Appendix 7 Effect size (95% confidence interval) of interventions using activity trackers on physical activity by pooling data from 7 studies comparing 3 and 6-month effects of activity tracker use versus control using random-effects meta-analysis (n =599)

Study name	Effect size (95% Cl)	% Weight
3-month follow-up		
Croteau, 2007	0.04 (-0.28, 0.36)	17.27
Mutrie, 2012	• 0.49 (-0.16, 1.15)	11.17
Nolan, 2017	0.10 (-0.27, 0.47)	16.42
Talbot, 2003	0.27 (-0.40, 0.95)	10.87
Subtotal (I-squared = 0.0%, p = 0.642)	0.14 (-0.08, 0.35)	55.73
6-month follow-up		
De Greef, 2011	• 0.96 (0.51, 1.42)	14.82
Kirk, 2009	0.14 (-0.32, 0.60)	14.63
Van Dyck, 2013	0.96 (0.51, 1.42)	14.82
Subtotal (I-squared = 76.0%, p = 0.016)	0.69 (0.16, 1.23)	44.27
Overall (I-squared = 70.8%, p = 0.002)	0.42 (0.09, 0.74)	100.00
	.5 1 2 Favours activity tracker-based intervention	