Response to Reviewer 1 Comments

Point 1: Some grammatical errors will need to be corrected in the following sentence (highlighted in bold)

(p. 2, line 89-92) "However, generalisations elicited **at** group-level may not account for individual variations over time or be compatible to with/ in (depending on the meaning of this sentence?) the context of digital interventions, while the diversity in their delivery modalities and interventions’ content poses further challenges to their theoretical basis and the evaluation of their effectiveness (Michie et al., 2017; Hekler et al., 2016)"

Response:

“generalisations elicited at group-level may not account for individual variations over time or be compatible with the context of digital interventions (Michie et al., 2017; Hekler et al., 2016). For example, it has been suggested that digital interventions need to be theoretically based on dynamic psychological models and theories of behaviours and have features that can be responsive to large quantities of real-time data (Michie et al., 2017; Hekler et al., 2016). Furthermore, diverse modes of delivery and difficulties in setting comparators or a testing environment can pose further challenges to the theoretical basis of digital interventions and the evaluation of their effectiveness (Michie et al., 2017).

Point 2: Another minor grammatical error to be corrected (p.7, lines 301-302): “Effect sizes will be reported either as odds ratios (for dichotomous data) and or weighted (or standardized) mean differences (for continuous data) and their 95% confidence intervals…” More importantly, I believe the review should assess whether theory-informed interventions are more effective (or not) and which theory or mechanism of action is linked to higher effectiveness (perhaps to explicitly state this as a 3° objective?) given that the review is looking to evaluate the evidence about theory-informed health interventions being associated with greater effectiveness (p3, lines 97-99).

Response:

- “Effect sizes will be reported either as odds ratios (for dichotomous data) or weighted (or standardized) mean differences (for continuous data) and their 95% confidence intervals will be calculated for analysis”

- “Review objectives:

  (3) To assess whether theory-informed digital interventions for the promotion of psychological well-being are more effective or not

  (i) to identify which theory or mechanism is associated with greater effectiveness