

File S1. Electronic Search Strategy

Cochrane, february 2nd, 2025:

(obes* OR "overweight" OR "body NEXT weight")
AND
(mobile NEXT application* OR web-based NEXT intervention* OR "digital
NEXT intervention" OR "digital NEXT health" OR "mHealth" OR
"telehealth")
AND
("weight NEXT loss" OR "body mass index" OR "BMI" OR "waist NEXT
circumference" OR "body NEXT fat")

LILACS, february 2nd, 2025:

(ti:
AND ti: ("obes*" OR "overweight" OR "body weight")
AND ti: ("mobile application*" OR "web-based intervention*" OR "mHealth" OR
"digital intervention*" OR "digital health" OR "telehealth")
AND ti: ("weight loss" OR "body mass index" OR "BMI" OR "waist circumference"
OR "body fat")
AND ti: ("systematic review" OR "meta-analysis"))
OR
(ab:
AND ab: ("obes*" OR "overweight" OR "body weight")
AND ab: ("mobile application*" OR "web-based intervention*" OR "mHealth" OR
"digital intervention*" OR "digital health" OR "telehealth")
AND ab: ("weight loss" OR "body mass index" OR "BMI" OR "waist circumference"
OR "body fat")
AND ab: ("systematic review" OR "meta-analysis"))

PubMed, february 2nd, 2025:

((("obes"[Title/Abstract] OR "overweight"[Title/Abstract] OR "body
weight"[Title/Abstract])
AND
("mobile application"[Title/Abstract] OR "web-based
intervention"[Title/Abstract] OR "mHealth"[Title/Abstract] OR "digital
intervention"[Title/Abstract] OR "telehealth"[Title/Abstract])
AND

("weight loss"[Title/Abstract] OR "Body Mass Index" [Title/Abstract] OR "BMI" [Title/Abstract] OR "waist circumference"[Title/Abstract] OR "body fat"[Title/Abstract])
AND ("review"[Publication Type] OR "systematic review"[Publication Type] OR "meta-analysis"[Publication Type]))

Science Direct, february 2nd, 2025:

("obesity" OR "overweight")
AND ("mobile application" OR "web-based intervention" OR "digital health")
AND ("weight loss" OR "BMI" OR "waist circumference" OR "body fat")

Web of Science, february 2nd, 2025:

(TI=
AND TI= ("obes*" OR "overweight" OR "body weight")
("mobile application*" OR "web-based intervention*" OR "mHealth" OR "digital intervention*" OR "digital health" OR "telehealth")
AND TI= ("systematic review" OR "meta-analysis")
AND TI= ("weight loss" OR "body mass index" OR "BMI" OR "waist circumference" OR "body fat"))
OR
(AB=
AND AB= ("obes*" OR "overweight" OR "body weight")
("mobile application*" OR "web-based intervention*" OR "mHealth" OR "digital intervention*" OR "digital health" OR "telehealth")
AND AB= ("systematic review" OR "meta-analysis")
AND AB= ("weight loss" OR "body mass index" OR "BMI" OR "waist circumference" OR "body fat"))