

Sensitivity Analysis Results

Figure 1: Standardised mean difference for studies with an intervention length of up to three months.

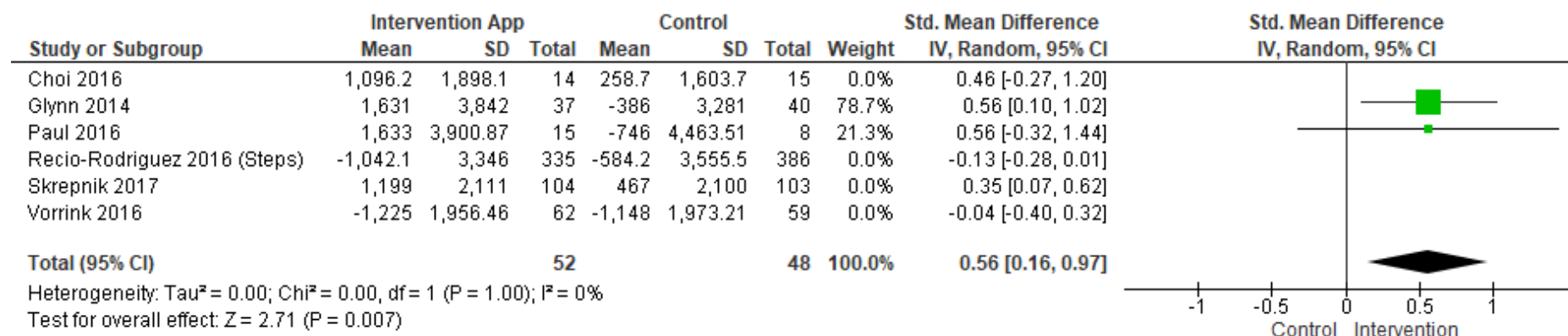


Figure 2: Standardised mean difference for studies that targeted physical activity alone.

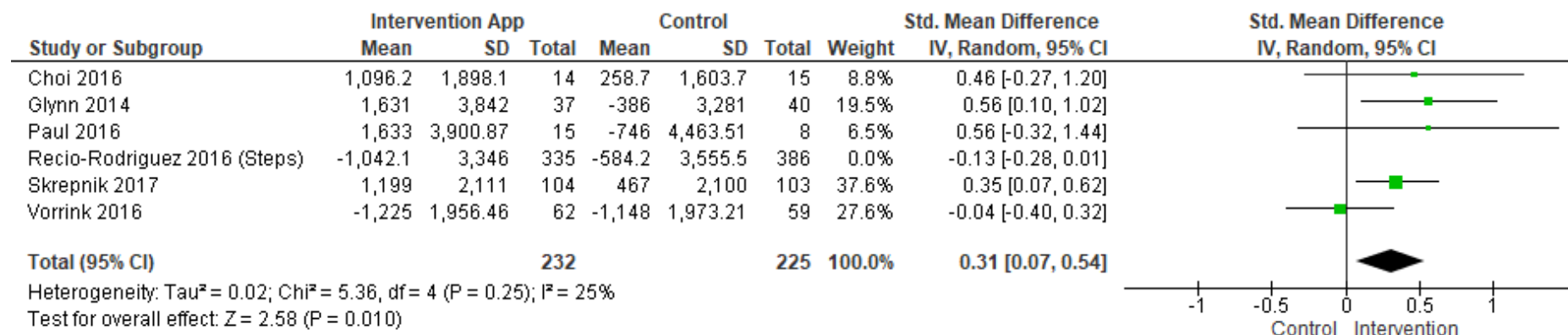


Figure 3: Standardised mean difference for apps targeting a general adult population.

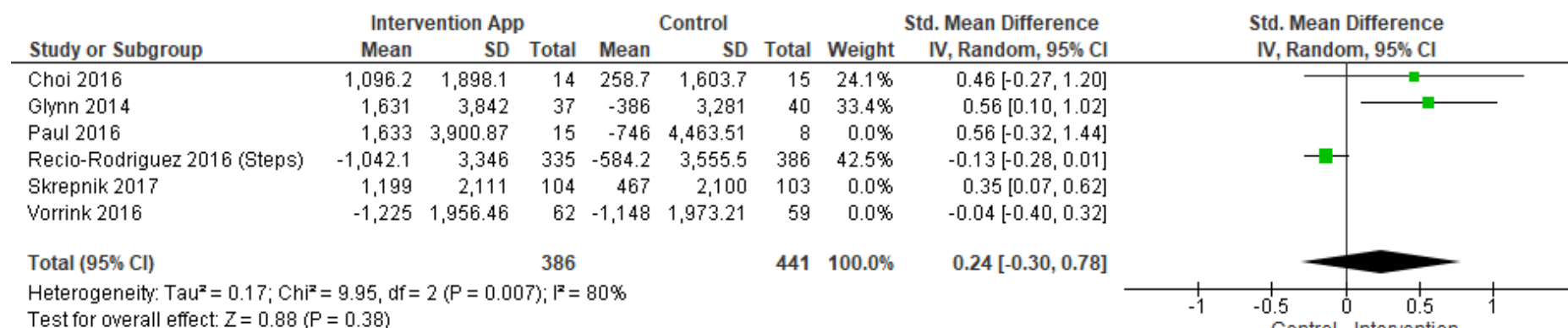


Figure 4: Standardised mean difference for apps targeting populations with specific health conditions.

