Small	1
Zakrisson et al. 2019	Physical activity	p26	12	Ineffective	Device-based	No effect	0
Kim et al. 2019	Physical activity	p27	2.25	Ineffective	Physiological	No effect	0
Kim et al. 2019	Physical activity	p28	2.25	Ineffective	Physiological	No effect	0
Groeneveld et al. 2011	Physical activity	p29	6	Ineffective	Self-reported behavior	No effect	0
Almeida et al. 2015	Physical activity	p30	1	Effective	Self-reported behavior	Medium	1
Almeida et al. 2015	Physical activity	p31	1	Effective	Self-reported behavior	Medium	1
Silva et al. 2020	Physical activity	p32	6	Effective	Physiological	Small	1
Fleig et al. 2011	Physical activity	p33	1.5	Ineffective	Self-reported behavior	Small	1
Leung et al. 2019	Physical activity	p34	2.5	Ineffective	Device-based	No effect	1

Study (Author, published year)	Dependent variable	Group ID	Follow up time (month)	Intervention effectiveness	Category of key indicator	Effect size magnitude	Statistical power of group difference in outcome (1-significant, 0-insignificant)
Dombrowski et al. 2016	Physical activity	p35	2.5	Ineffective	Physiological	No effect	0
Göhner et al. 2012	Physical activity	p36	6	Effective	Physiological	Medium	1
Christiansen et al. 2010	Physical activity	p37	3	Effective	Physiological	Medium	1
Richardson et al. 2012	Physical activity	p38	6	Effective	Self-reported behavior	Medium	1
Miller et al. 2016	Physical activity	p39	3	Ineffective	Device-based	No effect	0
Kwasnicka et al. 2020	Physical activity	p40	3	Effective	Device-based	Small	1
Kivelä et al. 2020	Physical activity	p41	12	Ineffective	Physiological	No effect	0
Osborn et al. 2018	Physical activity	p42	12	Ineffective	Physiological	No effect	0
Boekhout et al. 2018	Physical activity	p43	6	Inconclusive	Self-reported behavior	Unclear	0
Breslin et al. 2019	Physical activity	p44	1.5	Inconclusive	Device-based	Unclear	1
Rodgers et al. 2014	Physical activity	p45	6	Inconclusive	Device-based	Unclear	1
Wooldridge et al. 2019	Physical activity	p46	1.5	Inconclusive	Device-based	Unclear	1
Wooldridge et al. 2019	Physical activity	p47	1.5	Inconclusive	Device-based	Unclear	1