Figure 1: PRISMA diagram

Full-text articles excluded, with reasons
(n = 57)

Wrong intervention (n=14)

Wrong outcome (n=10)

Wrong population (n=5)

Study design (n=7)

Publication type (n=12)

No English full text (n=3)

Unable to retrieve full text (n=2)

Data unusable (n=2)

Other (n=2)

Authors contacted for data, with no replies received (n=6):

Studies included in systematic review and meta-analysis
(n = 23)

Full-text articles assessed for eligibility
(n = 86)

Records excluded
(n = 18484)

Records screened
(n = 18570)

Records after duplicates removed
(n = 18570)

Additional records identified through other sources
(n = 0)

## Identification

## Eligibility

## Included

## Screening

Records identified through database searching
(n = 30552)

Figure 2: risk-of-bias in individual studies



Figure 3: Meta-analysis of post-intervention physical activity outcomes



Figure 4: Meta-analysis of longer-term follow-up physical activity outcomes



Figure 5: Meta-analysis of post-intervention sedentary behaviour outcomes



Figure 6: Meta-analysis of longer-term follow-up sedentary behaviour outcomes

