Supplementary material 9. Study findings (i.e. effect sizes and risk of bias) for articles reporting on the effect of the intervention on quality of life on the long- and short-term. Findings are stratified by intervention component (active referral, a multi-component intervention with multiple elements and e/mHealth). Individual study as well as pooled effects are presented. SE = standard error; CI = confidence interval; IV = Inverse variance.

04-1	D.W.		cperimental C			Mean Difference	Mean Difference	Risk of Bias
Study or Subgroup  1.3.1 Active referral (long to	Mean Difference	SE	Total	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	ABCDEFG
Subtotal (95% CI)	zi iii)		0	0		Not estimable		
Heterogeneity: Not applicable	le					1101 00011110010		
Test for overall effect: Not ap								
1.3.2 Active referral (short-								
Sandell 2008 (short-term) Subtotal (95% CI)	2.87	3.421	33 <b>33</b>		100.0% <b>100.0</b> %	2.87 [-3.84, 9.58] 2.87 [-3.84, 9.58]		••••?•
Heterogeneity: Not applicabl Test for overall effect: Z = 0.8								
1.3.3 Combined (long-term)								
Wang 2018 (long-term)	7.1	1.59	200	200	77.5%	7.10 [3.98, 10.22]	=	?? ? • • ??
Archer 2016 (long-term)	10.04	2.949	43	43	22.5%	10.04 [4.26, 15.82]	-	● ? ● ● ● ?
Subtotal (95% CI)			243	243	100.0%	7.76 [5.02, 10.51]		
Heterogeneity: Tau <sup>2</sup> = 0.00; ( Test for overall effect: Z = 5.5		0.38); 1*= 1	0%					
1.3.4 Combined (short-term	1)							
Damkjaer 2015 (short-term)	1.48	3.61	44	52	15.3%	1.48 [-5.60, 8.56]	<del>-</del>	??••?•?
Archer 2016 (short-term)	4.67	2.952	43	43	22.9%	4.67 [-1.12, 10.46]	+-	<b>● ? ● ● ● ?</b>
Wang 2018 (short-term) Subtotal (95% CI)	6.21	1.8	200 <b>287</b>	200 <b>295</b>	61.7% 100.0%	6.21 [2.68, 9.74] 5.13 [2.36, 7.90]	<del>*</del>	3300033
Heterogeneity: Tau <sup>2</sup> = 0.00;	Chi <sup>2</sup> = 1.41. df = 2 (P =	0.49):  2=1	0%				•	
Test for overall effect: Z = 3.6								
1.3.5 e/mHealth (long-term)								
Vesterby 2018 (long-term)	1	2.526	36	37	14.6%	1.00 [-3.95, 5.95]	<del>-</del>	? • • • • ? •
Skolasky 2018 (long-term)	3.53	1.293	65	60	55.8%	3.53 [1.00, 6.06]	<b>=</b>	000000
Hou 2019 (long-term)	4.73	1.776	82	80	29.6%	4.73 [1.25, 8.21]	<del>*</del>	
Subtotal (95% CI)		0.400.17	183	177	100.0%	3.52 [1.62, 5.41]	▼	
Heterogeneity: Tau <sup>2</sup> = 0.00; ( Test for overall effect; Z = 3.8		0.48); I*=	D%					
	,							
1.3.6 e/mHealth (short-term	•							
Szöts 2016 (short-term)	0.35	2.153	59	58	2.0%	0.35 [-3.87, 4.57]	<u> </u>	0000007
Hou 2019 (short-term) Levinger 2017 (short-term)	2.01	0.309 13.469	82 16	80 16	97.9%	2.01 [1.40, 2.62] 11.20 [-15.20, 37.60]		_ 0000000
Subtotal (95% CI)	11.2	13.409	157		100.0%	1.98 [1.38, 2.58]		
Heterogeneity: Tau <sup>2</sup> = 0.00;	Chi² = 1.05. df = 2 /P =	0.59):  2=1				1100 [1100, 2100]	ľ.	
Test for overall effect Z = 6.48 (P < 0.00001)								
							-20 -10 0 10 20	
							Favours control Favours interve	ntion

- Risk of bias legend

  (A) Random sequence generation (selection bias)

  (B) Allocation concealment (selection bias)

  (C) Blinding of participants and personnel (performance bias)

  (D) Blinding of outcome assessment (detection bias)

  (E) Incomplete outcome data (attrition bias)

  (F) Selective reporting (reporting bias)

  (G) Other bias