Multimedia Appendix 4. Sensitivity analysis of tailoring at 1-, 3-, and 6-month follow-ups

### Sensitivity analysis at 1-month follow-up

| Study or Subgroup | Tailored intervention | Untailored intervention | Risk ratio M-H, Fixed, 95% CI | Risk ratio M-H, Fixed, 95% CI |
|-------------------|-----------------------|-------------------------|-------------------------------|-------------------------------|
|                  | Events    | Total | Events    | Total | Weight |                      |                      |
| 2.2.1 Active     |           |       |           |       |         |                      |                      |
| Graham 2011      | 151       | 651   | 142       | 679   | 7.8%   | 1.11 [0.91, 1.36]    |                      |
| Mavrot 2017      | 290       | 580   | 251       | 580   | 14.2%  | 1.16 [1.02, 1.31]    |                      |
| Wangberg 2011    | 648       | 1029  | 644       | 1043  | 36.1%  | 1.02 [0.95, 1.09]    |                      |
| Subtotal (95% CI)| 2260      |       | 2302      |       | 58.1%  | 1.06 [1.00, 1.13]    |                      |
| Total events     | 1089      | 1037  |           |       |         |                      |                      |
| Heterogeneity: Chi² = 3.43, df = 2 (P = 0.18); I² = 42% | Test for overall effect: Z = 2.11 (P = 0.03) |

### Sensitivity analysis at 3-months follow-up

| Study or Subgroup | Tailored intervention | Untailored intervention | Risk ratio M-H, Fixed, 95% CI | Risk ratio M-H, Fixed, 95% CI |
|-------------------|-----------------------|-------------------------|-------------------------------|-------------------------------|
|                  | Events    | Total | Events    | Total | Weight |                      |                      |
| 2.2.2 Passive     |           |       |           |       |         |                      |                      |
| Das 2017          | 16        | 105   | 20        | 111   | 1.1%   | 0.85 [0.46, 1.54]    |                      |
| Nguyen 2018       | 639       | 1242  | 720       | 1236  | 40.8%  | 0.88 [0.82, 0.95]    |                      |
| Subtotal (95% CI) | 1347      |       | 1347      |       | 41.9%  | 0.88 [0.82, 0.95]    |                      |
| Total events      | 655       | 740   |           |       |         |                      |                      |
| Heterogeneity: Chi² = 0.02, df = 1 (P = 0.89); I² = 0% | Test for overall effect: Z = 3.43 (P = 0.0006) |

### Sensitivity analysis at 6-month follow-up

| Study or Subgroup | Tailored intervention | Untailored intervention | Risk ratio M-H, Fixed, 95% CI | Risk ratio M-H, Fixed, 95% CI |
|-------------------|-----------------------|-------------------------|-------------------------------|-------------------------------|
|                  | Events    | Total | Events    | Total | Weight |                      |                      |
| 2.1.1 Active     |           |       |           |       |         |                      |                      |
| Wangberg 2011    | 613       | 1029  | 640       | 1043  | 90.1%  | 0.97 [0.91, 1.04]    |                      |
| Subtotal (95% CI)| 1029      |       | 1043      |       | 90.1%  | 0.97 [0.91, 1.04]    |                      |
| Total events:    | 613       | 640   |           |       |         |                      |                      |
| Heterogeneity: Not applicable | Test for overall effect: Z = 0.83 (P = 0.41) |

| Study or Subgroup | Tailored intervention | Untailored intervention | Risk ratio M-H, Fixed, 95% CI | Risk ratio M-H, Fixed, 95% CI |
|-------------------|-----------------------|-------------------------|-------------------------------|-------------------------------|
|                  | Events    | Total | Events    | Total | Weight |                      |                      |
| 2.1.2 Passive     |           |       |           |       |         |                      |                      |
| Skov-Ettrup 2013  | 106       | 453   | 64        | 452   | 9.1%   | 1.65 [1.25, 2.19]    |                      |
| Tsoh 2010         | 5         | 23    | 5         | 19    | 0.8%   | 0.67 [0.28, 2.43]    |                      |
| Subtotal (95% CI)| 476       |       | 471       |       | 9.9%   | 1.69 [1.21, 2.08]    |                      |
| Total events:     | 111       | 69    |           |       |         |                      |                      |
| Heterogeneity: Chi² = 1.48, df = 1 (P = 0.22); I² = 33% | Test for overall effect: Z = 3.33 (P = 0.0009) |

Sensitivity analysis at 3-months follow-up:

| Study or Subgroup | Tailored intervention | Untailored intervention | Risk ratio M-H, Fixed, 95% CI | Risk ratio M-H, Fixed, 95% CI |
|-------------------|-----------------------|-------------------------|-------------------------------|-------------------------------|
|                  | Events    | Total | Events    | Total | Weight |                      |                      |
| 2.2.2 Active     |           |       |           |       |         |                      |                      |
| Das 2017          | 16        | 105   | 20        | 111   | 1.1%   | 0.85 [0.46, 1.54]    |                      |
| Nguyen 2018       | 639       | 1242  | 720       | 1236  | 40.8%  | 0.88 [0.82, 0.95]    |                      |
| Subtotal (95% CI)| 1347      |       | 1347      |       | 41.9%  | 0.88 [0.82, 0.95]    |                      |
| Total events      | 655       | 740   |           |       |         |                      |                      |
| Heterogeneity: Chi² = 0.02, df = 1 (P = 0.89); I² = 0% | Test for overall effect: Z = 3.43 (P = 0.0006) |

Sensitivity analysis at 6-month follow-up:

| Study or Subgroup | Tailored intervention | Untailored intervention | Risk ratio M-H, Fixed, 95% CI | Risk ratio M-H, Fixed, 95% CI |
|-------------------|-----------------------|-------------------------|-------------------------------|-------------------------------|
|                  | Events    | Total | Events    | Total | Weight |                      |                      |
| 2.1.1 Active     |           |       |           |       |         |                      |                      |
| Wangberg 2011    | 613       | 1029  | 640       | 1043  | 90.1%  | 0.97 [0.91, 1.04]    |                      |
| Subtotal (95% CI)| 1029      |       | 1043      |       | 90.1%  | 0.97 [0.91, 1.04]    |                      |
| Total events:    | 613       | 640   |           |       |         |                      |                      |
| Heterogeneity: Not applicable | Test for overall effect: Z = 0.83 (P = 0.41) |
Sensitivity analysis at 6-months follow-up

| Study or Subgroup | Tailored intervention |  | Untailored intervention |  | Risk ratio |  | Risk ratio |
|-------------------|-----------------------|---|-------------------------|---|------------|---|------------|
|                   | Events    | Total | Events    | Total | Weight | M-H, Fixed, 95% CI |  | M-H, Fixed, 95% CI |
| **2.3.1 Active** |           |       |           |       |        |                 |  |            |
| Graham 2011       | 168       | 651   | 154       | 679   | 10.2%  | 1.14 [0.94 , 1.38] |  |            |
| Mevrot 2017       | 353       | 580   | 331       | 580   | 22.4%  | 1.07 [0.97 , 1.17] |  |            |
| **Subtotal (95% CI)** | 521       | 1231  | 485       | 1259  | 32.5%  | 1.09 [1.00 , 1.19] |  |            |
|                   |           |       |           |       |        |                 |  |            |
| **2.3.2 Passive** |           |       |           |       |        |                 |  |            |
| Das 2017          | 13        | 105   | 15        | 111   | 1.0%   | 0.92 [0.46 , 1.83] |  |            |
| Harrington 2016   | 98        | 748   | 89        | 740   | 6.0%   | 1.09 [0.83 , 1.42] |  |            |
| Nguyen 2018       | 667       | 1242  | 729       | 1236  | 49.3%  | 0.91 [0.85 , 0.98] |  |            |
| Pardavila-Bello 2015 | 19       | 133   | 11        | 122   | 0.8%   | 1.58 [0.79 , 3.19] |  |            |
| Skov-Ettrup 2016  | 67        | 453   | 75        | 452   | 5.1%   | 0.89 [0.66 , 1.21] |  |            |
| Smit 2016         | 89        | 132   | 74        | 119   | 5.3%   | 1.08 [0.90 , 1.30] |  |            |
| **Subtotal (95% CI)** | 953       | 2813  | 993       | 2780  | 67.5%  | 0.95 [0.89 , 1.01] |  |            |
|                   |           |       |           |       |        |                 |  |            |
| **Total (95% CI)**| 4044      | 4039  | 100.0%    | 0.99 [0.94 , 1.05] |  |            |
|                   | 1474      | 1478  |           |        |        |                 |  |            |

Heterogeneity: Chi² = 6.59, df = 5 (P = 0.25); I² = 24%
Test for overall effect: Z = 1.69 (P = 0.09)

Test for subgroup differences: Chi² = 6.25, df = 1 (P = 0.01), I² = 84.0%