

Associations Between Exposures and Health-related Outcomes						
Study Design	Lead Author, Date	r with 95% CI	I ²	K	N	Indiv. Data

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Outcome	Specific Outcome	Exposure	Age Group	Pop.	Study Design	Lead Author, Date	n with 95% CI	P	K	N	Indiv. Data	Eggers	Excess Signif.
Aggression	Towards peers	Screen use: General	Mixed	General	Mixed or unclear	Martins, 2019	0.01 [0.02, 0.05]	3	707	x	-	-	
	Towards peers	TV programs and movies: General	Children	General	Mixed or unclear	Mares, 2005	0.26 [0.20, 0.33]	15	747	x	-	-	
	Towards peers	Video games: Violent content	Children	General	Longitudinal	Prescott, 2010	0.10 [0.07, 0.12]	7	3,583	x	-	-	
Antisocial Behaviour	General	TV programs and movies: Violent content	Young	General	Mixed or unclear	Palk, 1994	0.46 [0.41, 0.51]	1,117	x	-	-	-	
	General	TV programs and movies: Violent content	Children	General	Mixed or unclear	Palk, 1994	0.31 [0.21, 0.40]	351	x	-	-	-	
	General	TV programs and movies: Violent content	Adolescents	General	Mixed or unclear	Palk, 1994	0.22 [0.12, 0.32]	334	x	-	-	-	
Body composition	BMI z-score	Screen use: General (meeting guidelines)	Young	General	Mixed or unclear	Feng, 2021	0.07 [0.09, 0.24]	86%	4	1,275	v	x	v
	BMI z-score	Video games: Physically active	Mixed	Overweight and obese	Experimental	Comerma-Chueca, 2020	-0.03 [0.11, 0.05]	0%	6	597	v	x	v
	Body fat percentage	Video games: Physically active	Mixed	Overweight and obese	Experimental	Comerma-Chueca, 2020	-0.30 [0.46, -0.14]	44%	3	408	v	x	v
	Body composition	Computer use: General	Mixed	General	Longitudinal	van Eekh, 2016	0.08 [0.10, 0.27]	98%	5	7,888	v	x	v
	Body composition	Screen-based intervention: Lifestyle risk behaviour (at school)	Mixed	General	Experimental	Champion, 2019	-0.06 [0.21, 0.08]	30%	5	3,480	x	-	-
	Body composition	Screen-based intervention: Screen-time reduction	Mixed	General	Experimental	Liao, 2014	-0.09 [0.18, 0.01]	0%	5	541	v	x	v
	Body composition	Screen-based intervention: To promote health (via mobile phone and screen)	Adolescents	General	Experimental	Shin, 2019	-0.02 [0.09, 0.05]	0%	6	863	v	x	v
	Body composition	Screen-based intervention: To promote health (via mobile phone and screen)	Mixed	General	Experimental	Darling, 2017	-0.21 [0.31, -0.09]	9	565	x	-	-	
	Body composition	Screen-based intervention: To promote health (via mobile phone and screen)	Adolescents	General	Experimental	Shin, 2019	-0.02 [0.07, 0.03]	0%	9	1,356	v	x	v
	Body composition	Screen-based intervention: To promote health (via mobile phone and screen)	Adolescents	General	Experimental	Shin, 2019	-0.01 [0.10, 0.07]	0%	3	505	v	x	v
	Body composition	Screen-based intervention: To promote health (via mobile phone and screen)	Mixed	General	Experimental	Hammesley, 2016	0.07 [0.12, 0.27]	88%	4	1,102	v	x	v
	Body composition	TV programs and movies: General	Mixed	General	Cross-sectional	Marshall, 2004	0.05 [0.04, 0.06]	43	28,718	x	-	-	
	Body composition	TV programs and movies: General	Mixed	General	Longitudinal	van Eekh, 2016	0.11 [0.02, 0.19]	98%	9	25,716	v	x	v
	Body composition	TV programs and movies: General	Mixed	General	Mixed or unclear	Marshall, 2004	0.07 [0.06, 0.08]	70%	52	44,707	x	-	-
	Body composition	TV programs and movies: General	Young	General	Mixed or unclear	Marshall, 2004	0.15 [0.04, 0.26]	78%	4	2,047	v	x	v
Cardiometabolic health	Fitness	Video games: Health promoting content	Children	Chronic disease	Experimental	Bosser, 2020	0.16 [0.00, 0.32]	10%	2	161	v	x	v
	Fitness	Video games: Physically active	Children	General	Experimental	Comerma-Chueca, 2021	0.21 [0.01, 0.43]	90%	4	892	v	x	v
	Maximum oxygen consumption	Video games: Physically active	Children	General	Mixed or unclear	Peng, 2011	0.82 [0.74, 0.87]	9	172	x	-	-	
Cognition	Cognitive Functioning	Screen-based intervention: Cognitive training	Mixed	General	Experimental	Oldrati, 2020	0.21 [0.13, 0.28]	88%	68	3,540	v	x	v
	Creativity	Screen use: General	Children	General	Experimental	Liu, 2022	0.29 [0.13, 0.27]	84%	60	3,648	v	x	v
	Creativity	Screen use: General	Adolescents	General	Experimental	Liu, 2022	0.29 [0.15, 0.42]	98%	46	9,620	v	x	v
	Executive functioning (Executive functioning (improvement))	Screen-based intervention: Education (via computer)	Children	General	Experimental	Takacs, 2019	0.21 [0.12, 0.28]	58%	28	1,563	x	-	-
	Executive functioning (Executive functioning (improvement))	Computer use: Executive functioning training	Children	General	Experimental	Cao, 2020	0.06 [0.02, 0.14]	46%	12	1,015	x	-	-
	Executive functioning (Executive functioning (improvement))	Screen-based intervention: Education (via computer)	Children	General	Experimental	Takacs, 2019	0.12 [0.04, 0.22]	12	617	x	-	-	
	Executive functioning (Executive functioning (improvement))	Computer use: Executive functioning training	Children	General	Experimental	Cao, 2020	0.11 [0.07, 0.17]	22%	22	1,512	x	-	-
	Executive functioning (Executive functioning (improvement))	Screen-based intervention: Education (via computer)	Children	General	Experimental	Takacs, 2019	0.09 [0.02, 0.16]	15	894	x	-	-	
	Executive functioning (Executive functioning (improvement))	Computer use: Executive functioning training	Children	General	Experimental	Cao, 2020	0.20 [0.14, 0.26]	56%	28	2,170	x	-	-
	Executive functioning (Executive functioning (improvement))	Screen-based intervention: Education (via computer)	Children	General	Experimental	Takacs, 2019	0.23 [0.14, 0.32]	21	1,220	x	-	-	
	Executive functioning (Executive functioning (improvement))	Computer use: Executive functioning training	Children	General	Experimental	Cao, 2020	0.20 [0.15, 0.25]	54%	36	2,975	v	x	v
	Executive functioning (Executive functioning (improvement))	Computer use: Executive functioning training	Children	General	Experimental	Cao, 2020	0.18 [0.13, 0.23]	48%	34	2,585	x	-	-
	Executive functioning (Executive functioning (improvement))	Screen-based intervention: Lifestyle risk behaviour (at school)	Young	General	Observational	Mallawarachchi, 2022	-0.10 [0.20, 0.00]	40%	5	610	v	x	v
	Executive functioning (Executive functioning (improvement))	Screen-based intervention: Cognitive training	Mixed	General	Experimental	Oldrati, 2020	0.18 [0.03, 0.40]	92%	13	571	v	x	v
	Executive functioning (Executive functioning (improvement))	Screen-based intervention: Cognitive training	Young	General	Experimental	Scionti, 2019	0.13 [0.06, 0.18]	38%	57	2,605	v	x	v
	Executive functioning (Executive functioning (improvement))	Screen-based intervention: Sesame Street	Children	General	Mixed or unclear	Mares, 2013	0.09 [0.06, 0.13]	17	5,837	x	-	-	
	Executive functioning (Executive functioning (improvement))	TV programs and movies: General	Children	General	Mixed or unclear	Mares, 2006	0.22 [0.18, 0.26]	37	1,814	x	-	-	
Developmental	Gross motor (kinaesthetic)	Screen-based intervention: Active video games for mirror skills	Mixed	Atypically developing	Experimental	Li, 2022	0.31 [0.22, 0.40]	18%	14	472	v	x	v
	Gross motor (kinaesthetic)	Screen-based intervention: Active video games for mirror skills	Mixed	Atypically developing	Experimental	Li, 2022	0.27 [0.12, 0.41]	82%	17	556	v	x	v
	Gross motor (object control)	Screen-based intervention: Active video games for motor skills	Mixed	Atypically developing	Experimental	Li, 2022	0.16 [0.08, 0.40]	74%	5	214	v	x	v
Diet	Fat intake	Screen-based intervention: Lifestyle risk behaviour (at school)	Mixed	General	Experimental	Champion, 2019	-0.03 [0.00, 0.01]	46%	5	5,240	v	x	v
	Fat intake	Screen-based intervention: Nutrition (in schools)	Mixed	General	Experimental	Beck Silva, 2022	-0.07 [-0.12, -0.02]	0%	2	2,840	x	-	-
	Fruit and vegetable intake	TV programs and movies: Mealtime	Mixed	General	Experimental	Marinis, 2022	0.03 [0.06, 0.12]	0%	4	496	v	x	v
	Fruit and vegetable intake	Screen-based intervention: Fruit and vegetable intake	Children	General	Experimental	Hodriguez-Rocha, 2019	0.12 [0.05, 0.28]	82%	4	955	v	x	v
	Fruit and vegetable intake	Screen-based intervention: Lifestyle risk behaviour (at school)	Adolescents	General	Experimental	Champion, 2019	0.16 [0.09, 0.23]	56%	4	1,666	v	x	v
	Fruit intake	Screen-based intervention: Lifestyle risk behaviour (at school)	Mixed	General	Experimental	Champion, 2019	0.03 [0.01, 0.07]	58%	6	6,034	v	x	v
	Healthy dietary behaviour	Screen-based intervention: To promote health (via mobile phones)	Mixed	General	Experimental	Champion, 2019	0.03 [0.00, 0.07]	0%	3	2,739	v	x	v
	Sugary drinks	Screen-based intervention: To promote health (via mobile phones)	Adolescents	General	Experimental	Darling, 2017	0.05 [0.00, 0.10]	8	1,806	x	-	-	
	Sugary drinks	Advertising: Unhealthy food	Mixed	General	Experimental	Sadeghirad, 2016	0.11 [0.02, 0.24]	88%	12	2,053	x	-	-
	Sugary drinks	Advertising: Unhealthy food	Young	General	Experimental	Sadeghirad, 2016	0.22 [0.12, 0.32]	48%	8	710	v	x	v
	Sugary drinks	Advertising: Unhealthy food	Children	General	Experimental	Sadeghirad, 2016	-0.20 [0.64, 0.24]	100%	4	2,298	v	x	v
	Unhealthy food choice	Screen-based intervention: Lifestyle risk behaviour (at school)	Mixed	General	Experimental	He, 2021	0.23 [0.06, 0.40]	86%	7	439	v	x	v
	Unhealthy food choice	Screen-based intervention: To promote physical activity (via mobile phones)	Adolescents	General	Experimental	He, 2021	0.21 [0.02, 0.39]	82%	9	528	v	x	v
	Unhealthy food choice	Screen-based intervention: To promote physical activity (via mobile phones)	Mixed	General	Experimental	Marezas, 2022	0.32 [0.23, 0.40]	0%	3	438	v	x	