Outcome	Specific Outcome	Exposure	Lead Author, Date	r with 95% CI	I ²	K N		
Body composition	Body composition	Screen use: General	Fang, 2019	0.14 [0.11, 0.17]	86%	19 47164	Meets Criteria	-
	Body composition	Computer use: General	Fang, 2019	0.22 [0.16, 0.28]	73%	2 7984	Unclear	
	Body composition	Internet use: General	Aghasi, 2020	0.09 [0.03, 0.16]	97%	7 32901	Unclear	
	Body composition	Screen-based intervention: Screentime reduction	Liao, 2014	-0.08 [-0.17, 0.00]	0%	5 541	Unclear	
	Body composition	Screen-based intervention: Lifestyle risk behaviour (at school)	Champion, 2019	-0.06 [-0.21, 0.08]	30%	5 3480	Unclear	
	Body composition	Screen-based intervention: To promote health (via mobile phone app)	Shin, 2019	0.02 [-0.05, 0.09]	0%	6 853	Unclear	
	Body composition	Screen-based intervention: To promote health (via mobile phone text message)	Shin, 2019	0.01 [-0.07, 0.10]	0%	3 505	Unclear	
	Body composition	Screen-based intervention: To promote health (via mobile phone)	Shin, 2019	-0.02 [-0.07, 0.03]	0%	9 1358	Unclear	
	Body composition	Screen-based intervention: To promote healthy weight (obesity prevention)	Hammersley, 2016	0.10 [-0.07, 0.26]	81%	4 1102	Unclear	
	Body composition	TV programs and movies: General	Poorolajal, 2020	0.12 [0.10, 0.15]	98%	56 343999	Meets Criteria	-
	Body composition	TV programs and movies: Mealtime	Ghobadi, 2018	0.08 [0.05, 0.10]	88%	14 64642	Unclear	-+-
	Body composition	Video games: General	Poorolajal, 2020	0.07 [0.02, 0.11]	97%	11 151910	Meets Criteria	
	Body composition	Video games: Health promoting content	Bossen, 2020	-0.12 [-0.21, -0.02]	0%	2 406	Unclear	
	Body composition	Video games: Physically active	Hernandez–Jimenez, 2019	-0.15 [-0.28, -0.03]	85%	19 1347	Unclear	
Cardiometabolic health	Fitness	Video games: Health promoting content	Bossen, 2020	0.16 [0.00, 0.32]	10%	2 161	Unclear	
	Metabolic Syndrome	Screen use: General	de Oliveira, 2016	0.17 [0.07, 0.27]	90%	6 3893	Unclear	
Eye health	Myopia	Screen use: General	Lanca, 2020	0.07 [-0.01, 0.15]	98%	7 31345	Unclear	
Physical health	Muscular fitness	Video games: Health promoting content	Bossen, 2020	0.22 [-0.04, 0.49]	67%	2 161	Unclear	
-0.4 -0.2 0.0 0.2 0.4 Effect on Physical Health Outcomes (r with 95% & 99.9% CI)								