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**SUPPLEMENTARY MATERIAL– *versión post-print***

**Esta es la versión revisada por pares aceptada para publicación. El artículo puede recibir modificaciones de estilo y de formato.**

**Information and communication technologies vs. traditional approaches targeting parents to improve healthy diet or body mass index in preschoolers**

Table of excluded studies			
N°	Main author and name of study	PRISMA Flow diagram	Reason for exclusion
1	Hammersley M. Investigating the mediators and moderators of child body mass index change in the Time2bHealthy childhood obesity prevention program for parents of preschool-aged children.	Duplicated record excluded before screening.	Not an intervention to improve healthy diet or Body Mass Index.
2	Hammersley M. Time2bHealthy – An online childhood obesity prevention program for preschool-aged children: A randomised controlled trial protocol.	Duplicated record excluded before screening.	RCT protocol.
3	Toussaint N. A preschool-based intervention for Early Childhood Education and Care (ECEC) teachers in promoting healthy eating and physical activity in toddlers: study protocol of the cluster randomized controlled trial PreSchool@HealthyWeight.	Record excluded after title and abstract screening.	RCT protocol.
4	Li B. The CHIRPY DRAGON intervention in preventing obesity in Chinese primary-school-aged children: A cluster-randomised controlled trial.	Record excluded after title and abstract screening.	Not focused on target group.
5	Beckerman J. Communities for healthy living (CHL) - A family-centered childhood obesity prevention program integrated into Head Start services: Study protocol for a pragmatic cluster randomized trial.	Record excluded after title and abstract screening.	RCT protocol.
6	Ling J. Dose-Response Relationship in a Healthy Habits Study for Head Start Preschoolers.	Record excluded after title and abstract screening.	Full-text or open access was not found.
7	Ngan H. Childhood overweight and obesity amongst primary school children in Hai Phong City, Vietnam.	Record excluded after title and abstract screening.	Not focused on target group.
8	Haycraft E. Maternal feeding practices and children's eating behaviours: A comparison of mothers with healthy weight versus overweight/obesity	Record excluded after title and abstract screening.	Not focused on target group.
9	Hennink-Kaminski H. Parent and child care provider partnerships: Protocol for the Healthy Me, Healthy We (HMHW) cluster randomized control trial.	Record excluded after title and abstract screening.	RCT protocol.

10	Williams A. Dietary outcomes of overweight fathers and their children in the Healthy Dads, Healthy Kids community randomised controlled trial.	Record excluded after title and abstract screening.	Full-text or open access was not found.
11	Heerman W. Validity of the toddler feeding questionnaire for measuring parent authoritative and indulgent feeding practices which are associated with stress and health literacy among Latino parents of preschool children.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
12	Zoellner J. A comparative effectiveness trial of two family-based childhood obesity treatment programs in a medically underserved region: Rationale, design & methods.	Record excluded after title and abstract screening.	Not focused on target group.
13	Brophy-Herb H. Effectiveness of differing levels of support for family meals on obesity prevention among head start preschoolers: the simply dinner study.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
14	Bansilal S. Rationale and Design of Family-Based Approach in a Minority Community Integrating Systems-Biology for Promotion of Health (FAMILIA).	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
15	Goni L. A Remote Nutritional Intervention to Change the Dietary Habits of Patients Undergoing Ablation of Atrial Fibrillation: Randomized Controlled Trial.	Record excluded after title and abstract screening.	Not focused on target group.
16	Melo P. Descriptive Study of Children's Nutritional Status and Identification of Community-Level Nursing Diagnoses in a School Community in Africa.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
17	Lessard L. The health status of the early care and education workforce in the USA: a scoping review of the evidence and current practice.	Record excluded after title and abstract screening.	Not focused on target group.
18	Diószegi J. Genetic Background of Taste Perception, Taste Preferences, and Its Nutritional Implications: A Systematic Review.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
19	Bradbury D. Multiple stakeholder views of pre-school child weight management practices: A mixed-methods study.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.

20	Salinas J. Physical activity change after a promotora-led intervention in low-income Mexican American women residing in South Texas.	Record excluded after title and abstract screening.	Not focused on target group.
21	Manios Y. A school-and community-based intervention to promote healthy lifestyle and prevent type 2 diabetes in vulnerable families across Europe: design and implementation of the Feel4Diabetes-study.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
22	Lehto E. Increased health and wellbeing in preschools (DAGIS) study—Differences in children’s energy balance-related behaviors (EBRBs) and in long-term stress by parental educational level.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
23	Briones N. Do children with obesity have worse table manners? Associations between child table manners, weight status and weight gain.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
24	Bernardo G. Nutrition and Culinary in the Kitchen Program: A randomized controlled intervention to promote cooking skills and healthy eating in university students - Study protocol.	Record excluded after title and abstract screening.	Not focused on target group.
25	Miyajima A. Development of an intervention programme for selective eating in children with autism spectrum disorder.	Record excluded after title and abstract screening.	Not focused on target group.
26	Henriksson H. MINISTOP 2.0: a smartphone app integrated in primary child health care to promote healthy diet and physical activity behaviours and prevent obesity in preschool-aged children: protocol for a hybrid design effectiveness-implementation study.	Record excluded after title and abstract screening.	Protocol.
27	Kovalskys I. Study Protocol of MINI SALTEN: a technology-based multi-component intervention in the school environment targeting healthy habits of first grade children and their parents.	Record excluded after title and abstract screening.	Protocol.
28	Carson V. Cross-sectional associations between sleep duration, sedentary time, physical activity, and adiposity indicators among Canadian preschool-aged children using compositional analyses.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
29	Krystia O. A randomized home-based childhood obesity prevention pilot intervention has favourable effects on parental body composition: preliminary evidence from the Guelph Family Health Study.	Record excluded after title and abstract screening.	Pilot.

30	Swindle T. Stakeholder selected strategies for obesity prevention in childcare: results from a small-scale cluster randomized hybrid type III trial.	Record excluded after title and abstract screening.	Not focused on target group.
31	Sandvik P. Picky eating in Swedish preschoolers of different weight status: application of two new screening cut-offs.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
32	Ceretti E. Results from the European Union MAPEC_LIFE cohort study on air pollution and chromosomal damage in children: are public health policies sufficiently protective?	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
33	Garcia K. Stability in the feeding practices and styles of low-income mothers: questionnaire and observational analyses.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
34	Calayugan M. Zinc-Biofortified Rice: A Sustainable Food-Based Product for Fighting Zinc Malnutrition.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
35	Lotto M. Parental-oriented educational mobile messages to aid in the control of early childhood caries in low socioeconomic children: a randomized controlled trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
36	Lachman J. Preventing child mental health problems through parenting interventions in Southeastern Europe (RISE): protocol for a multi-country cluster randomized factorial study.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
37	Jiang S. Motivational interviewing to prevent early childhood caries: A randomized controlled trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
38	Feldmann J. ReSi: evaluation of a Program for Competency Training and Prevention of Sexual Abuse in Kindergarten.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
39	Zhou N. Social story-based oral health promotion for preschool children with special healthcare needs: A 24-month randomized controlled trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.

40	Vpk V. Effectiveness of different parenting interventions on oral hygiene of cerebral palsy children: A randomized controlled trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
41	Bermejo E. An exploratory trial of a health education programme to promote healthy lifestyles through social and emotional competence in young children: Study protocol.	Record excluded after title and abstract screening.	Protocol.
42	Forehand R. Do parental ADHD symptoms reduce the efficacy of parent training for preschool ADHD? A secondary analysis of a randomized controlled trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
43	Sourander A. Two-year follow-up of internet and telephone assisted parent training for disruptive behavior at age 4.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
44	Mahmudiono T. The effectiveness of nutrition education for overweight/obese mother with stunted children (NEO-MOM) in reducing the double burden of malnutrition.	Record excluded after title and abstract screening.	Not focused on target group.
45	Lee R. Design and methodology of a cluster-randomized trial in early care and education centers to meet physical activity guidelines: Sustainability via Active Garden Education (SAGE).	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
46	Muñoz P. Effectiveness of fluoride varnish in preventing early childhood caries in rural areas without access to fluoridated drinking water: A randomized control trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
47	Gielen A. Results of an RCT in two pediatric emergency departments to evaluate the efficacy of an m-health educational app on car seat use.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
48	Guo N. Effect of hand washing and personal hygiene on hand food mouth disease: A community intervention study.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
49	Ginn N. Child-directed interaction training for young children with autism spectrum disorders: Parent and child outcomes.	Record excluded after title and abstract screening.	Not focused on target group.

50	Wang Y. A randomised safety promotion intervention trial among low-income families with toddlers.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
51	Tsai S. Behavioral-educational sleep interventions for pediatric epilepsy: a randomized controlled trial	Record excluded after title and abstract screening.	Not focused on target group.
52	Wright J. Tailored communications for obesity prevention in pediatric primary care: a feasibility study.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
53	De Craemer M. Effect and process evaluation of a kindergarten-based, family-involved cluster randomised controlled trial in six European countries on four-to six-year-old children's steps per day: the ToyBox-study.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
54	Churchill S. One year follow-up of outcomes from the randomized clinical trial of the Building on Family Strengths Program.	Record excluded after title and abstract screening.	Not focused on target group.
55	Li C. Medication Education for Dosing Safety: A Randomized Controlled Trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
56	Huntington C. On-line preparatory information for children and their families undergoing dental extractions under general anesthesia: A phase III randomized controlled trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
57	Mlinda S. The effect of a practical nutrition education programme on feeding skills of caregivers of children with cerebral palsy at Muhimbili National Hospital, in Tanzania.	Record excluded after title and abstract screening.	Not focused on target group.
58	Luo R. Using community health workers to deliver a scalable integrated parenting program in rural China: A cluster-randomized controlled trial.	Record excluded after title and abstract screening.	Not focused on target group.
59	Azor E. Effectiveness of a hand hygiene program at child care centers: a cluster randomized trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.

60	Divecha C. Parental knowledge and attitudes regarding asthma in their children: Impact of an educational intervention in an Indian population	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
61	Alsem M. Parental empowerment in paediatric rehabilitation: Exploring the role of a digital tool to help parents prepare for consultation with a physician.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
62	Lepley B. Randomized controlled trial of acute illness educational intervention in the pediatric emergency department: written versus application-based education.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
63	Rice T. Parental knowledge of concussion: Evaluation of the CDC's "Heads up to parents" educational initiative.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
64	Dekker A. Effectiveness of general practitioner online training and an information booklet for parents on antibiotic prescribing for children with respiratory tract infection in primary care: a cluster randomized controlled trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
65	Thomas K. Fostering activation among Latino parents of children with mental health needs: an RCT.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
66	Borrelli B. Smokers who are unmotivated to quit and have a child with asthma are more likely to quit with intensive motivational interviewing and repeated biomarker feedback.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
67	Endrighi R. Parental depression is prospectively associated with lower smoking cessation rates and poor child asthma outcomes.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
68	Mvumbi P. Adherence to the referral advice after introduction of rectal artesunate for pre-referral treatment of severe malaria at the community level: a noninferiority trial in the Democratic Republic of the Congo.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
69	Broendum E. Barriers for recruitment of patients with chronic obstructive pulmonary disease to a controlled telemedicine trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.



70	Lim L. Nurse-coordinated multicomponent integrated care improved cardiometabolic control in multi-ethnic patients with type 2 diabetes in Malaysia - Subnational analysis of the Joint Asia Diabetes Evaluation (JADE) Register.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
71	Taylor A. Adding web-based behavioural support to exercise referral schemes for inactive adults with chronic health conditions: the e-coachER RCT.	Record excluded after title and abstract screening.	Not focused on target group.
72	Sun Y. The clinical effects of a new management mode for hypertensive patients: a randomized controlled trial.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
73	Kaufman J. Face-to-face interventions for informing or educating parents about early childhood vaccination.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
74	Graham A. School dental screening programmes for oral health: Cochrane systematic review	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
75	Skelton K. Garden-based interventions and early childhood health: an umbrella review.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
76	Ward D. Keys to healthy family child care homes: Results from a cluster randomized trial.	Record excluded after title and abstract screening.	Not focused on target group.
77	Van de Kolk, I. Systematic review of interventions in the childcare setting with direct parental involvement: effectiveness on child weight status and energy balance-related behaviours.	Record excluded after title and abstract screening.	Not focused on target group.
78	Hodder R. Interventions for increasing fruit and vegetable consumption in children aged five years and under.	Record excluded after title and abstract screening.	Not focused on target group.
79	Markham P. Improving nutrition and physical activity environments of family child care homes: the rationale, design and study protocol of the 'Healthy Start/Comienzos Sanos' cluster randomized trial.	Record excluded after title and abstract screening.	Protocol.

80	Nekitsing C. Developing Healthy Food Preferences in Preschool Children Through Taste Exposure, Sensory Learning, and Nutrition Education.	Record excluded after title and abstract screening.	Not an intervention to improve healthy diet or Body Mass Index.
81	Mirota J. Guelph family health Study's home-based obesity prevention intervention increases fibre and fruit intake in preschool-aged children.	Record excluded after full text eligibility.	Full-text or open access was not found.
82	Brown C. A randomized controlled trial examining an exam room poster to prompt communication about weight.	Record excluded after full text eligibility.	Full-text or open access was not found.
83	Heerman W. Competency Based Approach to Community Health (COACH): The methods of a family-centered, community-based, individually adaptive obesity randomized trial for pre-school child-parent pairs.	Record excluded after full text eligibility.	Not an intervention to improve healthy diet or Body Mass Index.
84	Munday K. Implementing a Health and Wellbeing Programme for Children in Early Childhood: A Preliminary Study.	Record excluded after full text eligibility.	Not an intervention to improve healthy diet or Body Mass Index.
85	Jansson A. Integrating smartphone technology, social support and the outdoor built environment to promote community-based aerobic and resistance-based physical activity: Rationale and study protocol for the "ecofit" randomized controlled trial.	Record excluded after full text eligibility.	Not focused on target group.
86	Järvelä-Reijonen E. The effects of acceptance and commitment therapy on eating behavior and diet delivered through face-to-face contact and a mobile app: a randomized controlled trial.	Record excluded after full text eligibility.	Not focused on target group.
87	Kaur J. Effectiveness of information technology-enabled 'SMART Eating' health promotion intervention: A cluster randomized controlled trial.	Record excluded after full text eligibility.	Not focused on target group.
88	Byrne J. A brief eHealth tool delivered in primary care to help parents prevent childhood obesity: a randomized controlled trial.	Record excluded after full text eligibility.	Not focused on target group.
89	Hawkins K. Efficacy of a home-based parent training-focused weight management intervention for preschool children: the DRIVE randomized controlled pilot trial.	Record excluded after full text eligibility.	Pilot study

90	Beck A. Randomized controlled trial of a clinic-based intervention to promote healthy beverage consumption among Latino children.	Record excluded after full text eligibility.	Pilot study
91	Sun A. Home-based and technology-centered childhood obesity prevention for Chinese mothers with preschool-aged children.	Record excluded after full text eligibility.	Pilot study
92	Marsh S. Results of the 3 Pillars Study (3PS), a relationship-based programme targeting parent-child interactions, healthy lifestyle behaviours, and the home environment in parents of preschool-aged children: A pilot randomised controlled trial.	Record excluded after full text eligibility.	Pilot study
93	Karmali S. Coaching and/or education intervention for parents with overweight/obesity and their children: study protocol of a single-centre randomized controlled trial.	Record excluded after full text eligibility.	Protocol

Table of risk of bias			
Study	Risk of bias category	Risk of bias percentage and score <sup>a</sup>	Items scored 5 or 0 where 5 is the desired and 0 absent.
(Iaia et al., 2017)	A	205 (82%)	Trial design: 5 Interventions: 5 Outcomes: 5 Sample size: 0 Sequence generation: 5 Allocation concealment mechanism: 0 Blinding: 0 Ancillary analyses and harms: 0 Limitations Generalisability: 5
(Barkin et al., 2018)	A	235 (94%)	Trial design: 5 Interventions: 5 Sample size: 5 Allocation concealment mechanism: 0 Implementation: 5 Participant flow (a diagram is strongly recommended): 0 Generalisability: 0
(Steenbock et al., 2019)	B	185 (74%)	Participants: 5 Outcomes: 0 Sample size: 5 Sequence generation: 5 Allocation concealment mechanism: 0 Blinding: 0 Outcomes and estimation: 0 Generalisability and Interpretation: 5 Harms: 0
(Romo et al., 2018)	B	165 (66%)	Title and abstract: 5 Trial design: 5

			Sample size: 0 Sequence generation and Allocation concealment mechanism: 0 Blinding: 0 Outcomes and estimation: 5 Harms: 0
(Nyström et al.,2017)	A	215 (86%)	Participants: 5 Interventions: 5 Implementation: 0 Outcomes and estimation: 5 Harms: 0
(French et al., 2018)	A	205 (82%)	Interventions: 5 Sample size: 0 Allocation concealment mechanism: 0 Implementation: 5 Outcomes and estimation: 5 Ancillary analyses: 5 Generalizability: 5
(Natale et al., 2017)	B	170 (68%)	Title and abstract: 5 Interventions: 5 Sample size: 0 Randomization: 5 Allocation concealment mechanism: 0 Implementation: 0 Blinding: 0 Outcomes and estimation: 5 Ancillary analysis: 5 Harms: 0 Generalizability: 5
(Karmali et al., 2020)	B	185 (74%)	Interventions: 5 Sample size: 0 Randomization: 0

			Allocation concealment mechanism: 0 Blinding: 0 Outcomes and estimation: 5 Ancillary analyses: 5 Harms: 0
ªEvaluated based on CONSORT 2010 checklist of information to include when reporting a randomized trial. Scores: 0 points-totally incomplete, 5 points-partially complete, 10 points-totally complete. Score ranking: (A)-low 80 to 100%, (B)-medium 50 to 80%, (C)-high 0 to 50%.			