**Multimedia Appendix 2.** Summary of findings table according to the GRADE methodology.

**Question**: Web-based digital health interventions compared to non-technological interventions for weight loss in persons with overweight/obesity

| Certainty assessment | | | | | | | Numbe of patients | | Effect | | Certainty | Importance |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Number of studies | Study design | Risk of bias | Inconsistency | Indirectness | Imprecision | Other considerations | Web-based digital health interventions | Nontechnological interventions | Relative (95% CI) | Absolute (95% CI) | | |
| | | | | | | | | | | | | |
| **Weight change** | | | | | | | | | | | | |
| 10 | Randomized trials | Not serious | Serious[b] | Not serious | Not serious | None | 739 | 758 | — | MD[a] **0.77 lower** (2.16 lower to 0.62 higher) | ⨁⨁⨁◯ MODERATE | IMPORTANT |
| **BMI change** | | | | | | | | | | | | |
| 8 | Randomized trials | Not serious | Serious[c] | Not serious | Not serious | None | 622 | 622 | — | MD **0.12 lower** (0.64 lower to 0.41 higher) | ⨁⨁⨁◯ MODERATE | IMPORTANT |
| **Waist change** | | | | | | | | | | | | |
| 2 | Randomized trials | Serious[d] | Not serious | Not serious | Serious[e] | None | 114 | 118 | — | MD **0.54 lower** (5.17 lower to 4.10 higher) | ⨁⨁◯◯ LOW | IMPORTANT |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Long-term weight change (≥6 months)** | | | | | | | | | | | | |
| 6 | Randomized trials | Not serious | Serious[f] | Not serious | Not serious | None | 549 | 555 | — | MD **0.17 lower** (2.10 lower to 1.76 higher) | ⨁⨁⨁◯ MODERATE | CRITICAL |
| **Short-term weight change (<6 months)** | | | | | | | | | | | | |
| 4 | Randomized trials | Serious[g] | Not serious | Not serious | Not serious | None | 189 | 204 | — | MD **2.13 lower** (2.71 lower to 1.55 lower) | ⨁⨁⨁◯ MODERATE | IMPORTANT |

[a]MD: Mean difference.

[b]High heterogeneity ($I^2$=94%; *P*<.001), wide variation of point estimates. Heterogeneity was mainly explained by the presence of active interventions in control group and different follow-up times across studies.

[c]High heterogeneity ($I^2$=87%; *P*<.001), wide variation of point estimates and minimal overlap of confidence intervals. Heterogeneity was mainly explained by the presence of active interventions in control group and different follow-up times across studies.

[d]Large and unbalanced (intervention>control) loss to follow-up rates in the study, which contributed mostly to these results.

[e]Confidence interval of the effect size showed wide variation from large losses to large gains in waist circumference.

[f]High heterogeneity ($I^2$=94%; *P*<.001), wide variation of point estimates and minimal overlap of confidence intervals

[g]Attrition rates were ≥20% in 3 of the 5 studies that investigated this outcome.