Table S3. Descriptive statistics for energy expenditure among the longitudinal studies included in the analysis.

Study	EE results (M ± SD)
Mhurchu et al. (2008) [1]	MPA (baseline): IG = 97 ± 48 min/day; CG = 69 ± 23 min/day VPA (baseline): IG = 7 ± 8 min/day; CG = 7 ± 7 min/day *No descriptive data at follow-up
Baranowski et al. (2011) [2]	LPA (baseline): IG = 388.4 ± 69.4 min/day; CG = 399.6 ± 64.0 min/day LPA (week 12): IG = 400.9 ± 80.7 min/day; CG = 412.5 ± 73.1 min/day MVPA (baseline): IG = 27.4 ± 19.3 min/day; CG = 25.1 ± 15.0 min/day MVPA (week 12): IG = 27.9 ± 14.3 min/day; CG = 27.6 ± 15.0 min/day
Maloney et al. (2012) [3]	Steps (baseline): IG = 6297 ± 4914; CG = 6838 ± 1766 Steps (follow-up): IG = 4914 ± 1443; CG = 6685 ± 1969 LPA (baseline): IG = 128.7 ± 33.2 min/day; CG = 127.5 ± 29.3 min/day LPA (follow-up): IG = 126.0 ± 24.2 min/day; CG = 130.0 ± 35.7 min/day MVPA (baseline): IG = 65.0 ± 22.3 min/day; CG = 71.3 ± 30.3 min/day MVPA (follow-up): IG = 62.8 ± 25.7 min/day; CG = 62.1 ± 25.5 min/day VPA (baseline): IG = 10.0 ± 7.7 min/day; CG = 17.0 ± 11.7 min/day VPA (follow-up): IG = 9.3 ± 9.6 min/day; CG = 11.8 ± 8.7 min/day
Azevedo et al. (2014) [4]	LPA (baseline): IG = 236.7 ± 44.1 min/day; CG = 240.3 ± 47.3 min/day LPA (follow-up): IG = 211.2 ± 41.0 min/day; CG = 232.4 ± 46.9 min/day MVPA (baseline): IG = 61.3 ± 23.8 min/day; CG = 55.7 ± 22.0 min/day MVPA (follow-up): IG = 55.9 ± 24.9 min/day; CG = 57.8 ± 22.2 min/day
Trost et al. (2014) [5]	MPA (baseline): Program + Active Gaming = 25.2 ± 2.6 min/day; Program Only = 27.0 ± 2.3 min/day MPA (week 16): Program + Active Gaming = 31.3 ± 2.5 min/day; Program Only = 26.9 ± 2.3 min/day VPA (baseline): Program + Active Gaming = 4.4 ± 0.7 min/day; Program Only = 4.9 ± 0.7 min/day VPA (week 16): Program + Active Gaming = 6.4 ± 0.7 min/day; Program Only = 4.9 ± 0.7 min/day
Chen et al. (2017) [6]	MVPA (%) ranged between 18.2 ± 9.9 % (Just Dance Kids) and 24.0 ± 12.3 % (Zumba Kids)
Gao et al. (2019) [7]	METs (baseline): IG = 1.71 ± 0.20; CG = 1.74 ± 0.16 METs (9th month): IG = 1.81 ± 0.20; CG = 1.45 ± 0.52
Ye et al. (2019) [8]	LPA (baseline): IG = 266.9 ± 63.5 min/day; CG = 251.3 ± 46.9 min/day LPA (8th month): IG = 261.8 ± 49.2 min/day; CG = 266.6 ± 51.6 min/day MVPA (baseline): IG = 76.7 ± 22.0 min/day; CG = 61.8 ± 17.2 min/day MVPA (8th month): IG = 89.4 ± 29.4 min/day; CG = 64.1 ± 18.0 min/day
Liang et al. (2020) [9]	LPA (baseline): IG = 107.8 ± 60.1 min/day; CG = 113.3 ± 45.6 min/day LPA (week 8): IG = 101.6 ± 60.7 min/day; CG = 81.0 ± 47.8 min/day MVPA (baseline): IG = 8.4 ± 5.7 min/day; CG = 10.5 ± 7.4 min/day MVPA (week 8): IG = 8.8 ± 5.8 min/day; CG = 7.1 ± 6.7 min/day
Comeras-Chueca et al. (2022) [10]	LPA (baseline): IG = 71.3 ± 20.3 min/day; CG = 77.9 ± 30.9 min/day LPA (5th month): IG = 84.1 ± 19.2 min/day; CG = 76.1 ± 19.0 min/day MVPA (baseline): IG = 48.4 ± 27.4 min/day; CG = 36.6 ± 17.8 min/day MVPA (5th month): IG = 57.1 ± 32.3 min/day; CG = 41.8 ± 17.7 min/day

EE (energy expenditure), M ± SD (mean ± standard deviation), PA (physical activity), IG (intervention group), CG (control group), MPA (moderate PA), LPA (light PA), VPA (vigorous PA), MVPA (moderate-to-vigorous PA), MET (metabolic equivalent)

Table S4. Descriptive statistics for energy expenditure among the cross-sectional studies included in the analysis.

Study	EE results (M ± SD)
Maddison et al. (2007) [11]	AVG: EE ranged between 2.9 ± 0.7 kcal/min to 6.5 ± 1.7 kcal/min Nonactive videogames: EE ranged between 1.3 ± 0.2 kcal/min and 1.6 ± 0.2 kcal/min
Graves et al. (2008) [12]	AVG: EE ranged between 182.1 ± 41.3 J/kg/min and 267.2 ± 115.8 J/kg/min; HR ranged between 103.2 ± 16.7 and 136.7 ± 24.5 bpm
Graf et al. (2009) [13]	AVG: EE mean values were 11 and 13 kJ/min for DDR1 and DDR2, respectively; 12 kJ/min for boxing, and 8 kJ/min for bowling
Graves et al. (2010) [14]	AVG: EE ranged between 188.2 ± 31.0 J/kg/min and 236.8 ± 36.4 J/kg/min
Smallwood et al. (2012) [15]	AVG: EE ranged between 3.0 ± 1.0 kcal/min and 4.4 ± 1.6 kcal/min
O'Donovan et al. (2013) [16]	OWC (AVG): EE ranged between 2.72 ± 0.68 and 5.35 ± 1.52 METs NWC (AVG): EE ranged between 2.99 ± 1.03 and 4.87 ± 1.40 METs
Rosenberg et al. (2013) [17]	AVG: EE ranged between 263 ± 83 J/kg/min and 286 ± 79 J/kg/min
Verhoeven et al. (2015) [18]	OWC (AVG): EE = 1547.93 ± 186.9 KJ per 60 min; METs = 3.49 ± 0.66; HR = 119.67 ± 13.35 bpm NWC (AVG): EE = 1113.06 ± 474.48 (kJ per 60 min; METs = 4.55 ± 1.04; HR = 126.14 ± 29.89 bpm
Gribbon et al. (2015) [19]	Single-player mode: EE ranged between 2.87 ± 0.92 and 6.27 ± 1.37 METs Two-player mode: EE ranged between 3.21 ± 0.50 and 7.04 ± 1.59 METs
Lau et al. (2015) [20]	AVG: EE = 1084 kJ Seated video games: EE = 440 kJ
Chaput et al. (2016) [21]	OWC (AVG): EE ranged between 2.22 ± 0.45 and 5.23 ± 1.81 kcal/min NWC (AVG): EE ranged between 1.95 ± 0.71 and 5.08 ± 1.15 kcal/min
McNarry et al. (2016) [22]	ACG: EE ranged between 5.5 ± 1.4 and 5.7 ± 1.5 METs
Barkman et al. (2016) [23]	Single-player mode: EE ranged between 3.1 ± 0.8 and 3.9 ± 1.0 kcal/min Multiple player mode: EE ranged between 3.1 ± 0.9 and 4.1 ± 0.8 kcal/min

EE (energy expenditure); M ± SD (mean ± standard deviation), AVG (active video games), HR (heart rate), bpm (beats per minute), DDR (Dance Dance Revolution), OWC (overweight children), NWC (normal-weight children), MET (metabolic equivalent)

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