

Outcome	Specific Outcome	Exposure	Lead Author, Date	<i>r</i> with 95% CI	I <sup>2</sup>	K	N		
Diet	Fat consumption	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	−0.03 [−0.07, 0.01]	37%	5	5240	Unclear	
	Food intake	Advertising: Unhealthy food	Boyland, 2016	0.25 [ 0.12, 0.38]	89%	13	1756	Meets Criteria	
	Food intake (calories)	Advertising: Advergames	Folkvord, 2018	0.18 [ 0.10, 0.25]	82%	15	3842	Meets Criteria	
	Fruit and vegetable intake	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	0.04 [ 0.01, 0.08]	43%	6	6034	Unclear	
	Fruit intake	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	0.03 [ 0.00, 0.07]	0%	3	2739	Unclear	
	Healthy dietary behaviour	Screen-based intervention: To promote health (via mobile phone)	Darling, 2017	0.05 [ 0.00, 0.01]		8	1886	Unclear	
	Sugary drinks	Screen-based intervention: To promote health (via mobile phone)	Shin, 2019	−0.23 [−0.48, 0.03]	91%	3	758	Unclear	
	Sugary drinks & snacks	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	−0.03 [−0.05, 0.00]	0%	5	5812	Unclear	
	Unhealthy food choice	Advertising: Unhealthy food	Sadeghirad, 2016	0.11 [−0.02, 0.24]	88%	12	2053	Unclear	
Healthy behavior	General	Screen-based intervention: Health behaviours	Cushing, 2010	0.15 [ 0.10, 0.20]	82%	33	9525	Meets Criteria	
	General	Video games: Health promoting content	Zhou, 2019	0.16 [ 0.03, 0.28]		7	1278	Unclear	
Physical activity	General	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	0.09 [ 0.03, 0.15]	89%	12	10408	Unclear	
	General	Screen-based intervention: To promote health (via mobile phone app)	Shin, 2019	0.14 [−0.05, 0.34]	83%	5	826	Unclear	
	General	Screen-based intervention: To promote health (via mobile phone text message)	Shin, 2019	0.45 [ 0.28, 0.63]	0%	1	80	Unclear	
	General	Screen-based intervention: To promote health (via mobile phone)	Shin, 2019	0.20 [ 0.01, 0.39]	86%	6	906	Unclear	
	General	TV programs and movies: General	Marshall, 2004	−0.10 [−0.08, −0.11]	73%	39	141505	Unclear	
	General	Video games: General	Marshall, 2004	−0.10 [−0.08, −0.13]	68%	10	119942	Unclear	
	General	Video games: Health promoting content	Bossen, 2020	0.18 [−0.02, 0.37]	88%	7	753	Unclear	
	Moderate-to-vigorous intensity	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	0.18 [ 0.05, 0.31]	36%	6	324	Unclear	
Risky behavior	Alcohol consumption	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	0.52 [ 0.40, 0.64]	96%	4	4085	Unclear	
	Smoking	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	0.61 [ 0.45, 0.77]	99%	6	5775	Unclear	
	Substance abuse	Social Media: General	Vannucci, 2020	0.19 [ 0.14, 0.24]	96%	14	36228	Meets Criteria	
Screen time	General	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	−0.05 [−0.08, −0.03]	0%	3	5045	Unclear	
	General	Screen-based intervention: To promote health (via mobile phone app)	Shin, 2019	−0.14 [−0.22, −0.05]	21%	5	826	Unclear	
	General	Screen-based intervention: To promote health (via mobile phone text message)	Shin, 2019	−0.02 [−0.13, 0.09]	0%	1	322	Unclear	
	General	Screen-based intervention: To promote health (via mobile phone)	Shin, 2019	−0.11 [−0.20, −0.02]	46%	6	1148	Unclear	
Sleep	Bedtime	Computer use: General	Bartel, 2015	0.13 [ 0.02, 0.25]	94%	2	5063	Unclear	
	Bedtime	Internet use: General	Bartel, 2015	0.20 [ 0.11, 0.29]	86%	4	3867	Unclear	
	Bedtime	Screen use: General (mobile phone)	Bartel, 2015	0.13 [ 0.11, 0.16]	0%	3	5590	Unclear	
	Bedtime	TV programs and movies: General	Bartel, 2015	0.06 [ 0.00, 0.12]	90%	8	11712	Unclear	
	Bedtime	Video game console: General	Bartel, 2015	0.11 [ 0.05, 0.16]	67%	6	5916	Unclear	
	Duration	Screen use: General	Janssen, 2020	−0.10 [−0.17, −0.02]	87%	7	6184	Unclear	
	Duration	Computer use: General	Bartel, 2015	−0.16 [−0.20, −0.13]	39%	4	7611	Unclear	
	Duration	Internet use: General	Bartel, 2015	−0.12 [−0.21, −0.04]	92%	5	11850	Unclear	
	Duration	Screen use: General (mobile phone)	Bartel, 2015	−0.12 [−0.18, −0.05]	94%	7	18902	Unclear	
	Duration	TV programs and movies: General	Bartel, 2015	−0.06 [−0.10, −0.01]	78%	10	9798	Meets Criteria	
	Duration	Video game console: General	Bartel, 2015	−0.05 [−0.10, −0.01]	29%	8	3321	Unclear	
	Inadequate duration	Screen use: General (mobile phone at bed time)	Carter, 2016	0.21 [ 0.10, 0.31]	94%	7	6849	Unclear	
	Lethargy	Screen use: General (mobile phone at bed time)	Carter, 2016	0.23 [ 0.04, 0.43]	87%	2	1389	Unclear	
	Poor quality	Screen use: General (mobile phone at bed time)	Carter, 2016	0.20 [ 0.10, 0.29]	95%	7	14778	Unclear	
	Time to fall asleep	Computer use: General	Bartel, 2015	0.04 [ 0.01, 0.07]	0%	1	3282	Unclear	
	Time to fall asleep	Internet use: General	Bartel, 2015	0.09 [−0.01, 0.20]	73%	3	1729	Unclear	
	Time to fall asleep	Screen use: General (mobile phone)	Bartel, 2015	0.04 [ 0.01, 0.07]	0%	2	3432	Unclear	
	Time to fall asleep	TV programs and movies: General	Bartel, 2015	0.03 [−0.02, 0.07]	43%	6	5633	Unclear	
	Time to fall asleep	Video game console: General	Bartel, 2015	0.03 [ 0.01, 0.06]	0%	8	5945	Unclear	

−0.4

−0.2

0.0

0.2

0.4

Effect on Health Behaviour Outcomes (r with 95% & 99.9% CI)