Potentially relevant articles identified ($n = 551$): PubMed ($n = 151$), Web of Science ($n = 332$), Cochrane Library ($n = 68$)

- Exclude duplicated articles ($n = 198$)

Remained articles after excluding duplicates ($n = 353$)

- Exclude articles on review of title and abstract ($n = 299$)

Full-text articles screened for eligibility ($n = 54$)

- Number of additional articles by hand-searching ($n = 0$)

Full-text articles assessed for eligibility ($n = 54$)

- Exclude articles on review of full text ($n = 43$)
  - Not randomized controlled trials ($n = 11$)
  - Poster or author reply ($n = 7$)
  - No available data ($n = 4$)
  - Step counter not used for motivation ($n = 16$)
  - Not type 2 diabetes ($n = 2$)
  - Others ($n = 3$)

Articles included in the meta-analysis ($n = 11$)