Supplementary Material

Table S1. PRISMA 2020 checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	Title
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Abstract
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	End Introduction
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	End Introduction
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Section 2.3
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Section 2.2
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Table S2
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Section 2.4
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Section 2.5
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Section 2.5
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Section 2.7
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Section 2.6
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Section 2.7
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	Section 2.7

Section and Topic	Item #	Checklist item	Location where item is reported
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Section 2.7
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Section 2.7
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Section 2.7
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Section 2.7
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	NA
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	NA
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Section 2.7
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Figure 1
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Section 3.1
Study characteristics	17	Cite each included study and present its characteristics.	Table S4/S5
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Table 5
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Table S4
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	NA
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Table 6/7
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	NA
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Narrative sections 3.5/3.6
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	NA
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	As appropriate sections

Section and Topic	Item #	Checklist item	Location where item is reported
			3.5/3.6
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Sections 4.1/4.2
	23b	Discuss any limitations of the evidence included in the review.	Sections 4.1/4.2/4.3
	23c	Discuss any limitations of the review processes used.	Section 4.3
	23d	Discuss implications of the results for practice, policy, and future research.	Conclusion section
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	NA
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Not prepared
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	NA
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Funding section
Competing interests	26	Declare any competing interests of review authors.	Conflict of Interest section
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Data Availability Statement

Table S2. Search terms used within the CINAHL, MEDLINE, Web of Science and PsychoINFO databases.

Search terms
Characteristics of interest: "physical activit*" OR sedentary OR (MH "Sedentary Behavior") OR sitting OR "physical inactivit*" OR "step count" Population: AND child* OR (MH "Child") OR (MH "Child, Preschool") OR *adolescent* OR (MH "Adolescent") OR *teenager* Country/location: AND Bahrain OR (MH "Bahrain") OR Cyprus OR (MH "Cyprus") OR Egypt OR (MH "Egypt") OR Iran OR (MH "Iran") OR Iraq OR (MH "Iraq") OR Israel OR Jordan OR (MH "Jordan") OR Kuwait OR (MH "Kuwait") OR Lebanon OR "MH "Lebanon") OR Oman OR (MH "Oman") OR Palestine OR Qatar OR (MH "Qatar") OR Saudi Arabia OR (MH "Saudi Arabia") OR Syria OR (MH "Syria") OR Turkey OR (MH "Turkey") OR United Arab Emirates OR (MH "United Arab Emirates") OR Yemen OR (MH "Yemen") OR "Gulf countr*" OR "Middle East" OR (MH "Middle East") OR GCC OR Arab

Table S3. Quality assessment criteria with definitions used to facilitate scoring (adapted from Chaabane et al (2020)).

Criteria's name	Criteria's scoring (Max score of 3/ criteria)	Criteria's definition	Remarks
0. Population characteristics Nationality, type of population, age groups	For inclusion in the review the journal article had to include information that would allow all criteria to be met.	The following characteristics were specified: a) Nationality b) Population type (typically developing) c) Age group	If nationality was not stated the country of residence was used. If the country was not stated, the country in which the research committee board gave approval was assumed as the country. If no population type was stated, the children were assumed to be typically developing. Age group could either mean the age range, or the mean of age.
1. Outcome definition Physical activity/Sedentary behaviour definition in the study	0 Not defined	No definition	
	1 Unclear non-standard definition	Any incomplete /partial definition of the outcome.	Screen time is unclear definition
	2 Clear non-standard definition	**PA:** The stated definition of PA is clear (time and duration) but not a daily volume of all PA. Example might be 'exercise in last week'. **SB:** Any clear definition (time and duration) of only one type of SB using mean time/day or week (e.g. mean time spent watching TV only), but not total daily sedentary behaviour. Must be/involve sitting.	
	3 Standard definition. Clearly stated definition of	**PA:** Any measure of daily PA including: Steps, time in MVPA/MPA/VPA, total minutes spend in PA, TEE, PAL on a	

	PA/SB. Units expressed per day in recognized units: min or hrs/d, METs/day.	typical day **SB:** Minutes spent in SB on a typical day. – all sedentary behaviour, not just category. Any waking, non-standing, behaviour with an energy expenditure of ≤1.5 METs.	
2. Measurement methodology Physical activity instrument or used items	0 Not defined	The used instrument was not defined	
	1 A non-validated questionnaire (subjective)	Use of a non-validated and non-standard questionnaire	
	2 Validated questionnaire (subjective)	Use of a validated standard PA or SB instrument	We trusted the studies when stating the validity and reliability of the outcome measures used.
	3 A gold standard (objective)	Used an objective instrument, such as, accelerometer or pedometer	
3. Setting Setting	0 Not defined/ not clearly defined	No definition	
	3 Clearly defined (1 point for each characteristic)	The following characteristics were specified: a) Region/city (1 point) b) Specific location, e.g. hospital, school (1 point) c) Urban or rural (1 point)	For the location, for confidentiality purposes the name of the school/hospital shouldn't be stated. Urban and rural, only given a point when stated deliberately, no assumptions made
4. Timing	0 Not defined	Data collection time not stated (years of data collection, season of data collection)	Only giving a season/month without a year was scored zero.
	2 Years defined	Data collection year(s) stated.	

Years/season of data collection	3 Clearly defined years and seasons	Data collection year(s) and season(s) (months) stated	
5. Sampling Sampling method	0 Not defined	Not stated	
	1 Unclear	Self-selection or unclear method	If stated convenient sample or not stated at all
	2 Non-random sampling	Clearly defined non-random sampling method (e.g. mechanism of selecting school/class/participants)	Clear description of how sample recruited in relation to wider population.
	3 Random sampling	Clearly defined random sampling (random at level of country region or city or school)	If stated an element of randomisation, which could represent the population, or stated a stratified multistage sampling
6. Response rate Response rate (%)	0 Not defined	The response rate was not reported for the study population generating the specific extracted data. e.g. only the overall response rate and the males and female's response rate are not stated.	
	1 <49%	Low response rate	
	2 50-79%	Acceptable response rate in this context	
	3 >=80%	Standard response rate	

Table S4. Reference list of all papers included in the review.

Rayyan ID number	Reference
664537285	Abasi, M. H., Eslami, A. A., Rakhshani, F., & Shiri, M. (2016a). A self-efficacy questionnaire regarding leisure time physical activity: Psychometric properties among Iranian male adolescents. *Iranian Journal of Nursing and Midwifery Research*, *21*(1), 20–28. https://doi.org/10.4103/1735-9066.174751
664537249	Abasi, M. H., Eslami, A. A., Rakhshani, F., & Shiri, M. (2016b). Development and psychometric properties of a self-regulation scale about leisure time physical activity in Iranian male adolescents. *Iranian Journal of Nursing and Midwifery Research*, *21*(2), 183–190. https://doi.org/10.4103/1735-9066.178246
664536008	Abdulaziz, J. S., & Hassan, M. K. (2019). Nutritional status of children and adolescents with haemophilia in Basra, Iraq. *Haemophilia: The Official Journal of the World Federation of Hemophilia*, *25*(6), e353–e360. https://doi.org/10.1111/hae.13837
664536361	Abiri, B., Sarbakhsh, P., & Vafa, M. (2019). Prevalence of overweight, obesity, and associated risk factors in healthy female adolescents in Tehran, Iran. *Central Asian Journal of Global Health*, *8*(1). https://doi.org/10.5195/cajgh.2019.413
664536766	Ahmed, H. S., Khalid, M. E. M., Osman, O. M., Ballal, M. A., & Al-Hashem, F. H. (2016). The association between physical activity and overweight and obesity in a population of children at high and low altitudes in Southwestern Saudi Arabia. *Journal of Family & Community Medicine*, *23*(2), 82–87. https://doi.org/10.4103/2230-8229.181011
664534737	Akbulut, G., Yildirim, M., Sanlier, N., van Stralen, M. M., Acar-Tek, N., Bilici, S., Brug, J., de Meij, J. S. B., Gezmen-Karadag, M., Koksal, E., Oenema, A., Singh, A. S., te Velde, S. J., Yildiran, H., & Chinapaw, M. J. M. (2014). Comparison of energy balance-related behaviours and measures of body composition between Turkish adolescents in Turkey and Turkish immigrant adolescents in the Netherlands. *Public Health Nutrition*, *17*(12), 2692–2699. https://doi.org/10.1017/S1368980013003388
664535353	Akman, M., Akan, H., Izbirak, G., Tanriöver, Ö., Tilev, S. M., Yildiz, A., Tektaş, S., Vitrinel, A., & Hayran, O. (2010). Eating patterns of Turkish adolescents: A cross-sectional survey. *Nutrition Journal*, *9*, 67. https://doi.org/10.1186/1475-2891-9-67
664540104	Aktürk, S., Büyükavcı, R., & Aktürk, Ü. (2019). Relationship between musculoskeletal disorders and physical inactivity in adolescents. *Journal of Public Health*, *27*(1), 49–56. https://doi.org/10.1007/s10389-018-0923-7
664537911	Al Barwani, S., Al Abri, M., Al Hashmi, K., Al Shukeiry, M., Tahlilkar, K., Al Zuheibi, T., Al Rawas, O., & Hassan, M. O. (2001). Assessment of aerobic fitness and its correlates in Omani adolescents using the 20-metre shuttle run test: A pilot study. *Journal for Scientific Research. Medical Sciences*, *3*(2), 77–80.
664540288	Al Yazeedi, B. (2018). *Childhood Obesity and Family Influence on Children's Nutrition Intake, Physical Activity Patterns, and BMI Z-scores in Oman*. ProQuest Dissertations Publishing.
664535963	Alaca, N., & Yüksel, M. (2021). Comparison of physical functions and psychosocial conditions between adolescents with pectus excavatum, pectus carinatum and healthy controls. *Pediatric Surgery International*, *37*(6), 765–775. https://doi.org/10.1007/s00383-021-04857-7
664534253	Alamolhoda, M., Heydari, S. T., Ayatollahi, S. M. T., Tabrizi, R., Akbari, M., & Ardalan, A. (2020). A multivariate multilevel analysis of the risk factors associated with anthropometric indices in Iranian mid-adolescents. *BMC Pediatrics*, *20*(1), 191. https://doi.org/10.1186/s12887-020-02104-x
664538742	Albarwani, S., Al-Hashmi, K., Al-Abri, M., Jaju, D., & Hassan, M. O. (2009). Effects of overweight and leisure-time activities on aerobic fitness in urban and rural adolescents. *Metabolic Syndrome and Related Disorders*, *7*(4), 369–374. https://doi.org/10.1089/met.2008.0052
664536958	Alghadir, A. H., Gabr, S. A., & Al-Eisa, E. (2016). Effects of Physical Activity on Trace Elements and Depression Related Biomarkers in Children and Adolescents. *Biological Trace Element Research*, *172*(2), 299–306. https://doi.org/10.1007/s12011-015-0601-3
664537014	Alghadir, A. H., Gabr, S. A., & Iqbal, Z. A. (2015). Effects of sitting time associated with media consumption on physical activity patterns and daily energy expenditure of Saudi school students. *Journal of Physical Therapy Science*, *27*(9), 2807–2812. https://doi.org/10.1589/jpts.27.2807
664536995	Alghadir, A. H., Gabr, S. A., & Rizk, A. A. (2018). Physical Fitness, Adiposity, and Diets as Surrogate Measures of Bone Health in Schoolchildren: A Biochemical and Cross-Sectional Survey Analysis. *Journal of Clinical Densitometry: The Official Journal of the International Society for Clinical Densitometry*, *21*(3), 406–419. https://doi.org/10.1016/j.jocd.2017.12.006

664535513	Alghadir, A. H., Iqbal, Z. A., & Gabr, S. A. (2020). Differences among Saudi and Expatriate Students: Body Composition Indices, Sitting Time Associated with Media Use and Physical Activity Pattern. *International Journal of Environmental Research and Public Health*, *17*(3), 832. https://doi.org/10.3390/ijerph17030832
664534802	Al-Ghamdi, M. A., Lanham-New, S. A., & Kahn, J. A. (2012). Differences in vitamin D status and calcium metabolism in Saudi Arabian boys and girls aged 6 to 18 years: Effects of age, gender, extent of veiling and physical activity with concomitant implications for bone health. *Public Health Nutrition*, *15*(10), 1845–1853. https://doi.org/10.1017/S1368980011003612
664537409	Al-Hazzaa, H. M. (2007). Pedometer-determined physical activity among obese and non-obese 8- to 12-year-old Saudi schoolboys. *Journal of Physiological Anthropology*, *26*(4), 459–465. https://doi.org/10.2114/jpa2.26.459
664534660	Al-Hazzaa, H. M., Abahussain, N. A., Al-Sobayel, H. I., Qahwaji, D. M., & Musaiger, A. O. (2011). Physical activity, sedentary behaviors and dietary habits among Saudi adolescents relative to age, gender and region. *The International Journal of Behavioral Nutrition and Physical Activity*, *8*, 140. https://doi.org/10.1186/1479-5868-8-140
664535280	Al-Hazzaa, H. M., Abahussain, N. A., Al-Sobayel, H. I., Qahwaji, D. M., & Musaiger, A. O. (2012). Lifestyle factors associated with overweight and obesity among Saudi adolescents. *BMC Public Health*, *12*, 354. https://doi.org/10.1186/1471-2458-12-354
664536834	Al-Hazzaa, H. M., Alahmadi, M. A., Al-Sobayel, H. I., Abahussain, N. A., Qahwaji, D. M., & Musaiger, A. O. (2014). Patterns and determinants of physical activity among Saudi adolescents. *Journal of Physical Activity & Health*, *11*(6), 1202–1211. https://doi.org/10.1123/jpah.2012-0427
664536594	Al-Hazzaa, H. M., Alhussain, M. H., Alhowikan, A. M., & Obeid, O. A. (2019). Insufficient Sleep Duration And Its Association With Breakfast Intake, Overweight/Obesity, Socio-Demographics And Selected Lifestyle Behaviors Among Saudi School Children. *Nature and Science of Sleep*, *11*, 253–263. https://doi.org/10.2147/NSS.S225883
664536887	Al-Hazzaa, H. M., Al-Nakeeb, Y., Duncan, M. J., Al-Sobayel, H. I., Abahussain, N. A., Musaiger, A. O., Lyons, M., Collins, P., & Nevill, A. (2013). A cross-cultural comparison of health behaviors between Saudi and British adolescents living in urban areas: Gender by country analyses. *International Journal of Environmental Research and Public Health*, *10*(12), 6701–6720. https://doi.org/10.3390/ijerph10126701
664537247	Al-Hazzaa, H. M., & Al-Rasheedi, A. A. (2007). Adiposity and physical activity levels among preschool children in Jeddah, Saudi Arabia. *Saudi Medical Journal*, *28*(5), 766–773.
664538147	Al-Hazzaa, H. M., Al-Sobayel, H. I., Abahussain, N. A., Qahwaji, D. M., Alahmadi, M. A., & Musaiger, A. O. (2014). Association of dietary habits with levels of physical activity and screen time among adolescents living in Saudi Arabia. *Journal of Human Nutrition and Dietetics: The Official Journal of the British Dietetic Association*, *27 Suppl 2*, 204–213. https://doi.org/10.1111/jhn.12147
664537553	Al-Hazzaa, H. M., Al-Sobayel, H. I., & Musaiger, A. O. (2011). Convergent validity of the Arab Teens Lifestyle Study (ATLS) physical activity questionnaire. *International Journal of Environmental Research and Public Health*, *8*(9), 3810–3820. https://doi.org/10.3390/ijerph8093810
664534427	Al-Hazzaa, H. M., Musaiger, A. O., Abahussain, N. A., Al-Sobayel, H. I., & Qahwaji, D. M. (2014). Lifestyle correlates of self-reported sleep duration among Saudi adolescents: A multicentre school-based cross-sectional study. *Child: Care, Health and Development*, *40*(4), 533–542. https://doi.org/10.1111/cch.12051
664536186	Alhusaini, A. A., Ali Al-Walah, M., Melam, G. R., & Buragadda, S. (2017). Pedometer-determined physical activity levels of healthy children and children with Down's syndrome. *Somatosensory & Motor Research*, *34*(4), 219–225. https://doi.org/10.1080/08990220.2017.1415880
664535406	Alhusaini, A. A., Buragadda, S., & Melam, G. (2020). Associations among Body Mass Index, sedentary behavior, physical activity, and academic performance in schoolchildren. *The Journal of Sports Medicine and Physical Fitness*, *60*(12), 1551–1557. https://doi.org/10.23736/S0022-4707.20.10482-1
664535412	Alhusaini, A. A., Melam, G. R., & Buragadda, S. (2020). Cross-Cultural Variation in BMI, Sedentary Behavior, and Physical Activity in International School Girls Residing in Saudi Arabia. *International Journal of Environmental Research and Public Health*, *17*(6), 2057. https://doi.org/10.3390/ijerph17062057
664535430	Aliss, E. M., Sutaih, R. H., Kamfar, H. Z., Alagha, A. E., & Marzouki, Z. M. (2020). Physical activity pattern and its relationship with overweight and obesity in saudi children. *International Journal of Pediatrics & Adolescent Medicine*, *7*(4), 181–185. https://doi.org/10.1016/j.ijpam.2020.03.007

664535680	Aljuhani, O., & Sandercock, G. (2019). Contribution of Physical Education to the Daily Physical Activity of Schoolchildren in Saudi Arabia. *International Journal of Environmental Research and Public Health*, *16*(13), 2397. https://doi.org/10.3390/ijerph16132397
664534402	Al-Kutbe, R., Payne, A., de Looy, A., & Rees, G. A. (2017). A comparison of nutritional intake and daily physical activity of girls aged 8-11 years old in Makkah, Saudi Arabia according to weight status. *BMC Public Health*, *17*(1), 592. https://doi.org/10.1186/s12889-017-4506-2
664534486	Allafi, A., Al-Haifi, A. R., Al-Fayez, M. A., Al-Athari, B. I., Al-Ajmi, F. A., Al-Hazzaa, H. M., Musaiger, A. O., & Ahmed, F. (2014). Physical activity, sedentary behaviours and dietary habits among Kuwaiti adolescents: Gender differences. *Public Health Nutrition*, *17*(9), 2045–2052. https://doi.org/10.1017/S1368980013002218
664536870	Al-Nakeeb, Y., Lyons, M., Collins, P., Al-Nuaim, A., Al-Hazzaa, H., Duncan, M. J., & Nevill, A. (2012). Obesity, physical activity and sedentary behavior amongst British and Saudi youth: A cross-cultural study. *International Journal of Environmental Research and Public Health*, *9*(4), 1490–1506. https://doi.org/10.3390/ijerph9041490
664536892	Al-Nuaim, A. A., Al-Nakeeb, Y., Lyons, M., Al-Hazzaa, H. M., Nevill, A., Collins, P., & Duncan, M. J. (2012). The Prevalence of Physical Activity and Sedentary Behaviours Relative to Obesity among Adolescents from Al-Ahsa, Saudi Arabia: Rural versus Urban Variations. *Journal of Nutrition and Metabolism*, *2012*, 417589. https://doi.org/10.1155/2012/417589
664536797	Al-Sobayel, H., Al-Hazzaa, H. M., Abahussain, N. A., Qahwaji, D. M., & Musaiger, A. O. (2015). Gender differences in leisure-time versus non-leisure-time physical activity among Saudi adolescents. *Annals of Agricultural and Environmental Medicine: AAEM*, *22*(2), 344–348. https://doi.org/10.5604/12321966.1152091
664540156	Altintaş, A., & Aşçi, F. H. (2008). Physical self-esteem of adolescents with regard to physical activity and pubertal status. *Pediatric Exercise Science*, *20*(2), 142–156. https://doi.org/10.1123/pes.20.2.142
664540175	Altıntaş, A., Aşçı, F. H., Kin-İşler, A., Güven-Karahan, B., Kelecek, S., Özkan, A., Yılmaz, A., & Kara, F. M. (2014). The role of physical activity, body mass index and maturity status in body-related perceptions and self-esteem of adolescents. *Annals of Human Biology*, *41*(5), 395–402. https://doi.org/10.3109/03014460.2013.857721
664534680	Amini, M., Djazayery, A., Majdzadeh, R., Taghdisi, M.-H., Sadrzadeh-Yeganeh, H., Abdollahi, Z., Hosseinpour-Niazi, N., Chamari, M., & Nourmohammadi, M. (2016). A School-Based Intervention to Reduce Excess Weight in Overweight and Obese Primary School Students. *Biological Research for Nursing*, *18*(5), 531–540. https://doi.org/10.1177/1099800416654261
664534882	Amiri, P., Jalali-Farahani, S., Zarkesh, M., Barzin, M., Kaviani, R., & Ahmadizad, S. (2014). Reliability and validity of the Iranian version of the QAPACE in adolescents. *Quality of Life Research: An International Journal of Quality of Life Aspects of Treatment, Care and Rehabilitation*, *23*(6), 1797–1802. https://doi.org/10.1007/s11136-014-0625-8
664534557	Ardestani, M., Niknami, S., Hidarnia, A., & Hajizadeh, E. (2015). Predictors of Physical Activity among Adolescent Girl Students Based on the Social Cognitive Theory. *Journal of Research in Health Sciences*, *15*(4), 223–227.
664534625	Ardestani, M. S., Niknami, S., Hidarnia, A., & Hajizadeh, E. (2016). Psychometric properties of the Social Cognitive Theory questionnaire for physical activity in a sample of Iranian adolescent girl students. *Eastern Mediterranean Health Journal = La Revue De Sante De La Mediterranee Orientale = Al-Majallah Al-Sihhiyah Li-Sharq Al-Mutawassit*, *22*(5), 318–326. https://doi.org/10.26719/2016.22.5.318
664534611	Ardic, A., & Erdogan, S. (2017). The effectiveness of the COPE healthy lifestyles TEEN program: A school-based intervention in middle school adolescents with 12-month follow-up. *Journal of Advanced Nursing*, *73*(6), 1377–1389. https://doi.org/10.1111/jan.13217
664534201	Aviram, R., Harries, N., Shkedy Rabani, A., Amro, A., Nammourah, I., Al-Jarrah, M., Raanan, Y., Hutzler, Y., & Bar-Haim, S. (2019). Comparison of Habitual Physical Activity and Sedentary Behavior in Adolescents and Young Adults With and Without Cerebral Palsy. *Pediatric Exercise Science*, *31*(1), 60–66. https://doi.org/10.1123/pes.2017-0285
664534237	Azabdaftari, F., Jafarpour, P., Asghari-Jafarabadi, M., Shokrvash, B., & Reyhani, P. (2020). Unrestricted prevalence of sedentary behaviors from early childhood. *BMC Public Health*, *20*(1), 255. https://doi.org/10.1186/s12889-020-8346-0
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Table S5. Extracted PA and SB data from all studies identified.

Notes: All data were extracted that met the definition of daily volume of PA or SB. As far as possible the results are reported in terms of the original paper's terminology.

See S4 for a full list of the references used.

<Excel spreadsheet>