

**Table S8:** Random-effects meta-analyses for diet, physical activity, lifestyle and eHealth interventions (WMD and 95% CI), studies with a high risk of bias removed.

	Sub-group and overall	Studies <sup>a</sup>	Participants	Overall effect size WMD (95% CI)	p value	I <sup>2</sup>
Diet	<b>Overall: Measurement GWG &gt; 24 weeks</b>	<b>8</b>	<b>1949</b>	<b>-3.25 (-5.11, -1.40)</b>	<b>&lt;0.00</b>	<b>93.5%</b>
Physical activity	Measurement GWG 12-24 weeks	2	215	-1.23 (-4.66, 2.19)	0.48	90.2%
	Measurement GWG > 24 weeks	15	3134	-0.99 (-1.66, -0.32)	<0.00	84.7%
	<b>Overall</b>	<b>17</b>	<b>3349</b>	<b>-1.04 (-1.70, -0.38)</b>	<b>&lt;0.00</b>	<b>85.4%</b>
Lifestyle	Measurement GWG 12-24 weeks	3	2908	-0.37 (-0.95, 0.21)	0.21	42.9%
	Measurement GWG > 24 weeks	18	4371	-0.83 (-1.38, -0.28)	<0.00	68.5%
	<b>Overall</b>	<b>21</b>	<b>7279</b>	<b>-0.73 (-1.17, -0.29)</b>	<b>&lt;0.00</b>	<b>65.7%</b>
eHealth	<b>Overall: Measurement GWG &gt; 24 weeks</b>	<b>2</b>	<b>147</b>	<b>-2.26 (-3.84, -0.69)</b>	<b>&lt;0.00</b>	<b>0.00%</b>

<sup>a</sup> Some studies included sub-groups as no overall GWG was reported.