Supplementary Material

1 Changes to study protocol

1.1 Pre-defined sensitivity and subgroup analyses were not performed due to low number of included studies, n=9.

1.2 A search update included the additional database of Web of Science.

2 Supplementary Tables

2.1 Supplementary Table 1

| First author (Year) | IG (M) | IG (SD) | WL (M) | WL (SD) | IG (N) | WL (N) |
|---------------------|--------|---------|--------|---------|--------|--------|
| Bender 2017         | 9524   | 773.06  | 7208   | 566.95  | 22     | 23     |
| Kurth 2016          | 0.32   | 0.84    | 0.31   | 0.83    | 205    | 200    |
| Larsen 2020         | 60.93  | 44.64   | 60.56  | 92.26   | 22     | 24     |
| Marcus 2016         | 112.8  | 97.1    | 63.5   | 88.7    | 104    | 101    |
| Fortmann 2017       | 31.9   | 5.4     | 32.1   | 6.6     | 50     | 58     |
| Montag 2015         | 1.64   | 5.76    | 1.99   | 5.26    | 110    | 131    |

Studies reporting continues outcomes of long-term effectiveness comparing to active control conditions

| First author (Year) | IG (M) | IG (SD) | WL (M) | WL (SD) | IG (N) | WL (N) |
|---------------------|--------|---------|--------|---------|--------|--------|
| Bender 2017         | 7483   | 2415    | 6735   | 2363    | 22     | 23     |
| Kurth 2016          | 0.42   | 0.71    | 0.37   | 0.73    | 220    | 209    |
| Fortmann 2017       | 31.7   | 5.2     | 32     | 6.1     | 49     | 57     |
| Montag 2015         | 0.98   | 2.48    | 1.94   | 3.74    | 91     | 97     |

Studies reporting continues outcomes of short-term effectiveness comparing to active control conditions

| First author (Year) | IG (M) | IG (SD) | WL (M) | WL (SD) | IG (N) | WL (N) |
|---------------------|--------|---------|--------|---------|--------|--------|
| Brito Beck da Silva 2019 | 20.95 | 4.17    | 20.61  | 3.79    | 285    | 317    |
| Duan 2017           | 557.51 | 417.51  | 499.19 | 470.3   | 88     | 54     |
| Lau 2019            | 18.75  | 10.57   | 23.81  | 13.34   | 13     | 16     |

*IG: intervention group, WL: waitlist, M: mean, SD: standard deviation*