Supplemental table 1: Methodological quality score, study size score and effect of physical activity intervention studies aimed at children and adolescents. References refer to main study paper and studies are controlled trials unless specified (*).

<table>
<thead>
<tr>
<th>Study ref</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
<th>J</th>
<th>Score</th>
<th>Size</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHILDREN</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Educational</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Christodoulos ‘06’1</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>4*</td>
<td>-</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Fitzgibbon ‘06’2</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>5*</td>
<td>+</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Harrison ‘06’3</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>6</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Manios ‘06’4</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>5</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Fairclough ‘05’5</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>5*</td>
<td>-</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Fitzgibbon ‘05’6</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>4*</td>
<td>+</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>French ‘05’7</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>7*</td>
<td>+</td>
<td>+</td>
<td></td>
</tr>
<tr>
<td>Kelder ‘05’8</td>
<td>+</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>3</td>
<td>+</td>
<td>++</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Palmer ‘05’9</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>4</td>
<td>-</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Saakslahti ‘04’10</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>6</td>
<td>+</td>
<td>+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baranowski ‘03’11</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>7*</td>
<td>-</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Beech ‘03’12</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>6*</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Harvey-Berino ‘03’13</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>3</td>
<td>+</td>
<td>++</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pangrazi ‘03’14</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>3</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Story ‘03’15</td>
<td>?</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>5*</td>
<td>-</td>
<td>+</td>
<td></td>
</tr>
<tr>
<td>Warren ‘03’16</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>5*</td>
<td>-</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Harrell ‘96’17</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>5*</td>
<td>+</td>
<td>+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baranowski ‘90’19</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>6*</td>
<td>-</td>
<td>--</td>
<td></td>
</tr>
<tr>
<td><strong>Environmental</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Verstraete ‘06’20</td>
<td>?</td>
<td>?</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>5*</td>
<td>-</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Stratton ‘05’21</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>7</td>
<td>-</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Stratton ‘02’22</td>
<td>?</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>4*</td>
<td>-</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Stratton ‘00’23</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>4</td>
<td>+</td>
<td>+</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Multi-component</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jurg ‘06’24</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>6</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Reilly ‘06’25</td>
<td>?</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>7*</td>
<td>+</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Coleman ‘05’26</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>4</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Paradis ‘05’27</td>
<td>-</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>4</td>
<td>+</td>
<td>+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caballero ‘03’28</td>
<td>?</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>4*</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Pate ‘03’29</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>-</td>
<td>4</td>
<td>+</td>
<td>+</td>
<td></td>
</tr>
<tr>
<td>Van Beurden ‘03’30</td>
<td>-</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>4</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Study ref</td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
<td>E</td>
<td>F</td>
<td>G</td>
<td>H</td>
<td>I</td>
<td>J</td>
<td>Score*</td>
<td>Size†</td>
<td>Effect‡</td>
</tr>
<tr>
<td>-----------</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>--------</td>
<td>------</td>
<td>--------</td>
</tr>
<tr>
<td>Sahota ‘01w39</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>7*</td>
<td>+</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Sallis ‘97w41</td>
<td>?</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>5*</td>
<td>+</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>McKenzie ‘96w44,5</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>7*</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td><strong>ADOLESCENTS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Educational</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jago ‘06w48</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>9*</td>
<td>+</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Patrick ‘06w49</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>5*</td>
<td>+</td>
<td>+</td>
<td></td>
</tr>
<tr>
<td>Robbins ‘06w50</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>6*</td>
<td>-</td>
<td>+</td>
<td></td>
</tr>
<tr>
<td>Frenn ‘05w51</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>-</td>
<td>3</td>
<td>-</td>
<td>+</td>
<td></td>
</tr>
<tr>
<td>Schofield ‘05w52</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>3</td>
<td>-</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Tsorbatzoudis ‘05w53</td>
<td>?</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>2</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Wilson ‘05w54</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>7</td>
<td>-</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Hsu ‘04w56</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>4*</td>
<td>+</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Ortega-Sanchez ‘04w57</td>
<td>?</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>5*</td>
<td>+</td>
<td>++</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prochaska ‘04w58</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>7*</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Frenn ‘03w59</td>
<td>?</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>3</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Gortmaker ‘99w60</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>8*</td>
<td>+</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Perry ‘94w61</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>6</td>
<td>+</td>
<td>++</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nader ‘92w63</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>?</td>
<td>7*</td>
<td>+</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Killen ‘88w64</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>3*</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td><strong>Environmental</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sallis ‘03w67</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>4*</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td><strong>Multi-component</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Young ‘06w69</td>
<td>?</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>6*</td>
<td>+</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Haerens ‘05w70</td>
<td>?</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>5*</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Pate ‘05w72</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>6*</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Jammer ‘04w73</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>?</td>
<td>4</td>
<td>-</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Simon ‘04w76</td>
<td>-</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>?</td>
<td>-</td>
<td>+</td>
<td>+</td>
<td>6*</td>
<td>+</td>
<td>++</td>
<td></td>
</tr>
<tr>
<td>Neumark-Sztainer ‘03w77</td>
<td>+</td>
<td>?</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>6*</td>
<td>-</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

NOTES: Description of columns: A: Groups comparable; B: Randomisation; C: Unit of analysis; D: PA measure; E: Drop out; F: Timing; G: Blinding; H: Follow-up; I: Intention-to-treat; J: Confounders. Possible scores obtained: ‘+’: positive; ‘?’: not or insufficiently described; ‘-’: negative.