

The analytic framework postulates that digital health interventions provided to adolescents with overweight or obesity may lead to an increase in awareness, knowledge, attitudes, and skills regarding healthy eating, active living, and weight. These interventions may also improve psychosocial outcomes such as self-efficacy. Improved weight-related behaviors are hypothesized to be affected through an increase in awareness, knowledge, attitudes, and skill and improved psychosocial outcomes. Improved weight-related behaviors include improved dietary behaviors, increased physical activity, reduced sedentary behaviors, and improved sleep habits. These changes could lead to improved weight-related and clinical outcomes, and improved health-related quality of life. Potential harms of the intervention include musculoskeletal injuries, negative body image, and disordered eating habits. Potential effect modifiers include intervention content and activities, intensity, and mode; and participant characteristics (i.e., age, weight status, socioeconomic status, race and/or ethnicity, sex, geographic location).