

**Bilaga 2**

1 (13)

Digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga/ Digital technology promoting health for children and adolescents, rapport 390 (2025)

**Bilaga 2**

I tabellerna nedan listas scoping reviews. Tabellerna är uppdelade efter de utfallsgrupper som finns i den digitala kartan, dvs levnadsvanor, psykisk hälsa, fysisk hälsa, munhälsa, SRHR, Säkerhet och förebygga våld samt språk och kommunikation. Om en översikt har studerat utfall som ligger inom flera utfallsgrupper finns översikten listad i alla de tabeller som inkluderar utfallen.

**Innehåll**

Tabell 1. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen levnadsvanor.....	2
Tabell 2. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen psykisk hälsa.....	6
Tabell 3. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen fysisk hälsa.....	8
Tabell 4. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen munhälsa.....	10
Tabell 5. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen SRHR. ....	11
Tabell 6. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen säkerhet och förebygga våld. ....	12
Tabell 7. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen Språk och kommunikation. ....	12
Tabell 8. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen övrigt- föräldraskapsstöd. ....	13

**Tabell 1. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen levnadsvanor.**

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<p>Andrew L, Barwood D, Boston J, Masek M, Bloomfield L, Devine A. Serious games for health promotion in adolescents - a systematic scoping review. Educ Inf Technol (Dordr). 2023;28(5):5519-50. Available from: <a href="https://doi.org/10.1007/s10639-022-11414-9">https://doi.org/10.1007/s10639-022-11414-9</a>.</p>
<p>Blakeslee SB, Vieler K, Horak I, Stritter W, Seifert G. Planting Seeds for the Future: Scoping Review of Child Health Promotion Apps for Parents. JMIR Mhealth Uhealth. 2023;11:e39929. Available from: <a href="https://doi.org/10.2196/39929">https://doi.org/10.2196/39929</a>.</p>
<p>Canario AC, Pinto R, Silva-Martins M, Rienks K, Akik BK, Stanke KM, et al. Online Parenting Programs for Children's Behavioral and Emotional Problems: a Network Meta-Analysis. Prev Sci. 2024. Available from: <a href="https://doi.org/10.1007/s11121-024-01735-1">https://doi.org/10.1007/s11121-024-01735-1</a>.</p>
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<p>Chimatapu SN, Mittelman SD, Habib M, Osuna-Garcia A, Vidmar AP. Wearable Devices Beyond Activity Trackers in Youth With Obesity: Summary of Options. Child Obes. 2024;20(3):208-18. Available from: <a href="https://doi.org/10.1089/chi.2023.0005">https://doi.org/10.1089/chi.2023.0005</a>.</p>
<p>Chow CY, Riantiningtyas RR, Kanstrup MB, Papavasileiou M, Liem GD, Olsen A. Can games change children's eating behaviour? A review of gamification and serious games. Food Quality and Preference. 2020;80. Available from: <a href="https://doi.org/10.1016/j.foodqual.2019.103823">https://doi.org/10.1016/j.foodqual.2019.103823</a>.</p>
<p>Cosma C, Radi A, Cattano R, Zanobini P, Bonaccorsi G, Lorini C, et al. Exploring Chatbot contributions to enhancing vaccine literacy and uptake: A scoping review of the literature. Vaccine. 2025;44:126559. Available from: <a href="https://doi.org/10.1016/j.vaccine.2024.126559">https://doi.org/10.1016/j.vaccine.2024.126559</a>.</p>
<p>Coughlin SS, Stewart J. Use of Consumer Wearable Devices to Promote Physical Activity: A Review of Health Intervention Studies. J Environ Health Sci. 2016;2(6). Available from: <a href="https://doi.org/10.15436/2378-6841.16.1123">https://doi.org/10.15436/2378-6841.16.1123</a>.</p>
<p>Das JK, Salam RA, Lassi ZS, Khan MN, Mahmood W, Patel V, et al. Interventions for Adolescent Mental Health: An Overview of Systematic Reviews. J Adolesc Health. 2016;59(4S):S49-S60. Available from: <a href="https://doi.org/10.1016/j.jadohealth.2016.06.020">https://doi.org/10.1016/j.jadohealth.2016.06.020</a>.</p>

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Mateo-Orcajada A, Vaquero-Cristobal R, Abenza-Cano L. Mobile application interventions to increase physical activity and their effect on kinanthropometrics, body composition and fitness variables in adolescent aged 12-16 years old: An umbrella review. *Child Care Health Dev.* 2024;50(1):e13146. Available from: <https://doi.org/10.1111/cch.13146>.

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<p>Pellegrini D, Grennan L, Bhatnagar N, McVey G, Couturier J. Virtual prevention of eating disorders in children, adolescents, and emerging adults: a scoping review. <i>J Eat Disord.</i> 2022;10(1):94. Available from: <a href="https://doi.org/10.1186/s40337-022-00616-8">https://doi.org/10.1186/s40337-022-00616-8</a>.</p>
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<p>Poon ETC, Fang Y, Chung LMY, Chan CKM, Or PPL, Sun F. A scoping review of physical activity-based interventions for obesity management in children and adolescents during the COVID-19 pandemic. <i>Int J Obes (Lond).</i> 2024;48(3):302-14. Available from: <a href="https://doi.org/10.1038/s41366-023-01433-y">https://doi.org/10.1038/s41366-023-01433-y</a>.</p>
<p>Prowse R, Carsley S. Digital Interventions to Promote Healthy Eating in Children: Umbrella Review. <i>JMIR Pediatr Parent.</i> 2021;4(4):e30160. Available from: <a href="https://doi.org/10.2196/30160">https://doi.org/10.2196/30160</a>.</p>
<p>Samad N, Bearne L, Noor FM, Akter F, Parmar D. School-based healthy eating interventions for adolescents aged 10-19 years: an umbrella review. <i>Int J Behav Nutr Phys Act.</i> 2024;21(1):117. Available from: <a href="https://doi.org/10.1186/s12966-024-01668-6">https://doi.org/10.1186/s12966-024-01668-6</a>.</p>
<p>Soltero EG, Lopez C, Hernandez E, O'Connor TM, Thompson D. Technology-Based Obesity Prevention Interventions Among Hispanic Adolescents in the United States: Scoping Review. <i>JMIR Pediatr Parent.</i> 2022;5(4):e39261. Available from: <a href="https://doi.org/10.2196/39261">https://doi.org/10.2196/39261</a>.</p>
<p>Tomczyk S, Gottschalk S. How Are Extended Reality Technologies Being Used for Behavioral Prevention and Health Promotion With Children and Adolescents? A Scoping Review. <i>J Adolesc Health.</i> 2024;75(6):856-73. Available from: <a href="https://doi.org/10.1016/j.jadohealth.2024.07.028">https://doi.org/10.1016/j.jadohealth.2024.07.028</a>.</p>
<p>Tully L, Burls A, Sorensen J, El-Moslemany R, O'Malley G. Mobile Health for Pediatric Weight Management: Systematic Scoping Review. <i>JMIR Mhealth Uhealth.</i> 2020;8(6):e16214. Available from: <a href="https://doi.org/10.2196/16214">https://doi.org/10.2196/16214</a>.</p>
<p>van der Heijden Z, Lucassen D, Faessen J, Camps G, Lu Y, Schipper H, et al. Digital behavioral dietary interventions to promote a healthy diet among children and adolescents: a scoping review of technologies, design, behavioral theory, and assessed</p>

<p>outcomes. <i>Health Psychol Behav Med.</i> 2024;12(1):2430965. Available from: <a href="https://doi.org/10.1080/21642850.2024.2430965">https://doi.org/10.1080/21642850.2024.2430965</a>.</p>
<p>Verdonschot A, Follong BM, Collins CE, de Vet E, Haveman-Nies A, Bucher T. Effectiveness of school-based nutrition intervention components on fruit and vegetable intake and nutrition knowledge in children aged 4-12 years old: an umbrella review. <i>Nutr Rev.</i> 2023;81(3):304-21. Available from: <a href="https://doi.org/10.1093/nutrit/nuac057">https://doi.org/10.1093/nutrit/nuac057</a>.</p>
<p>Wang X, Ammerman A, Orr CJ. Family-based interventions for preventing overweight or obesity among preschoolers from racial/ethnic minority groups: A scoping review. <i>Obes Sci Pract.</i> 2022;8(3):371-86. Available from: <a href="https://doi.org/10.1002/osp4.578">https://doi.org/10.1002/osp4.578</a>.</p>

**Tabell 2. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen psykisk hälsa.**

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<p>Barlow J, Schrader-McMillan A, Axford N, Wrigley Z, Sonthalia S, Wilkinson T, et al. Review: Attachment and attachment-related outcomes in preschool children - a review of recent evidence. <i>Child Adolesc Ment Health.</i> 2016;21(1):11-20. Available from: <a href="https://doi.org/10.1111/camh.12138">https://doi.org/10.1111/camh.12138</a>.</p>
<p>Calear AL, Christensen H. Review of internet-based prevention and treatment programs for anxiety and depression in children and adolescents. <i>Med J Aust.</i> 2010;192(S11):S12-4. Available from: <a href="https://doi.org/10.5694/j.1326-5377.2010.tb03686.x">https://doi.org/10.5694/j.1326-5377.2010.tb03686.x</a>.</p>
<p>Canario AC, Pinto R, Silva-Martins M, Rienks K, Akik BK, Stanke KM, et al. Online Parenting Programs for Children's Behavioral and Emotional Problems: a Network Meta-Analysis. <i>Prev Sci.</i> 2024. Available from: <a href="https://doi.org/10.1007/s11121-024-01735-1">https://doi.org/10.1007/s11121-024-01735-1</a>.</p>
<p>Das JK, Salam RA, Arshad A, Finkelstein Y, Bhutta ZA. Interventions for Adolescent Substance Abuse: An Overview of Systematic Reviews. <i>J Adolesc Health.</i> 2016;59(4S):S61-S75. Available from: <a href="https://doi.org/10.1016/j.jadohealth.2016.06.021">https://doi.org/10.1016/j.jadohealth.2016.06.021</a>.</p>
<p>Fukkink RG. Video feedback in widescreen: a meta-analysis of family programs. <i>Clin Psychol Rev.</i> 2008;28(6):904-16. Available from: <a href="https://doi.org/10.1016/j.cpr.2008.01.003">https://doi.org/10.1016/j.cpr.2008.01.003</a>.</p>
<p>Hetrick SE, Cox GR, Merry SN. Where to go from here? An exploratory meta-analysis of the most promising approaches to depression prevention programs for children and adolescents. <i>Int J Environ Res Public Health.</i> 2015;12(5):4758-95. Available from: <a href="https://doi.org/10.3390/ijerph120504758">https://doi.org/10.3390/ijerph120504758</a>.</p>
<p>Huang KY, Lee D, Nakigudde J, Cheng S, Gouley KK, Mann D, et al. Use of Technology to Promote Child Behavioral Health in the Context of Pediatric Care: A Scoping Review and</p>

<p>Applications to Low- and Middle-Income Countries. <i>Front Psychiatry</i>. 2019;10:806. Available from: <a href="https://doi.org/10.3389/fpsy.2019.00806">https://doi.org/10.3389/fpsy.2019.00806</a>.</p>
<p>Ito-Jaeger S, Perez Vallejos E, Curran T, Spors V, Long Y, Liguori A, et al. Digital video interventions and mental health literacy among young people: a scoping review. <i>J Ment Health</i>. 2022;31(6):873-83. Available from: <a href="https://doi.org/10.1080/09638237.2021.1922642">https://doi.org/10.1080/09638237.2021.1922642</a>.</p>
<p>Kubota K, Auxier J, Aslan F, Joronen K, Pakarinen A. Gamified Interventions for Promoting the Psychosocial Well-Being of School-Aged Children: A Scoping Review. <i>Games Health J</i>. 2024;13(4):234-44. Available from: <a href="https://doi.org/10.1089/g4h.2023.0115">https://doi.org/10.1089/g4h.2023.0115</a>.</p>
<p>Marciano L, Vocaj E, Bekalu MA, La Tona A, Rocchi G, Viswanath K. The Use of Mobile Assessments for Monitoring Mental Health in Youth: Umbrella Review. <i>J Med Internet Res</i>. 2023;25:e45540. Available from: <a href="https://doi.org/10.2196/45540">https://doi.org/10.2196/45540</a>.</p>
<p>Mittmann G, Zehetner V, Hoehl S, Schrank B, Barnard A, Woodcock K. Using Augmented Reality Toward Improving Social Skills: Scoping Review. <i>JMIR Serious Games</i>. 2023;11:e42117. Available from: <a href="https://doi.org/10.2196/42117">https://doi.org/10.2196/42117</a>.</p>
<p>O'Brien M, Daley D. Self-help parenting interventions for childhood behaviour disorders: a review of the evidence. <i>Child Care Health Dev</i>. 2011;37(5):623-37. Available from: <a href="https://doi.org/10.1111/j.1365-2214.2011.01231.x">https://doi.org/10.1111/j.1365-2214.2011.01231.x</a>.</p>
<p>Pellegrini D, Grennan L, Bhatnagar N, McVey G, Couturier J. Virtual prevention of eating disorders in children, adolescents, and emerging adults: a scoping review. <i>J Eat Disord</i>. 2022;10(1):94. Available from: <a href="https://doi.org/10.1186/s40337-022-00616-8">https://doi.org/10.1186/s40337-022-00616-8</a>.</p>
<p>Reitegger F, Peras I, Wright M, Gasteiger-Klicpera B. Key Components and Content of Effective Evidence-Based Digital Prevention Programs for Anxiety and Depression in Children and Adolescents: A Systematic Umbrella Review. <i>Adolescent Research Review</i>. 2024;9(3):367-410. Available from: <a href="https://doi.org/10.1007/s40894-024-00237-z">https://doi.org/10.1007/s40894-024-00237-z</a>.</p>
<p>Santos IKD, Medeiros R, Medeiros JA, Almeida-Neto PF, Sena DCS, Cobucci RN, et al. Active Video Games for Improving Mental Health and Physical Fitness-An Alternative for Children and Adolescents during Social Isolation: An Overview. <i>Int J Environ Res Public Health</i>. 2021;18(4). Available from: <a href="https://doi.org/10.3390/ijerph18041641">https://doi.org/10.3390/ijerph18041641</a>.</p>
<p>Sequeira L, Perrotta S, LaGrassa J, Merikangas K, Kreindler D, Kundur D, et al. Mobile and wearable technology for monitoring depressive symptoms in children and adolescents: A scoping review. <i>J Affect Disord</i>. 2020;265:314-24. Available from: <a href="https://doi.org/10.1016/j.jad.2019.11.156">https://doi.org/10.1016/j.jad.2019.11.156</a>.</p>
<p>Spencer CM, Topham GL, King EL. Do online parenting programs create change?: A meta-analysis. <i>J Fam Psychol</i>. 2020;34(3):364-74. Available from: <a href="https://doi.org/10.1037/fam0000605">https://doi.org/10.1037/fam0000605</a>.</p>
<p>Tomczyk S, Gottschalk S. How Are Extended Reality Technologies Being Used for Behavioral Prevention and Health Promotion With Children and Adolescents? A Scoping Review. <i>J Adolesc Health</i>. 2024;75(6):856-73. Available from: <a href="https://doi.org/10.1016/j.jadohealth.2024.07.028">https://doi.org/10.1016/j.jadohealth.2024.07.028</a>.</p>

Vie C, Govindin-Ramassamy K, Thellier D, Labrosse D, Montagni I. Effectiveness of digital games promoting young people's mental health: A review of reviews. <i>Digit Health</i> . 2024;10:20552076231220814. Available from: <a href="https://doi.org/10.1177/20552076231220814">https://doi.org/10.1177/20552076231220814</a> .
Yosep I, Hikmat R, Mardhiyah A. Types of Digital-Based Nursing Interventions for Reducing Stress and Depression Symptoms on Adolescents During COVID-19 Pandemic: A Scoping Review. <i>J Multidiscip Healthc</i> . 2023;16:785-95. Available from: <a href="https://doi.org/10.2147/JMDH.S406688">https://doi.org/10.2147/JMDH.S406688</a> .

**Tabell 3. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen fysisk hälsa.**

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**Tabell 4. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen munhälsa.**

<p>Blakeslee SB, Vieler K, Horak I, Stritter W, Seifert G. Planting Seeds for the Future: Scoping Review of Child Health Promotion Apps for Parents. <i>JMIR Mhealth Uhealth</i>. 2023;11:e39929. Available from: <a href="https://doi.org/10.2196/39929">https://doi.org/10.2196/39929</a>.</p>
<p>Ezike C, Da Silva K. Technology-Based Interventions to Reduce Sugar-Sweetened Beverages among Adolescents: A Scoping Review. <i>Int J Environ Res Public Health</i>. 2023;20(23). Available from: <a href="https://doi.org/10.3390/ijerph20237101">https://doi.org/10.3390/ijerph20237101</a>.</p>
<p>Khafid M, Bramantoro T, Hariyani N, Setyowati D, Palupi R, Ariawantara PAF, et al. The Use of Internet of Things (IoT) Technology to Promote Children's Oral Health: A Scoping Review. <i>Eur J Dent</i>. 2024;18(3):703-11. Available from: <a href="https://doi.org/10.1055/s-0043-1776116">https://doi.org/10.1055/s-0043-1776116</a>.</p>
<p>Moreira R, Silveira A, Sequeira T, Durao N, Lourenco J, Cascais I, et al. Gamification and Oral Health in Children and Adolescents: Scoping Review. <i>Interact J Med Res</i>. 2024;13:e35132. Available from: <a href="https://doi.org/10.2196/35132">https://doi.org/10.2196/35132</a>.</p>
<p>Pascadopoli M, Zampetti P, Nardi MG, Pellegrini M, Scribante A. Smartphone Applications in Dentistry: A Scoping Review. <i>Dent J (Basel)</i>. 2023;11(10). Available from: <a href="https://doi.org/10.3390/dj11100243">https://doi.org/10.3390/dj11100243</a>.</p>

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**Tabell 5. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen SRHR.**

Andrew L, Barwood D, Boston J, Masek M, Bloomfield L, Devine A. Serious games for health promotion in adolescents - a systematic scoping review. Educ Inf Technol (Dordr). 2023;28(5):5519-50. Available from: <a href="https://doi.org/10.1007/s10639-022-11414-9">https://doi.org/10.1007/s10639-022-11414-9</a> .
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<p>Meherali S, Hussain A, Rahim KA, Idrees S, Bhaumik S, Kennedy M, et al. Digital knowledge translation tools for sexual and reproductive health information to adolescents: an evidence gap-map. Ther Adv Reprod Health. 2024;18:26334941241307881. Available from: <a href="https://doi.org/10.1177/26334941241307881">https://doi.org/10.1177/26334941241307881</a>.</p>
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<p>Widman L, Nesi J, Kamke K, Choukas-Bradley S, Stewart JL. Technology-Based Interventions to Reduce Sexually Transmitted Infections and Unintended Pregnancy Among Youth. J Adolesc Health. 2018;62(6):651-60. Available from: <a href="https://doi.org/10.1016/j.jadohealth.2018.02.007">https://doi.org/10.1016/j.jadohealth.2018.02.007</a>.</p>

**Tabell 6. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen säkerhet och förebygga våld.**

<p>Bowen-Forbes C, Khondaker T, Stafinski T, Hadizadeh M, Menon D. Mobile Apps for the Personal Safety of At-Risk Children and Youth: Scoping Review. JMIR Mhealth Uhealth. 2024;12:e58127. Available from: <a href="https://doi.org/10.2196/58127">https://doi.org/10.2196/58127</a>.</p>
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<p>Tomczyk S, Gottschalk S. How Are Extended Reality Technologies Being Used for Behavioral Prevention and Health Promotion With Children and Adolescents? A Scoping Review. J Adolesc Health. 2024;75(6):856-73. Available from: <a href="https://doi.org/10.1016/j.jadohealth.2024.07.028">https://doi.org/10.1016/j.jadohealth.2024.07.028</a>.</p>

**Tabell 7. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen Språk och kommunikation.**

<p>Barlow J, Schrader-McMillan A, Axford N, Wrigley Z, Sonthalia S, Wilkinson T, et al. Review: Attachment and attachment-related outcomes in preschool children - a review of recent evidence. Child Adolesc Ment Health. 2016;21(1):11-20. Available from: <a href="https://doi.org/10.1111/camh.12138">https://doi.org/10.1111/camh.12138</a>.</p>
<p>Canario AC, Pinto R, Silva-Martins M, Rienks K, Akik BK, Stanke KM, et al. Online Parenting Programs for Children's Behavioral and Emotional Problems: a Network Meta-Analysis. Prev Sci. 2024. Available from: <a href="https://doi.org/10.1007/s11121-024-01735-1">https://doi.org/10.1007/s11121-024-01735-1</a>.</p>

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**Tabell 8. Scoping reviews som har studerat digitalt förmedlade hälsofrämjande och förebyggande insatser för barn och unga på utfall som ligger inom utfallsgruppen övrigt-föräldraskapsstöd.**

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