

Multimedia Appendix: List and characteristics of included studies

Study number and study title

1. Aalbers, Teun, Li Qin, Maria A.E. Baars, Annet De Lange, Roy P.C. Kessels, and Marcel G.M. Olde Rikkert. "Changing Behavioral Lifestyle Risk Factors Related to Cognitive Decline in Later Life Using a Self-Motivated EHealth Intervention in Dutch Adults." *Journal of Medical Internet Research* 18, no. 6 (2016): e171. doi:10.2196/jmir.5269.
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Characteristics of Included Studies

Characteristic	Number of studies (n)	Percentages
Publication Type		
Scientific journal articles	n=162/183	89%
conference proceeding collections	n=13/183	7%
published theses	n=8/183	4%
Year of Publication		
2003	n=2/183	1%
2004	n=2/183	1%
2005	n=1/183	1%
2006	n=6/183	3%
2007	n=5/183	3%
2008	n=4/183	2%
2009	n=7/183	4%
2010	n=9/183	5%
2011	n=10/183	6%
2012	n=21/183	11%
2013	n=23/183	13%
2014	n=24/183	13%
2015	n=21/183	11%
2016	n=24/183	13%
2017	n=21/183	11%
2018	n=3/183	2%
Location of Publication		
North America	n=107/183	58
Europe	n=38/183	21
Australia and New Zealand	n=18/183	10
Asia	n=13/183	7
Middle East	n=1/183	1
Multiple Countries	n=6/183	3
Study Design		
Randomized and controlled	n=93/183	51
Quantitative and non-randomized	n=47/183	26
Mixed-methods	n=30/183	16
Qualitative	n=13/183	7