

Appendix SI. Search strategy for MEDLINE

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| 1. Exercise Therapy/ | 67. Mobile Health Units/ |
| 2. exercise therapy.tw. | 68. Computers, Handheld/ |
| 3. Physical Therapy Modalities/ | 69. communication technolog\$.tw. |
| 4. physical therapy.tw. | 70. technology integration.tw. |
| 5. physiotherapy.tw. | 71. web based communication\$.tw. |
| 6. functional therapy.tw. | 72. web based organi?ation\$.tw. |
| 7. Occupational Therapy/ | 73. virtual communit\$.tw. |
| 8. Neuropsychology/ | 74. e-learning environment\$.tw. |
| 9. dietician.tw. | 75. User-Computer Interface/ |
| 10. dietitian.tw. | 76. virtual learning environment\$.tw. |
| 11. Dietetics/ | 77. acceleromet\$.tw. |
| 12. Occupational Health Services/ | 78. mobile application\$.tw. |
| 13. multidisciplinary therapy.tw. | 79. web based interacti\$.tw. |
| 14. physical activity.tw. | 80. (mobile adj3 game\$.tw. |
| 15. Exercise/ | 81. mobile gaming.tw. |
| 16. Exercise Movement Techniques/ | 82. pervasive game\$.tw. |
| 17. Motor Activity/ | 83. Geographic Information Systems/ |
| 18. energy expenditure.tw. | 84. global positioning system\$.tw. |
| 19. "Delivery of Health Care"/ | 85. telerehabilitation.tw. |
| 20. public health service\$.tw. | 86. tele rehabilitation.tw. |
| 21. Nursing Diagnosis/ | 87. "web 2.0 intervention\$.tw. |
| 22. Nursing Informatics/ | 88. "web 2.0 application\$.tw. |
| 23. Community Health Nursing/ | 89. smart phone\$.tw. |
| 24. Nursing/ | 90. Remote Consultation/ |
| 25. Public Health Nursing/ | 91. sms.tw. |
| 26. medical treatment\$.tw. | 92. Text Messaging/ |
| 27. Psychiatry/ | 93. text messag\$.tw. |
| 28. Rehabilitation/ | 94. digital learning.tw. |
| 29. Health Promotion/ | 95. or/52-94 |
| 30. health counse?ling.tw. | 96. Randomized Controlled Trials as Topic/ |
| 31. directive counse?ling.tw. | 97. Randomized Controlled Trial/ |
| 32. coaching.tw. | 98. Random Allocation/ |
| 33. health guidance.tw. | 99. Double-Blind Method/ |
| 34. "Activities of Daily Living"/ | 100. Single-Blind Method/ |
| 35. adl.tw. | 101. Clinical Trial/ |
| 36. participation.tw. | 102. clinical trial, phase i.pt. |
| 37. cultural activities.tw. | 103. clinical trial, phase ii.pt. |
| 38. Leisure Activities/ | 104. clinical trial, phase iii.pt. |
| 39. "Physical Education and Training"/ | 105. clinical trial, phase iv.pt. |
| 40. Primary Prevention/ | 106. controlled clinical trial.pt. |
| 41. Secondary Prevention/ | 107. randomized controlled trial.pt. |
| 42. Tertiary Prevention/ | 108. multicenter study.pt. |
| 43. Sports/ | 109. clinical trial.pt. |
| 44. active lifestyle.tw. | 110. exp Clinical Trials as Topic/ |
| 45. physical lifestyle.tw. | 111. or/96-110 |
| 46. Physical Fitness/ | 112. (clinical adj trial\$.tw. |
| 47. Health Education/ | 113. ((signl\$ or doubl\$ or treb\$ or tripl\$ |
| 48. Patient Education as Topic/ | adj (blind\$3 or mask\$3)).tw. |
| 49. Behavior Therapy/ | 114. Placebos/ |
| 50. Cognitive Therapy/ | 115. placebo\$.tw. |
| 51. or/1-50 | 116. randomly allocated.tw. |
| 52. mobile system\$.tw. | 117. (allocated adj2 random\$.tw. |
| 53. Telemedicine/ | 118. or/112-117 |
| 54. ehealth.tw. | 119. 111 or 118 |
| 55. mobile health.tw. | 120. case report.tw. |
| 56. mhealth.tw. | 121. letter/ |
| 57. phealth.tw. | 122. Historical Article/ |
| 58. mobile multimedia.tw. | 123. or/120-122 |
| 59. mobile communication\$.tw. | 124. 119 not 123 |
| 60. mobile technolog\$.tw. | 125. 51 and 95 and 124 |
| 61. Cellular Phone/ | 126. limit 125 to (("adult (19 to 44 years)" |
| 62. cellular phone\$.tw. | or "middle age (45 to 64 years)")and |
| 63. cell phone\$.tw. | (English or Finnish or German or Swedish) |
| 64. cellular telephone\$.tw. | and humans) |
| 65. mobile phone\$.tw. | 127. limit 126 to yr="2000 -Current" |
| 66. mobile telephone\$.tw. | 128. intervention\$.tw,kf. |
| | 129. 127 and 128 |