Supplementary S1. Weight lost according to the technology used.

		Nr of Groups that used it	Average weight loss (kg)
Smartphone	App	23	3.82
	SMS	11	3.07
Virtual reality		4	4.7
Website		4	3.75
PDA or EJ		6	2.00
PA monitor		4	6.21
Online software		3	2.95
DVD		1	0.48