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# Study, sample, and intervention characteristics of 75 Randomized Controlled Trials Included in a Meta-Analysis of Computer-Delivered Interventions for Health Promotion and Behavioral Risk Reduction, 1988 - 2007

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Study, sample, and intervention characteristics of 75 Randomized Controlled Trials Included in a Meta-Analysis of Computer-Delivered Interventions for Health Promotion and Behavioral Risk Reduction, 1988 - 2007

Citation	N	% F	% White	% Black	Age	Location	Control	Intervention Details <sup>a</sup>			Behavioral Outcomes <sup>b</sup>
								Delivery	No. of Sessions	Dosage (mins)	
Alterman and Baughman 1991											
Alcoholics	91	0%	NR	75%	42.39	United States	Education	CD-ROM	1	52.5	--
Non-Alcoholics	35	0%	NR	69%	45.6						
Anderson et al. 1997	144	86%	95%	NR	40	United States	WL/NT	Kiosk	10	40	nutrition
Anderson et al. 2001	296	96%	92%	NR	NR	United States	WL/NT	Kiosk	15	75	nutrition
Andrewes et al. 1996	54	100%	NR	NR	22	Australia	Brief version	CD-ROM	2	60	--
Baranowski et al. 2003	1578	53%	44%	18%	8.28	United States	WL/NT	CD-ROM	10	250	nutrition
Barber 1993	30	23%	NR	NR	NR	Australia	Education	CD-ROM	1	30	--
Bernhardt 2001	102	59%	86%	8%	21.6	United States	Education	Internet	1	15	health maintenance
Bersamin et al. 2007	622	52%	30%	4%	18	United States	WL/NT	Internet	NR	180	substance use
Block et al. 2004	326	100%	51%	49%	50.1	United States	Irrelevant, matched	CD-ROM	1	17.5	nutrition
Bosworth et al. 1994	1872	50%	NR	NR	NR	United States	WL/NT	CD-ROM	18	45	tobacco use sexual behavior
Bowen et al. 2007	90	81%	NR	NR	29.02	United States	WL/NT	Internet	2	40	--
Brown et al. 1997	59	0%	NR	NR	NR	United States	Irrelevant, matched	Game Console	NR	2160	diabetes health maintenance
Brown et al. 2004	153	100%	56%	1%	15.1	United States	WL/NT	Internet	8	480	binge/purge
Campbell et al. 1999	526	100%	9%	85%	29.3	United States	WL/NT	Kiosk	1	30	--
Campbell et al. 2004	410	97%	55%	33%	27.4	United States	WL/NT	CD-ROM	1	22.5	nutrition health maintenance
Chiauzzi et al. 2005	265	54%	73%	3%	19.9	United States	Education	Internet	4	80	--
Downs et al. 2004	300	100%	15%	75%	NR	United States	Education	Interactive DVD	4	75	--
Etter 2005	11969	62.5%	NR	NR	34	Europe	Brief version	Internet	1.2	8.4	tobacco use
Franko et al. 2005	240	100%	100%	--	18.2	United States	Irrelevant, matched	CD-ROM	2	120	--
Gerber et al. 2005	244	66%	0%	29%	54.82	United States	Education	CD-ROM	2.9	53.5	diabetes weight loss
Glasgow et al. 2003	320	53%	NR	NR	59	United States	Education	Internet	10.6	159	physical activity nutrition diabetes health maintenance
Glazebrook et al. 2006	589	80%	NR	NR	38.3	Europe	WL/NT	CD-ROM	1	12.5	health maintenance
Harvey-Berino et al. 2002	122	85%	98%	NR	48.4	United States	Brief version (face-to-face)	Internet, E-mail	50	3000	physical activity nutrition weight loss
Hester and Delaney 1997	42	40%	70%	NR	36.3	United States	WL/NT	CD-ROM	8	240	substance use
Hester et al. 2005	61	48%	79%	NR	45.7	United States	WL/NT	CD-ROM	1	30	substance use
Hewitt et al. 2001	232	NR	NR	NR	10.5	Europe	WL/NT	CD-ROM	1	20	--
Horan et al. 1990	20	70%	80%	20%	NR	United States	Brief version (print)	CD-ROM	15	225	physical activity nutrition diabetes health maintenance

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								Delivery	No. of Sessions	Dosage (mins)	
Irvine et al. 2004	517	73%	85%	5%	42.78	United States	WL/NT	CD-ROM	1.3	54.56	nutrition
Jacobi et al. 2007	106	100%	100%	--	22.5	Europe	WL/NT	Internet	NR	NR	--
Kiene and Barta 2006	157	71%	81%	5%	18.86	United States	Irrelevant, matched	CD-ROM	2	42	sexual behavior
Kosma et al. 2005	151	72%	89%	5%	38.73	United States	Irrelevant, matched	Internet, E-mail	4	120	physical activity
Kumar et al. 1993	92	72%	91%	3%	NR	United States	Education	CD-ROM	1	120	nutrition
Kypri and McAnally 2005	146	51%	75%	NR	20.2	Australia	WL/NT	Internet	1	15	physical activity
Kypri et al. 2004	104	50%	91%	NR	20.15	Australia	Education	Internet	1	11.2	nutrition
Lawrence et al. 2003	613	100%	88%	1%	NR	Europe	Education	CD-ROM	3	60	substance use
Lightfoot et al. 2006	95	49%	NR	47%	16	United States	WL/NT	CD-ROM	NR	NR	tobacco use
Maio et al. 2005	655	33%	67%	18%	15.9	United States	WL/NT	CD-ROM	1	30	sexual behavior
Marsch and Bickel 2004	30	37%	90%	3%	35.7	United State	Relevant, matched (face-to-face)	CD-ROM	4	120	substance use
Marshall et al. 2003	655	51%	NR	NR	43	Australia	Brief version (print)	Internet, E-mail	4	60	--
McKay et al. 2001	78	53%	82%	NR	52.3	Multiple	Education	Internet	88.8	194.4	physical activity
Meier 1988	47	72%	NR	NR	24	United States	Irrelevant, matched	CD-ROM	1	40	--
Moore et al. 2005	116	58%	70%	8%	21.69	United States	Relevant, matched (mailed)	E-mail	4	60	substance use
Muñoz et al. 2006											
English	280	67.9%	76.3%	5%	38.4	Multiple	Education	CD-ROM, E-mail	9	151	tobacco use
Spanish	288	41.3%	62%	0.4%	35						
Napolitano et al. 2003	65	86%	91%	NR	42.8	United States	WL/NT	Internet, E-mail	12	120	physical activity
Neighbors et al. 2004	252	59%	80%	NR	18.5	United States	WL/NT	CD-ROM	1	5	substance use
Neumann et al. 2006	1136	21%	NR	NR	30.5	Europe	WL/NT	CD-ROM	1	10	substance use
Oenema and Brug 2003	202	60%	NR	NR	44	Europe	Education	Internet	1	30	--
Oenema et al. 2001	204	62%	NR	NR	44	Europe	Education	Internet	1	30	
Oenema et al. 2005	782	43%	NR	NR	42	Europe	WL/NT	CD-ROM, Intranet	Tailored: 1.8 Generic: 2.6	39.6 46.8	nutrition
Ondersma et al. 2005	30	100%	NR	97%	23.4	United States	WL/NT	CD-ROM	1	40	substance use
O'Neill et al. 2000	65	63%	NR	NR	19.7	United States	Irrelevant, matched	CD-ROM	4	120	--
Patten et al. 2006	139	50%	88%	NR	15.7	United States	Brief version (face-to-face)	Internet, E-mail	6.8	102	tobacco use
Roberto et al. 2007	378	56%	97%	NR	15.59	United States	WL/NT	Internet	6	90	health maintenance
											sexual behavior

Citation	N	% F	% White	% Black	Age	Location	Control	Intervention Details <sup>a</sup>			Behavioral Outcomes <sup>b</sup>
								Delivery	No. of Sessions	Dosage (mins)	
Rovniak et al. 2005	61	100%	82%	NR	40.21	United States	Relevant, matched	E-mail	13	90	physical activity weight loss
Schinke et al. 2004a	514	51%	33%	54%	11.5	United States	WL/NT	Internet	1	20	tobacco use
Schinke et al. 1994	368	54%	0%	0%	11.85	United States	Irrelevant, matched	CD-ROM	1	35	--
Schinke and Schwinn 2005	91	100%	NR	NR	NR	United States	Education	CD-ROM	1	25	--
Schinke et al. 2004b	189	50%	33%	54%	9.6	United States	WL/NT	CD-ROM	12	510	tobacco use health maintenance
Schinke et al. 2005	489	51%	11%	54%	10.84	United States	WL/NT	CD-ROM	10	450	--
Southard et al. 2003	104	25%	97%	1%	62.3	United States	WL/NT	Internet	58	870	physical activity nutrition weight loss diabetes
Strecher et al. 2005	3501	57%	NR	NR	36.9	Europe	Brief version	Internet, E-mail	14	130	tobacco use
Swartz et al. 2006	351	52%	82%	7%	NR	United States	WL/NT	Internet	NR	12.5	tobacco use
Taylor et al. 2006	480	100%	60%	2%	20.8	United States	WL/NT	Internet	8	480	binge/purge weight maintenance
Tessaro et al. 2007	395	100%	95%	NR	50.25	United States	WL/NT	CD-ROM	1	20.6	nutrition health maintenance
Turnin et al. 1992	105	41%	NR	NR	45	Europe	WL/NT	CD-ROM, E-mail	36	540	nutrition weight loss
Verheijden et al. 2004	146	45%	NR	NR	63	Canada	WL/NT	Internet	1	9.31	diabetes weight loss
Williams et al. 2005	191	50%	75%	NR	NR	United States	WL/NT	CD-ROM	10	300	NR
Winett et al. 1991	77	80%	NR	NR	40	United States	WL/NT	Kiosk	6	33	nutrition
Wing et al. 2006	209	82%	NR	NR	51.45	United States	Brief version	Internet	21	630	physical activity nutrition weight loss
Winzelberg et al. 1998	57	100%	54%	10%	19.7	United States	WL/NT	CD-ROM, E-mail	16.2	812	binge/purge weight maintenance
Winzelberg et al. 2000	60	100%	53%	3%	20	United States	WL/NT	Internet	16	360	binge/purge
Zabinski et al. 2001	62	100%	66%	NR	19.3	United States	WL/NT	Internet	8	240	binge/purge weight maintenance
Zabinski et al. 2004	60	100%	65%	3%	18.9	United States	WL/NT	Internet	8	480	binge/purge weight maintenance

*Note.* F, females; N, number of participants who consented; NR, none reported; WL/NT, wait-list/no treatment controls.

<sup>a</sup>In some cases, intervention details (number of sessions and/or total dosage) were estimated based on range of values and/or details reported.

<sup>b</sup>Overall behavioral outcome category reported at first post-intervention assessment (some studies reported behavioral outcomes at subsequent assessments, did not assess behavior, or behavioral outcomes were collapsed across multiple health domains unrelated to our outcome category).