| Study                  | Outcome                                                                 | Total number in intervention arm | Total number in control arm | Dichotomous data                                                                 | Other comments |
|-----------------------|--------------------------------------------------------------------------|----------------------------------|-----------------------------|----------------------------------------------------------------------------------|----------------|
| Mason et al[17]       | Current smoking                                                          | 100                              | 100                         | Number of events in intervention arm: 12, Yes (%): BL: 758 (46.73%), 4M: 194 (42.6%) |                |
| Jander et al[29]      | Binge Drinking                                                           | BL: 1622                         | BL: 1027                    | Number of events in control arm: 14, Yes (%): BL: 585 (56.96%), 4M: 184 (50.0%) | OR: 0.56, 95% CI 0.30 to 1.05, P = 0.07 |
|                        |                                                                          | 4M: 456                          | 4M: 368                     |                                                                                   |                |
| Bannink et al[28]     | Excessive drinking (excessive drinker if had at least one drinking occasion of 10 or more glasses of alcohol during previous week) | 1622                             | 1027                        | Number of events in intervention arm: BL: 116 (7.15%), 4M: 28 (6.1%), OR: 0.48, 95% CI 0.18-1.25, P = 0.13 |                |
|                       | Alcohol consumption                                                      | IG1 (E-health4Uth): 392          | IG2 (E-health4Uth + consult): 430 | Number of events in control arm: BL: 129 (12.56%), 4M: 37 (10.2%) |                |
|                       |                                                                          | CG: 434                          |                             |                                                                                   |                |
|                       | Alcohol consumption in the past 4 weeks                                  | IG1 (E-health4Uth): 392          | IG2 (E-health4Uth + consult): 430 | Number of events in control arm: BL: 116 (7.15%), 4M: 28 (6.1%), OR: 0.48, 95% CI 0.18-1.25, P = 0.13 |                |
|                       |                                                                          | CG: 434                          |                             |                                                                                   |                |
| Study                  | Outcome                                      | Total number in intervention arm | Total number in control arm | Number of events in intervention arm | Number of events in control arm | Other comments                          |
|-----------------------|----------------------------------------------|----------------------------------|-----------------------------|--------------------------------------|---------------------------------|----------------------------------------|
| Smoking               |                                              | IG1 (E-health4Uth): 392          | IG2 (E-health4Uth + consult): 430 | CG: 434                             |                                 |                                        |
|                       |                                              |                                 |                             | “No”                                 |                                 |                                        |
|                       |                                              | IG1                              |                             | BL: 329 (83.9%)                      | BL: 352 (81.5%)                 |                                        |
|                       |                                              |                                 |                             | 4M: 323 (82.8%)                      | 4M: 349 (80.8%)                 |                                        |
|                       |                                              | IG2                              |                             | BL: 352 (82.1%)                      | BL: 41 (9.5%)                   |                                        |
|                       |                                              |                                 |                             | 4M: 351 (82.6%)                      | 4M: 41 (9.5%)                   |                                        |
|                       |                                              |                                 |                             | “Every day”                           |                                 |                                        |
|                       |                                              | IG1                              |                             | BL: 35 (8.9%)                        |                                 |                                        |
|                       |                                              |                                 |                             | 4M: 32 (8.2%)                        |                                 |                                        |
|                       |                                              | IG2                              |                             | BL: 47 (11.0%)                       |                                 |                                        |
|                       |                                              |                                 |                             | 4M: 49 (11.5%)                       |                                 |                                        |
|                       |                                              |                                 |                             |                                      |                                 |                                        |
| Drug use (past 4 weeks) |                                             | IG1 (E-health4Uth): 392          | IG2 (E-health4Uth + consult): 430 | CG: 434                             |                                 |                                        |
|                       |                                              |                                 |                             | “Zero times”                          |                                 |                                        |
|                       |                                              | IG1                              |                             | BL: 274 (95.4%)                      | BL: 397 (91.9%)                 |                                        |
|                       |                                              |                                 |                             | 4M: 367 (94.1%)                      | 4M: 396 (91.7%)                 |                                        |
|                       |                                              | IG2                              |                             | BL: 402 (93.7%)                      | BL: 35 (8.1%)                   |                                        |
|                       |                                              |                                 |                             | 4M: 381 (89.6%)                      | 4M: 36 (8.3%)                   |                                        |
|                       |                                              |                                 |                             | “1 or more times”                    |                                 |                                        |
|                       |                                              | IG1                              |                             | BL: 18 (4.6%)                        |                                 |                                        |
|                       |                                              |                                 |                             | 4M: 23 (5.9%)                        |                                 |                                        |
|                       |                                              | IG2                              |                             | BL: 27 (6.3%)                        |                                 |                                        |
|                       |                                              |                                 |                             | 4M: 44 (10.4%)                       |                                 |                                        |
|                       |                                              |                                 |                             |                                      |                                 |                                        |
| Patten et al.^[33]    | Smoking abstinence rates                      | 70                               | 69                           |                                      |                                 |                                        |
|                       |                                              |                                  |                              |                                      |                                 | Greater reductions in average number of days smoked $P=0.006$ |
| Mermelstein and Turner^[30] | Smoking cessation (At the end of T/t) | 181                              | 170                          | 22                                   | 8                               | $P<0.05$                              |
| Smoking cessation (At 3M of follow-up) |                          | 181                              | 170                          | 37                                   | 18                              | $P<0.05$                              |

SD: Standard deviation, CI: Confidence interval, OR: Odds ratio