Title: A systematic review of tailored eHealth interventions for weight loss

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### TITLE

#### Title

1. Identify the report as a literature review.

### ABSTRACT

#### Structured summary

2. Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings;

### INTRODUCTION

#### Rationale

3. Describe the rationale for the review in the context of what is already known about your topic.

#### Objectives

4. Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).

### METHODS

#### Eligibility criteria

5. Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.

#### Information sources

6. Describe all information sources (e.g., databases with dates of coverage) in the search and date last searched.

#### Search

7. Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.

### RESULTS

#### Study selection

11. Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.
### PRISMA 2009 Checklist (Adapted for KIN 4400)

<table>
<thead>
<tr>
<th>Section/topic</th>
<th>#</th>
<th>Checklist item</th>
<th>Reported on page</th>
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<tr>
<td>Study characteristics</td>
<td>12</td>
<td>For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.</td>
<td>4</td>
</tr>
<tr>
<td>Synthesis of results of individual studies</td>
<td>13</td>
<td>For all outcomes considered (benefits or harms), present, for each study: (a) summary of results and (b) relationship to other studies under review (e.g. agreements or disagreements in methods, sampling, data collection or findings).</td>
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<tr>
<td><strong>DISCUSSION</strong></td>
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<td>Summary of evidence</td>
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<td>Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).</td>
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<td>Limitations</td>
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<td>Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).</td>
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<td><strong>CONCLUSION</strong></td>
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<td>Conclusions</td>
<td>16</td>
<td>Provide a general interpretation of the results in the context of other evidence, and implications for future research.</td>
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