

**Table S6:** Description of eHealth interventions aimed at preventing excessive gestational weight gain.

First author	Setting and date	Population	Intervention	GWG <sup>a</sup> and GWG measure	Quality <sup>b</sup>
Herring <sup>117</sup>	Philadelphia, United States 2013 – 2014	Singleton pregnancy, > 18 years old, < 20 weeks gestation, BMI 25-45kg/m <sup>2</sup> in first trimester, African American Medicaid recipient, cell phone with text messaging, Facebook account. Excluded: Requiring specialised nutrition care, tobacco use. Sample: 66 (33 int, 33 con) Final analyses: 27 int, 29 con	Promotion of behaviour change goals regarding energy intake, PA and self-weighing. Skills training and support were delivered using self-monitoring texts with personalised feedback, a closed Facebook group, and health coach calls throughout pregnancy. Duration: 28 weeks	Int: 8.7±6.6 Con: 12.3±6.4 <i>p</i> < 0.05 GWG: Early pregnancy - delivery	Random: Low AC: Low Blinding: Unclear Data: Low SR: Unclear Other: Low
Jackson <sup>121</sup>	San Francisco, United States	Pregnant women, > 18 years old, < 26 weeks gestation. Sample: 327 (158 int, 163 con) Final analyses: 134 int 153 con	A computerised Video Doctor program in a clinical setting as part of routine prenatal care. It included in-depth behavioural risk assessments, tailored counselling messages for both patient and clinician, a cueing sheet for the clinician, and worksheets Duration: 4 weeks	Int: 15.1 (SD NR) Con: 15.2 (SD NR) <i>p</i> = 0.95 GWG: Pre-pregnancy - delivery	Random: Unclear AC: Unclear Blinding: Unclear Data: Low SR: Unclear Other: Unclear
Olsen <sup>119</sup>	United States May 2011 – Jul 2012	Singleton pregnancy, < 20 weeks, 18-35 years. Excluded: BMI < 18.5 and >35, weight-affecting medications, no email. Sample: 1689 Final analyses: 1126 int, 563 con	Int: Website with blogs, local resources, GWG trackers, PA goal setting tools and weekly emails. Con: Access to control website with general pregnancy advice. Duration: 28 weeks.	Int: 47.6% exceeded IOM Con: 45.9% exceeded IOM <i>Not significant</i> GWG: First weight < 14 weeks – 37 weeks	Random: Low AC: Low Blinding: Unclear Data: High SR: High Other: High
Smith <sup>120</sup>	United States Jan 2013 – Sept 2013	18-45 years, relatively inactive, regular Internet access. Excluded: History of GDM, pre-eclampsia, chronic disease, underweight, smoker, metabolic condition. Sample: 51 (26 int, 25 con) Final analyses: 24 int, 21 con	Web-based PA advice with information about goal-setting, problem solving, PA diary and forum. Website tutorial also provided. Duration: 30 weeks	Int: 13.6±5.6 Con: 11.2±5.1 <i>Not significant</i> GWG: Pre-pregnancy to 36 weeks	Random: Low AC: Unclear Blinding: Unclear Data: Low SR: High Other: High
Willcox <sup>118</sup>	Australia May 2014 – Oct 2014	Singleton pregnancy, 10-17 weeks, BMI > 25, English speaking, mobile phone. Excluded: < 18 years, comorbidities requiring additional management. Sample: 100 (50 int, 50 con) Final analyses: 45 int, 46 con	Multi-faceted mHealth intervention to promote healthy diet, PA and GWG. Intervention booklet, text messages, website, video messages and Facebook were used. Duration: 21 weeks	Int: 7.8±4.7 Con: 9.7±3.9 <i>p</i> = 0.04 GWG: Baseline – 36 weeks	Random: Low AC: Low Blinding: Unclear Data: Low SR: Low Other: Unclear

<sup>a</sup>Gestational weight gain (kg): mean (standard deviation) unless otherwise stated.

<sup>b</sup>Based on Cochrane Collaboration Risk of Bias. Random = Randomization; AC = Allocation concealment; Blinding = Blinding of participants, personal and outcome; Data = Incomplete data; SR = Selective reporting; Other = Other bias.

Other acronyms and abbreviations in alphabetical order: BMI = body mass index, Con = control group, GI = glycemic index, GWG = gestational weight gain, HTN = hypertension, Int = intervention group, IOM = Institute of Medicine, NR = Not reported, PA = Physical Activity.