

Supplemental - Table 1. Eligibility criteria of the included studies

Source (Country)	Selection Criteria
Narring et al. [35] (Switzerland)	<ul style="list-style-type: none"> • Age 12-24 years • All adolescent patients registered for an appointment in the youth clinic • Have their phone numbers recorded in clinic • Patients could opt out of study
Branson et al. [36] (United States)	<ul style="list-style-type: none"> • Age 13-17 years • Attended outpatient individual and/or group therapy <p>Intervention:</p> <ul style="list-style-type: none"> • Owned a cellular phone with text-messaging capabilities • Newly admitted or existing patients <p>Controls:</p> <ul style="list-style-type: none"> • Consecutive admissions to same clinic beginning on the first day of enrollment in the intervention arm
Castano et al. [37] (United States)	<ul style="list-style-type: none"> • Age < 24 years • Sexually active • Owned cell phone with text messaging functionality • No medical contraindication for oral contraceptive pills
Hou et al. [38] (United States)	<ul style="list-style-type: none"> • Sexually active • New users of oral contraceptive pills for contraception (<1month start date) • Plan to use oral contraceptive pills for at least 6 months • Have a personal mobile phone with text messaging capabilities • No plans to travel outside United States/Canada during study period
Trent et al. [39] (United States)	<ul style="list-style-type: none"> • Age 13-21 years • Willing to be randomized • Currently using Depo-Provera injections • Have a personal cell phone with text messaging capability
Suffoletto et al. [40] (United States)	<ul style="list-style-type: none"> • Age 18-25 years • Self-report of hazardous drinking behavior • Report of 1 or more of the following: <ul style="list-style-type: none"> ◦ >1 male sex partner in past 3 months ◦ No condom use at last sexual intercourse ◦ Alcohol/drug use concurrent with their last sexual intercourse • No substance abuse • No psychiatric problems • No pregnancy plans in next 3 month • Have personal mobile phone with text messaging functionality
Cornelius et al. [41] (United States)	<ul style="list-style-type: none"> • African American adolescents • Age 13-18 years of age • Provided verbal and written assent or consent • Had parental consent to participate • Had knowledge of mobile cell phone text messaging technology
Lopez et al. [42] (Colombia)	<ul style="list-style-type: none"> • Age 18-29 years • Reside in Colombia. • Have access to a mobile device that: <ul style="list-style-type: none"> ◦ Allows navigation using a wireless network or an owned data plan ◦ Allows the installation of the app (installation requirements were provided) • Have read, understood, and accepted the terms and conditions of the study

Moore et al. [43] (Wales)	<ul style="list-style-type: none"> • Students and non-students university members • Have a valid e-mail address • Participated in previous university research study • Expressed earlier interest in future research
Haug et al. [44] (Switzerland)	<ul style="list-style-type: none"> • Ownership of a mobile phone
Haug et al. [45] (Switzerland)	<ul style="list-style-type: none"> • Daily or occasional cigarette smoking (at least 4 cigarettes in the preceding month and at least 1 cigarette during the preceding week) • Ownership of a mobile phone • Students in vocational schools were proactively invited to participate, irrespective of their intention to quit
Zotti et al. [46] (Italy)	<ul style="list-style-type: none"> • Started orthodontic multibracket treatment • Own a smartphone • Were able to be online daily • No restrictive dietary regimen • No other existing medical conditions
Bowen et al. [47] (United States)	<ul style="list-style-type: none"> • Age 10-18 years • Had access to a cellular phone • Received orthodontic treatment with fixed maxillary edgewise appliances • Had at least 6 months of remaining orthodontic treatment
Lau et al. [48] (Hong Kong)	<ul style="list-style-type: none"> • Age 12-15 years • Internet access at home • Had a personal mobile phone • No physical or psychological limitation that would preclude physical activity • Not meeting physical activity recommendations at the time of enrollment
Abraham et al. [49] (Hong Kong)	<ul style="list-style-type: none"> • Age 12-18 years • Having a BMI greater than 95th percentile for age • Attending the Paediatric Obesity and Lipid Clinic • Being proficient in Cantonese
Pretlow et al. [50] (United States)	<ul style="list-style-type: none"> • High motivation with a score of 50 or more in a 0-100 scale • Willingness to attend group or phone meetings or weigh their foods at meals
Direito et al. [51] (New Zealand)	<ul style="list-style-type: none"> • Age 14-17 years • Lived in Auckland, New Zealand • Owned an iPod touch or smartphone running at least Android 2.2 or iOS 6.0 • Were able to perform physical activities but were not achieving the PA recommendations, e.g. at least 60 minutes of moderate-to-vigorous physical activity each day
Sachse et al. [52] (Germany)	<ul style="list-style-type: none"> • Participants in 2 summer camps (1-week each) for organ transplant recipients • Had access to a mobile phone with text messaging functionality • Demonstrated ability to retrieve text messages
Matheson et al. [53] (United States)	<ul style="list-style-type: none"> • Age 11-22 y • Initiated human papilloma virus vaccination series during clinic visit and at the time of enrollment