## Content

Appendix 1. Search terms and database search results
Appendix 2. Main characteristics of included randomized controlled trials
Appendix 3. Coding guide and description of different interventions
Appendix 4. Summary of risk of bias assessment using Risk of bias 2 on included
randomized controlled trials
<b>Appendix 5</b> . Detailed results of each domain on risk of bias assessment using Risk of bias 2
on included randomized controlled trials
<b>Appendix 6</b> . Detailed information of each trial for the risk of bias assessment20
Appendix 7. Certainty of evidence ratings on direct evidence of different categories of
interventions for depression, anxiety, and mental health
Appendix 8. Certainty of evidence ratings on direct evidence of different specific treatments
for depression, anxiety, and mental health
Appendix 9. Certainty of evidence ratings on indirect and network evidence of different
categories of interventions for depression
Appendix 10. Certainty of evidence ratings on indirect and network evidence of different
categories of interventions for anxiety93
Appendix 11. Certainty of evidence ratings on indirect and network evidence of different
categories of interventions for mental health94
Appendix 12. Certainty of evidence ratings on indirect and network evidence of different
specific treatments for depression95
Appendix 13. Certainty of evidence ratings on indirect and network evidence of different
specific treatments for anxiety98
Appendix 14. Certainty of evidence ratings on indirect and network evidence of different
specific treatments for mental health
Appendix 15. Pooled standardized mean difference and heterogeneity for each direct
comparison of different categories of interventions for depression101
Appendix 16. Comparative effectiveness of different categories of interventions: surface
under the cumulative ranking curves (SUCRA) for depression

Appendix 17. Network plot of subgroup comparisons in the network meta-analysis of
specific treatments for depression
Appendix 18. Subgroup analysis of comparative effectiveness of specific treatments for
depression
Appendix 19. Subgroup analysis of comparative effectiveness of specific treatments: surface
under the cumulative ranking curves (SUCRA) for depression
Appendix 20. Pooled standardized mean difference and heterogeneity for each direct
comparison of different categories of interventions for anxiety
Appendix 21. Comparative effectiveness of different categories of interventions: surface
under the cumulative ranking curves (SUCRA) for anxiety
Appendix 22. Network plot of subgroup comparisons in the network meta-analysis of
specific treatments for anxiety
Appendix 23. Subgroup analysis of comparative effectiveness of specific treatments for
anxiety110
Appendix 24. Subgroup analysis of comparative effectiveness of specific treatments: surface
under the cumulative ranking curves (SUCRA) for anxiety
Appendix 25. Pooled standardized mean difference and heterogeneity for each direct
comparison of different categories of interventions for mental health
Appendix 26. Comparative effectiveness of different categories of interventions: surface
under the cumulative ranking curves (SUCRA) for mental health
Appendix 27. Network plot of subgroup comparisons in the network meta-analysis of
specific treatments for mental health
Appendix 28. Subgroup analysis of comparative effectiveness of specific treatments for
mental health
Appendix 29. Subgroup analysis of comparative effectiveness of specific treatments: surface
under the cumulative ranking curves (SUCRA) for mental health
Appendix 30. Evaluation of global inconsistency for different categories of interventions and
specific treatments
Appendix 31. Node-splitting method in comparison between direct and indirect evidence of
different categories of interventions for depression

Appendix 32. Node-splitting method in comparison between direct and indirect evidence of
different categories of interventions for anxiety
Appendix 33. Node-splitting method in comparison between direct and indirect evidence of
different categories of interventions for mental health
Appendix 34. Subgroup analysis of node-splitting method in comparison between direct and
indirect evidence of specific treatments for depression
Appendix 35. Subgroup analysis of node-splitting method in comparison between direct and
indirect evidence of specific treatments for anxiety
Appendix 36. Subgroup analysis of node-splitting method in comparison between direct and
indirect evidence of specific treatments for mental health
Appendix 37. Evaluation of inconsistency using loop-specific heterogeneity estimates of
different categories of interventions for depression
Appendix 38. Evaluation of inconsistency using loop-specific heterogeneity estimates of
different categories of interventions for anxiety
Appendix 39. Evaluation of inconsistency using loop-specific heterogeneity estimates of
different categories of interventions for mental health
Appendix 40. Subgroup analysis of evaluation of inconsistency using loop-specific
heterogeneity estimates of specific treatments for depression
Appendix 41. Subgroup analysis of evaluation of inconsistency using loop-specific
heterogeneity estimates of specific treatments for anxiety
Appendix 42. Subgroup analysis of evaluation of inconsistency using loop-specific
heterogeneity estimates of specific treatments for mental health130
Appendix 43. Egger's test for the assessment of publication bias of pairwise
meta-analysis
Appendix 44. Network meta-analysis funnel plots of different categories of interventions for
the assessment of publication bias for depression
Appendix 45. Network meta-analysis funnel plots of different categories of interventions for
the assessment of publication bias for anxiety
Appendix 46. Network meta-analysis funnel plots of different categories of interventions for
the assessment of publication bias for mental health

Appendix 47. Subgroup analysis of meta-analysis funnel plots of specific treat	ments for the
assessment of publication bias for depression	135
Appendix 48. Subgroup analysis of network meta-analysis funnel plots of spec	cific treatments
for the assessment of publication bias for anxiety	136
Appendix 49. Subgroup analysis of network meta-analysis funnel plots of spec	cific treatments
for the assessment of publication bias for mental health	137

Appendix 1. Search terms and database search results (from database inception to 4 May 2023)

Search	Query	Records
PubMed		
#1	"Back Pain" [MeSH Terms] OR "Low Back Pain" [MeSH Terms] OR "Back	119,441
	Pain"[Title/Abstract] OR "Lumbago"[Title/Abstract] OR	
	"Backache" [Title/Abstract] OR "back ache*" [Title/Abstract] OR "spinal	
	stenosis"[Title/Abstract] OR "Canal Stenosis"[Title/Abstract] OR "Lumbar	
	Stenosis"[Title/Abstract] OR "Lateral Stenosis"[Title/Abstract] OR	
	"Neurogenic Claudication"[Title/Abstract] OR	
	"Radiculopathy"[Title/Abstract] OR "Radicular Pain"[Title/Abstract] OR	
	"Spondylolisthesis"[Title/Abstract] OR "Spondylosis"[Title/Abstract] OR	
	"Sciatica"[Title/Abstract] OR "Intervertebral Disc	
	Displacement"[Title/Abstract] OR "Spinal Nerve Roots"[Title/Abstract] OR	
	"Neurologic Signs"[Title/Abstract] OR "Paresthesia"[Title/Abstract] OR	
	"Paraesthesia"[Title/Abstract] OR "Numbness"[Title/Abstract]	
#2	"Randomized Controlled Trial" [Publication Type] OR	1,009,563
	Randomized[Title/Abstract] OR Randomised[Title/Abstract] OR	
	Randomization[Title/Abstract] OR Randomisation[Title/Abstract]	
#3	"Anxiety"[Mesh] OR anxiety[Title/Abstract] OR Angst[Title/Abstract]	287,998
	OR Nervousness[Title/Abstract] OR Hypervigilance[Title/Abstract] OR	
	Anxiousness[Title/Abstract] OR "Social Anxiety"[Title/Abstract] OR	
	"Social Anxieties"[Title/Abstract]	
#4	"Depression" [Mesh] OR Depression [Title/Abstract] OR "Depressive	458,489
	Symptom"[Title/Abstract] OR "Emotional Depression"[Title/Abstract]	
#5	"psychology"[Mesh] OR psychology[Title/Abstract] OR "Psychological	124,378
	Side Effect"[Title/Abstract] OR "Psychosocial Factor"[Title/Abstract] OR	
	Psychologist[Title/Abstract]	
#6	"Mental Health"[Mesh] OR "Mental Health"[Title/Abstract] OR "Mental	238,489
	hygiene"[Title/Abstract]	

#7	"Psychotic Disorders" [Mesh] OR "Psychotic Disorder" [Title/Abstract]	87,045
	OR Psychosis[Title/Abstract] OR Psychoses[Title/Abstract] OR	
	"Schizoaffective Disorder"[Title/Abstract] OR "Schizophreniform	
	Disorder"[Title/Abstract] OR "Brief Reactive Psychoses"[Title/Abstract]	
	OR "Brief Reactive Psychosis"[Title/Abstract]	
#8	#3 OR #4 OR #5 OR #6 OR #7	961,032
#9	#1 AND #2 AND #8	899
Web of S	Science	
#1	TS=("back pain" OR "low back pain" OR lumbago OR backache OR "back	236,441
	ache" OR "spinal stenosis" OR "canal stenosis" OR "lumbar stenosis" OR	
	"lateral stenosis " OR "neurogenic claudication" OR radiculopathy OR	
	"radicular pain" OR spondylolisthesis OR spondylosis OR sciatica OR	
	"intervertebral disc displacement" OR "spinal nerve roots" OR "neurologic	
	signs" OR paresthesia OR paraesthesia OR numbness)	
#2	TS=(randomized controlled trial)	725,392
#3	TS=(anxiety OR angst OR nervousness OR hypervigilance OR	555,643
	anxiousness OR "social anxiety" OR "social anxieties")	
#4	TS=(depression OR "depressive Symptom" OR "emotional depression")	981,681
#5	TS=(psychology OR "psychological side effect" OR "psychosocial factor"	1,914,965
	OR psychologist)	
#6	TS=("mental health" OR "mental hygiene")	430,370
#7	TS=("psychotic disorders" OR psychosis OR psychoses OR	147,586
	"schizoaffective disorder" OR "schizophreniform disorder" OR "brief	
	reactive psychoses" OR "brief reactive psychosis")	
#8	#1 AND #2 AND (#3 OR #4 OR #5 OR #6 OR #7 )	2,479
EMBAS	E	
#1	'back pain'/exp OR 'low back pain'/exp OR 'back pain*':ab,ti OR	210,281
	'lumbago':ab,ti OR 'backache*':ab,ti OR 'back ache*':ab,ti OR 'spinal	

	stenosis':ab,ti OR 'canal stenosis':ab,ti OR 'lumbar stenosis':ab,ti OR 'lateral	
	stenosis':ab,ti OR 'neurogenic claudication':ab,ti OR 'radiculopathy':ab,ti OR	
	'radicular pain':ab,ti OR 'spondylolisthesis':ab,ti OR 'spondylosis':ab,ti OR	
	'sciatica':ab,ti OR 'intervertebral disc displacement':ab,ti OR 'spinal nerve	
	roots':ab,ti OR 'neurologic signs':ab,ti OR 'paresthesia':ab,ti OR	
	'paraesthesia':ab,ti OR 'numbness':ab,ti	
#2	'randomized controlled trial'/exp OR 'randomized controlled trial':ti,ab OR	1,800,224
	'randomized':ti,ab OR 'randomised':ti,ab OR 'randomisation':ti,ab OR	
	'randomization':ti,ab OR 'rct':ti,ab OR 'randomly':ti,ab OR 'placebo':ti,ab	
#3	'anxiety'/exp OR 'anxiety' OR 'anxiety':ti,ab OR 'angst':ti,ab OR	503,287
	'nervousness':ti,ab OR 'hypervigilance':ti,ab OR 'anxiousness':ti,ab OR	
	'social anxiety':ti,ab OR 'social anxieties':ti,ab	
#4	'depression'/exp OR 'central depression':ti,ab OR 'clinical depression':ti,ab	632,235
	OR 'depressive disease':ti,ab OR 'depressive disorder':ti,ab OR 'depressive	
	episode':ti,ab OR 'depressive illness':ti,ab OR 'depressive personality	
	disorder':ti,ab OR 'depressive state':ti,ab OR 'depressive symptom':ti,ab	
	OR 'depressive syndrome':ti,ab OR 'mental depression':ti,ab OR 'parental	
	depression':ti,ab	
#5	'psychology'/exp OR 'psychology':ti,ab OR 'cognitive science':ti,ab OR	470,988
	'schizophrenic psychology':ti,ab	
#6	'mental health'/exp OR 'mental care':ti,ab OR 'mental condition':ti,ab OR	268,694
	'mental factor':ti,ab OR 'mental help':ti,ab OR 'mental service':ti,ab OR	
	'mental state':ti,ab OR 'mental status':ti,ab OR 'mental status	
	schedule':ti,ab OR 'psychic health':ti,ab	
#7	'psychosis'/exp	346,169
#8	#3 OR #4 OR #5 OR #6 OR #7	1,743,151
#9	#1 AND #2 AND #8	3,264
Cochra	nne	
#1	"back pain":ti,ab,kw OR "low back pain":ti,ab,kw OR "back pain":ti,ab,kw	29,864

	OR "lumbago":ti,ab,kw OR "backache":ti,ab,kw OR "back ache":ti,ab,kw	
	OR "spinal stenosis":ti,ab,kw OR "canal stenosis":ti,ab,kw OR "lumbar	
	stenosis":ti,ab,kw OR "lateral stenosis ":ti,ab,kw OR "neurogenic	
	claudication":ti,ab,kw OR "radiculopathy":ti,ab,kw OR "radicular	
	pain":ti,ab,kw OR "spondylolisthesis":ti,ab,kw OR "spondylosis":ti,ab,kw	
	OR "sciatica":ti,ab,kw OR "intervertebral disc displacement":ti,ab,kw OR	
	"spinal nerve roots":ti,ab,kw OR "neurologic signs ":ti,ab,kw OR	
	"paresthesia":ti,ab,kw OR "paraesthesia":ti,ab,kw OR "numbness":ti,ab,kw	
#2	"randomized":ti,ab,kw OR "randomised":ti,ab,kw OR	1,447,708
	"randomization":ti,ab,kw OR "randomisation":ti,ab,kw OR	
	"randomly":ti,ab,kw OR "placebo":ti,ab,kw OR "trial":ti,ab,kw OR	
	"Random Allocation":ti,ab,kw OR "Randomized Controlled	
	Trial":ti,ab,kw	
#3	"anxiety":ti,ab,kw OR "angst":ti,ab,kw OR "nervousness":ti,ab,kw OR	97,215
	"hypervigilance":ti,ab,kw OR "Anxiousness":ti,ab,kw OR "social	
	anxiety":ti,ab,kw OR "social anxieties":ti,ab,kw	
#4	"depression":ti,ab,kw OR "depressive symptom":ti,ab,kw OR "emotional	105,781
	depression":ti,ab,kw	
#5	"psychology":ti,ab,kw OR "psychological side effect":ti,ab,kw OR	125,845
	"psychosocial factor":ti,ab,kw OR "psychologist":ti,ab,kw	
#6	"mental health":ti,ab,kw OR "mental hygiene":ti,ab,kw	27,858
#7	"psychotic disorder":ti,ab,kw OR "psychosis":ti,ab,kw OR	
	"psychoses":ti,ab,kw OR "schizoaffective disorder":ti,ab,kw OR	
	"schizophreniform disorder":ti,ab,kw OR "brief reactive	
	psychoses":ti,ab,kw OR "brief reactive psychosis":ti,ab,kw	
#8	#3 OR #4 OR #5 OR #6 OR #7	259,509
#9	#1 AND #2 AND #8	4,354

Appendix 2. Main characteristics of included randomized controlled trials

	Country/	Intervent		Со	mparison Gro	oup					
Study	Region	Group (No. of Patients) Age BMI			Female,	Group (No. of Patients)	Age	Follow-up	<b>Outcome Measures</b>		
			$(M \pm SD)$	$(M \pm SD)$	n (%)		$(M \pm SD)$	$(M \pm SD)$	n (%)		
Sığlan 2023	Turkey	Myofascial group (21)	38.0 (7.78)	26.42	9 (42.86)	Control group (21)	38.76	26.31	13 (61.90)	4 weeks	Depression (BDI)
				(4.57)			(8.96)	(5.65)			
Sanabria-Mazo 2023	Spain	Acceptance and commitment therapy group (78)	54.9 (8.3)	NR	54 (69.2)	Treatment-as-usual group (78)	53.8 (10.0)	NR	51 (65.4)	12 weeks	Depression (DASS) and Anxiety (DASS)
		Behavioral activation therapy group (78)	54.9 (10.2)	NR	53 (67.9)						
Ogunniran 2023	Nigeria	Kinesiology taping and	42.15	26.15	NR	Core-stabilization	45.29	26.48	NR	8 weeks	Depression (HADS) and Anxiety
		core-stabilization exercises group (13)	(12.05)	(3.09)		exercises group (17)	(10.79)	(4.16)			(HADS)
		Kinesiology taping group (13)	43.69	27.97	NR						
			(9.53)	(2.99)							
Lazaridou 2023	U.S.A.	Biofeedback EMG alternative therapy (37)	46.0 (13.9)	NR	NR	Usual care group (29)	43.5 (13.9)	NR	NR	12 weeks	Depression (HADS) and Anxiety (HADS)
Kim 2023	South Korea	Heat massage group (20)	56.30	25.83	11 (55.0)	Physical therapy group	56.15	25.93	10 (50.0)	4 weeks	Depression (BDI)
			(12.28)	(2.62)		(20)	(9.75)	(4.10)			
Kanaan 2023	Jordan	Comprehensive education (27)	46.44	28.28	22 (81)	Standard physical therapy	47.07	NR	21 (78)	3 months	Depression (DASS) and Anxiety
			(10.88)	(10.88)		(27)	(11.53)				(DASS)
Groenveld 2023	The Netherlands	Self-administered behavioural therapy-based virtual reality (VR) application (20)	51 (2.9)	NR	17 (85)	Standard care (20)	52 (2.5)	NR	16 (80)	4 months	Depression (HADS), Anxiety (HADS), and Mental Health (SF-12)
Zheng 2022	China	M-health-based exercise (20)	34.0 (14.4)	21.5 (2.7)	14 (70)	Exercise only (20)	34.9 (14.5)	22.3 (3.6)	12 (60)	18 weeks	Depression (SDS), Anxiety (GAD-7), and Mental Health (SF-36)
Singphow 2022	India	Yoga group (39)	43.74	27.77	15 (38.5)	Physical exercise group	41.47	27.34	13 (34.2)	16 weeks	Depression (DASS) and Anxiety
			(7.26)	(3.67)		(38)	(9.53)	(2.91)			(DASS)
Shaygan 2022	Iran	Multimedia method (30)	51.0 (9.7)	NR	20 (66.7)	Routine training (30)	53.2 (12.6)	NR	25 (83.3)	Control group: 9.73 (6.2) weeks; and Intervention group: 7.83 (5.26) weeks	Depression (BDI)
Rim 2022	Tunisia	Therapeutic patient education (50)	45.6 (6.7)	NR	10 (20)	Usual care (50)	42.9 (8.7)	NR	14 (24)	One year	Depression (HADS) and Anxiety (HADS)
Lara-Palomo 2022	Spain	Internet-based E-Health program group (39)	41.9 (9.4)	NR	22 (56.4)	Home rehabilitation program group (35)	54.6 (12.9)	NR	21 (60.0)	6 months	Mental Health (SF-36)

Kızıltaş 2022	Turkey	Extracorporeal shock wave therapy (36)	47.4 (14.3)	28.6 (4.9)	13 (36.1)	Conventional physical therapy (34)	45.3 (12.2)	35.2 (36.2)	20 (58.8)	12 weeks	Depression (BDI)
Hrkać 2022	Croatia	Cognitive-behavioral therapy, group-based combined exercise therapy and education (59)	49.2 (11.6)	26.4 (4.1)	34 (57.6)	Usual care (58)	50.2 (11.2)	27.0 (3.7)	40 (69.0)	6 months	Depression (HADS), Anxiety (HADS), and Mental Health (SF-12)
		Supervised group-based combined exercise therapy and education (63)	48.6 (12.3)	26.3 (3.7)	40 (63.5)						
Diez 2022	Spain	Mindfulness based intervention (36)	NR	NR	NR	Usual care (34)	NR	NR	NR	8 weeks	Depression (DASS), Anxiety (DASS), and Mental Health (SF-36)
Aguilar-Ferrándi z 2022	Spain	Exercises-kinesio taping group (29)	44 (9)	NR	17 (58.62)	Exercises-analgesic current group (29)	46 (5)	NR	21 (72.41)	One month	Depression (BDI) and Anxiety (BDI)
Yakşi 2021	Turkey	Burst transcutaneous electrical nerve stimulation group (25)	45.6 (9.4)	28.6 (4.8)	16 (64.0)	Placebo transcutaneous electrical nerve	40.8 (11.5)	29.9 (4.6)	18 (78.0)	3 months	Depression (BDI)
		Conventional transcutaneous electrical nerve stimulation group (25)	43.2 (12.8)	27.4 (4.1)	13 (52.0)	stimulation group (23)					
Schmidt 2021	Denmark	Integrated multidisciplinary rehabilitation programme group (65)	51 (12)	NR	50 (77)	Existing programme group (67)	54 (12)	NR	49 (73)	One year	Depression (MDI)
Polaski 2021	U.S.A.	Integrated meditation and exercise therapy group (18)	36.3 (14.1)	24.5 (2.9)	13 (72.2)	Audiobook control group (20)	38.7 (16.8)	26.3 (2.7)	13 (65.0)	48 hours	Anxiety (STAI )
Karaarslan 2021	Turkey	Peloid therapy and home exercise program (53)	49.66 (9.26)	28.70 (26.25–33.0 5)	39 (73.6)	Only home exercise program (53)	44.74 (11.92)	27.30 (23.95–30.2 0)	39 (73.6)	One month	Depression (BDI) and Mental Health (SF-36)
Darnall 2021	U.S.A.	Empowered relief group (87)  Cognitive behavioral therapy group (88)	49.7 (15.0) 45.9 (13.1)	27.3 (6.0) 27.0 (6.5)	44 (50.6) 40 (45.5)	Health education group (88)	48.0 (13.2)	26.7 (6.3)	47 (53.4)	3 months	Depression (PROMIS) and Anxiety (PROMIS)
Batıbay 2021	Turkey	Pilates group (28)	49.3 (10.4)	25.0 (2.6)	NR	home exercise group (25)	48.4 (9.3)	26.3 (2.7)	NR	8 weeks	Depression (BDI)
Alzahrani 2021	Saudi Arabia	Wearables-based walking intervention and usual physiotherapy care (12)	49.0 (13.4)	29.30 (7.59)	3 (11.5)	Usual physiotherapy care (14)	39.0 (13.8)	29.44 (6.25)	8 (30.8)	26 weeks	Depression (BDI)
Ünal 2020	Turkey	Myofascial induction therapy (20)	41.25 (9.12)	24.65 (2.24)	10 (50)	Pain neuroscience education (20)	42.6 (7.96)	25.85 (3.36)	10 (50)	8 weeks	Mental Health (SF-36)
Soleymani 2020	Iran	Rumination-focused cognitive-behavioral therapy (15)	NR	NR	11 (36.6)	Usual care (15)	NR	NR	10 (33.3)	3 months	Depression (DASS) and Anxiety (DASS)
Schlicker 2020	Germany	Cognitive behavioral therapy and Web- and mobile-based guided self-help intervention (40)	51.3 (8.60)	NR	26 (65)	Waitlist control group (36)	50.1 (7.00)	NR	29 (81)	6 months	Anxiety (HADS)
de Oliveira Meirelles 2020	Brazil	Osteopathic manipulation treatment group (20)	46.0 (10.4)	27.1 (4.2)	16 (57)	Active control group (18)	50.1 (9.3)	26.5 (4.0)	12 (43)	Measurement at the end of treatment	Depression (BDI)
Suh 2019	South Korea	Flexibility exercise group (13)	53.54 (15.69)	NR	8 (61.5)	Walking exercise group (13)	54.15 (13.89)	NR	11 (84.6)	6 weeks	Depression (BDI)
		Stabilization exercise group (10)	57.40 (15.88)	NR	6 (60.0)						

		Stabilization with walking exercise	54.75	NR	8 (66.7)						
Petrozzi 2019	Australia	group (12)  MoodGYM plus physical treatments	(14.98) 50.1 (12.8)	27.0 (5.0)	29 (53.7)	physical treatments alone	50.6 (14.4)	26.7 (4.0)	25 (59.3)	12 months	Depression (DASS) and Anxiety
Mariano 2019	U.S.A.	(54) Transcranial direct current stimulation	65.7 (8.8)	NR	1 (10.0)	(54) Sham group (11)	60.7 (11.8)	NR	2 (18.2)	6 weeks	(DASS) Depression (PHQ-9) and Anxiety
Hüppe 2019	Germany	(10) Comprehensive health program (189)	53.4 (8.1)	27.6 (4.8)	60 (31.7)	Control group (255)	53.6 (8.7)	27.2 (4.9)	103 (40.4)	24 months	(GAD-7) Depression (PHQ-4) and Mental Health (SF-12)
Huber 2019	Austria	Green exercise group (27)	52.85 (6.43)	24.78 (2.73)	14 (51.9)	Control group without any intervention (27)	43.81 (12.07)	25.06 (3.18)	17 (63.0)	120 days	Mental Health (SF-36)
		Green exercise and balneotherapy group (26)	53.35 (8.26)	26.32 (4.47)	14 (53.8)						
Gardner 2019	Australia	Education combined with patientled goal setting group (37)	44 (12.5)	NR	18 (48.6)	Standardised exercise programme group (38)	45 (13.8)	NR	25 (65.8)	12 months	Depression (DASS) and Anxiety (DASS)
Kuvacic 2018	Croatia	Yoga group (15)	33.6 (4.30)	NR	6 (40.0)	Pamphlet group (15)	34.7 (4.83)	NR	8 (53.3)	one week	Depression (SDS) and Anxiety (SAS)
Hohmann 2018	Germany	Leech therapy (25)	59.29 (6.99)	27.69 (5)	NR	Exercise therapy (19)	56.53 (7.8)	25.53 (5.2)	NR	56±5 days	Depression (CES) and Mental Health (SF-36)
Glombiewski 2018	Germany	Exposure-long group (30) Exposure-short group (26)	52.7 (9.4) 51.8 (9.2)	NR NR	12 (38.5) 13 (50.0)	Cognitive-behavioral therapy group (32)	53.5 (9.0)	NR	23 (71.9)	6 months	Depression (HADS)
Tüzün 2017	Northern Cyprus	Dry needling therapy (18)	50.1 (11.8)	29.6 (6.1)	8 (44.4)	Classical physiotherapy (16)	50.9 (12.5)	27.9 (4.4)	12 (75.0)	Measurement at the end of treatment	Depression (BDI)
Seo 2017	South Korea	Bee venom acupuncture group (27)	49.85 (14.44)	NR	18 (66.67)	Sham group (27)	50.07 (11.06)	NR	23 (85.19)	12 weeks	Depression (BDI)
Nayback-Beebe 2017	U.S.A.	Pulsed electromagnetic frequency therapy and usual care group (36)	19-60	NR	NR	Usual care group (32)	19-60	NR	NR	8 weeks	Depression (PHQ-9) and Anxiety (GAD-7)
Kumar 2017	Germany	Ayurvedic massage group (32)	55.4 (11.2)	25.8 (4.2)	26 (81.25)	Control group (32)	54.2 (13.8)	26.9 (4.4)	23 (71.88)	4 weeks	Depression (POMS) and Mental Health (SF-36)
Harris 2017	Norway	Cognitive-behavioural treatment and a brief cognitive intervention (55)	45.5 (9.1)	NR	NR	Brief cognitive intervention (99)	44.8 (9.7)	NR	NR	12 months	Depression (HADS) and Anxiety (HADS)
		Physical exercise and a brief cognitive intervention (60)	44.2 (10.6)	NR	NR						
Michalsen 2016	Germany	Focused meditation group (32)	55.5 (10.6)	NR	29 (90.6)	Self-care exercise group (36)	54.8 (10.6)	NR	23 (63.9)	8 Weeks	Depression (HADS), Anxiety (HADS), and Mental Health (SF-36)
Trapp 2015	Germany	Visual feedback group (15)	45.53 (7.05)	NR	5 (33.3)	Control group (15)	40.60 (10.67)	NR	9 (60.0)	Measurement at the end of treatment	Depression (BDI)
Lawand 2015	Brazil	Muscle stretching program using global postural reeducation method (31)	49.4 (12.0)	26.17 (2.95)	25 (80.6)	Control group (30)	47.5 (11.9)	26.22 (3.18)	22 (73.3)	6 months	Depression (BDI) and Mental Health (SF-36)
Kogure 2015	Japan	Arthrokinematic Approach-Hakata group (90)	60.0 (12.7)	23.7 (5.4)	54 (60.0)	Sham group (89)	59.6 (13.3)	22.6 (4.7)	57 (64.0)	6 months	Mental Health (SF-36)
Zhang 2014	China	Health education group (27)	22.29	21.02	9 (33.3)	Exercise group (27)	23.04	21.41	11 (40.7)	Measurement at the	Mental Health (SF-36)

			(2.85)	(2.85)			(2.24)	()1.95		end of treatment	
Monticone 2014	Italy	Multidisciplinary rehabilitation programme group (10)	58.9 (16.4)	27.4 (4.9)	7 (70)	Usual-care alone group (10)	56.6 (14.4)	25.2 (3.1)	4 (40)	3 months	Mental Health (SF-36)
Tekur 2012	India	Yoga group (40)	49 (3.6)	NR	21 (52.5)	Control group (40)	48 (4.0)	NR	15 (37.5)	Measurement at the end of treatment	Depression (BDI) and Anxiety (STAI)
Kader 2012	U.K.	Back education and gym ball exercise (20)	18-65	NR	NR	Back education and standard physiotherapy (17)	18-65	NR	NR	10 Weeks	Depression (Modified Zung epression index) and Mental Health (SF-36)
		Perifacet injection (19)	18-65	NR	NR						
Cuesta-Vargas 2012	Spain	Deep water running and standard general practice group (29)	38.6 (12.2)	26.2 (3.5)	17 (59)	Standard general practice alone group (29)	37.8 (13.2)	25.2 (4.1)	16 (56)	12 months	Mental Health (SF-12)
Tavafian 2011	Iran	Multidisciplinary rehabilitation program (97)	44.6 (10.2)	NR	71 (73.2)	Control group (100)	45.9 (11.3)	NR	83 (83.0)	6 months	Mental Health (SF-36)
Engbert 2011	Germany	Therapeutic climbing group (10)	51.9	NR	6 (60.0)	Standard exercise group (13)	50.4	NR	6 (46.2)	Measurement at the end of treatment	Mental Health (SF-36)
Glombiewski 2010	Germany	Cognitive-behavioural therapy including biofeedback tools group (62)	48.9 (10.5)	NR	41 (66.1)	Cognitive-behavioural therapy group (54)	48.6 (13.1)	NR	36 (66.7)	6 months	Depression (BDI)
Durmus 2010	Turkey	Electrical stimulation and exercises group (20) Ultrasound therapy and exercises group (19)	49.00 (7.87) 48.31 (8.95)	30.50 (5.37) 28.89 (3.98)	NR NR	Only exercises group (20)	47.05 (12.46)	28.50 (1.84)	NR	6 weeks	Depression (BDI) and Mental Health (SF-36)
Williams 2009	Canada	Iyengar yoga group (43)	48.4 (1.86)	25.8 (0.57)	32 (74.4)	Control group receiving standard medical care (47)	47.6 (1.47)	27.4 (0.60)	37 (78.7)	6 months	Depression (BDI)
Sertpoyraz 2009	Turkey	Isokinetic exercise group (20)	38.75 (7.81)	NR	16 (80)	Standard exercise group (20)	38.25(7.36	NR	15 (75)	7 weeks	Depression (BDI)
Ribeiro 2008	Brazil	Back school program group (26)	48.1 (14,1)	27.1 (4.8)	19 (73.1)	control group for weekly medical visits (29)	52.8 (10)	27.1 (3.2)	26 (89.7)	120 days	Depression (BDI) and Anxiety (STAI)
Koldaş Doğan 2008	Turkey	Aerobic exercise and home exercise group (19)  Physical therapy (hot pack, ultrasound,	37.1 (6.5) 41.5 (8.3)	NR NR	15 (78.9) 14 (77.8)	Home exercise only group (18)	42.1 (9.5)	NR	14 (77.8)	1 month	Depression (BDI)
T 5 2007	T	TENS) and home exercise group (18)	42.0 (10.7)	NID	NID	Clinia (52)	447 (10.0)	ND	NID	241	M4-1 H14- (SE 27)
Tavafian 2007 Kaapa 2006	Iran Finland	Back school group (50)  Multidisciplinary rehabilitation group (59)	42.9 (10.7) 46 (7.9)	NR 25 (4.8)	NR 59 (100)	Clinic group (52) Individual physiotherapy group (61)	44.7 (10.8) 46.5 (7.0)	NR 26.5 (4.7)	NR 61 (100)	3 months 24 months	Mental Health (SF-36) Depression (DEPS)
Galantino 2004	U.S.A.	Modified hatha yoga group (11)	30-65	NR	NR	Wait-list group (11)	30-65	NR	NR	3 months	Depression (BDI)
Weiner 2003	U.S.A.	Electrical nerve stimulation and physical therapy group (17)	74.1 (4.6)	NR	11 (64.7)	Sham electrical nerve stimulation and physical therapy group (17)	73.5 (5.7)	NR	7 (41.2)	3 months	Depression (Geriatric Depression Scale)
Niemisto 2003	Finland	Combined Manipulation, stabilizing exercises, and physician consultation	37.3 (5.6)	NR	56 (55)	Physician consultation alone (102)	36.7 (5.6)	NR	54 (53)	12 months	Depression (DEPS)

		(102)									
Hernandez-Reif	U.S.A.	Massage group (12)	43.8 (13.7)	NR	7 (58.3)	Relaxation training group	36.7 (16.1)	NR	6 (50.0)	5 weeks	Depression (POMS) and Anxiety
2001						(12)					(STAI)
Newton-John	U.K.	Cognitive-behaviourai therapy group	44.37	NR	NR	Wait-list group (12)	47.72	NR	NR	6 months	Depression (BDI) and Anxiety
1995		(16)	(12.64)				(9.76)				(STAI)
		Electromyographic biofeedback group	44.93	NR	NR						
		(16)	(11.91)								
Turner 1993	U.S.A.	Cognitive therapy group (23)	22-62	NR	NR	Wait-list group (30)	22-62	NR	NR	12 months	Depression (BDI)
		Relaxation training group (24)	22-62	NR	NR						
		Cognitive therapy and Relaxation	22-62	NR	NR						
		training group (25)									

Notes: Continuous were reported as mean±standard deviation (M ± SD), and dichotomous are reported as n (%), n is the number of participants with chronic low back pain. BMI, Body mass index; No., Number; NR: not reported; BDI, the Beck Depression Inventory; DASS, the Depression Anxiety and Stress Scale; HADS, the Hospital Anxiety and Depression Scale; SF-12/36, 12/36-item short form health survey; GAD-7, Generalized Anxiety Disorder-7; MDI, Major Depression Inventory; STAI, the State/Trait Anxiety Inventory; PROMIS, Patient-Reported Outcomes Measurement Information System short-form measures; PHQ-4/9, the Patient Health Questionnaire-4/9; GAD-7, Generalized Anxiety Disorder-7; SDS, the Self-Rating Depression Scale; SAS, Zung self-rating anxiety scale; CES, Center for Epidemiologic Studies; POMS, the Profile of Mood states; DEPS, Finnish Depression Questionnaire.

Appendix 3. Coding guide and description of different interventions

Categories of non-pharmacological intervention	Specific treatments	Code	Definitions of coding an experimental intervention under the corresponding component
Control		CO	Active control or usual care
	Active control	AC	A regular exercise program of low intensity or regular programmed health education
	Usual care	UC	Standard/routine care, no treatment, placebo, wait-list control, or sham treatment
Exercise		EX	Any physical activity that involves the use of skeletal muscles and requires energy expenditure
	Aerobic training	AT	Exercising with adequate oxygen provision (such as walking, cycling, climbing etc)
	Relaxation training	RT	Systematic progressive muscle relaxation training, which involved practice sessions
	Stretching training	ST	Exercise emphasizes muscle lengthening through static or isometric movements
	Flexibility training	FT	Exercise focuses on the enhancing the range of motion of joint systems through active movements, without including a stretching component
	Stabilization exercise	SE	Exercise that focuses on modifiable intensity level based on the exercise capacities of each participant, including supine, dead bug, side lying, prone, bird dog, bridge, and plank
	Mixed exercise training	ME	A combination of two or more specific treatments of exercise types
Mind body therapy		MBT	Interventions that aim at addressing both physical and mental aspects, such as Yoga, Pilates, and Qigong
Education		EDU	Interventions that prioritize enhancing awareness and promoting positive attitudes and knowledge pertaining to health enhancement
Telemedicine		TM	Internet- or mobile-based interventions, including the application of virtual reality, web-based system, and mobile apps
Biopsychosocial Approach		BA	Interventions that aim to modify behavior, emotional state, or feelings, without providing any particular knowledge or information about a specific field

	Cognitive-behav ioural treatments	CBT	Enhancing physical performance by enhancing the mental processing and manipulation of information
	Psychosocial intervention	PI	Interventions that integrate psychological and social elements in its framework, such as counselling, problem adaptation therapy, goal setting, feedback, motivational interview, etc)
	Meditation	Medi	Sustained recognition of the knowing quality of awareness itself, which focuses on orientation to the present moment with openness and acceptance
Physical therapy		РТ	Interventions that aim to improve or recover one's health by utilizing physical factors such as heat, vibration, light, electricity, and orthotic appliances.  A healthcare method that stimulates acupuncture points and regulates bodily functions by applying pressure,
	Massage	Mass	kneading, rubbing, and other techniques using the hands, fingers, palms, and elbows, to enhance the physiological state of the body
	Thermal therapy	TT	The therapy that utilizes temperature to improve physical health, by relieving muscle stiffness and pain, reducing inflammation, improving blood circulation and metabolism
	Manipulative treatment	MT	A typical physical therapy intervention that aims to ameliorate or eradicate complications related to muscles, bones, or joints, such as pain, stiffness, inflammation, and related anomalies
	Acupuncture	Acup	A traditional Chinese medicine technique that involves the insertion of thin needles into specific points on the body to balance the flow of energy, or Qi, within the body, and stimulate the body's natural healing processes
	Electrical stimulation	ES	The transcutaneous electrical nerve stimulation that utilizes low frequency electrical impulse currents through the skin to stimulate the peripheral nerves and produce various physiological effects
	Ultrasound therapy	US	The intervention that promotes tissue recovery and pain relief through the acoustic force and thermal effect of ultrasound waves by promoting blood and lymph circulation, allowing the tissues to receive sufficient oxygen and nutrients, thus accelerating tissue repair and recovery
	Kinesiology taping	KT	A physical therapy procedure that utilizes a unique adhesive tape to facilitate the therapy, rehabilitation, and prevention of muscular, joint, and soft tissue disorders
	Leech therapy	LT	A conventional medical procedure that utilizes

	Myofascial induction therapy	MIT	medicinal leeches to extract blood from patients' bodies A form of manual therapy that aims to promote healing and reduce pain by enhancing blood flow, reducing inflammation, and breaking down adhesions in the fascial tissue
	Pulsed electromagnetic frequency therapy	PEF	A complementary therapy that delivers short bursts of electrical microamperes, which are millionths of an ampere, to injured tissues without producing heat or interfering with nerve or muscle function
	Perifacet injection therapy	PIT	The intervention that relieves the pain from the source of lumbar facet joints and multifidus muscle
	Extracorporeal shock wave therapy	ESWT	A non-invasive medical treatment that utilizes shock waves to treat an array of musculoskeletal conditions
	Mixed physical therapies	MPT	A combination of two or more specific treatments of physical therapy
Multicomponent intervention	Multicomponent intervention	MUI	Interventions that involve a combination of two or more categories mentioned above

Appendix 4. Summary of risk of bias assessment using Risk of bias 2 on included randomized controlled trials

Author	1. R	andon	nizatio	on process		2. De	viatio	ns froi	m inte	nded i	nterve	entions		3. Mis	ssing (	outcon	ne data		4. Mea	asurei	nent o	f the o	utcome				of the result	Overall Bias
	1.1	1.2	1.3	RoB	2.1	2.2	2.3	2.4	2.5	2.6	2.7	RoB	3.1	3.2	3.3	3.4	RoB	4.1	4.2	4.3	4.4	4.5	RoB	5.1	5.2	5.3	RoB	RoB
Sığlan 2023	Y	PY	N	Low	N	N	NA	NA	NA	PY	NA	Low	PY	NA	NA	NA	Low	N	PN	N	NA	NA	Low	Y	PN	PN	Low	Low
Sanabria-Mazo 2023	Y	Y	N	Low	PY	PY	PN	NA	NA	PY	NA	Low	PN	NA	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
																											concerns	concerns
Ogunniran 2023	Y	Y	PN	Low	PY	Y	PN	NA	NA	PN	PN	Some	PN	PY	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	PN	PN	Low	Some
												concerns																concerns
Lazaridou 2023	Y	NI	NI	Some	NI	PY	PN	NA	NA	PY	NA	Low	PN	PN	PY	PN	Some	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
	ļ			concerns													concerns						_				concerns	concerns
Kim 2023	Y	Y	PN	Low	PN	PY	PY	PY	PY	NI	PN	Some	PY	NA	NA	NA	Low	PN	PN	Y	PN	NA	Low	PY	PN	PN	Low	Some
17 2022	37	DXZ	DNI	T	DXZ	DXZ	DXZ	DNI	27.4	DV	27.4	concerns	DNI	DXZ	27.4	27.4	т т	DNI	DNI	DNI	27.4	27.4	т.	DXZ	DNI	DNI	т	concerns
Kanaan 2023	Y	PY	PN	Low	PY	PY	PY	PN	NA	PY	NA	Some	PN	PY	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	PN	PN	Low	Some
Groenveld 2023	Y	PY	PN	Low	PY	PN	PY	PN	NA	PY	NA	Some	PN	PN	PY	PN	Some	PN	PN	PY	PN	NA	Low	PY	PN	PN	Low	Some
Groenveid 2023	1	11	III	Low	11	III	11	III	INA	11	INA	concerns	IIN	III	11	IIN	concerns	III	III	11	III	INA	Low	11	III	III	Low	concerns
Zheng 2022	Y	Y	PN	Low	PY	PN	PY	PN	NA	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	N	NA	NA	Low	PY	PN	PN	Low	Some
Zheng 2022		1	111	2011				111	1111		1111	concerns		1111	1111	1111	2011	111		1	1111	1111	2011		111		2011	concerns
Singphow 2022	Y	Y	PN	Low	PY	PY	PY	PN	NA	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	N	NA	NA	Low	PY	PN	PN	Low	Some
												concerns																concerns
Shaygan 2022	Y	N	PN	High	Y	Y	PY	PY	PN	PY	NA	High	NI	PN	PY	PY	High	PN	PN	PY	PN	NA	Low	PN	NI	NI	Some	High
																											concerns	
Rim 2022	Y	PY	PN	Low	PY	PY	PY	PN	NA	PY	NA	Some	PN	PN	PY	PN	Some	PN	PN	PY	NI	NI	High	PY	NI	NI	Some	High
												concerns					concerns										concerns	
Lara-Palomo 2022	Y	PY	PN	Low	PY	PN	PN	NA	NA	PY	NA	Low	PN	PY	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	NI	NI	Some	Some
																											concerns	concerns
Kızıltaş 2022	Y	PY	PN	Low	PY	PY	PY	PY	PY	PN	PN	Some	PN	PN	PY	PY	High	PN	PN	PY	NI	NI	High	PY	NI	NI	Some	High
				_								concerns					_						_				concerns	_
Hrkać 2022	Y	PY	PN	Low	PY	PY	PN	_		-	NA	Low	PN	PY	NA	_	Low	PN	PN	PN		_	Low	PY	PN	PN	Low	Low
Diez 2022	Y	PY	PN	Low	PY	PY	NI	NA	NA	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	PN	PN	Low	Some
A:1 E ( 1:- 2022	37	DV	DM	T	DX	DM	DM	NIA	NIA	DXZ	NIA	concerns	37	NT A	NIA	NT A	T	DNI	DNI	DNI	NT A	NT A	T	DXZ	NII	NII	C	concerns
Aguilar-Ferrándiz 2022	Y	PY	PN	Low	PY	PN	PN	NA	NA	PY	NA	Low	Y	INA	NA	INA	Low	PN	PN	PN	NA	NA	Low	PY	NI	NI	Some	Some
Volcai 2021	Y	Y	PN	Low	N	PY	DNT	NI A	NA	PY	NA	Low	PY	NA	NA	NT A	Low	DNI	PN	PY	NI	NI	Цiah	PY	NI	NI	Some	concerns
Yakşi 2021	ı	ı	FIN	Low	1,1	FI	FIN	INA	INA	гі	INA	Low	ГІ	INA	INA	INA	Low	LIN	LIN	FI	INI	INI	High	r i	INI	INI	concerns	High
Schmidt 2021	Y	PN	PN	High	PY	PY	PY	PN	NA	PY	NA	Some	PN	PN	PY	NI	High	PN	PN	PY	PN	NA	Low	PY	PN	PN	Low	High
55mmat 2021	1	111	111	111511				11	1 1/1		14/1	concerns	111	•••		111	Ingii	111	111		111	1171	Low	1 1	•••	11	Low	111811

Polaski 2021	Y	PY	PN	Low	PY	PN	PN	NA	NA	PY	NA	Low	PN	PY	NA	NA	Low	PN	PN	PY	PY	PN	Some	PY	NI	NI	Some	Some
Karaarslan 2021	Y	PY	PN	Low	PY	PY	PN	NA	NA	PY	NA	Low	PN	PN	PY	PN	Some	PN	PN	N	NA	NA	Low	PY	NI	NI	Some	Some
Karaarsian 2021	1	11	111	Low	11	11	111	INA	INA	11	INA	Low	111	111	11	111	concerns	111	111	1		INA	Low		111	111	concerns	concerns
Darnall 2021	Y	PY	PN	Low	PY	PN	PN	NA	NA	PY	NA	Low	PN	PY	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	PN	PN	Low	Low
Batibay 2021	Y	PY	PN	Low	PY	PY	PN	NA	NA	PY	NA	Low	PY	NA	NA	NA	Low	PN	PN	PY	NI	NI	High	PY	NI	NI	Some	High
				Low								Low					Low						Tilgii		111		concerns	Tilgii
Alzahrani 2021	Y	PY	PN	Low	PY	PY	PN	NA	NA	PY	NA	Low	PY	NA	NA	NA	Low	PN	PN	PY	NI	PN	Some	PY	NI	NI	Some	Some
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Ünal 2020	Y	PY	PN	Low	PY	PY	Y	PN	NA	PN	PN	Some	PY	NA	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	NI	NI	Some	Some
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Soleymani 2020	Y	PY	PN	Low	PY	PY	PN	NA	NA	PY	NA	Low	PN	PN	PY	PN	Some	PN	PN	PY	PY	PN	Some	PY	NI	NI	Some	Some
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Schlicker 2020	Y	Y	PN	Low	Y	PY	PY	PY	PY	Y	NA	Some	Y	NA	NA	NA	Low	PN	PN	PY	PY	PY	High	PY	PN	PN	Low	High
												concerns																
de Oliveira Meirelles	Y	Y	PN	Low	PY	N	PN	NA	NA	PY	NA	Low	PY	NA	NA	NA	Low	PN	PN	N	NA	NA	Low	PY	NI	NI	Some	Some
2020																											concerns	concerns
Suh 2019	Y	PY	PY	Some	Y	PY	PY	PY	PY	Y	NA	Some	PN	PY	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
				concerns								concerns															concerns	concerns
Petrozzi 2019	Y	Y	PY	Some	PY	PN	PN	NA	NA	PY	NA	Low	PN	PN	PY	PN	Some	PN	PN	PN	NA	NA	Low	PY	NI	NI	Some	Some
				concerns													concerns										concerns	concerns
Mariano 2019	Y	NI	PN	Some	PY	PY	PN	NA	NA	PY	NA	Low	PY	NA	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
				concerns																							concerns	concerns
Hüppe 2019	Y	PY	PN	Low	PY	PY	PY	PY	PY	PN	PN	Some	PN	PN	PY	PY	High	PN	PN	PY	PN	NA	Low	PN	NI	NI	Some	High
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Huber 2019	Y	PY	PN	Low	PY	PY	PY	PY	PY	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PY	PY	PY	High	PY	NI	NI	Some	High
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Gardner 2019	Y	PY	PN	Low	PY	PN	PN	NA	NA	PY	NA	Low	Y	NA	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	PN	PN	Low	Low
Kuvacic 2018	Y	PY	PY	Some	PY	PY	PY	PN	NA	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
				concerns								concerns															concerns	concerns
Hohmann 2018	Y	PY	PY	Some	Y	Y	PY	PN	NA	PN	PY	High	PN	PN	PY	NI	High	PN	PN	Y	PY	PN	Some	PY	PY	PY	High	High
				concerns																			concerns					
Glombiewski 2018	Y	PY	PY	Some	Y	PN	NI	NA	NA	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	NI	NI	Some	Some
				concerns								concerns															concerns	concerns
Tüzün 2017	Y	PY	PY	Some	PY	PN	PN	NA	NA	PY	NA	Low	Y	NA	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
102011 2017				concerns				1 11 1	1 11 1		1 11 1	20	•	- 1.2	1 11 1	1 11 1	20					1,112	20			1,1	concerns	concerns
Seo 2017	Y	PY	PN	Low	PY	PN	PN	NA	NA	Y	NA	Low	PY	NA	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	PN	PN	Low	Low
Nayback-Beebe 2017	Y	PY	PY	Some	Y	Y	PY	PY	PY	PY	NA	Some	NI	PY		NA	Low		PN	Y	PY	PY	High	PY	NI	NI	Some	High
1 tay ouck-Decoc 2017	1	1 1	1 1	concerns	1	1	1 1	11	11	1 1	117	concerns	111		117	11/1	Low	11	111	1	1 1	1 1	Ingii	1 1	111	111	concerns	IIIgii
Kumar 2017	Y	PY	PN	Low	PY	PY	PN	NA	NA	PY	NA	Low	PN	PY	NΙΛ	NA	Low	PN	PN	PY	PY	PN	Some	PY	NI	NI	Some	Some
Kumai 201/	1	FI	EIN	Low	LI	LI	T IN	INA	INA	LI	INA	Low	LIN	11	INA	INA	Low	TIN	I. I.	1 1	I I	FIN		LI	111	111		
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Harris 2017	Y	PY	PN	Low	PY	PN	PY	PN	NA	PY	NA	Some concerns	PN	PN	PY	PN	Some concerns	PN	PN	PY	PY	PY	High	PY	NI	NI	Some concerns	High
Michalsen 2016	Y	Y	PN	Low	Y	PY	PY	PY	PY	PY	NA	Some	PN	PN	PY	PN	Some	PN	PN	PY	PY	PN	Some	PY	PN	PN	Low	Some
												concerns					concerns						concerns					concerns
Trapp 2015	Y	PY	PY	Some	PY	PY	PY	PY	PN	PY	NA	High	PY	NA	NA	NA	Low	PN	PN	PY	NI	NI	High	PY	PN	PN	Low	High
				concerns																								
Lawand 2015	Y	PY	PN	Low	PY	PN	PN	NA	NA	PY	NA	Low	PY	NA	NA	NA	Low	PN	PN	PN	NA	NA	Low	PY	PN	PN	Low	Low
Kogure 2015	Y	PY	PN	Low	N	Y	PN	NA	NA	PY	NA	Low	PN	PY	NA	NA	Low	PN	PN	PY	PY	PN	Some	PY	NI	NI	Some	Some
																							concerns				concerns	concerns
Zhang 2014	Y	Y	PN	Low	PY	PY	PY	PY	PY	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PY	PY	PY	High	PY	PY	PY	High	High
												concerns																
Monticone 2014	Y	PY	PN	Low	Y	Y	PY	PY	PY	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	Y	PY	PN	Some	Y	NI	NI	Some	Some
												concerns											concerns				concerns	concerns
Tekur 2012	Y	PY	PN	Low	PY	N	PN	NA	NA	PY	NA	Low	Y	NA	NA	NA	Low	PN	PN	N	NA	NA	Low	PY	PN	PN	Low	Low
Kader 2012	Y	PY	PY	Some	PY	PY	PY	PY	PN	PY	NA	High	PN	PN	PY	PN	Some	PN	PN	PY	PY	PY	High	PY	NI	NI	Some	High
				concerns													concerns										concerns	
Cuesta-Vargas 2012	Y	PY	PN	Low	PY	PY	PN	NA	NA	PY	NA	Low	PY	NA	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	PN	PN	Low	Low
Tavafian 2011	Y	Y	N	Low	Y	N	PN	NA	NA	PY	NA	Low	PN	PY	NA	NA	Low	PN	PN	N	NA	NA	Low	PY	NI	NI	Some	Some
																											concerns	concerns
Engbert 2011	Y	PY	PN	Low	PY	PN	PN	NA	NA	PY	NA	Low	PN	PY	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	PN	PN	Low	Low
Glombiewski 2010	Y	PY	PN	Low	PY	PY	PY	PN	NA	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PY	PY	PN	Some	PY	NI	NI	Some	Some
												concerns											concerns				concerns	concerns
Durmus 2010	PY	PY	PN	Low	PY	PY	PY	PY	PY	PY	NA	Some	PN	PN	PN	NA	Low	PN	PN	PY	PY	PY	High	PY	PY	PY	High	High
												concerns																_
Williams 2009	Y	PY	PN	Low	PY	PY	PY	PY	PY	PY	NA	Some	PN	PN	PY	PN	Some	PN	PN	PY	PY	PN	Some	PY	PN	PN	Low	Some
												concerns					concerns						concerns					concerns
Sertpoyraz 2009	PY	PY	PN	Low	PY	PY	PY	PY	PY	PN	PY	High	Y	NA	NA	NA	Low	PN	PN	PY	PY	PY	High	PY	NI	NI	Some	High
																											concerns	
Ribeiro 2008	PY	PY	PY	Some	Y	PN	PY	PY	PY	PY	NA	Some	PN	PY	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
				concerns								concerns															concerns	concerns
Koldaş Doğan 2008	Y	PY	PN	Low	PY	PY	PY	PY	PY	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PY	PY	PN	Some	PY	NI	NI	Some	Some
, ,												concerns											concerns				concerns	concerns
Tavafian 2007	Y	PY	PN	Low	Y	PY	PY	PY	PY	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PY	PY	PN	Some	PY	PN	PN	Low	Some
												concerns											concerns					concerns
Kaapa 2006	Y	PY	NI	Low	PY	PN	PN	NA	NA	PY	NA	Low	PN	PY	NA	NA	Low	PN	PN	NI	PN	NA	Low	PY	PN	PN	Low	Low
Galantino 2004	Y	Y	PN	Low	PY	PY		_		PY	NA	Some	PN	PY	NA		Low	PN	PN	PY	PY	PN	Some	PY	NI	NI	Some	Some
												concerns											concerns				concerns	concerns
Weiner 2003	Y	PY	PN	Low	PY	PY	PY	PN	NA	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	PN	PN	Low	Some
												concerns																concerns
1		1	1		+	<del>                                     </del>	_	_										-		3.7	> T A	37.4	TT' 1		<b>&gt; 77</b>	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		
Niemisto 2003	Y	PY	PN	Low	PY	PY	PY	PY	PY	PY	NA	Some	PN	PN	PY	PN	Some	PN	PY	N	NA	NA	High	PY	NI	NI	Some	High

Hernandez-Re	eif 2001	Y	NI	PN	Some	PY	PY	PY	PN	NA	PY	NA	Some	PY	NA	NA	NA	Low	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
					concerns								concerns															concerns	concerns
Newton-John	1995	PY	PY	NI	Low	PY	PY	PY	PY	PY	PN	PN	Some	PN	PN	PY	PN	Some	PN	PN	PY	PN	NA	Low	PY	NI	NI	Some	Some
													concerns					concerns										concerns	concerns
Turner 1993		PY	PY	PY	Some	PY	PY	PN	NA	NA	PY	NA	Low	PN	PN	Y	PY	High	PN	PN	PY	PY	PN	Some	PY	NI	NI	Some	High
					concerns																			concerns				concerns	

Notes: RoB, risk of bias; High, High risk of bias; Low, Low risk of bias; NI, no information; NA, not applicable; N, No; PN, Probably No; PY, Probably Yes; Y, Yes.

Appendix 5. Detailed results of each domain on risk of bias assessment using Risk of bias 2 on included randomized controlled trials

Author	D1	D2	D3	D4	D5	Overall
Sığlan 2023	+	+	+	+	+	+
Sanabria-Mazo 2023	+	+	+	+	-	<del>-</del>
Ogunniran 2023	+		+	+	+	<del>-</del>
Lazaridou 2023	!	+	!	+	!	!
Kim 2023	+	-	+	+	+	<u>-</u> !
Kanaan 2023	+	-	+	+	+	<del>-</del>
Groenveld 2023	+		-	+	+	<del>-</del>
Zheng 2022	+	!	+	+	+	<u></u>
Singphow 2022	+	!	+	+	+	i.
Shaygan 2022	-	-	-	+	!	-
Rim 2022	+	!	!	-	!	-
Lara-Palomo 2022	+	+	+	+	!	!
Kızıltaş 2022	+	!	-	-	!	-
Hrkać 2022	+	+	+	+	+	+
Diez 2022	+	!	+	+	+	!
Aguilar-Ferrándiz 2022	+	+	+	+	!	!
Yakşi 2021	+	+	+	-	!	-
Schmidt 2021	-	!	-	+	+	-
Polaski 2021	+	+	+	!	!	!
Karaarslan 2021	+	+	!	+	!	!
Darnall 2021	+	+	+	+	+	+
Batibay 2021	+	+	+	-	!	-
Alzahrani 2021	+	+	+	!	!	!
Ünal 2020	+	!	+	+	-	!
Soleymani 2020	+	+	!	!	!	!
Schlicker 2020	+	!	+	-	+	-
de Oliveira Meirelles 2020	+	+	+	+	!	!
Suh 2019	!	!	+	+	!	!

Petrozzi 2019	!	+	!	+	!	!
Mariano 2019	!	+	+	+	!	!
<b>Hüppe 2019</b>	+	!	•	+	·!	•
Huber 2019	+	!	+	-	!	-
Gardner 2019	+	+	+	+	+	+
Kuvacic 2018	!	!	+	+	!	!
Hohmann 2018	!	-	-	!	-	-
Glombiewski 2018	!	!	+	+	!	!
Tüzün 2017	!	+	+	+	!	!
Seo 2017	+	+	+	+	+	+
Nayback-Beebe 2017	!	!	+	-	!	-
Kumar 2017	+	+	+	!	!	!
Harris 2017	+	!	!	-	!	-
Michalsen 2016	+	!	!	!	+	!
Trapp 2015	!	-	+	-	+	-
Lawand 2015	+	+	+	+	+	+
Kogure 2015	+	+	+	!	!	!
Zhang 2014	+	!	+	-	•	-
Monticone 2014	+	!	+	!	!	!
Tekur 2012	+	+	+	+	+	+
Kader 2012	!	-	!	-	!	-
Cuesta-Vargas 2012	+	+	+	+	+	+
Tavafian 2011	+	+	+	+	!	!
Engbert 2011	+	+	+	+	+	+
Glombiewski 2010	+	!	+	!	!	!
Durmus 2010	+	!	+	-	-	-
Williams 2009	+	!	!	!	+	!
Sertpoyraz 2009	+	-	+	-	!	-
Ribeiro 2008	!	!	+	+	!	!
Koldaş Doğan 2008	+	-	+		!	!

Tavafian 2007	+	!	+	!	+	!
<b>Kaapa 2006</b>	+	+	+	+	+	+
Galantino 2004	+	-	+			<del>-</del>
Weiner 2003	+	!	+	+	+	<del>-</del>
Niemisto 2003	+	!	!		-	•
Hernandez-Reif 2001	!		+	+		<u>-</u> :
Newton-John 1995	+	<u>.</u>	!	+		-
Turner 1993	!	+	-		-	-

- + Low risk
- ! Some concerns
- High risk
- D1 Randomisation process
- D2 Deviations from the intended interventions
- D3 Missing outcome data
- **D4** Measurement of the outcome
- D5 Selection of the reported result

## Appendix 6. Detailed information of each trial for the risk of bias assessment

Study	Sığlan 2023	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	N
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	N
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	N
Bias due to	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	NA
deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	N
<b>.</b> .	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	N
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	Υ
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
the reported	5.3 multiple eligible analyses of the data?	PN
result	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Low

Study	Sanabria-Mazo 2023	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio n process	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	N
ii process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Dies due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<u>.</u>	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Ogunniran 2023	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	Υ
<b>_</b>	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PN
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<b>.</b> .	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Dia - In	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Lazaridou 2023	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	NI
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	NI
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	NI
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns
T		

Study	Kim 2023	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PN
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	NI
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<u>.</u>	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	Υ
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
. ·	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Kanaan 2023	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<b>.</b> .	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Groenveld 2023	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Zheng 2022	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	N
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
. ·	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Singphow 2022	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Dia - In	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	N
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Disc. in	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

<b>D</b>	Signalling question	
<b>.</b>		Response
Bias arising	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	N
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	High
	2.1.Were participants aware of their assigned intervention during the trial?	Υ
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	Y
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
II OIII IIICOIIGOG	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PN
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	High
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	NI
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PY
	Risk of bias judgement	High
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PN
Bias in	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
the reported	5.3 multiple eligible analyses of the data?	NI
result	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High

Study	Rim 2022	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NI
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NI
	Risk of bias judgement	High
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High

Bias arising from the randomizatio n process 1.1 V	Was the allocation sequence random? Was the allocation sequence concealed until participants were enrolled and assigned to rventions? Did baseline differences between intervention groups suggest a problem with the domization process?  Sk of bias judgement	Response Y PY PN
from the randomizatio n process Risi	Was the allocation sequence concealed until participants were enrolled and assigned to rventions?  Did baseline differences between intervention groups suggest a problem with the domization process?	PY PN
from the randomizatio n process Risi	rventions?  Did baseline differences between intervention groups suggest a problem with the domization process?	PN
randomizatio n process Ris	Did baseline differences between intervention groups suggest a problem with the domization process?	_
Ris	k of bias judgement	
2.1.V		Low
	Were participants aware of their assigned intervention during the trial?	PY
	Were carers and people delivering the interventions aware of participants' assigned rvention during the trial?	PN
2.3. heca	If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose ause of the experimental context?	PN
Bias due to deviations	If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended 2.5. interventions	If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between ups?	NA
interventions	Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure nalyse participants in the group to which they were randomized?	NA
Risi	k of bias judgement	Low
3.1 V	Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing 3.3 li	If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data 3.4 li	If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
Risi	k of bias judgement	Low
4.1 V	Was the method of measuring the outcome inappropriate?	PN
arou	Could measurement or ascertainment of the outcome have differed between intervention ups?	PN
Bias in measurement 4.3 V	Were outcome assessors aware of the intervention received by study participants?	PN
	If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge atervention received?	NA
4.5	If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge atervention received?	NA
Ris	k of bias judgement	Low
analy	Were the data that produced this result analysed in accordance with a pre-specified lysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in	multiple eligible outcome measurements (e.g. scales, definitions, time points) within the come domain?	NI
the reported	multiple eligible analyses of the data?	NI
	k of bias judgement	Some concerns
Overall bias Ris	k of bias judgement	Some concerns

Study	Kızıltaş 2022	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due to	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PN
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PY
	Risk of bias judgement	High
	4.1 Was the method of measuring the outcome inappropriate?	PN
Dia - in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NI
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NI
	Risk of bias judgement	High
n: .	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High

Study	Hrkać 2022	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Low

Study	Diez 2022	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	NI
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<b>.</b> .	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
Bias in selection of the reported result	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Aguilar-Ferrándiz 2022	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	Υ
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Bias arising from the randomizatio n process R	.1 Was the allocation sequence random? .2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions? .3 Did baseline differences between intervention groups suggest a problem with the andomization process?  Risk of bias judgement  .1.Were participants aware of their assigned intervention during the trial? .2.Were carers and people delivering the interventions aware of participants' assigned	Response Y Y PN Low
Bias arising from the randomizatio n process R	.2 Was the allocation sequence concealed until participants were enrolled and assigned to atterventions? .3 Did baseline differences between intervention groups suggest a problem with the andomization process?  Risk of bias judgement  1. Were participants aware of their assigned intervention during the trial?	Y PN Low
from the randomizatio n process R	nterventions? .3 Did baseline differences between intervention groups suggest a problem with the andomization process?  Risk of bias judgement .1.Were participants aware of their assigned intervention during the trial?	PN Low
randomizatio n process R	.3 Did baseline differences between intervention groups suggest a problem with the andomization process?  Risk of bias judgement  1. Were participants aware of their assigned intervention during the trial?	Low
2. 2.	.1.Were participants aware of their assigned intervention during the trial?	
2.		N
	2 Were carers and people delivering the interventions aware of participants' assigned	IN.
lin'	ntervention during the trial?	PY
2. be	3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose ecause of the experimental context?	PN
Bias due to deviations	.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
II OIII IIIICOIIGOG	.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between roups?	NA
	.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure panalyse participants in the group to which they were randomized?	NA
R	Risk of bias judgement	Low
3.	.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing 3.	.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data 3.	.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
R	Risk of bias judgement	Low
4.	.1 Was the method of measuring the outcome inappropriate?	PN
lar	.2 Could measurement or ascertainment of the outcome have differed between intervention roups?	PN
Bias in measurement 4.	.3 Were outcome assessors aware of the intervention received by study participants?	PY
	4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge fintervention received?	NI
4.	.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge fintervention received?	NI
R	Risk of bias judgement	High
ar	.1 Were the data that produced this result analysed in accordance with a pre-specified nalysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in 5.	.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the utcome domain?	NI
the reported	.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias R	Risk of bias judgement	High

Study	Schmidt 2021	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PN
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	High
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NI
	Risk of bias judgement	High
	4.1 Was the method of measuring the outcome inappropriate?	PN
Diag in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	High

Study	Polaski 2021	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Y
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
Diag due to	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Karaarslan 2021	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	N
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns
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Study	Darnall 2021	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Low

Study	Batıbay 2021	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Diag in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NI
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NI
Bias in selection of the reported result	Risk of bias judgement	High
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High

Study	Alzahrani 2021	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due 4e	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Disa in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NI
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
_	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Ünal 2020	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	Υ
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PN
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<u>.</u>	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Disa in	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
result	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Soleymani 2020	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
. ·	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
result	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Schlicker 2020	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Y
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	Υ
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diagrams 4	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	Υ
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	Υ
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Dies in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PY
	Risk of bias judgement	High
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
result	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	High

Study	de Oliveira Meirelles 2020	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	N
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<u>.</u>	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	N
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
result	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Domain   Signalling question   Response	Study	Suh 2019	
1.2 Was the allocation sequence concealed until participants were enrolled and assigned to process   1.2 Was the allocation sequence concealed until participants were enrolled and assigned to process   1.3 Did baseline differences between intervention groups suggest a problem with the process   1.3 Did baseline differences between intervention groups suggest a problem with the process   1.3 Did baseline differences between intervention groups suggest a problem with the process   1.3 Did baseline differences between intervention groups suggest a problem with the process   1.3 Did baseline differences between intervention during the trial?   2.2 Were participants aware of their assigned intervention during the trial?   2.2 Were carers and people delivering the interventions aware of participants' assigned promised intervention during the trial?   2.2 Were these deviations from the intended intervention that arose because of the experimental context?   2.3 If YPP/NI to 2.4: Were these deviations likely to have affected the outcome?   PY   2.4 If Y/PP/NI to 2.3: Were these deviations likely to have affected the outcome?   PY   2.5 If YPP/NI to 2.4: Were these deviations likely to have affected the outcome?   PY   2.5 If YPP/NI to 2.4: Were these deviations likely to have affected the outcome?   PY   2.5 If YPP/NI to 2.5: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?   PN   3.1 Were data for this outcome available for all, or nearly all, participants randomized?   PN   3.1 WPP/NI to 3.2: Could missingness in the outcome depended on its true value?   NA   3.1 WPP/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?   NA   3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?   PN   4.2 Could measurement or ascertainment of the outcome have differed between intervention   PN   4.2 Could measurement or ascertainment of the outcome have been influenc	Domain	Signalling question	Response
from the randomization process?  1.3 Did baseline differences between intervention groups suggest a problem with the proposes?  Risk of bias judgement  2.1. Were participants aware of their assigned intervention during the trial?  2.2. Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4. If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention that arose because of the experimental context?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  8.3. If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  8.3. If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  8.3. If N/PN to 3.3: is it likely that missingness in the outcome depended on its true value?  NA  8.3. If N/PN to 3.3: is it likely that missingness in the outcome depended on its true value?  NA  8.3. If N/PN to 3.3: is it likely that missingness in the outcome depended on its true value?  NA  4.1 Was the method of measuring the outcome have differed between intervention groups?  4.3. Were outcome assessors aware of the intervention received by knowledge of intervention received?  Risk of bias judgement  1. Low  2. If N/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  3. If were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  3. If with the data that produced this result analysed in accordance with a pre-specif		1.1 Was the allocation sequence random?	Υ
randomization process Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2. Were there deviations from the intended intervention during the trial?  2.4. If Y/PY to 2.3. Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4. Were these deviations likely to have affected the outcome?  2.6. Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6. Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  2.7 If N/PN/NI to 3.5. Its there evidence that result was not biased by missing outcome data  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome have differed between intervention processor.  4.2 Could measurement or ascertainment of the outcome have differed between intervention processor.  5.1 Were the data that produced this result analysed in accordance with a pre-specified intervention received?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.3: Is tiltely that assessment of the outcome was influenced by knowledge of intervention received?  5.1 Were the data that produced this result analysed in accordance with a pre-specified finervention received?  5.1 Were the data that produced this result analysed in accordance with a pre-specified solution.  5.1 Were the data that produced this result analysed in accordance with a pre-specified solution.  5.1 Were the data that produced this result analysed in accordance with a pre-specified	_	· · · · · · · · · · · · · · · · · · ·	PY
Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned pry  2.2.Were carers and people delivering the intervention saware of participants' assigned pry  2.2.Were carers and people delivering the interventions aware of participants' assigned pry  2.2.Were carers and people delivering the intervention saware of participants' assigned pry  2.3. If YP/TNI to 2.3: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations from intended intervention balanced between groups?  2.5. If Y/PY/INI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/INI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN to 3.2: Could missingness in the outcome depended on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  A.2 Could measurement or ascertainment of the outcome have differed between intervention pn  A.3 Were outcome assessors aware of the intervention received by study participants?  A.4 If Y/PY/INI to 4.3: It is it likely that assessment of the outcome have been influenced by knowledge of intervention received?  A.4 If Y/PY/INI to 4.3: It is it likely that assessment of the outcome was influenced by knowledge of intervention received?  A.5 If Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  S.2multiple eligible outcome measurements (e.g.	randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the	PY
Bias due to deviations from intended intervention during the trial?  2.3 If Y/PY/NI to 2.1 or 2.2 Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  PY  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  PY  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  PY  2.5 If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  PN  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PY  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN to 3.2: Could missingness in the outcome depended on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.3 Were outcome assessors aware of the outcome have been influenced by knowledge of intervention received?  A.4 If Y/PY/NI to 4.4: It il likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Dial PY  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  NI  Some concerns	n process	·	Some concerns
Bias due to deviations from intended intervention during the trial?  2.3 If Y/PyNI to 2.1 or 2.2 Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/Py to 2.3: Were these deviations likely to have affected the outcome?  2.4 If Y/PyNI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  Y  2.7 If N/PyNI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PyNI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PyNI to 4.4: Is tilkely that assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Low  Bias in selection of the reported result was finalized before unblinded outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  PY  4.1 Were the data that produced this result analysed in accordance with a pre-specified of intervention received?  S.1. Were the data that produced this result analysed in accordance with a pre-specified of intervention received?  S.2. multiple eligible analyses of the data?  NI  Risk of bias judgement  Some concerns		2.1.Were participants aware of their assigned intervention during the trial?	Y
Bias due to deviations from intended intervention that arose because of the experimental context?  2.4 if Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5 if Y/PY/NI to 2.4: Were these deviations likely to have affected the outcome?  2.6 if Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.7 if N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 if N/PN/NI to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.1 if Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 if Y/PY/NI to 4.3: It ilikely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unbilinded outcome data were available for analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unbilnded outcome data were available for analysis?  5.3 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome demant?  Risk of bias judgement  All provided by the data?  Risk of bias judgement  Some concerns			PY
deviations from intended interventions  8	Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose	PY
interventions    Composition		2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  Bias in selection of the reported result  Bias in selection of the reported result  Risk of bias judgement  Risk of bias judgement  Some concerns			PY
Bias due to missing outcome data  Bias in measurement of the outcome outcome  Outcome  Bias in measurement of the outcome  Outcome  Bias in measurement of the outcome  Outcome  Bias in selection of the outcome  Outcome  Bias in selection of the outcome  Bias in selection of the reported result  Bias in selection of the reported result the result analyses of the data?  Bias of bias judgement  Bias in selection of the reported result the result was not biased by missing	interventions		Υ
Bias due to missing outcome data  3.1 Were data for this outcome available for all, or nearly all, participants randomized? PY  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? NA  Risk of bias judgement Low  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis? 5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement Some concerns			NA
Bias due to missing outcome data  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? NA  Risk of bias judgement Low  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If YPP/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement Low  Bias in selection of the reported result  Some concerns  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN/NI to 3.3: Could missingness in the outcome depend on its true value?  NA  PN  4.1 Was the method of measuring the outcome inappropriate?  PN  4.2 Could measurement or ascertainment of the outcome have differed between intervention PN  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns		Risk of bias judgement	Some concerns
Bias due to missing outcome data  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  A.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  4.5 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Dow  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  Some concerns  Risk of bias judgement  Some concerns		3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
missing outcome data 3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PN  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns	Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?   NA	missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
Bias in measurement of the outcome inappropriate?  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Some concerns  4.1 Was the method of measuring the outcome have differed between intervention proups.  PN  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups.  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  NA  NA  Some concerns	outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
Bias in measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns		Risk of bias judgement	Low
Bias in measurement of the outcome 4.3 Were outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns		4.1 Was the method of measuring the outcome inappropriate?	PN
measurement of the outcome 4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns	Diag in		PN
of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  Diagram of intervention received?  Risk of bias judgement  Some concerns  PN  NA  NA  Low  Some concerns		4.3 Were outcome assessors aware of the intervention received by study participants?	PY
A.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  NI  Some concerns		, ,	PN
Bias in selection of the reported result    Same than the produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?   Same than the produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?   Same points   NI	outcome		NA
Bias in selection of the reported result    All the result   All the resul		Risk of bias judgement	Low
Selection of the reported result    Signature   Signat	selection of the reported		PY
result Risk of bias judgement Some concerns		5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the	NI
Risk of bias judgement Some concerns			NI
Overall bias Risk of bias judgement Some concerns	resuit	Risk of bias judgement	Some concerns
	Overall bias	Risk of bias judgement	Some concerns

Study	Petrozzi 2019	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PY
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
resuit	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Mariano 2019	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	NI
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
resuit	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Hüppe 2019	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PN
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PY
	Risk of bias judgement	High
	4.1 Was the method of measuring the outcome inappropriate?	PN
Dia - In	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PN
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
Toguit	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High

Bias arising from the randomization and process and properties and process and	Study	Huber 2019	
Bias arising from the randomizatio n process    1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?   1.3 Did baseline differences between intervention groups suggest a problem with the process?   1.3 Did baseline differences between intervention groups suggest a problem with the analysis place of their assigned intervention during the trial?   2.1 Were participants aware of their assigned intervention during the trial?   2.2 Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?   2.3 if IYPPYNI to 2.1 or 2.2 Were these deviations from the intended intervention that arose because of the experimental context?   2.4 if YPPY to 2.3 Were these deviations likely to have affected the outcome?   PY   2.5 if IYPPNNI to 2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?   PY   2.7 if IYPPNNI to 2.6 Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?   PY   2.5 if IYPPNNI to 3.3: Is there evidence that result was not biased by missing outcome data   3.1 if IVPPYNI to 3.3: Is there evidence that result was not biased by missing outcome data?   NA   3.1 if IVPPYNI to 3.3: Is tilkely that missingness in the outcome depended on its true value?   NA   3.1 if IVPPYNI to 3.3: Is it likely that missingness in the outcome depended on its true value?   PN   4.1 Was the method of measuring the outcome inappropriate?   PY   4.1 if IVPPYNI to 4.3: Outcome assessors aware of the intervention received by knowledge of intervention received?   PY   4.1 if IVPPYNI to 4.3: Outcome assessors aware of the intervention received by knowledge of intervention received?   PY   4.1 if IVPPYNI to 4.3: Outcome data were available for analysis?   PY   4.1 if IVPPYNI to 4.3: Outcome data were available for analysis?   PY   4.1 if IVPPYNI to 4.3: Outcome data   PY   4.1 if IVPPYNI to 4.3: Outcome data   PY   4	Domain	Signalling question	Response
from the randomization process of the participants aware of their assigned interventions?  1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?  Risk of bias judgement  2.1 Were participants aware of their assigned intervention during the trial? 2.2. Were carers and people delivering the interventions aware of participants' assigned intervention during the trial? 2.3. If Y/P/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context? 2.4 If Y/P/Y to 2.3: Were these deviations likely to have affected the outcome? 2.5 If Y/P/NI to 2.4: Were these deviations from intended intervention balanced between groups? 2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If M/P/NI to 2.5: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PY  3.2 If N/P/NI to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome depend on its true value?  A.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  4.4 If Y/P/NI to 4.3: Is tilklely that missingness in the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unbilinded outcome data were available for analysis?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unbilinded outcome data were available for analysis?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysi		1.1 Was the allocation sequence random?	Υ
trandomization process Risk of bias judgement  2.1. Were participants aware of their assigned intervention during the trial?  2.4. Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.4. Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If YPYINI to 2.1 or 2.2. Were there deviations from the intended intervention that arose because of the experimental context?  2.4. If YPPY to 2.3. Were these deviations likely to have affected the outcome?  2.5. If YPPYINI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6. Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If NJPNINI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  3.1 If NJPNINI to 3.1: Is there evidence that result was not biased by missing outcome data?  3.1 If NJPNINI to 3.2: Could missingness in the outcome depend on its true value?  NA  3.3 If NJPNINI to 3.3: Is tilkely that missingness in the outcome depended on its true value?  NA  3.4 If YJPYNINI to 3.3: Is tilkely that missingness in the outcome depended on its true value?  NA  4.1 Was the method of measuring the outcome have been influenced by knowledge of intervention received?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If YJPYNIN to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A.5 If YJPYNIN to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  4.5 If YJPYNIN to 4.3: It likely that assessment of the outcome was influenced by knowledge of intervention received?  5.1 Were the data that produced this result analysed in accordance wit	_	· · · · · · · · · · · · · · · · · · ·	PY
Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.2. Were carers and people delivering the interventions aware of participants' assigned provided intervention during the trial?  2.3. If YPYN to 2.10 v.2.2. Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If YPYNIN to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If IN/PNIN to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  All IN/PNIN to 3.1: Is there evidence that result was not biased by missing outcome data?  All IN/PNIN to 3.2: Could missingness in the outcome depended on its true value?  All IN/PNIN to 3.3: Is it likely that missingness in the outcome depended on its true value?  All Was the method of measuring the outcome inappropriate?  All YMPYIN to 4.3: Could assessment of the outcome have differed between intervention proups?  All If Y/PYIN to 4.3: Could assessment of the outcome have differed between intervention proups?  All If Y/PYIN to 4.3: It likely that assessment of the outcome was influenced by knowledge of intervention received?  All If Y/PYIN to 4.3: It likely that assessment of the outcome was influenced by knowledge of intervention received?  All If Y/PYIN to 4.3: It likely that assessment of the outcome was influenced by knowledge of intervention received?  All If Y/PYIN to	randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the	PN
Bias due to deviations from intended intervention during the trial?  2.3 If Y/PVINI to 2.1 or 2.2 Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PV to 2.3: Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PV to 2.3: Were these deviations likely to have affected the outcome?  2.4 If Y/PV to 2.3: Were these deviations from intended intervention balanced between arouse?  2.5 If Y/PV/NI to 2.4: Were these deviations from intended intervention balanced between arouse?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PY  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  NA  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome depended on its true value?  A.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  A.5 If Y/PY/NI to 4.4 is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the repreted result was finalized before unblinded outcome data were available for analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified party in the proported of the repreted result.  Risk of bias judgement  NI  NI  Some concerns	n process	Risk of bias judgement	Low
Bias due to deviations from intended intervention during the trial?  2.3 if N/PNIN to 2.1 or 2.2: Were these deviations from the intended intervention that arose because of the experimental context?  2.4 if Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.4 if Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5 if Y/PYNIN to 2.1 or 2.5: Were these deviations from intended intervention balanced between groups?  2.6 if Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 if N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PY  3.2 if N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  NA  3.3 if N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome depended on its true value?  A.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the country of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome d		2.1.Were participants aware of their assigned intervention during the trial?	PY
Bias due to deviations from intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5 If Y/PY/NI to 2.4: Were these deviations likely to have affected the outcome?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PW/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PY  3.2 If N/PW/NI to 3.2: Could missingness in the outcome depend on its true value?  NA  3.3 If N/PN to 3.2: Could missingness in the outcome depended on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention properties?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result intervention data were available for analysis?  7.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  8.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  8.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  8.3 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?			PY
deviations from intended interventions  8	Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose	PY
interventions    State   State		2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PY  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A.5 If Y/PY/NI to 4.4: Is It likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Bias in mature and the produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  Risk of bias judgement  NI  Risk of bias judgement  NI  Some concerns			PY
Bias due to missing outcome data  Bias in measurement of the outcome  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome  4.1 Was the method of measuring the outcome have differed between intervention received?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.1 If Y/PY/INI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A If Y/PY/INI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Bias in selection of the province in the count of the data?  Bias in selection of the reported result  Bias in selection of the reported result analyses of the data?  Bias of bias judgement  Bias in selection of the control the control the reported result analyses of the data?  Bias of bias judgement  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the report	interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
Bias due to missing outcome data  3.1 Were data for this outcome available for all, or nearly all, participants randomized? PY  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? NA  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? NA  Risk of bias judgement Low  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement High  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible analyses of the data?  Risk of bias judgement Some concerns			NA
Bias due to missing outcome data  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  NA  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  NA  NA  NA  NA  NA  NA  NA  NA  NA  N		Risk of bias judgement	Some concerns
Bias in measurement of the outcome assessors aware of the intervention received by study participants?  A.3 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A.5 If Y/PY/NI to 4.4: Is il likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in measurement of the outcome assessors aware of the intervention received by study participants?  A.5 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A.5 If Y/PY/NI to 4.4: Is il likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  A.6 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  A.7 If Y/PY/NI to 4.4: Is il likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns		3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
missing outcome data  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  Risk of bias judgement  Risk of bias judgement  NA  NA  NA  NA  NA  NA  NA  NA  NA  N	Rias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?   NA	missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
## A.1 Was the method of measuring the outcome inappropriate?  ## A.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  ## A.3 Were outcome assessors aware of the intervention received by study participants?  ## A.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  ## A.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  ## Risk of bias judgement  ## Bias in selection of the reported result  ## A.1 Was the method of measuring the outcome have differed between intervention PN  ## PY  ## A.2 Could measurement or ascertainment of the outcome have differed between intervention PN  ## PY  ## A.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  ## PY  ## A.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ## PY  ## Bias in selection of the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  ## Bias in selection of the reported result likely that assessment of the outcome data were available for analysis?  ## Bias in selection of the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  ## Bias in selection of the reported produced this result analysed in accordance with a pre-specified analysis?  ## Bias in selection of the outcome measurements (e.g. scales, definitions, time points) within the outcome data were available for analysis?  ## Bias in selection of the outcome have been influenced by knowledge of intervention received?  ## Bias in selection of the outcome was influenced by knowledge of intervention received?  ## Bias in selection of the outcome was influenced by knowledge of intervention re	outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
Bias in measurement of the outcome have differed between intervention groups?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  NI  NI  Risk of bias judgement  NI  Risk of bias judgement  Some concerns		Risk of bias judgement	Low
Bias in measurement of the outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns		4.1 Was the method of measuring the outcome inappropriate?	PN
## description of the outcome assessors aware of the intervention received by study participants?  ### description of the outcome assessors aware of the intervention received by study participants?  ### description of the outcome have been influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was	Diag in		PN
of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns		4.3 Were outcome assessors aware of the intervention received by study participants?	PY
4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  NI  Risk of bias judgement  Some concerns		, ,	PY
Bias in selection of the reported result    Samultiple eligible analyses of the data?   Samultiple eligible analyses of the data?	outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge	PY
Bias in selection of the reported result    Analysis plan that was finalized before unblinded outcome data were available for analysis?   Properties		Risk of bias judgement	High
Selection of the reported result    Some concerns	selection of the reported		PY
result  Risk of bias judgement  Some concerns		5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the	NI
Risk of bias judgement Some concerns			NI
Overall bias Risk of bias judgement High	165uit	Risk of bias judgement	Some concerns
	Overall bias	Risk of bias judgement	High

Study	Gardner 2019	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
Dia a dua 4a	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	Υ
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Dia - to	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
result	Risk of bias judgement	Low

Domain   Signalling question   Response	Study	Kuvacic 2018	
Bias arising from the randomizatio n process    1.2 Was the allocation sequence concealed until participants were enrolled and assigned to process   1.3 Did baseline differences between intervention groups suggest a problem with the pry andomization process?   1.3 Did baseline differences between intervention groups suggest a problem with the pry andomization process?   2.1 Were participants aware of their assigned intervention during the trial?   Pry   2.2 Were participants aware of their assigned intervention during the trial?   Pry   2.3 If YPP/NI to 2.1 or 2.2 Were there deviations from the intended intervention that arose because of the experimental context?   2.4 If Y/PY to 2.3 Were these deviations from the intended intervention that arose because of the experimental context?   2.4 If Y/PY to 2.3 Were these deviations from intended intervention balanced between groups?   2.5 If YPP/NI to 2.4: Were these deviations from intended intervention balanced between groups?   2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?   Pry   2.7 If IN/PNNI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?   Pry   3.1 If N/PN to 3.2: Could missingness in the outcome depend on its true value?   NA   3.1 If N/PN to 3.2: Could missingness in the outcome depended on its true value?   NA   2.4 If Y/PY/NI to 3.3: Is tilkely that missingness in the outcome depended on its true value?   NA   2.4 If Y/PY/NI to 3.3: Is tilkely that missingness in the outcome depended on its true value?   Pry   3.4 If Y/PY/NI to 4.3: Could assessment of the outcome have differed between intervention groups?   A.3 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?   A.3 If Y/PY/NI to 4.4: It likely that assessment of the outcome was influenced by knowledge of intervention received?   A.3 If Y/PY/NI to 4.4: It likely that assessment of the outcome was i	Domain	Signalling question	Response
interventions?  1.3 Did baseline differences between intervention groups suggest a problem with the process of Risk of bias judgement  2.1. Were participants aware of their assigned intervention during the trial?  2.2. Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2. Were there deviations from the intended intervention that arose because of the experimental context?  2.4. If Y/PY to 2.3. Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations likely to have affected the outcome?  2.6. Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7. If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  2.8. If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  3.1. Were data for this outcome available for all, or nearly all, participants randomized?  3.2. If N/PN/NI to 3.2: Could missingness in the outcome depend on its true value?  3.3. If N/PN to 3.2: Could missingness in the outcome depended on its true value?  A 1.1 Was the method of measuring the outcome inappropriate?  4.1. Was the method of measuring the outcome have differed between intervention groups?  3.3. Were outcome assessors aware of the intervention received by study participants?  A 2. Tile the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5. Mask of bias judgement  Bias in selection of the reported result was finalized before unblinded outcome data were available for analysis?  5 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns		1.1 Was the allocation sequence random?	Υ
randomization process Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the intervention during the trial?  2.3. If YiPYNI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4. If YiPYNI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4. If YiPYNI to 2.3: Were these deviations likely to have affected the outcome?  2.5. If YiPYNIN to 2.3: Were these deviations likely to have affected the outcome?  2.6. Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7. If NiPNINI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1. Were data for this outcome available for all, or nearly all, participants randomized?  3.1. If YiPYNIN to 3.1: Is there evidence that result was not biased by missing outcome data?  3.1. If YiPYNIN to 3.3: Is it likely that missingness in the outcome depended on its true value?  3.3. If NIPN to 3.2: Could missingness in the outcome depended on its true value?  A like of bias judgement  4.1. Was the method of measuring the outcome inappropriate?  4.2. Could measurement or ascertainment of the outcome have differed between intervention processors aware of the intervention received by study participants?  4.3. Were outcome assessors aware of the intervention received by knowledge of intervention received?  4.4. If YiPYNIN to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5. If Were the data that produced this result analysed in accordance with a pre-specified solutione demain?  5. If Were the data that produced this result analysed in accordance with a pre-specified solutione demain?  6. If Were the data that produced this result analysed in accordance with a	_		PY
Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.2.Were tarers and people delivering the interventions aware of participants' assigned pry minute the process of the experimental context?  2.3. If YP/FNIN to 2.10: 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations from intended intervention balanced between groups?  2.5. If Y/PYIN to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 If In/PNIN to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PY  3.2 If In/PNIN to 3.1: Is there evidence that result was not biased by missing outcome data?  A lift Y/PY/IN to 3.3: Is it likely that missingness in the outcome depended on its true value?  A 1.1 Was the method of measuring the outcome depended on its true value?  A 1.2 Could measurement or ascertainment of the outcome have differed between intervention pnumber of the outcome  4.1 Was the method of measuring the outcome have differed between intervention pnumber of the outcome assessors aware of the intervention received by study participants?  A 2 Were outcome assessors aware of the intervention received by knowledge of intervention received?  A 14 If Y/PY/IN to 4.4: It it likely that assessment of the outcome was influenced by knowledge of intervention received?  A 14 If Y/PY/IN to 4.4: It it likely that assessment of the outcome data were	randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the	PY
2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial? 2.3. If Y/PY/NI to 2.1 or 2.2 Were there deviations from the intended intervention that arose because of the experimental context? 2.4 If Y/PY to 2.3. Were these deviations likely to have affected the outcome? PN  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups? 2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention? PY 2.7 If M/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized? PY  Risk of bias judgement Some concerns  8.3.1 Were data for this outcome available for all, or nearly all, participants randomized? PY 3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? NA 3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? NA  8.3.3 If N/PN to 3.2: Could missingness in the outcome depended on its true value? NA  8.3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value? NA  8.4 If Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.1 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  8.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  8.4 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  8.5 If Were the data that produced this result analysed in accordance with a pre-specified palaysis plan that was finalized before unblinded outcome data were available for analysis?  8.5 If were the data that produced this result analysed in accordance with a pre-spec	n process	·	Some concerns
Bias due to deviations from intended intervention during the trial?  2.3 if Y/PVINI to 2.1 or 2.2 Were there deviations from the intended intervention that arose because of the experimental context?  2.4 if Y/PV to 2.3: Were these deviations likely to have affected the outcome?  PN  2.5 if Y/PVINI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 if M/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PY  3.2 if M/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  All ff Y/PY/NI to 3.2: Could missingness in the outcome depend on its true value?  All Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome have differed between intervention groups?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  All Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  All Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result was finalized before unblinded outcome data were available for analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified polythom analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible outcome measurements (e.g. scales, definitions, time points) wit		2.1.Were participants aware of their assigned intervention during the trial?	PY
Bias due to deviations from intended intervention that arose because of the experimental context?  2.4 if Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5 if Y/PY/NI to 2.4: Were these deviations likely to have affected the outcome?  2.6 was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 if N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  3.2 if N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  3.3 if N/PN to 3.2: Could missingness in the outcome depended on its true value?  A.1 was the method of measuring the outcome depended on its true value?  4.1 was the method of measuring the outcome inappropriate?  4.1 was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.1 if Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.1 if Y/PY/NI to 4.3: It likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  Some concerns			PY
deviations from intended interventions  ### Section	Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose	PY
interventions    Groups?   2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?   PY		2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  NA  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  Low  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Bias in selection of the reported result  Risk of bias judgement  Some concerns  PY  All province and province and province analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns			NA
Bias due to missing outcome data  Bias in measurement of the outcome outcome  All If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  All If Y/PY/NI to 4.3: Sould assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  All If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  All If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Bias in selection of the reported result  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  Some concerns  NA  NA  NA  NA  NA  NA  All PY/PY/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  NA  NA  NA  NA  NA  All PY/PY/NI to 3.2: Could missingness in the outcome depended on its true value?  NA  All PY/PY/NI to 4.3: Is it likely that missingness in the outcome have differed between intervention received?  All FY/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns	interventions		PY
Bias due to missing outcome data  3.1 Were data for this outcome available for all, or nearly all, participants randomized? PY  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? NA  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? NA  Risk of bias judgement Low  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement Some concerns			NA
Bias due to missing outcome data  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  NA  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention propriate?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is tilkely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  NA  NA  NA  NA  NA  NA  NA  NA  NA  N		Risk of bias judgement	Some concerns
Bias due to missing 3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? NA  Risk of bias judgement Low  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement of the outcome assessors aware of the intervention received by study participants? PY  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement Some concerns		3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
missing outcome data  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome assessors aware of the intervention received by study participants?  PN  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns	Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
Sak of bias judgement   Low	missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
Bias in measurement of the outcome inappropriate?  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns	outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
Bias in measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Diamond of the exported result  A.2 Could measurement or ascertainment of the outcome have differed between intervention proceived?  A.3 Were outcome assessors aware of the intervention received by study participants?  PY  A.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Low  S.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  S.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  S.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns		Risk of bias judgement	Low
Bias in measurement of the outcome  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### A:3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  ### A:4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  ### A:5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ### Risk of bias judgement  ### Bias in selection of the reported result  ### Bias in selection of the reported result  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### PY  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### PY  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### PY  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### PY  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### PY  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### PY  ### A:3 Were outcome assessors aware of the intervention received by study participants?  ### PY  ### A:4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  ### PN  ### A:4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  ### A:5 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of INA  ### A:5 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of INA  ### A:5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of INA  ### A:5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of INA  ### A:5 If Y/PY/NI to 4.3: Could assessment		4.1 Was the method of measuring the outcome inappropriate?	PN
measurement of the outcome  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns	<u>.</u>		PN
outcome  of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  bias in selection of the reported result  Elias in selection of the reported result  NI  Control  In the reported result  of intervention received?  A.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  NA  Low  Some concerns  PN  NA  Low  Some concerns		4.3 Were outcome assessors aware of the intervention received by study participants?	PY
4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  NI  Risk of bias judgement  Some concerns		· ·	PN
Bias in selection of the reported result    Sample   Samp	outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge	NA
Bias in selection of the reported result    All the result   All the resul		Risk of bias judgement	Low
Some concerns   Size	selection of the reported		PY
the reported result    5.3 multiple eligible analyses of the data?   NI		5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the	NI
Risk of bias judgement Some concerns			NI
Overall bias Risk of bias judgement Some concerns	resuit	Risk of bias judgement	Some concerns
1	Overall bias	Risk of bias judgement	Some concerns

Study	Hohmann 2018	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PY
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	Υ
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	Y
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PN
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PY
	Risk of bias judgement	High
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NI
	Risk of bias judgement	High
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	Υ
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
Bias in selection of the reported	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PY
	5.3 multiple eligible analyses of the data?	PY
result	Risk of bias judgement	High
Overall bias	Risk of bias judgement	High

Study	Glombiewski 2018	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PY
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	Υ
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	NI
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
resuit	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Tüzün 2017	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PY
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
Dies due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	Υ
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Diag in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
resuit	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Bias arising from the randomization process  1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions? 1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?  Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial? 2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial? 2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context? 2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome? 2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups? 2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention? 2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PY PN PN PN PN NA NA NA
1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?   1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?     1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PY PN  LOW PY PN PN NA NA
from the randomizatio n process  1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?  Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN  -ow  PY  PN  PN  NA  NA
randomization process  1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?  Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PY PN PN NA
Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PY PN PN NA
2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN PN NA
Bias due to deviations from intended intervention because of the experimental context?  2.4 If Y/PY/NI to 2.3: Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN NA NA
Bias due to deviations from intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA NA
deviations from intended interventions  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
interventions    groups?	
2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	V
to analyse participants in the group to which they were randomized?	ī
Bigli of hise industrial	NA
Risk of bias judgement L	_ow
3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing 3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data  3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
Risk of bias judgement L	_ow
4.1 Was the method of measuring the outcome inappropriate?	PN
laroune')	PN
Bias in  measurement  4.3 Were outcome assessors aware of the intervention received by study participants?	PN
	NA
4.5 If V/DV/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge	NA
Risk of bias judgement L	_ow
I lanalysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in 5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the	PN
the reported	PN
	_ow
Overall bias Risk of bias judgement L	

Study	Nayback-Beebe 2017	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PY
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	Υ
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	Y
Dies due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	NI
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Diag in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	Υ
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PY
	Risk of bias judgement	High
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
the reported result	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High

Study	Kumar 2017	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
D: :	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Harris 2017	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
Bias due to	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PY
	Risk of bias judgement	High
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High

Study	Michalsen 2016	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	Y
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
the reported result	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Trapp 2015	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio n process	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PY
ii process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PN
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	High
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NI
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NI
	Risk of bias judgement	High
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
the reported	5.3 multiple eligible analyses of the data?	PN
result	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	High

Study	Lawand 2015	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
Diag due 4e	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
Bias due to missing outcome data	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Disa in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PN
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
. ·	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
result	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Low

Study	Kogure 2015	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	N
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	Y
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
Bias due to	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
D: :	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Zhang 2014	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<u>.</u>	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PY
	Risk of bias judgement	High
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of the reported result	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PY
	5.3 multiple eligible analyses of the data?	PY
	Risk of bias judgement	High
Overall bias	Risk of bias judgement	High

Study	Monticone 2014	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	Υ
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	Υ
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
n: ·	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	Υ
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
n: :	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	Υ
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
the reported	5.3 multiple eligible analyses of the data?	NI
result	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Tekur 2012	
Domain	Signalling question	Response
Bias arising from the	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	N
Diag due to	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	Υ
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	N
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
the reported	5.3 multiple eligible analyses of the data?	PN
result	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Low

Study	Kader 2012	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PY
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Dies due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PN
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	High
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PY
	Risk of bias judgement	High
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
the reported result	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High
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Study	Cuesta-Vargas 2012	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag dua ta	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Dian in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low

Study	Tavafian 2011	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Y
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Y
randomizatio n process	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	N
ii process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	Υ
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	N
Dies due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	N
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	NA
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Engbert 2011	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
Diag due 4e	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Low

Study	Glombiewski 2010	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Bias in measurement of the outcome	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Durmus 2010	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	PY
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio n process	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
ii process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PN
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PY
	Risk of bias judgement	High
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PY
	5.3 multiple eligible analyses of the data?	PY
	Risk of bias judgement	High
Overall bias	Risk of bias judgement	High

Study	Williams 2009	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
Bias in measurement of the outcome	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Sertpoyraz 2009	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	PY
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio n process	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
ii process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PN
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PY
	Risk of bias judgement	High
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	Υ
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Bias in measurement of the outcome	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PY
Bias in selection of the reported result	Risk of bias judgement	High
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	High

2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  PY  2.5. If Y/PY/NI to 2.4: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  4.1 Was the method of measuring the outcome depended on its true value?  A.1 Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  A If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A 1. If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  David The work of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of	Study	Ribeiro 2008	
Bias arising from the randomization process   1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?   1.3 Did baseline differences between intervention groups suggest a problem with the process   1.3 Did baseline differences between intervention groups suggest a problem with the process?   Risk of bias judgement   2.1 Were participants aware of their assigned intervention during the trial?   2.2 Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?   2.3 H ry/Nyl to 2.1 or 2.2 Were there deviations from the intended intervention that arose because of the experimental context?   2.4 H ry/Py to 2.3. Were these deviations likely to have affected the outcome?   PY   2.5 H ry/Py/NI to 2.4 C.2 Were these deviations from intended intervention balanced between groups?   2.5 H ry/Py/NI to 2.6 Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?   PN   Risk of bias judgement   3.1 Were data for this outcome available for all, or nearly all, participants randomized?   PN   Risk of bias judgement   3.1 Were data for this outcome available for all, or nearly all, participants randomized?   PN   3.3 If N/PN to 3.2: Could missingness in the outcome depended on its true value?   NA   Risk of bias judgement   Low   A   If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?   NA   Risk of bias judgement   Low   A   If Y/PY/NI to 4.3: Could assessment of the outcome have differed between intervention groups?   A   If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?   A   If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?   A   If Y/PY/NI to 4.3: It ill likely that assessment of the outcome data were available for analysis?   PY   A   If Y/PY/NI to 4.3: It ill likely that assessmen	Domain	Signalling question	Response
from the randomization n process    Interventions?   A Did baseline differences between intervention groups suggest a problem with the nardomization n process   PY		1.1 Was the allocation sequence random?	PY
randomization process  Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the intervention during the trial?  2.3. If YP/P/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations from intended intervention that arose because of the experimental context?  2.5 If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 If M/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN to 3.2: Could missingness in the outcome depended on its true value?  A1 Was the method of measuring the outcome have deffered between intervention groups?  4.1 Was the method of measuring the outcome have deffered between intervention processed of the properties of the outcome have been influenced by knowledge of intervention received?  4.1 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If YPY/NI to 4.4: Is It likely that assessment of the outcome was influenced by knowledge of intervention received?  4.5 If YPY/NI to 4.4: Is It likely that assessment of the outcome was influenced by knowledge of intervention received?  8.1 Were the data that produced this result analysed in accorda	_		PY
Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If YP/YNIN to 2.1 experimental context?  2.4 If Y/PY to 2.3: Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  PY  2.5 If Y/PY/NIN to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 If N/PN/NIN to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NIN to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.4 If Y/PY/NIN to 3.3: Is it likely that missingness in the outcome depended on its true value?  A.1 Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of	randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the	PY
2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/P/NIN to 2.1 or 2.2 Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5 If Y/PY/PIN to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 If Y/PY/NIN to 2.6: Was these deviations from intended intervention balanced between groups?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  3.1 If V/PY/NI to 3.2: Could missingness in the outcome depend on its true value?  A.1 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  A.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  A.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  A.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of	n process	·	Some concerns
Bias due to deviations from intended intervention during the trial?  2.3 If Y/PY/NI to 2.1 or 2.2: Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5 If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PN  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.1. Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.1. Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.1. Were the data tha		2.1.Were participants aware of their assigned intervention during the trial?	Υ
Bias due to deviations from intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations from the intended intervention that arose promitted interventions  2.5 If Y/PY/NI to 2.4: Were these deviations likely to have affected the outcome?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  A lisk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome doutcome deta were available for analysis?			PN
deviations from intended interventions  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  3.4 If Y/PY/NI to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  Bias in selection of the counter of the standard was finalized before unblinded outcome data were available for analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	Diag due 4e	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose	PY
interventions    Proceedings   Processing		2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  Low  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified poutcome data were available for analysis?  PY  1.1 Was the method of measuring the outcome data were available for analysis?  PY  1.2 Could measurement or ascertainment of the outcome was influenced by knowledge of intervention received?  1.3 Were outcome assessors aware of the outcome was influenced by knowledge of intervention received?  1.4 If Y/PY/NI to 4.3: Is tilkely that assessment of the outcome was influenced by knowledge of intervention received?  1.3 Were the data that produced this result analysed in accordance with a pre-specified poutcome data were available for analysis?			PY
to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  4.5 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concern  PA  NA  PY  4.1 Was the method of measuring the outcome depend on its true value?  PN  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	interventions		PY
Bias due to missing outcome data  3.1 Were data for this outcome available for all, or nearly all, participants randomized? PY  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? NA  Risk of bias judgement Low  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?			NA
Bias due to missing outcome data  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? PY  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? NA  Risk of bias judgement Low  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?		Risk of bias judgement	Some concerns
Bias due to missing outcome data  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  S.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  S.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?		3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
missing outcome data  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  NA  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of selection selection of selection of selection of selection of selection s	Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
Bias in measurement of the outcome  a.3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of selection of the outcome data were available for analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
Bias in measurement of the outcome inappropriate?  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
Bias in measurement of the outcome have differed between intervention PN  4.2 Could measurement or ascertainment of the outcome have differed between intervention PN  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?		Risk of bias judgement	Low
Bias in measurement of the outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?		4.1 Was the method of measuring the outcome inappropriate?	PN
measurement of the outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  S.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI	<u>.</u>		PN
outcome  of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI	measurement of the outcome	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Low  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI		, ,	PN
Bias in selection of the reported 5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?		4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge	NA
Bias in selection of the reported analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?		Risk of bias judgement	Low
Selection of the reported 5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?			PY
the reported		5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the	NI
- 141			NI
		Risk of bias judgement	Some concerns
Overall bias Risk of bias judgement Some concern	Overall bias	Risk of bias judgement	Some concerns

Study	Koldaş Doğan 2008	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diag due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
<u>.</u>	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement of the outcome  Bias in selection of the reported result	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Tavafian 2007	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	Υ
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Diagram de la Ar	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Bias in measurement of the outcome	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
	Risk of bias judgement	Some concerns
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Some concerns

Study	Каара 2006	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	NI
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PN
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PN
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Low
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	NI
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
Bias in selection of the reported result	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
	5.3 multiple eligible analyses of the data?	PN
	Risk of bias judgement	Low
Overall bias	Risk of bias judgement	Low

Study	Galantino 2004	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Υ
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PY
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the outcome	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PY
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	PN
Bias in selection of the reported result	Risk of bias judgement	Some concerns
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
	5.3 multiple eligible analyses of the data?	NI
	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Domain		
	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN
selection of the reported	5.3 multiple eligible analyses of the data?	PN
selection of the reported result	5.3 multiple eligible analyses of the data?  Risk of bias judgement	PN Low

Domain   Signalling question   Response	Study	Niemisto 2003	
Bias arising from the randomizatio n process    Page	Domain	Signalling question	Response
from the randomization process?  Risk of bias judgement  2.1. Were participants aware of their assigned intervention during the trial? 2.2. Were carers and people delivering the intervention during the trial? 2.3. If Y/PYNI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context? 2.4. If Y/PY to 2.3: Were these deviations from the intended intervention that arose because of the experimental context? 2.4. If Y/PY to 2.3: Were these deviations likely to have affected the outcome? 2.5. If Y/PYNI to 2.4: Were these deviations from intended intervention balanced between groups? 2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention? 2.7 If N/PNNI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  Risk of bias judgement  3.3. If N/PN to 3.2: Could missingness in the outcome depend on its true value?  PN  Risk of bias judgement  4.1 Was the method of measuring the outcome have differed between intervention processor.  A.4. If Y/PYNI to 4.3: Sould assessment of the outcome have differed between intervention processor.  A.4. If Y/PYNI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Bias in measurement of A.4. If Y/PYNI to 4.3: It likely that missingness in the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported resource measurements of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  Bias in selection of the reported resource measurements (e.g. scales, definitions, time points) within the outcome domain?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis pla		1.1 Was the allocation sequence random?	Υ
randomization process Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2.Were there deviations from the intended intervention during the trial?  2.4. If Y/PY/NI to 2.3. Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.3. Were these deviations likely to have affected the outcome?  2.6. Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6. Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.3. If N/PN/NI to 3.2: Could missingness in the outcome depend on its true value?  PN  3.3. If N/PN to 3.2: Could missingness in the outcome depend on its true value?  PN  Risk of bias judgement  4.1 Was the method of measuring the outcome have differed between intervention participants?  4.2 Could measurement or ascertainment of the outcome have differed between intervention participants?  4.3 Were outcome assessors aware of the intervention received by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the outcome depended outcome was influenced by knowledge of intervention received?  At If Y/PY/NI to 4.3: It likely that missingness in the outcome have been influenced by knowledge of intervention received?  At If If V/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  At If If V/PY/NI to 4.3: It likely that assessment of the outcome was influenced by knowledge of intervention received?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible			PY
Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PV/INI to 2.1 or 2.2. Were there deviations from the intended intervention that arose because of the experimental context?  2.3. If Y/PV/INI to 2.1 or 2.2. Were there deviations from the intended intervention that arose because of the experimental context?  2.4. If Y/PV INI to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PV/INI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6. Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7. If N/PN/INI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1. Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.3. If N/PN/INI to 3.1: Is there evidence that result was not biased by missing outcome data?  PN  3.3. If N/PN/INI to 3.2: Could missingness in the outcome depend on its true value?  PY  3.4. If Y/PY/INI to 3.3: Is it likely that missingness in the outcome depended on its true value?  PN  4.1. Was the method of measuring the outcome inappropriate?  4.2. Could measurement or ascertainment of the outcome have differed between intervention proups?  4.4. If Y/PY/INI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5. If Y/PY/INI to 4.4: Is It likely that assessment of the outcome was influenced by knowledge of intervention received?  4.4. If Y/PY/INI to 4.4: Is It likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1. Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome	randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the	PN
Bias due to deviations from intended intervention during the trial?  2.3 If Y/PV/INI to 2.1 or 2.2: Were these deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PV to 2.3: Were these deviations likely to have affected the outcome?  PY  2.4 If Y/PV to 2.3: Were these deviations likely to have affected the outcome?  PY  2.4 If Y/PV to 2.3: Were these deviations likely to have affected the outcome?  PY  2.4 If Y/PV to 2.3: Were these deviations likely to have affected the outcome?  PY  2.5 If Y/PV/INI to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 If N/PN/INI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  PN  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  PY  3.4 If Y/PY/INI to 3.3: Is it likely that missingness in the outcome depended on its true value?  PN  All Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome inappropriate?  4.3 Were outcome assessors aware of the intervention received by study participants?  All Y/PY/INI to 4.4 is It likely that assessment of the outcome have been influenced by knowledge of intervention received?  All Y/PY/INI to 4.4 is It likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported received?  Risk of bias judgement  Bias in selection of the reported received?  Risk of bias judgement  Bias in selection of the outcome depended outcome data were available for analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were availa	ii process	Risk of bias judgement	Low
Bias due to deviations from intended intervention during the trial?  2.3 if Y/PYNI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 if Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.4 if Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.4 if Y/PY to 2.3: Were these deviations from intended intervention balanced between groups?  2.6 if Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7 if N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 if N/PN/NI to 3.1: is there evidence that result was not biased by missing outcome data?  PN  3.3 if N/PN to 3.2: Could missingness in the outcome depend on its true value?  PY  3.4 if Y/PY/NI to 3.3: is it likely that missingness in the outcome depended on its true value?  PN  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  A Were outcome assessors aware of the intervention received by knowledge of intervention received?  Risk of bias judgement  A Were outcome assessors aware of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  A Were outcome assessors aware of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  A Were outcome assessors aware of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  A Were outcome assessors aware of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  A Were outcome ass		2.1.Were participants aware of their assigned intervention during the trial?	PY
Bias due to deviations from intended intervention that arose because of the experimental context?  2.4 If Y/PY/INI to 2.3: Were these deviations from the intended intervention balanced between groups?  2.6 (Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/INI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/INI to 3.2: Could missingness in the outcome depend on its true value?  PY  4.1 Was the method of measuring the outcome depended on its true value?  PN  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.1 Was the method of measuring the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/INI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/INI to 4.3: It illiely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the routiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unbilinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  Risk of bias judgement  Risk of bias judgement  Some concerns			PY
2.4   ft Y/PY to 2.3: Were these deviations likely to have affected the outcome?   PY	Bias due to	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose	PY
interventions    Aroups?   2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?   PY		2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PN  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  PY  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  PY  Tike the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  Risk of bias judgement  NI  Some concerns			PY
Bias due to missing outcome data  Bias in measurement of the outcome  All YP/PV/INI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  All YP/PV/INI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  All YP/PV/INI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  All YP/PV/INI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  Some concerns  NA  All YP/PV/INI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge on intervention received?  Risk of bias judgement  Some concerns  NA  NA  NA  NA  NA  Some concerns  NA  NA  NA  NA  Some concerns  NA  NA  NA  Some concerns  NA  NA  NA  NA  NA  Some concerns  NA  NA  NA  NA  NA  NA  Some concerns  NI  Risk of bias judgement  NI  Some concerns	interventions		PY
Bias due to missing outcome data  Bias in measurement of the outcome avairable for all, or nearly all, participants randomized?  Bias in selection of the reported result  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in selection of the reported result analyses of the data?  Bias in the outcome depended on its true value?  By  Bias in the vertical result			NA
Bias due to missing outcome data and the provided outcome data and provided outcome data were available for analysis?  Bias in selection of the reported result analyses of the data?  Risk of bias judgement and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  NI  Risk of bias judgement some concerns and provided outcome data were available for analysis?  Some concerns and provided outcome data were available for analysis?  NI  Some concerns and provided analysis plan that was finalized before unblinded outcome data were available for analysis?  NI  Risk of bias judgement source and provided analysis plan that was finalized before unblinded outcome data were available for anal		Risk of bias judgement	Some concerns
Bias due to missing outcome data and properties of intervention received?  Bias in measurement of the outcome assessors aware of the intervention received by study participants?  A.1 If Y/PY/NI to 4.3: Could assessment of the outcome have differed between intervention groups?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have differed between intervention groups?  4.5 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  A.2 Could measurement or ascertainment of the outcome have differed between intervention properties?  A.3 Were outcome assessors aware of the intervention received by study participants?  NA  A.4 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  Some concerns  NI  Risk of bias judgement  Some concerns		3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
a.3. If N/PN to 3.2: Could missingness in the outcome depend on its true value?  3.4. If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3. Were outcome assessors aware of the intervention received by study participants?  4.4. If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5. If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1. Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns	Rias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
Some concerns	missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
Bias in measurement of the outcome inappropriate?  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  NI Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns	outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
Bias in measurement of the outcome have differed between intervention groups?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  NA  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  NI  Some concerns  High  NI  Risk of bias judgement  Some concerns		Risk of bias judgement	Some concerns
Bias in measurement of the outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by study participants?  NA  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  High  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns		4.1 Was the method of measuring the outcome inappropriate?	PN
## description of the outcome assessors aware of the intervention received by study participants?  ### description of the outcome assessors aware of the intervention received by study participants?  ### description of the outcome have been influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was influenced by knowledge of intervention received?  ### description of the outcome was	<u>.</u>		PY
of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  Diagram of intervention received?  Risk of bias judgement  Some concerns  NA  High  PY  Some concerns		4.3 Were outcome assessors aware of the intervention received by study participants?	NA
A.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Risk of bias judgement  A.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  High  PY  S.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  S.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  Some concerns		· ·	NA
Bias in selection of the reported result    Same than the produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?   Same than the produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?   Same than the produced this result analysed in accordance with a pre-specified analysis?   NI	outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge	NA
Bias in selection of the reported result    Analysis plan that was finalized before unblinded outcome data were available for analysis?   FY		Risk of bias judgement	High
Selection of the reported result    Some concerns			PY
the reported result    5.3 multiple eligible analyses of the data?   NI		5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the	NI
Risk of bias judgement Some concerns	-		NI
Overall bias Risk of bias judgement High	resuit	Risk of bias judgement	Some concerns
l	Overall bias	Risk of bias judgement	High

Study	Hernandez-Reif 2001	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	Υ
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	NI
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	PN
n process	Risk of bias judgement	Some concerns
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Dies due te	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
Bias due to deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PN
from intended	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	NA
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	NA
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PY
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	NA
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	NA
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	NA
	Risk of bias judgement	Low
	4.1 Was the method of measuring the outcome inappropriate?	PN
Diag in	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
the reported result	5.3 multiple eligible analyses of the data?	NI
resuit	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Study	Newton-John 1995	
Domain	Signalling question	Response
	1.1 Was the allocation sequence random?	PY
Bias arising from the	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	PY
randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?	NI
n process	Risk of bias judgement	Low
	2.1.Were participants aware of their assigned intervention during the trial?	PY
	2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	PY
Bias due to	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	PY
deviations	2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	PY
from intended interventions	2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between groups?	PY
interventions	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PN
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?	PN
	Risk of bias judgement	Some concerns
	3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	PY
outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PN
	Risk of bias judgement	Some concerns
	4.1 Was the method of measuring the outcome inappropriate?	PN
<u>.</u>	4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?	PN
Bias in measurement	4.3 Were outcome assessors aware of the intervention received by study participants?	PY
of the	4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?	PN
outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?	NA
	Risk of bias judgement	Low
	5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?	PY
Bias in selection of	5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	NI
the reported result	5.3 multiple eligible analyses of the data?	NI
resuit	Risk of bias judgement	Some concerns
Overall bias	Risk of bias judgement	Some concerns

Bias arising from the randomization and process and pr	Study	Turner 1993	
Bias arising from the randomizatio n process    1.2 Was the allocation sequence concealed until participants were enrolled and assigned to process   1.3 Did baseline differences between intervention groups suggest a problem with the pry andomization process?   1.3 Did baseline differences between intervention groups suggest a problem with the pry andomization process?   2.1 Were participants aware of their assigned intervention during the trial?   2.2 Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?   2.2 Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?   2.2 Were there deviations from the intended intervention that arose because of the experimental context?   2.4 if Y/PY to 2.3 Were these deviations from the intended intervention that arose because of the experimental context?   2.4 if Y/PY to 2.3 Were these deviations from intended intervention balanced between groups?   2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?   PY   2.7 if I/P/P/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?   PN   3.1 Were data for this outcome available for all, or nearly all, participants randomized?   PN   3.1 if I/P/P/NI to 3.3: Is there evidence that result was not biased by missing outcome data?   PN   3.3 if N/PN to 3.2: Could missingness in the outcome depend on its true value?   PY   4.1 Was the method of measuring the outcome depend on its true value?   PY   4.2 Could measurement or ascertainment of the outcome depended on its true value?   PN   4.3 if Y/P/P/NI to 4.3: is the likely that missingness in the outcome depended on its true value?   PN   4.1 Was the method of measuring the outcome have differed between intervention processed?   4.3 if Y/P/P/NI to 4.3: is the likely that assessment of the outcome was influenced by knowledge   PN   4.1	Domain	Signalling question	Response
from the randomization process?  1.3 Did baseline differences between intervention groups suggest a problem with the randomization process?  Risk of bias judgement  2.1. Were participants aware of their assigned intervention during the trial?  2.2. Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4. If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between interventions aware of participants' assigned intervention that arose because of the experimental context?  2.4. If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations from intended intervention balanced between arouse?  2.6. Was an appropriate analysis used to estimate the effect of assignment to intervention?  PY  2.7. If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  2.1. Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.3. If N/PN to 3.2: Could missingness in the outcome depend on its true value?  PY  Risk of bias judgement  4.1. Was the method of measuring the outcome inappropriate?  4.2. Could measurement or ascertainment of the outcome have differed between intervention groups?  Risk of bias judgement  3.4. If Y/PY/NI to 4.3: Could assessment of the outcome have differed between intervention groups?  Risk of bias judgement  3.4. If Y/PY/NI to 4.3: Gould assessment of the outcome have been influenced by knowledge of intervention received?  A.5. If Y/PY/NI to 4.3: Is likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  Some conce		1.1 Was the allocation sequence random?	PY
randomization process Risk of bias judgement  2.1.Were participants aware of their assigned intervention during the trial?  2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.3. If /YP/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PY/NI to 2.4: Were these deviations likely to have affected the outcome?  2.6. Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  2.8 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data  8 Is a for this outcome available for all, or nearly all, participants randomized?  PN  3.1 If N/PN Ito 3.2: Could missingness in the outcome depended on its true value?  PY  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention PN  4.3 Were outcome assessors aware of the intervention received by knowledge PY  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  8.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  8.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  8.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data wer	•	· · · · · · · · · · · · · · · · · · ·	PY
Risk of bias judgement  2.1. Were participants aware of their assigned intervention during the trial?  2.2. Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?  2.2. Were carers and people delivering the interventions aware of participants' assigned pry minervention during the trial?  2.2. Were there deviations from the intended intervention that arose because of the experimental context?  2.4 if Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5. If Y/PYIN to 2.4: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 if In/PVINI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 if In/PVINI to 3.1: Is there evidence that result was not biased by missing outcome data?  PN  3.3 if N/PN to 3.2: Could missingness in the outcome depended on its true value?  PY  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention powers of intervention received?  4.3 if If Y/PYINI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  8.4 if If Y/PYINI to 4.3: It il ilkely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  8.5 if Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  Risk of bias judgement  Some concerns	randomizatio	1.3 Did baseline differences between intervention groups suggest a problem with the	PY
2.2.Were carers and people delivering the interventions aware of participants' assigned intervention during the trial? 2.3. If Y/PYNI to 2.1 or 2.2 Were there deviations from the intended intervention that arose because of the experimental context? 2.4 If Y/PY to 2.3. Were these deviations likely to have affected the outcome?  All forms an appropriate analysis used to estimate the effect of assignment to intervention?  All forms an appropriate analysis used to estimate the effect of assignment to intervention?  PY 2.7 If M/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  Low  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN 3.2 If N/PN/In to 3.1: Is there evidence that result was not biased by missing outcome data?  PN 3.3 If N/PN to 3.2: Could missingness in the outcome depended on its true value?  PY  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.1 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A 1 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  Bias in selection of the reported result was finalized before unblinded outcome data were available for analysis?  A 1 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  Some concerns  PY  Risk of bias judgement  Some concerns	n process	·	Some concerns
Bias due to deviations from intended intervention during the trial?  2.3 if Y/P/NI to 2.1 or 2.2 Were there deviations from the intended intervention that arose because of the experimental context?  2.4 if Y/P/Y to 2.3: Were these deviations likely to have affected the outcome?  2.4 if Y/P/Y to 2.3: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 if N/P/NIN to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  3.1 Were data for this outcome available for all, or nearly all, participants randomized?  PN  3.2 if N/P/NIN to 3.1: Is there evidence that result was not biased by missing outcome data?  A if Y/P/Y/NI to 3.2: Could missingness in the outcome depend on its true value?  PY  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  A if Y/P/Y/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  A if Y/P/Y/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified price outcome domain?  5.1 Were the data that produced this result analysed in accordance with a pre-specified price outcome domain?  5.3 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  8.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns		2.1.Were participants aware of their assigned intervention during the trial?	PY
Bias due to deviations from intended intervention that arose because of the experimental context?  2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?  2.5 If Y/PY/NI to 2.4: Were these deviations likely to have affected the outcome?  2.6 If Y/PY to 2.3: Were these deviations from intended intervention balanced between groups?  2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PW/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure handlyse participants in the group to which they were randomized?  Risk of bias judgement  2.1 If N/PW/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  2.2 If N/PW/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  2.3 If N/PN to 3.2: Could missingness in the outcome depended on its true value?  2.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  2.5 If N/PW/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  2.6 If N/PW/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  2.7 If N/PW/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  2.8 If N/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  2.9 If N/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?  2.9 If N/PY/NI to 3.3: Is it likely that assessment of the outcome have differed between intervention processed?  2.5 If N/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  2.6 If N/PY/NI to 4.3: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  2.7 If N/PW/NI to 4.3: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  2.8 If N/PY/NI to 4.3: Could assessment of the outcome was influenced by knowl			PY
deviations from intended interventions  8	Diag due to	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose	PN
interventions    Groups   2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?   PY		2.4 If Y/PY to 2.3: Were these deviations likely to have affected the outcome?	NA
2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?  2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?  Risk of bias judgement  Bias due to missing outcome data  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PN  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  PY  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Bias in selection of the reported result  Bias in selection of the reported result  Bias in Selection of the outcome data were available for analysis?  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns			NA
Bias due to missing outcome data  Bias in measurement of the outcome outcome  All If Y/PY/NI to 4.3: Could assessment of the outcome have differed between influenced by knowledge of intervention received?  All If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  All If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  All If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Bias in selection of the reported result  Bias in selection of the reported result  Risk of bias judgement  Some concerns  NA  Low  3.1 Were data for this outcome available for all, or nearly all, participants and omissing outcome data?  PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?  PN  4.3 If Y/PY/NI to 3.2: Could missingness in the outcome depended on its true value?  PN  4.1 Was the method of measuring the outcome have differed between intervention proups?  PN  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups?  PY  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.5 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible analyses of the data?  NI  Risk of bias judgement  Some concerns	interventions		PY
Bias due to missing outcome data  3.1 Were data for this outcome available for all, or nearly all, participants randomized? PN  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? PN  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? Y  Risk of bias judgement High  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement Some concerns  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement Some concerns			NA
Bias due to missing outcome data  3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data? PN  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? Y  3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value? PY  Risk of bias judgement High  4.1 Was the method of measuring the outcome inappropriate? PN  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups?  4.3 Were outcome assessors aware of the intervention received by study participants? PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement Some concerns  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement Some concerns		Risk of bias judgement	Low
Bias due to missing outcome data  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns		3.1 Were data for this outcome available for all, or nearly all, participants randomized?	PN
missing outcome data  3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?  Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement of the outcome assessors aware of the intervention received by study participants?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns	Bias due to	3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	PN
Risk of bias judgement  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns  NI  Risk of bias judgement  Some concerns	missing	3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?	Y
Bias in measurement of the outcome inappropriate?  4.1 Was the method of measuring the outcome inappropriate?  4.2 Could measurement or ascertainment of the outcome have differed between intervention proups?  4.3 Were outcome assessors aware of the intervention received by study participants?  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  7.3 multiple eligible analyses of the data?  8.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  PY  Some concerns  8.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  PY  8.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  PN  Some concerns  8.7 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  PY  8.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  PY  8.7 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  PY  8.7 If Y/PY/NI to 4.3: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  PY  8.7 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  PY  8.7 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of endorship in the outcome was influenced by knowledge of endorship in	outcome data	3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?	PY
Bias in measurement of the outcome have differed between intervention groups?  4.3 Were outcome assessors aware of the intervention received by study participants?  PY  4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  Some concerns  Some concerns		Risk of bias judgement	High
Bias in measurement of the outcome  ### Assurement of the outcome  ### Assurement of the outcome  ### Assurement of the outcome assessors aware of the intervention received by study participants?  ### Assurement of the outcome have been influenced by knowledge of intervention received?  ### Assurement of the outcome have been influenced by knowledge of intervention received?  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### Risk of bias judgement  ### Bias in selection of the reported result  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### Some concerns  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### PN  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### Assurement of the outcome was influenced by knowledge of intervention received?  ### Assurement of the outcome was influenced by k		4.1 Was the method of measuring the outcome inappropriate?	PN
measurement of the outcome  ### A.3 Were outcome assessors aware of the intervention received by study participants?  ### A.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  ### A.5 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  ### A.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  ### Risk of bias judgement  ### Bias in selection of the reported result  ### A.3 Were outcome assessors aware of the intervention received by study participants?  ### PY  ### A.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: Could assessment of the outcome was influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: It is likely that assessment of the outcome was influenced by knowledge of intervention received?  ### PY  ### A.5 If Y/PY/NI to 4.3: It is likely that assessment of the outcome was influenced by knowledge of intervention received?  ### A.5 If Y/PY/NI to 4.3: It is likely that assessment of the outcome was influenced by knowledge of PY  ### A.5 If Y/PY/NI to 4.3: It is likely th	<u>.</u>		PN
outcome  of intervention received?  4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  5.3 multiple eligible analyses of the data?  Risk of bias judgement  Some concerns  NI  Risk of bias judgement  Some concerns		4.3 Were outcome assessors aware of the intervention received by study participants?	PY
4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?  Risk of bias judgement  Some concerns  5.1 Were the data that produced this result analysed in accordance with a pre-specified analysis plan that was finalized before unblinded outcome data were available for analysis?  5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the outcome domain?  NI  Risk of bias judgement  NI  Risk of bias judgement  Some concerns		, ,	PY
Bias in selection of the reported result    Signature   Signature	outcome	4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge	PN
Bias in selection of the reported result    All the reported result   Risk of bias judgement   All the reported result   A		Risk of bias judgement	Some concerns
selection of the reported result    Some concerns   Some concerns			PY
the reported result    5.3 multiple eligible analyses of the data?   NI		5.2 multiple eligible outcome measurements (e.g. scales, definitions, time points) within the	NI
Risk of bias judgement Some concerns	-		NI
Overall bias Risk of bias judgement High	resuit	Risk of bias judgement	Some concerns
	Overall bias	Risk of bias judgement	High

Appendix 7. Certainty of evidence ratings on direct evidence of different categories of interventions for depression, anxiety, and mental health

Comparison	SMD 95%(CI)	Risk of bias	Inconsistency	Indirectness	Publication bias	Need to assess indirect	Preliminary rating
Depression							
EX vs CO	-0.21 (-0.40, -0.01)	Downgrade two levels	No downgrade	No downgrade	No downgrade	Yes	Low
MBT vs CO	-1.28 (-2.11, -0.44)	No downgrade	Downgrade one level	No downgrade	NA	Yes	Moderate
EDU vs CO	-0.24 (-0.61, 0.13)	Downgrade two levels	Downgrade one level	No downgrade	NA	Yes	Very low
TM vs CO	0.08 (-0.48, 0.63)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
BA vs CO	-0.42 (-0.73, -0.12)	Downgrade one level	Downgrade one level	No downgrade	No downgrade	Yes	Low
MUI vs CO	-0.13 (-0.29, 0.02)	Downgrade two levels	No downgrade	No downgrade	NA	Yes	Low
PT vs CO	-0.25 (-0.39, -0.10)	Downgrade one level	No downgrade	No downgrade	No downgrade	Yes	Moderate
BA vs EDU	-0.39 (-0.71, -0.07)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
BA vs EX	0.36 (-0.39, 1.11)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
EX vs MUI	0.34 (-1.25, 1.93)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
EX vs PT	0.13 (-0.47, 0.74)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
MUI vs PT	-0.98 (-1.88, -0.09)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
BA vs MUI	-0.05 (-0.75, 0.65)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
BA vs MBT	NA	NA	NA	NA	NA	Yes	NA
BA vs PT	NA	NA	NA	NA	NA	Yes	NA
BA vs TM	NA	NA	NA	NA	NA	Yes	NA
EDU vs EX	NA	NA	NA	NA	NA	Yes	NA
EDU vs MBT	NA	NA	NA	NA	NA	Yes	NA
EDU vs MUI	NA	NA	NA	NA	NA	Yes	NA
EDU vs PT	NA	NA	NA	NA	NA	Yes	NA
EDU vs TM	NA	NA	NA	NA	NA	Yes	NA
EX vs MBT	NA	NA	NA	NA	NA	Yes	NA
EX vs TM	NA	NA	NA NA	NA	NA	Yes	NA
MBT vs MUI	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
MBT vs MC1	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
MBT vs TM	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
MUI vs TM		NA NA	NA NA				NA NA
	NA			NA	NA	Yes	
PT vs TM Anxiety	NA	NA	NA	NA	NA	Yes	NA
EX vs CO	-0.27 (-0.54, 0.00)	Downgrade one level	No downgrade	No downgrade	NA	Yes	Moderate
MBT vs CO	-1.34 (-1.66, -1.02)	No downgrade	No downgrade	No downgrade	NA	Yes	High
EDU vs CO	-0.55 (-1.04, -0.06)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
TM vs CO	-0.03 (-0.50, 0.44)	No downgrade	No downgrade	No downgrade	NA	Yes	High
BA vs CO	-0.47 (-0.88, -0.06)	Downgrade one level	Downgrade one level	No downgrade	No downgrade	Yes	Low
MUI vs CO	-0.41 (-0.63, -0.19)	Downgrade one level	No downgrade	No downgrade	NA	Yes	Moderate
PT vs CO	0.33 (-0.13, 0.79)	Downgrade two levels	No downgrade	No downgrade	NA	Yes	Low
EX vs MUI	,	Downgrade one level			NA NA	Yes	Low
	0.59 (-0.14, 1.33)		Downgrade one level	No downgrade		Yes	
EX vs PT	0.35 (-0.83, 1.53)	Downgrade one level	Downgrade one level	No downgrade	NA		Low
BA vs EDU	-0.29 (-0.60, 0.03)	Downgrade one level	NA NA	No downgrade	NA	Yes	Moderate
MUI vs PT	-1.53 (-2.51, -0.55)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
BA vs EX	0.04 (-0.36, 0.43)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
BA vs MBT	NA	NA	NA	NA	NA	Yes	NA
BA vs MUI	NA	NA	NA	NA	NA	Yes	NA
BA vs PT	NA	NA	NA	NA	NA	Yes	NA
BA vs TM	NA	NA	NA	NA	NA	Yes	NA
EDU vs EX	NA	NA	NA	NA	NA	Yes	NA
EDU vs MBT	NA	NA	NA	NA	NA	Yes	NA
EDU vs MUI	NA	NA	NA	NA	NA	Yes	NA
EDU vs PT	NA	NA	NA	NA	NA	Yes	NA
EDU vs TM	NA	NA	NA	NA	NA	Yes	NA
EX vs MBT	NA	NA	NA	NA	NA	Yes	NA
EX vs TM	NA	NA	NA	NA	NA	Yes	NA
MBT vs MUI	NA	NA	NA	NA	NA	Yes	NA
MBT vs PT	NA	NA	NA	NA	NA	Yes	NA
MBT vs TM	NA	NA	NA	NA	NA	Yes	NA
MUI vs TM	NA	NA	NA	NA	NA	Yes	NA
PT vs TM	NA	NA	NA	NA	NA	Yes	NA
Mental health							
vicinum incurrin							
EX vs CO	0.56 (0.01, 1.11)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low

TM vs CO	0.41 (-0.69, 1.50)	No downgrade	Downgrade one level	No downgrade	NA	Yes	Moderate
BA vs CO	0.43 (-0.29, 1.14)	No downgrade	Downgrade one level	No downgrade	NA	Yes	Moderate
MUI vs CO	0.60 (0.01, 1.19)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
PT vs CO	0.47 (0.11, 0.83)	Downgrade two levels	Downgrade one level	No downgrade	No downgrade	Yes	Very low
EX vs MUI	-0.47 (-1.31, 0.37)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
EX vs PT	0.44 (-0.19, 1.08)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
BA vs EDU	NA	NA	NA	NA	NA	Yes	NA
BA vs EX	NA	NA	NA	NA	NA	Yes	NA
BA vs MUI	NA	NA	NA	NA	NA	Yes	NA
BA vs PT	NA	NA	NA	NA	NA	Yes	NA
BA vs TM	NA	NA	NA	NA	NA	Yes	NA
EDU vs EX	NA	NA	NA	NA	NA	Yes	NA
EDU vs MUI	NA	NA	NA	NA	NA	Yes	NA
EDU vs PT	NA	NA	NA	NA	NA	Yes	NA
EDU vs TM	NA	NA	NA	NA	NA	Yes	NA
EX vs TM	NA	NA	NA	NA	NA	Yes	NA
MUI vs PT	NA	NA	NA	NA	NA	Yes	NA
MUI vs TM	NA	NA	NA	NA	NA	Yes	NA
PT vs TM	NA	NA	NA	NA	NA	Yes	NA

Appendix 8. Certainty of evidence ratings on direct evidence of different specific treatments for depression, anxiety, and mental health

Comparison	SMD 95%(CI)	Risk of bias	Inconsistency	Indirectness	Publication bias	Need to assess indirect	Preliminary rating
Depression							, <b></b>
AT vs AC	-0.12 (-0.49,0.25)	Downgrade two levels	No downgrade	No downgrade	NA	Yes	Low
CBT vs AC	0.09 (-0.34,0.51)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
EDU vs AC	-1.02 (-1.61,-0.43)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
ES vs AC	-0.42 (-1.05,0.21)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
Mass vs AC	-0.55 (-1.18,0.09)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
MBT vs AC	-1.46 (-3.03,0.11)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
ME vs AC	-0.07 (-0.45,0.32)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
MUI vs AC	0.05 (-0.23,0.32)	Downgrade one level	No downgrade	No downgrade	NA	Yes	Moderate
PI vs AC	-0.43 (-0.82,-0.05)	Downgrade one level	No downgrade	No downgrade	NA NA	Yes	Moderate
AC vs TM	-0.12 (-1.05,0.80)	Downgrade two levels	Downgrade one level	No downgrade	NA NA	Yes	Very low
Acup vs UC AT vs ME	-0.41 (-0.84,0.01)	No downgrade	No downgrade NA	No downgrade	NA NA	Yes	High Moderate
AT vs ME AT vs SE	-0.25 (-1.04,0.54) 0.47 (-0.37,1.31)	Downgrade one level  Downgrade one level	NA NA	No downgrade No downgrade	NA NA	Yes Yes	Moderate
AT vs UC	-0.58 (-1.44,0.27)	Downgrade one level	NA NA	No downgrade  No downgrade	NA NA	Yes	Moderate
CBT vs EDU	-0.38 (-1.44,0.27)	Downgrade one level	NA NA	No downgrade  No downgrade	NA NA	Yes	Moderate
CBT vs ME	0.17 (-0.23,0.57)	Downgrade two levels	NA NA	No downgrade  No downgrade	NA NA	Yes	Low
CBT vs MUI	-0.05 (-0.75,0.65)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
CBT vs PI	-0.03 (-0.47,0.41)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
CBT vs RT	0.36 (-0.39,1.11)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
CBT vs UC	-0.82 (-1.59,-0.05)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
PI vs EDU	-0.50 (-0.860.13)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
EDU vs UC	-0.08 (-0.24,0.08)	Downgrade one level	No downgrade	No downgrade	NA	Yes	Moderate
ES vs KT	-0.01 (-0.52,0.50)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
ES vs UC	0.10 (-0.27,0.46)	Downgrade one level	No downgrade	No downgrade	NA	Yes	Moderate
MUI vs KT	-0.98 (-1.88,-0.09)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
SE vs KT	0.00 (-0.83,0.82)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
Mass vs RT	-0.76 (-1.59,0.08)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
Mass vs UC	-0.54 (-1.07,0.00)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
MBT vs UC	-1.03 (-1.68,-0.37)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
MUI vs ME	-0.26 (-0.64,0.11)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
SE vs ME	-0.65 (-1.52,0.22)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
ME vs UC	-0.34 (0.72,0.04)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
Medi vs UC	-0.36 (-1.27,0.56)	No downgrade	Downgrade one level	No downgrade	NA	Yes	Moderate
RT vs MUI	-0.45 (-1.16,0.26)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
MUI vs SE	-1.17 (-2.03,-0.31)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
MUI vs UC	-0.24 (-0.52,0.04)	Downgrade two levels	Downgrade one level	No downgrade	NA	Yes	Very low
PI vs UC	-0.31 (-0.86,0.23)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
TM vs UC	0.02 (-0.65,0.70)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
AC vs Acup	NA	NA	NA	NA	NA	Yes	NA
AC vs KT	NA	NA	NA	NA	NA	Yes	NA
AC vs Medi	NA	NA	NA	NA	NA	Yes	NA
AC vs RT	NA	NA	NA	NA	NA	Yes	NA
AC vs SE	NA	NA	NA	NA	NA	Yes	NA
AC vs UC	NA	NA	NA	NA	NA	Yes	NA
Acup vs AT	NA	NA	NA	NA	NA	Yes	NA
Acup vs CBT	NA	NA	NA	NA	NA	Yes	NA
Acup vs EDU	NA	NA	NA	NA	NA	Yes	NA
Acup vs ES	NA	NA	NA	NA	NA	Yes	NA
Acup vs KT	NA	NA	NA	NA	NA	Yes	NA
Acup vs Mass	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
Acup vs MBT	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
Acup vs Medi	NA NA	NA NA	NA NA	NA NA	NA NA	Yes Yes	NA NA
Acup vs Medi Acup vs MUI	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
•		NA NA	NA NA	NA NA		Yes	
Acup vs PI Acup vs RT	NA NA	NA NA	NA NA	NA NA	NA NA	Yes Yes	NA NA
Acup vs R1 Acup vs SE	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
Acup vs SE Acup vs TM	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
ACup vs TWI AT vs CBT	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
AT vs EDU	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
AT vs EDO	NA NA	NA NA	NA NA	NA NA	NA NA	Yes	NA NA
MI VO EO	11/1	IVA	11/1	1.41	INA	103	11/1

AT vs KT	NA	NA	NA	NA	NA	Yes	NA
AT vs Mass	NA	NA	NA	NA	NA	Yes	NA
AT vs MBT	NA	NA	NA	NA	NA	Yes	NA
AT vs Medi	NA	NA	NA	NA	NA	Yes	NA
AT vs MUI	NA	NA	NA	NA	NA	Yes	NA
AT vs PI	NA	NA	NA	NA	NA	Yes	NA
AT vs RT	NA	NA	NA	NA	NA	Yes	NA
AT vs TM	NA	NA	NA	NA	NA	Yes	NA
CBT vs ES	NA	NA	NA	NA	NA	Yes	NA
CBT vs KT	NA	NA	NA	NA	NA	Yes	NA
CBT vs Mass	NA	NA	NA	NA	NA	Yes	NA
CBT vs MBT	NA	NA	NA	NA	NA	Yes	NA
CBT vs Medi	NA	NA	NA	NA	NA	Yes	NA
CBT vs SE	NA	NA	NA	NA	NA	Yes	NA
CBT vs TM	NA	NA	NA	NA	NA	Yes	NA
EDU vs ES	NA	NA	NA	NA	NA	Yes	NA
EDU vs KT	NA	NA	NA	NA	NA	Yes	NA
EDU vs Mass	NA	NA	NA	NA	NA	Yes	NA
EDU vs MBT	NA	NA	NA	NA	NA	Yes	NA
EDU vs ME	NA	NA	NA	NA	NA	Yes	NA
EDU vs Medi	NA	NA	NA	NA	NA	Yes	NA
EDU vs MUI	NA	NA	NA	NA	NA	Yes	NA
EDU vs RT	NA	NA	NA	NA	NA	Yes	NA
EDU vs SE	NA	NA	NA	NA	NA	Yes	NA
EDU vs TM	NA	NA	NA	NA	NA	Yes	NA
ES vs Mass	NA	NA	NA	NA	NA	Yes	NA
ES vs MBT	NA	NA	NA	NA	NA	Yes	NA
ES vs ME	NA	NA	NA	NA	NA	Yes	NA
ES vs Medi	NA	NA	NA	NA	NA	Yes	NA
ES vs MUI	NA	NA	NA	NA	NA	Yes	NA
ES vs PI	NA	NA	NA	NA	NA	Yes	NA
ES vs RT	NA	NA	NA	NA	NA	Yes	NA
ES vs SE	NA	NA	NA	NA	NA	Yes	NA
ES vs TM	NA	NA	NA	NA	NA	Yes	NA
KT vs Mass	NA	NA	NA	NA	NA	Yes	NA
KT vs MBT	NA	NA	NA	NA	NA	Yes	NA
KT vs ME	NA	NA	NA	NA	NA	Yes	NA
KT vs Medi	NA	NA	NA	NA	NA	Yes	NA
KT vs PI	NA	NA	NA	NA	NA	Yes	NA
KT vs RT	NA	NA	NA	NA	NA	Yes	NA
KT vs TM	NA	NA	NA	NA	NA	Yes	NA
KT vs UC	NA	NA	NA	NA	NA	Yes	NA
Mass vs MBT	NA	NA	NA	NA	NA	Yes	NA
Mass vs ME	NA	NA	NA	NA	NA	Yes	NA
Mass vs Medi	NA	NA	NA	NA	NA	Yes	NA
Mass vs MUI	NA	NA	NA	NA	NA	Yes	NA
Mass vs PI	NA	NA	NA	NA	NA	Yes	NA
Mass vs SE	NA	NA	NA	NA	NA	Yes	NA
Mass vs TM	NA	NA	NA	NA	NA	Yes	NA
MBT vs ME	NA	NA	NA	NA	NA	Yes	NA
MBT vs Medi	NA	NA	NA	NA	NA	Yes	NA
MBT vs MUI	NA	NA	NA	NA	NA	Yes	NA
MBT vs PI	NA	NA	NA	NA	NA	Yes	NA
MBT vs RT							NA
	NA	NA	NA	NA	NA	Yes	
MBT vs SE	NA	NA	NA	NA	NA	Yes	NA
MBT vs TM	NA	NA	NA	NA	NA	Yes	NA
ME vs Medi	NA	NA	NA	NA	NA	Yes	NA
ME vs PI	NA	NA	NA	NA	NA	Yes	NA
ME vs RT	NA	NA	NA	NA	NA	Yes	NA
ME vs TM	NA	NA	NA	NA	NA	Yes	NA
Medi vs MUI	NA	NA	NA	NA	NA	Yes	NA
Medi vs PI	NA	NA	NA	NA	NA	Yes	NA
Medi vs RT	NA	NA	NA	NA	NA	Yes	NA
Medi vs SE	NA	NA	NA	NA	NA	Yes	NA
Medi vs TM	NA	NA	NA	NA	NA	Yes	NA
MUI vs PI	NA	NA	NA	NA	NA	Yes	NA
MUI vs TM	NA	NA	NA	NA	NA	Yes	NA

PI vs RT	NA	NA	NA	NA	NA	Yes	NA
PI vs SE	NA	NA	NA	NA	NA	Yes	NA
PI vs TM	NA	NA	NA	NA	NA	Yes	NA
RT vs SE	NA	NA	NA	NA	NA	Yes	NA
RT vs TM	NA	NA	NA	NA	NA	Yes	NA
RT vs UC	NA	NA	NA	NA	NA	Yes	NA
SE vs TM	NA	NA	NA	NA	NA	Yes	NA
SE vs UC	NA	NA	NA	NA	NA	Yes	NA
Anxiety							
CBT vs AC	-0.08 (-0.50,0.35)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
EDU vs AC	-0.74 (-1.31,-0.16)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
MBT vs AC	-1.34 (-1.69,-0.99)	Downgrade one level	No downgrade	No downgrade	NA	Yes	Moderate
ME vs AC	-0.12 (-0.50,0.27)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
MUI vs AC	-0.20 (-0.58,0.17)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
PI vs AC	-0.27 (-0.73,0.18)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
AC vs TM	-0.13 (-0.78,0.52)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
CBT vs EDU	-0.20 (-0.56,0.17)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
CBT vs ME	0.04 (-0.36,0.43)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
CBT vs PI	0.19 (-0.14,0.51)	Downgrade one level	No downgrade	No downgrade	NA	Yes	Moderate
CBT vs UC	-1.38 (-3.32,0.56)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
PI vs EDU	-0.38 (-0.74,-0.02)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
EDU vs UC	-0.46 (-1.24,0.32)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
ES vs KT	0.05 (-0.47,0.56)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
UC vs ES	-0.19 (-1.05,0.67)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
MUI vs KT	-1.53 (-2.51,-0.55)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
MBT vs UC	-1.33 (-2.13,-0.53)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
MUI vs ME	-0.31 (-0.68,0.06)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
ME vs UC	-1.33 (-2.13,-0.53)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
Medi vs UC	-0.41 (-1.43,0.61)	No downgrade	Downgrade one level	No downgrade	NA	Yes	Moderate
MUI vs UC	-0.51 (-0.78,-0.24)	Downgrade one level	No downgrade	No downgrade	NA	Yes	Moderate
PI vs UC	0.00 (-0.54,0.54)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
TM vs UC	-0.20 (-0.88,0.47)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
AC vs ES	NA	NA	NA	NA	NA	Yes	NA
AC vs KT	NA	NA	NA	NA	NA	Yes	NA
AC vs Medi	NA	NA	NA	NA	NA	Yes	NA
AC vs UC	NA	NA	NA	NA	NA	Yes	NA
CBT vs ES	NA	NA	NA	NA	NA	Yes	NA
CBT vs KT	NA	NA	NA	NA	NA	Yes	NA
CBT vs MBT	NA	NA	NA	NA	NA	Yes	NA
CBT vs Medi	NA	NA	NA	NA	NA	Yes	NA
CBT vs MUI	NA	NA	NA	NA	NA	Yes	NA
CBT vs TM	NA	NA	NA	NA	NA	Yes	NA
EDU vs ES	NA	NA	NA	NA	NA	Yes	NA
EDU vs KT	NA	NA	NA	NA	NA	Yes	NA
EDU vs MBT	NA	NA	NA	NA	NA	Yes	NA
EDU vs ME	NA	NA	NA	NA	NA	Yes	NA
EDU vs Medi	NA	NA	NA	NA	NA	Yes	NA
EDU vs MUI	NA	NA	NA	NA	NA	Yes	NA
EDU vs TM	NA	NA	NA	NA	NA	Yes	NA
ES vs MBT	NA	NA	NA	NA	NA	Yes	NA
ES vs ME	NA	NA	NA	NA	NA	Yes	NA
ES vs Medi	NA	NA	NA	NA	NA	Yes	NA
ES vs MUI	NA	NA	NA	NA	NA	Yes	NA
ES vs PI	NA	NA	NA	NA	NA	Yes	NA
ES vs TM	NA	NA	NA	NA	NA	Yes	NA
KT vs MBT	NA	NA	NA	NA	NA	Yes	NA
KT vs ME	NA	NA	NA	NA	NA	Yes	NA
KT vs Medi	NA	NA	NA	NA	NA	Yes	NA
KT vs PI	NA	NA	NA	NA	NA	Yes	NA
KT vs TM	NA	NA	NA	NA	NA	Yes	NA
KT vs UC	NA	NA	NA	NA	NA	Yes	NA
MBT vs ME	NA	NA	NA	NA	NA	Yes	NA
MBT vs Medi	NA	NA	NA	NA	NA	Yes	NA
MBT vs MUI	NA	NA	NA	NA	NA	Yes	NA
MBT vs PI	NA	NA	NA	NA	NA	Yes	NA
MBT vs TM	NA	NA	NA	NA	NA	Yes	NA
ME vs Medi	NA	NA	NA	NA	NA	Yes	NA

ME vs PI	NA	NA	NA	NA	NA	Yes	NA
ME vs TM	NA	NA	NA	NA	NA	Yes	NA
Medi vs MUI	NA	NA	NA	NA	NA	Yes	NA
Medi vs PI	NA	NA	NA	NA	NA	Yes	NA
Medi vs TM	NA	NA	NA	NA	NA	Yes	NA
MUI vs PI	NA	NA	NA	NA	NA	Yes	NA
MUI vs TM	NA	NA	NA	NA	NA	Yes	NA
PI vs TM	NA	NA	NA	NA	NA	Yes	NA
Mental health							
AT vs AC	1.03 (0.03,2.02)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
EDU vs AC	0.57 (-0.01,1.14)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
TM vs AC	0.59 (-1.05,2.23)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
MUI vs AT	0.02 (-0.54,0.58)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
AT vs UC	-0.04 (-0.61,0.53)	Downgrade two levels	NA	No downgrade	NA	Yes	Low
EDU vs UC	0.24 (-0.26,0.73)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
Medi vs UC	0.43 (-0.29,1.14)	No downgrade	Downgrade one level	No downgrade	NA	Yes	Moderate
MUI vs UC	0.60 (0.01,1.19)	Downgrade one level	Downgrade one level	No downgrade	NA	Yes	Low
TM vs UC	0.02 (-0.66, 0.69)	Downgrade one level	NA	No downgrade	NA	Yes	Moderate
AC vs Medi	NA	NA	NA	NA	NA	Yes	NA
AC vs MUI	NA	NA	NA	NA	NA	Yes	NA
AC vs UC	NA	NA	NA	NA	NA	Yes	NA
AT vs EDU	NA	NA	NA	NA	NA	Yes	NA
AT vs Medi	NA	NA	NA	NA	NA	Yes	NA
AT vs TM	NA	NA	NA	NA	NA	Yes	NA
EDU vs Medi	NA	NA	NA	NA	NA	Yes	NA
EDU vs MUI	NA	NA	NA	NA	NA	Yes	NA
EDU vs TM	NA	NA	NA	NA	NA	Yes	NA
Medi vs MUI	NA	NA	NA	NA	NA	Yes	NA
Medi vs TM	NA	NA	NA	NA	NA	Yes	NA
MUI vs TM	NA	NA	NA	NA	NA	Yes	NA

Appendix 9. Certainty of evidence ratings on indirect and network evidence of different categories of interventions for depression

Comparison	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
			Mixed evider	ice			
BA vs CO	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low
BA vs EDU	No concerns	Some concerns	No concerns	Some concerns	No concerns	No concerns	Low
BA vs EX	Major concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
BA vs MUI	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
CO vs EDU	Major concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very low
CO vs EX	Major concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very low
CO vs MBT	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
CO vs MUI	Major concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very low
CO vs PT	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low
CO vs TM	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EX vs MUI	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EX vs PT	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
MUI vs PT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	Some concerns	Very low
			Indirect evide	ence			
BA vs MBT	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
BA vs PT	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very low
BA vs TM	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
EDU vs EX	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs MBT	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
EDU vs MUI	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs PT	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EX vs MBT	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
EX vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
MBT vs MUI	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
MBT vs PT	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
MBT vs TM	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low
MUI vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
PT vs TM	Some concerns	Some concerns	No concerns	Some concerns	No concerns	No concerns	Very low

Appendix 10. Certainty of evidence ratings on indirect and network evidence of different categories of interventions for anxiety

Comparison	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
			Mixed evide	nce			
BA vs CO	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low
BA vs EDU	No concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
BA vs EX	Major concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
CO vs EDU	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low
CO vs EX	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
CO vs MBT	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
CO vs MUI	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low
CO vs PT	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
CO vs TM	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EX vs MUI	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low
EX vs PT	Some concerns	Low risk	No concerns	Major concerns	No concerns	Some concerns	Very low
MUI vs PT	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
			Indirect evide	ence			
BA vs MBT	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
BA vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
BA vs PT	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
BA vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs EX	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs MBT	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
EDU vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs PT	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
EDU vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EX vs MBT	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
EX vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
MBT vs MUI	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
MBT vs PT	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low
MBT vs TM	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low
MUI vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
PT vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low

Appendix 11. Certainty of evidence ratings on indirect and network evidence of different categories of interventions for mental health

Comparison	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating				
			Mixed evide	ence							
BA vs CO	Some concerns	Low risk	No concerns Major concerns		No concerns	No concerns	Very low				
CO vs EDU	Major concerns	Low risk No concern		Major concerns	No concerns	No concerns	Very low				
CO vs EX	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low				
CO vs MUI	No concerns	Low risk	No concerns	No concerns	Major concerns	Some concerns	Very low				
CO vs PT	Major concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low				
CO vs TM	CO vs TM Some concerns		No concerns	Major concerns	No concerns	No concerns	Very low				
EX vs MUI	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low				
EX vs PT	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
Indirect evidence											
BA vs EDU	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
BA vs EX	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
BA vs MUI	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
BA vs PT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
BA vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
EDU vs EX	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low				
EDU vs MUI	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low				
EDU vs PT	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low				
EDU vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
EX vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
MUI vs PT	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low				
MUI vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				
PT vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low				

Appendix 12. Certainty of evidence ratings on indirect and network evidence of different specific treatments for depression

Comparison	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	
AC vs AT	Major concerns	Low risk	Mixed evide  No concerns	Major concerns	No concerns	No concerns	Very lov	
AC vs CBT	Major concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very lov	
AC vs EDU	Some concerns	Some concerns	No concerns	Major concerns	No concerns	Some concerns	Very lov	
AC vs ES	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov	
AC vs MBT	Some concerns	Low risk	No concerns	Low risk	No concerns	No concerns	Low	
AC vs ME	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov	
AC vs MUI	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very lov	
AC vs Mass	Some concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very lov	
AC vs PI	No concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Low	
AC vs TM	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lov	
AT vs ME	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov	
AT vs SE	Some concerns	Some concerns	Some concerns	Major concerns	No concerns	No concerns	Very lov	
AT vs UC	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov	
Acup vs UC	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	
CBT vs EDU	No concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov	
CBT vs ME	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov	
CBT vs MUI	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
CBT vs PI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
CBT vs RT	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
CBT vs UC	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very lo	
EDU vs PI	No concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
EDU vs UC	Major concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very lo	
ES vs KT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
ES vs UC	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
KT vs MUI	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
KT vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
MBT vs UC	Some concerns	Low risk	No concerns	Low risk	No concerns	No concerns	Low	
ME vs MUI	No concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
ME vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
ME vs UC	No concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
MUI vs RT	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
MUI vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	Some concerns	Very lo	
MUI vs UC	Major concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very lo	
Mass vs RT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
Mass vs UC	Some concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very lo	
Medi vs UC	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
PI vs UC	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very lo	
TM vs UC	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
1111 15 00	Some concerns	Some concerns	Indirect evide		T (O CONCERNS	Tvo concerns	very io	
AC vs Acup	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AC vs KT	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AC vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AC vs RT	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AC vs SE	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AC vs UC	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
Acup vs AT	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AT vs CBT	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AT vs EDU	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AT vs ES	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AT vs KT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo	
AT vs MBT	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low	
AT vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AT vs Mass	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AT vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lo	
AT vs Medi AT vs PI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns No concerns	Very lo	
AT vs PT AT vs RT	Some concerns		No concerns No concerns	•	No concerns No concerns	No concerns No concerns	-	
AT vs TM		Some concerns Low risk		Major concerns	No concerns No concerns	No concerns No concerns	Very lo	
	Some concerns	Low risk Low risk	No concerns	Major concerns		No concerns No concerns	Very lo	
Acup vs CBT	Some concerns		No concerns	Major concerns	No concerns	No concerns No concerns	Very lovery lovery lovery	
-	C					1210 00100011100	ALOUAT LOS	
Acup vs EDU Acup vs ES	Some concerns	Low risk Low risk	No concerns No concerns	Major concerns Major concerns	No concerns No concerns	No concerns	Very lov	

Acup vs MBT Acup vs ME	~	÷	3.7		~	3.7	** 1
Aciin vs MH	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very low
•	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low
Acup vs MUI	No concerns	Low risk Low risk	No concerns	Major concerns	No concerns	No concerns	Low
Acup vs Mass	Some concerns	Low risk	No concerns No concerns	Major concerns  Major concerns	No concerns	No concerns No concerns	Very low
Acup vs Medi Acup vs PI	Some concerns Some concerns	Low risk	No concerns	Major concerns	No concerns No concerns	No concerns	Very low Very low
Acup vs FT Acup vs RT	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
Acup vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
Acup vs TM	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
CBT vs ES	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
CBT vs KT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
CBT vs MBT	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low
CBT vs Mass	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
CBT vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
CBT vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
CBT vs TM	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very low
EDU vs ES	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs KT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs MBT	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
EDU vs ME	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs MUI	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs Mass	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs RT	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs TM	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
ES vs MBT	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate
ES vs ME	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
ES vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
ES vs Mass	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very low
ES vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
ES vs PI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
ES vs RT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
ES vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
ES vs TM	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
KT vs MBT	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low
KT vs ME	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
KT vs Mass	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
KT vs Medi	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
KT vs PI	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
KT vs RT	Some concerns	Some concerns	No concerns	3.6.1			
KT vs TM			1 to concerns	Major concerns	No concerns	No concerns	Very low
	Some concerns	Some concerns	No concerns	Major concerns  Major concerns	No concerns No concerns	No concerns No concerns	•
KT vs UC	Some concerns						Very low
KT vs UC MBT vs ME		Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low Very low
	Some concerns	Some concerns Some concerns	No concerns	Major concerns Major concerns	No concerns	No concerns	Very low Very low Very low
MBT vs ME	Some concerns	Some concerns Some concerns Low risk	No concerns No concerns No concerns	Major concerns Major concerns No concerns	No concerns No concerns	No concerns No concerns No concerns	Very low Very low Very low Moderate
MBT vs ME MBT vs MUI	Some concerns Some concerns	Some concerns Some concerns Low risk Low risk	No concerns No concerns No concerns No concerns	Major concerns Major concerns No concerns No concerns	No concerns No concerns No concerns Some concerns	No concerns No concerns No concerns No concerns	Very low Very low Very low Moderate Low
MBT vs ME MBT vs MUI Mass vs MBT	Some concerns Some concerns Some concerns	Some concerns Some concerns Low risk Low risk Low risk	No concerns No concerns No concerns No concerns No concerns	Major concerns Major concerns No concerns No concerns Major concerns	No concerns No concerns Some concerns No concerns	No concerns No concerns No concerns No concerns No concerns	Very low Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi	Some concerns Some concerns Some concerns Some concerns	Some concerns Some concerns Low risk Low risk Low risk Low risk	No concerns No concerns No concerns No concerns No concerns No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns	No concerns No concerns Some concerns No concerns Major concerns	No concerns No concerns No concerns No concerns No concerns No concerns	Very low Very low Moderate Low Very low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI	Some concerns Some concerns Some concerns Some concerns Some concerns	Some concerns Some concerns Low risk Low risk Low risk Low risk Low risk	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns	No concerns No concerns Some concerns No concerns Major concerns Major concerns	No concerns	Very low Very low Moderate Low Very low Very low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT	Some concerns Some concerns Some concerns Some concerns Some concerns Some concerns	Some concerns Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns Some concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns	No concerns	Very low Very low Moderate Low Very low Very low Very low Very low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE	Some concerns	Some concerns Some concerns Low risk Low risk Low risk Low risk Some concerns	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns No concerns Some concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns	No concerns	Very low Very low Moderate Low Very low Very low Very low Very low Very low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM	Some concerns	Some concerns Some concerns Low risk Low risk Low risk Low risk Some concerns Some concerns Low risk	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns Some concerns No concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns	No concerns	Very low Very low Moderate Low Very low Very low Very low Very low Very low Very low Moderate
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME	Some concerns	Some concerns Some concerns Low risk Low risk Low risk Low risk Some concerns Low risk Low risk	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns Some concerns No concerns No concerns Mo concerns Mo concerns	No concerns No concerns No concerns Some concerns No concerns Major concerns Major concerns Some concerns Some concerns No concerns No concerns	No concerns	Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi	Some concerns	Some concerns Some concerns Low risk Low risk Low risk Low risk Some concerns Some concerns Low risk Low risk Low risk	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns Some concerns No concerns No concerns Major concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns No concerns No concerns	No concerns	Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs RT	Some concerns Major concerns Major concerns Some concerns	Some concerns Some concerns Low risk Low risk Low risk Low risk Some concerns Low risk	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns No concerns No concerns No concerns Major concerns Major concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns No concerns No concerns No concerns No concerns No concerns	No concerns	Very low Very low Moderate Low Very low Very low Very low Very low Very low Moderate Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs RT ME vs RT	Some concerns Major concerns Major concerns Some concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Low risk	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns Some concerns No concerns No concerns Major concerns Major concerns Major concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low Very low Very low Very low Very low Very low Moderate Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs TM Mass vs MUI Medi vs MUI	Some concerns Major concerns Major concerns Some concerns Some concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Low risk	No concerns	Major concerns Major concerns No concerns No concerns Major concerns No concerns No concerns No concerns No concerns No concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low Very low Very low Very low Very low Moderate Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs RT ME vs TM Mass vs MUI Medi vs MUI MUI vs PI	Some concerns Major concerns Major concerns Some concerns Some concerns Major concerns Some concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Low risk	No concerns	Major concerns Major concerns No concerns No concerns No concerns No concerns No concerns Some concerns No concerns No concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs RT ME vs TM Mass vs MUI Medi vs MUI MUI vs PI MUI vs TM	Some concerns Major concerns Major concerns Some concerns Some concerns Some concerns Some concerns Some concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Some concerns Low risk	No concerns	Major concerns Major concerns No concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low Very low Very low Very low Very low Moderate Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs RT ME vs TM Mass vs MUI Medi vs MUI MUI vs PI MUI vs TM Mass vs Medi	Some concerns Major concerns Major concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Low risk	No concerns	Major concerns Major concerns No concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs TM Mass vs MUI Medi vs MUI MUI vs PI MUI vs TM Mass vs Medi Mass vs Medi Mass vs Medi Mass vs Medi	Some concerns Major concerns Major concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Some concerns Low risk	No concerns	Major concerns Major concerns No concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs TM Mass vs MUI Medi vs MUI MUI vs PI MUI vs TM Mass vs Medi Mass vs Medi Mass vs Medi Mass vs ME	Some concerns Major concerns Major concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Low risk	No concerns	Major concerns Major concerns No concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs TM Mass vs MUI Medi vs MUI MUI vs PI MUI vs TM Mass vs Medi Mass vs Medi Mass vs Medi Mass vs Medi Mass vs SE Mass vs TM	Some concerns Major concerns Major concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Some concerns Low risk	No concerns	Major concerns Major concerns No concerns Major concerns Some concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs TM Mass vs MUI Medi vs MUI MUI vs PI MUI vs TM Mass vs Medi Mass vs Medi Mass vs Medi Mass vs FI MUI vs TM Mass vs Medi Mass vs PI	Some concerns Major concerns Major concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Low risk	No concerns	Major concerns Major concerns No concerns Major concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Major concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low
MBT vs ME MBT vs MUI Mass vs MBT MBT vs Medi MBT vs PI MBT vs RT MBT vs SE MBT vs TM Mass vs ME ME vs Medi ME vs PI ME vs RT ME vs TM Mass vs MUI Medi vs MUI MUI vs PI MUI vs TM Mass vs Medi Mass vs Medi Mass vs Medi Mass vs Medi Mass vs SE Mass vs TM	Some concerns Major concerns Major concerns Some concerns	Some concerns Low risk Low risk Low risk Low risk Low risk Some concerns Some concerns Low risk	No concerns	Major concerns Major concerns No concerns Major concerns Some concerns	No concerns No concerns No concerns Some concerns Major concerns Major concerns Some concerns Some concerns No concerns	No concerns	Very low Very low Moderate Low Very low

Medi vs TM	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
PI vs RT	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
PI vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
PI vs TM	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
RT vs SE	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
RT vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
RT vs UC	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
SE vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
SE vs UC	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low

Appendix 13. Certainty of evidence ratings on indirect and network evidence of different specific treatments for anxiety

Comparison	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
A.C. ave. CDT	Maianaanaanaa	C	Mixed evid		C	N	V1
AC vs CBT AC vs EDU	Major concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
AC vs EDU AC vs MBT	Some concerns	Some concerns Low risk	No concerns	Major concerns	No concerns	No concerns	Very low Moderate
AC vs ME	Some concerns Major concerns	Some concerns	No concerns No concerns	No concerns Major concerns	No concerns No concerns	No concerns No concerns	Very low
AC vs MUI	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
AC vs MOI AC vs PI		Some concerns				No concerns  No concerns	•
	No concerns		No concerns	Some concerns	Some concerns		Very lov
AC vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
CBT vs EDU	No concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
CBT vs ME	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
CBT vs PI	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low
CBT vs UC	Some concerns	Low risk	No concerns	No concerns	Major concerns	Major concerns	Very lov
EDU vs PI	No concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
EDU vs UC	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very lov
ES vs KT	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
ES vs UC	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
KT vs MUI	Some concerns	Some concerns	No concerns	No concerns	Some concerns	No concerns	Very lov
MBT vs UC	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low
ME vs MUI	No concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
ME vs UC	No concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very lov
MUI vs UC	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very lov
Medi vs UC	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very lov
PI vs UC	Some concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very lov
TM vs UC	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
			Indirect evic	lence			
AC vs ES	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
AC vs KT	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very lov
AC vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lov
AC vs UC	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lov
CBT vs ES	Some concerns	Some concerns	No concerns	No concerns	Some concerns	No concerns	Very lov
CBT vs KT	Some concerns	Some concerns	No concerns	No concerns	Some concerns	No concerns	Very lov
CBT vs MBT	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
CBT vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lov
CBT vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lov
CBT vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
EDU vs ES	Some concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very lo
EDU vs KT	Some concerns	Some concerns	No concerns	No concerns	Some concerns	No concerns	Very lo
EDU vs MBT	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
EDU vs ME	No concerns	Low risk			No concerns	No concerns	Low
			No concerns	Major concerns			
EDU vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lov
EDU vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lov
EDU vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
ES vs MBT	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low
ES vs ME	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very lov
ES vs MUI	Some concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very lov
ES vs Medi	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very lov
ES vs PI	Some concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very lov
ES vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
KT vs MBT	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low
KT vs ME	Some concerns	Some concerns	No concerns	No concerns	Major concerns	No concerns	Very lov
KT vs Medi	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very lo
KT vs PI	Some concerns	Some concerns	No concerns	No concerns	Some concerns	No concerns	Very lo
KT vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lo
KT vs UC	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very lov
MBT vs ME	No concerns	Low risk	No concerns	No concerns	No concerns	No concerns	High
MBT vs MUI	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
MBT vs Medi	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
MBT vs PI	Some concerns	Low risk	No concerns	No concerns	Some concerns	No concerns	Low
MBT vs TM	Some concerns	Some concerns	No concerns	No concerns	No concerns	No concerns	Low
ME vs Medi	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very lov
ME vs PI	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low
ME VS PI							

Medi vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
MUI vs PI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
MUI vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
Medi vs PI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
Medi vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
PI vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low

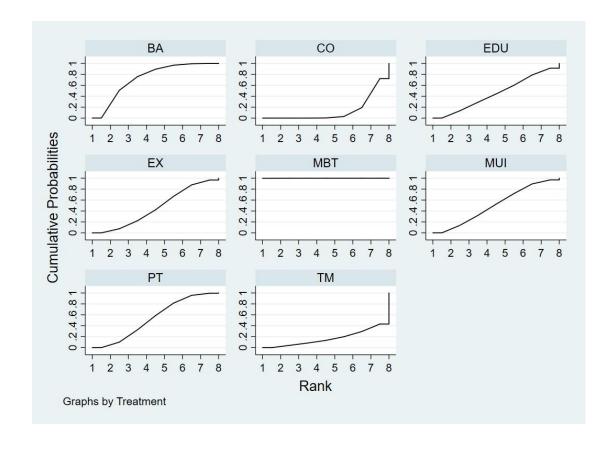
Appendix 14. Certainty of evidence ratings on indirect and network evidence of different specific treatments for mental health

Comparison	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
			Mixed eviden	ce			
AC vs AT	No concerns	Low risk	No concerns	No concerns No concerns		No concerns	Low
AC vs EDU	Major concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
AC vs TM	Some concerns	Low risk	No concerns	Some concerns	Some concerns	No concerns	Very low
AT vs MUI	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
AT vs UC	Major concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs UC	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
MUI vs UC	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low
Medi vs UC	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
TM vs UC	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
			Indirect evide	nce			
AC vs MUI	Major concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low
AC vs Medi	Some concerns	Some concerns	No concerns	Some concerns	Some concerns	No concerns	Very low
AC vs UC	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
AT vs EDU	Major concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
AT vs Medi	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
AT vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs Medi	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
EDU vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
Medi vs MUI	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low
MUI vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low
Medi vs TM	Some concerns	Some concerns	No concerns	Major concerns	No concerns	No concerns	Very low

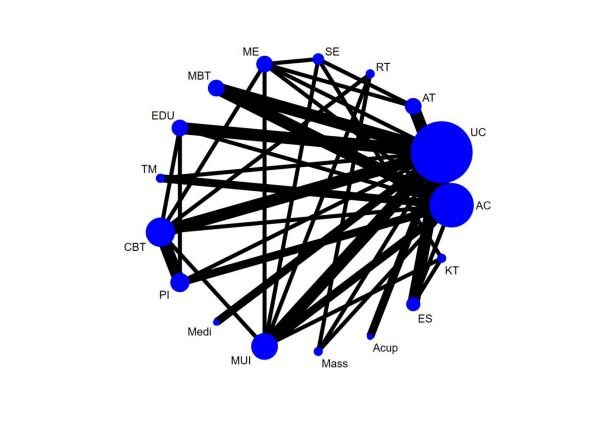
Appendix 15. Pooled standardized mean difference and heterogeneity for each direct comparison of different categories of interventions for depression

Comparison	Number	Number of	(Pooled) SMD (95%	I square	P value
	of RCTs	participants	CI)	(%)	
EX vs CO	7	412	-0.21 (-0.40, -0.01)	0	0.040
MBT vs CO	6	321	-1.28 (-2.11, -0.44)	90	0.003
EDU vs CO	4	649	-0.24 (-0.61, 0.13)	71	0.200
TM vs CO	3	131	0.08 (-0.48, 0.63)	59	0.790
BA vs CO	9	645	-0.42 (-0.73, -0.12)	71	0.007
MUI vs CO	5	636	-0.13 (-0.29, 0.02)	47	0.100
PT vs CO	16	785	-0.25 (-0.39, -0.10)	35	< 0.001
BA vs EDU	1	180	-0.39 (-0.71, -0.07)	NA	NA
BA vs EX	1	28	0.36 (-0.39, 1.11)	NA	NA
EX vs MUI	2	57	0.34 (-1.25, 1.93)	88	0.670
EX vs PT	4	123	0.13 (-0.47, 0.74)	63	0.660
MUI vs PT	1	22	-0.98 (-1.88, -0.09)	NA	NA
BA vs MUI	1	32	-0.05 (-0.75, 0.65)	NA	NA

Appendix 16 . Comparative effectiveness of different categories of interventions: surface under the cumulative ranking curves (SUCRA) for depression



Appendix 17. Network plot of subgroup comparisons in the network meta-analysis of specific treatments for depression. Nodes' sizes and line widths represent the number of randomized patients and controlled trials for each treatment, respectively. The size of the node corresponds to the number of patients randomized to each treatment, whereas the line width indicates the number of randomized controlled trials comparing each pair of treatments. MBT, Mind body therapy; Mass, Massage; CBT, Cognitive-behavioural treatments; PI, Psychosocial intervention; RT, Relaxation training; Acup, Acupuncture; Medi, Meditation; MUI, Multicomponent intervention; EDU, Education; AT, Aerobic training; SE, Stabilization exercise; ME, Mixed exercise training; ES, Electrical stimulation; AC, Active control; UC, Usual care; KT, Kinesiology taping; TM, Telemedicine. Interventions details are described in Appendix 3.



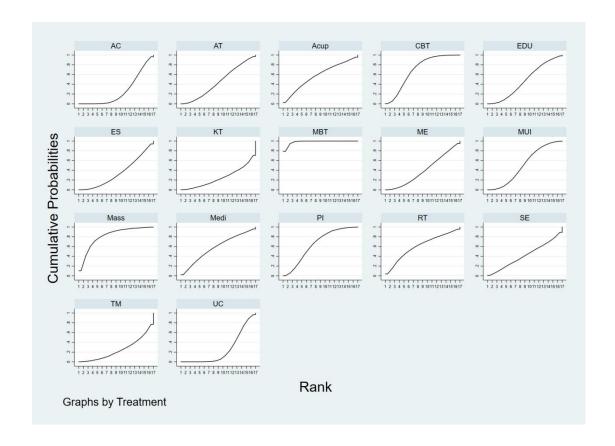
Appendix 18. Subgroup analysis of comparative effectiveness of specific treatments for depression

MBT	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	-1.46 (-3.03,0.11)	-1.03 (-1.68,-0.37)	NA	NA
-0.50 (-1.35,0.34)	Mass	NA	NA	-0.76 (-1.59,0.08)	NA	NA	NA	NA	NA	NA	NA	NA	-0.55 (-1.18,0.09)	-0.54 (-1.07,0.00)	NA	NA
-0.77 (-1.39,-0.15)	-0.27 (-1.05,0.52)	СВТ	-0.03 (-0.47,0.41)	0.36 (-0.39,1.11)	NA	NA	-0.05 (-0.75,0.65)	-0.27 (-0.64,0.09)	NA	NA	0.17 (-0.23,0.57)	NA	0.09 (-0.34,0.51)	-0.82 (-1.59,-0.05)	NA	NA
-0.82 (-1.48,-0.16)	-0.31 (-1.14,0.52)	-0.05 (-0.53,0.44)	PI	NA	NA	NA	NA	-0.50 (-0.860.13)	NA	NA	NA	NA	-0.43 (-0.82,-0.05)	-0.31 (-0.86,0.23)	NA	NA
-0.81 (-1.79,0.17)	-0.30 (-1.20,0.60)	-0.04 (-0.92,0.85)	0.01 (-0.94,0.96)	RT	NA	NA	-0.45 (-1.16,0.26)	NA	NA	NA	NA	NA	NA	NA	NA	NA
-0.85 (-1.78,0.09)	-0.34 (-1.41,0.72)	-0.08 (-0.96,0.81)	-0.03 (-0.96,0.89)	-0.04 (-1.21,1.13)	Acup	NA	NA	NA	NA	NA	NA	NA	NA	-0.41 (-0.84,0.01)	NA	NA
-0.86 (-1.77,0.05)	-0.36 (-1.40,0.68)	-0.09 (-0.95,0.77)	-0.05 (-0.95,0.86)	-0.06 (-1.21,1.10)	-0.01 (-1.10,1.07)	Medi	NA	NA	NA	NA	NA	NA	NA	-0.36 (-1.27,0.56)	NA	NA
-0.98 (-1.59,-0.36)	-0.47 (-1.25,0.31)	-0.21 (-0.73,0.32)	-0.16 (-0.75,0.43)	-0.17 (-1.05,0.71)	-0.13 (-1.02,0.76)	-0.12 (-0.98,0.75)	MUI	NA	NA	-1.17 (-2.03,-0.31)	-0.26 (-0.64,0.11)	NA	0.05 (-0.23,0.32)	-0.24 (-0.52,0.04)	-0.98 (-1.88,-0.09)	NA
-1.01 (-1.67,-0.35)	-0.51 (-1.33,0.32)	-0.24 (-0.79,0.31)	-0.19 (-0.78,0.40)	-0.20 (-1.16,0.76)	-0.16 (-1.07,0.74)	-0.15 (-1.03,0.73)	-0.03 (-0.62,0.56)	EDU	NA	NA	NA	NA	-1.02 (-1.61,-0.43)	-0.08 (-0.24,0.08)	NA	NA
-1.04 (-1.74,-0.34)	-0.53 (-1.41,0.34)	-0.27 (-0.93,0.39)	-0.22 (-0.92,0.48)	-0.23 (-1.24,0.77)	-0.19 (-1.17,0.79)	-0.18 (-1.13,0.78)	-0.06 (-0.70,0.58)	-0.03 (-0.73,0.68)	AT	0.47 (-0.37,1.31)	-0.25 (-1.04,0.54)	NA	-0.12 (-0.49,0.25)	-0.58 (-1.44,0.27)	NA	NA
-1.09 (-2.05,-0.13)	-0.58 (-1.67,0.50)	-0.32 (-1.23,0.59)	-0.27 (-1.22,0.68)	-0.28 (-1.46,0.89)	-0.24 (-1.40,0.92)	-0.23 (-1.37,0.91)	-0.11 (-0.96,0.74)	-0.08 (-1.03,0.87)	-0.05 (-0.94,0.84)	SE	-0.65 (-1.52,0.22)	NA	NA	NA	0.00 (-0.83,0.82)	NA
-1.09 (-1.82,-0.36)	-0.59 (-1.47,0.30)	-0.32 (-0.96,0.31)	-0.28 (-0.98,0.43)	-0.29 (-1.29,0.71)	-0.24 (-1.22,0.74)	-0.23 (-1.18,0.72)	-0.11 (-0.73,0.50)	-0.08 (-0.79,0.63)	-0.05 (-0.76,0.65)	-0.00 (-0.90,0.89)	ME	NA	-0.07 (-0.45,0.32)	-0.34 (0.72,0.04)	NA	NA
-1.16 (-1.88,-0.44)	-0.66 (-1.54,0.22)	-0.39 (-1.06,0.27)	-0.35 (-1.06,0.36)	-0.36 (-1.36,0.65)	-0.31 (-1.27,0.64)	-0.30 (-1.23,0.63)	-0.19 (-0.83,0.46)	-0.15 (-0.85,0.54)	-0.12 (-0.88,0.63)	-0.07 (-1.02,0.87)	-0.07 (-0.84,0.69)	ES	-0.42 (-1.05,0.21)	0.10 (-0.27,0.46)	-0.01 (-0.52,0.50)	NA
-1.22 (-1.72,-0.72)	-0.71 (-1.44,0.01)	-0.45 (-0.92,0.02)	-0.40 (-0.91,0.10)	-0.41 (-1.30,0.48)	-0.37 (-1.24,0.50)	-0.36 (-1.20,0.49)	-0.24 (-0.69,0.21)	-0.21 (-0.74,0.32)	-0.18 (-0.71,0.35)	-0.13 (-0.99,0.73)	-0.13 (-0.72,0.47)	-0.06 (-0.66,0.55)	AC	NA	NA	-0.12 (-1.05,0.80)
-1.22 (-1.74,-0.71)	-0.72 (-1.44,0.00)	-0.45 (-0.87,-0.03)	-0.41 (-0.90,0.09)	-0.42 (-1.29,0.46)	-0.37 (-1.15,0.41)	-0.36 (-1.11,0.39)	-0.24 (-0.67,0.18)	-0.21 (-0.67,0.25)	-0.18 (-0.77,0.41)	-0.13 (-0.99,0.73)	-0.13 (-0.72,0.46)	-0.06 (-0.60,0.49)	-0.00 (-0.39,0.38)	UC	NA	-0.02 (-0.70,0.65)
-1.33 (-2.30,-0.35)	-0.82 (-1.92,0.27)	-0.56 (-1.49,0.37)	-0.51 (-1.48,0.46)	-0.52 (-1.71,0.67)	-0.48 (-1.64,0.69)	-0.47 (-1.61,0.68)	-0.35 (-1.22,0.52)	-0.32 (-1.28,0.65)	-0.29 (-1.27,0.69)	-0.24 (-1.23,0.76)	-0.24 (-1.21,0.74)	-0.16 (-0.99,0.67)	-0.11 (-1.00,0.78)	-0.11 (-0.97,0.76)	KT	NA
-1.30 (-2.10,-0.51)	-0.80 (-1.75,0.15)	-0.53 (-1.30,0.23)	-0.49 (-1.28,0.31)	-0.50 (-1.57,0.58)	-0.46 (-1.50,0.59)	-0.44 (-1.46,0.58)	-0.33 (-1.08,0.43)	-0.29 (-1.09,0.50)	-0.27 (-1.09,0.56)	-0.22 (-1.27,0.84)	-0.21 (-1.06,0.64)	-0.14 (-0.99,0.71)	-0.08 (-0.73,0.57)	-0.08 (-0.77,0.61)	0.02 (-1.05,1.10)	TM

Certainty of Evidence	High	Moderate	Low	Very Low

Notes: The league tables show the pooled outcomes of the network meta-analyses (lower diagonal) and pairwise meta-analyses (upper diagonal) for subgroup analysis of comparative effectiveness of specific treatments for depression. The relative effect sizes of each approach were measured as a standardized mean difference and 95% confidence intervals. Bold indicates statistical significance. Comparisons between treatments should be read from left to right, and the estimate is in the cell in common between the column-defining treatment and the row-defining treatment. The imprecision for the rating of Certainty of Evidence on direct evidence was not considered. (According to the GRADE, recommended "consideration of imprecision is not necessary when rating the direct and indirect estimates to inform the rating of the network estimates".) The detailed of Certainty of Evidence were presented in Appendices 8 and 12. NA, Not available; MBT, Mind body therapy; Mass, Massage; CBT, Cognitive-behavioural treatments; PI, Psychosocial intervention; RT, Relaxation training; Acup, Acupuncture; Medi, Meditation; MUI, Multicomponent intervention; EDU, Education; AT, Aerobic training; SE, Stabilization exercise; ME, Mixed exercise training; ES, Electrical stimulation; AC, Active control; UC, Usual care; KT, Kinesiology taping; TM, Telemedicine. Interventions details are described in Appendix 3.

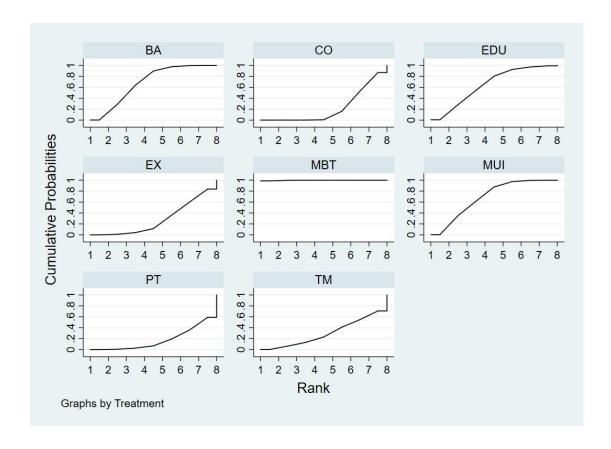
Appendix 19. Subgroup analysis of comparative effectiveness of specific treatments: surface under the cumulative ranking curves (SUCRA) for depression



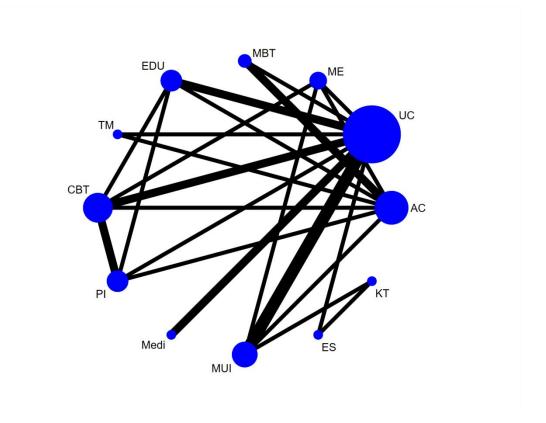
Appendix 20. Pooled standardized mean difference and heterogeneity for each direct comparison of different categories of interventions for anxiety

Comparison	Number	Number of	(Pooled) SMD (95% CI)	I square (%)	P value
	of RCTs	participants			
EX vs CO	2	216	-0.27 (-0.54, 0.00)	11	0.050
MBT vs CO	3	187	-1.34 (-1.66, -1.02)	0	< 0.001
EDU vs CO	3	205	-0.55 (-1.04, -0.06)	66	0.030
TE vs CO	2	71	-0.03 (-0.50, 0.44)	0	0.900
BA vs CO	7	499	-0.47 (-0.88, -0.06)	79	0.030
MUI vs CO	4	327	-0.41 (-0.63, -0.19)	24	< 0.001
PT vs CO	2	74	0.33 (-0.13, 0.79)	0	0.160
EX vs MUI	2	138	0.59 (-0.14, 1.33)	63	0.110
EX vs PT	2	47	0.35 (-0.83, 1.53)	74	0.560
BA vs EDU	1	180	-0.29 (-0.60, 0.03)	NA	NA
MUI vs PT	1	22	-1.53 (-2.51, -0.55)	NA	NA
BA vs EX	1	102	0.04 (-0.36, 0.43)	NA	NA

Appendix 21. Comparative effectiveness of different categories of interventions: surface under the cumulative ranking curves (SUCRA) for anxiety



Appendix 22. Network plot of subgroup comparisons in the network meta-analysis of specific treatments for anxiety. Nodes' sizes and line widths represent the number of randomized patients and controlled trials for each treatment, respectively. The size of the node corresponds to the number of patients randomized to each treatment, whereas the line width indicates the number of randomized controlled trials comparing each pair of treatments. MBT, Mind body therapy; CBT, Cognitive-behavioural treatments; PI, Psychosocial intervention; MUI, Multicomponent intervention; EDU, Education; Medi, Meditation; ME, Mixed exercise training; AC, Active control; TM, Telemedicine; UC, Usual care; ES, Electrical stimulation; KT, Kinesiology taping. Interventions details are described in Appendix 3.



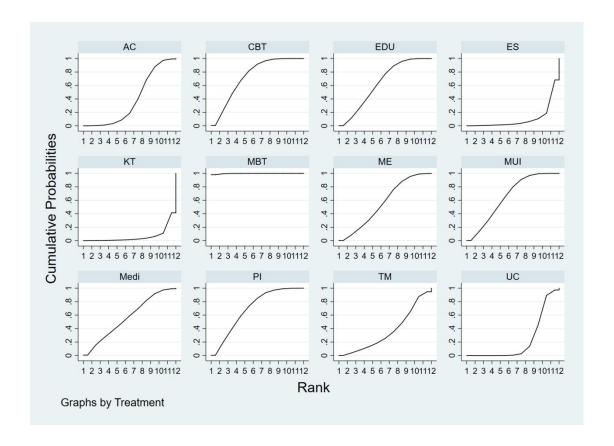
Appendix 23. Subgroup analysis of comparative effectiveness of specific treatments for anxiety

MBT	NA	NA	NA	NA	NA	NA	-1.34 (-1.69,-0.99)	NA	-1.33 (-2.13,-0.53)	NA	NA
-0.90 (-1.59,-0.21)	СВТ	0.19 (-0.14,0.51)	NA	-0.20 (-0.56,0.17)	NA	0.04 (-0.36,0.43)	-0.08 (-0.50,0.35)	NA	-1.38 (-3.32,0.56)	NA	NA
-0.95 (-1.65,-0.24)	-0.05 (-0.54,0.45)	PI	NA	-0.38 (-0.74,-0.02)	NA	NA	-0.27 (-0.73,0.18)	NA	0.00 (-0.54,0.54)	NA	NA
-1.00 (-1.69,-0.31)	-0.10 (-0.66,0.46)	-0.05 (-0.65,0.55)	MUI	NA	NA	-0.31 (-0.68,0.06)	-0.20 (-0.58,0.17)	NA	-0.51 (-0.78,-0.24)	NA	-1.53 (-2.51,-0.55)
-1.01 (-1.70,-0.31)	-0.11 (-0.62,0.41)	-0.06 (-0.60,0.48)	-0.01 (-0.58,0.57)	EDU	NA	NA	-0.74 (-1.31,-0.16)	NA	-0.46 (-1.24,0.32)	NA	NA
-1.09 (-1.97,-0.22)	-0.19 (-0.96,0.57)	-0.15 (-0.94,0.64)	-0.10 (-0.84,0.65)	-0.09 (-0.85,0.68)	Medi	NA	NA	NA	-0.41 (-1.43,0.61)	NA	NA
-1.10 (-1.84,-0.35)	-0.20 (-0.78,0.39)	-0.15 (-0.80,0.50)	-0.10 (-0.67,0.48)	-0.09 (-0.73,0.55)	-0.00 (-0.82,0.82)	ME	-0.12 (-0.50,0.27)	NA	-1.33 (-2.13,-0.53)	NA	NA
-1.30 (-1.83,-0.76)	-0.40 (-0.90,0.11)	-0.35 (-0.86,0.17)	-0.30 (-0.80,0.20)	-0.29 (-0.80,0.22)	-0.20 (-0.96,0.56)	-0.20 (-0.76,0.37)	AC	-0.13 (-0.78,0.52)	NA	NA	NA
-1.37 (-2.24,-0.51)	-0.47 (-1.27,0.33)	-0.42 (-1.24,0.39)	-0.37 (-1.16,0.42)	-0.36 (-1.16,0.44)	-0.28 (-1.22,0.67)	-0.27 (-1.12,0.57)	-0.08 (-0.79,0.64)	TM	-0.20 (-0.88,0.47)	NA	NA
-1.52 (-2.14,-0.90)	-0.62 (-1.06,-0.17)	-0.57 (-1.06,-0.08)	-0.52 (-0.94,-0.10)	-0.51 (-0.95,-0.06)	-0.42 (-1.04,0.20)	-0.42 (-0.96,0.12)	-0.22 (-0.66,0.22)	-0.15 (-0.86,0.57)	UC	-0.19 (-1.05,0.67)	NA
-2.01 (-3.09,-0.94)	-1.11 (-2.10,-0.12)	-1.07 (-2.08,-0.05)	-1.01 (-1.94,-0.09)	-1.01 (-2.00,-0.01)	-0.92 (-2.01,0.17)	-0.92 (-1.94,0.11)	-0.72 (-1.69,0.26)	-0.64 (-1.78,0.50)	-0.50 (-1.39,0.40)	ES	0.05 (-0.47,0.56)
-2.15 (-3.26,-1.05)	-1.25 (-2.29,-0.22)	-1.21 (-2.26,-0.16)	-1.16 (-2.09,-0.22)	-1.15 (-2.18,-0.11)	-1.06 (-2.19,0.07)	-1.06 (-2.11,-0.00)	-0.86 (-1.87,0.15)	-0.78 (-1.95,0.39)	-0.64 (-1.58,0.31)	-0.14 (-0.91,0.63)	KT

Certainty of Evidence High Moderate Low Very Low

Notes: The league tables show the pooled outcomes of the network meta-analyses (lower diagonal) and pairwise meta-analyses (upper diagonal) for subgroup analysis of comparative effectiveness of specific treatments for anxiety. The relative effect sizes of each approach were measured as a standardized mean difference and 95% confidence intervals. Bold indicates statistical significance. Comparisons between treatments should be read from left to right, and the estimate is in the cell in common between the column-defining treatment and the row-defining treatment. The imprecision for the rating of Certainty of Evidence on direct evidence was not considered. (According to the GRADE, recommended "consideration of imprecision is not necessary when rating the direct and indirect estimates to inform the rating of the network estimates".) The detailed of Certainty of Evidence were presented in Appendices 8 and 13. NA, Not available; MBT, Mind body therapy; CBT, Cognitive-behavioural treatments; PI, Psychosocial intervention; MUI, Multicomponent intervention; EDU, Education; Medi, Meditation; ME, Mixed exercise training; AC, Active control; TM, Telemedicine; UC, Usual care; ES, Electrical stimulation; KT, Kinesiology taping. Interventions details are described in Appendix 3.

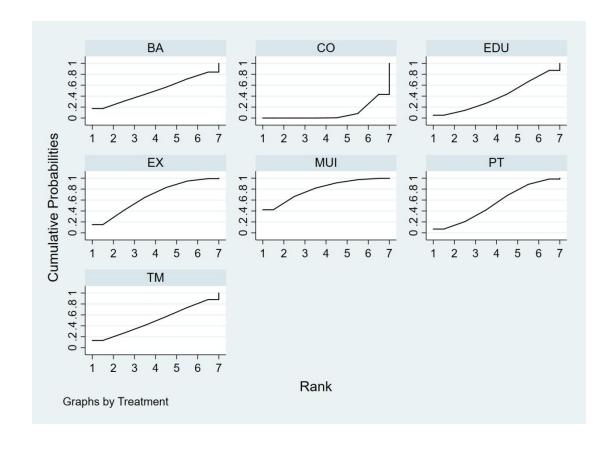
Appendix 24. Subgroup analysis of comparative effectiveness of specific treatments: surface under the cumulative ranking curves (SUCRA) for anxiety



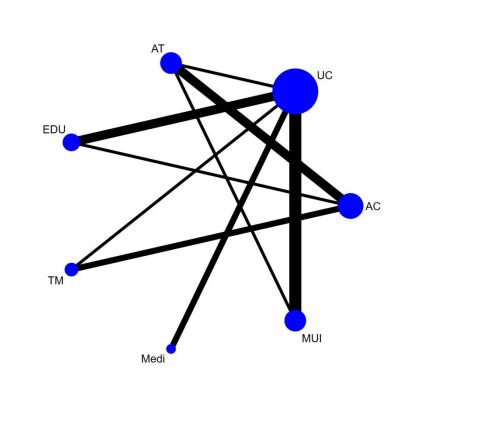
Appendix 25. Pooled standardized mean difference and heterogeneity for each direct comparison of different categories of interventions for mental health

Comparison	Number	Number of	(Pooled) SMD (95%	I square (%)	P value
	of RCTs	participants	CI)		
EX vs CO	6	327	0.56 (0.01, 1.11)	82	0.050
EDU vs CO	4	39	0.30 (-0.11, 0.71)	76	0.150
TE vs CO	3	145	0.41 (-0.69, 1.50)	90	0.470
BA vs CO	2	119	0.43 (-0.29, 1.14)	73	0.250
MUI vs CO	4	360	0.60 (0.01, 1.19)	83	0.040
PT vs CO	8	562	0.47 (0.11, 0.83)	75	0.010
EX vs MUI	2	162	-0.47 (-1.31, 0.37)	84	0.270
EX vs PT	1	39	0.44 (-0.19, 1.08)	NA	NA

Appendix 26. Comparative effectiveness of different categories of interventions: surface under the cumulative ranking curves (SUCRA) for mental health



Appendix 27. Network plot of subgroup comparisons in the network meta-analysis of specific treatments for mental health. Nodes' sizes and line widths represent the number of randomized patients and controlled trials for each treatment, respectively. The size of the node corresponds to the number of patients randomized to each treatment, whereas the line width indicates the number of randomized controlled trials comparing each pair of treatments. MUI, Multicomponent intervention; AT, Aerobic training; Medi, Meditation; EDU, Education; TM, Telemedicine; UC, Usual care; AC, Active control. Interventions details are described in Appendix 3.



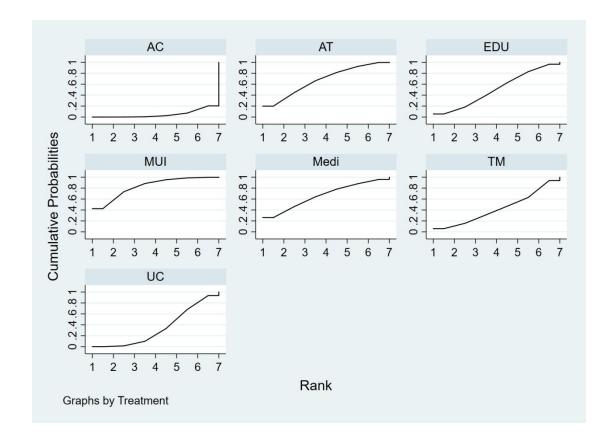
Appendix 28. Subgroup analysis of comparative effectiveness of specific treatments for mental health

MUI	0.02 (-0.54,0.58)	NA	NA	NA	0.60 (0.01,1.19)	NA
0.23 (-0.76,1.22)	AT	NA	NA	NA	-0.04 (-0.61,0.53)	1.03 (0.03,2.02)
0.22 (-0.91,1.35)	-0.01 (-1.30,1.27)	Medi	NA	NA	0.43 (-0.29,1.14)	NA
0.46 (-0.46,1.37)	0.23 (-0.78,1.23)	0.24 (-0.90,1.37)	EDU	NA	0.24 (-0.26,0.73)	0.57 (-0.01,1.14)
0.60 (-0.53,1.73)	0.37 (-0.65,1.39)	0.38 (-0.96,1.72)	0.14 (-0.93,1.22)	TM	0.02 (-0.66,0.69)	0.59 (-1.05,2.23)
0.64 (-0.02,1.30)	0.41 (-0.49,1.31)	0.42 (-0.50,1.34)	0.18 (-0.48,0.85)	0.04 (-0.94,1.02)	UC	NA
1.20 (0.19,2.22)	0.97 (0.25,1.69)	0.98 (-0.29,2.26)	0.75 (-0.18,1.67)	0.60 (-0.22,1.42)	0.56 (-0.32,1.44)	AC

Certainty of Evidence	Moderate		Low		Very Low
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Notes: The league tables show the pooled outcomes of the network meta-analyses (lower diagonal) and pairwise meta-analyses (upper diagonal) for subgroup analysis of comparative effectiveness of specific treatments for mental health. The relative effect sizes of each approach were measured as a standardized mean difference and 95% confidence intervals. Bold indicates statistical significance. Comparisons between treatments should be read from left to right, and the estimate is in the cell in common between the column-defining treatment and the row-defining treatment. The imprecision for the rating of Certainty of Evidence on direct evidence was not considered. (According to the GRADE, recommended "consideration of imprecision is not necessary when rating the direct and indirect estimates to inform the rating of the network estimates".) The detailed of Certainty of Evidence were presented in Appendices 8 and 14. NA, Not available; MUI, Multicomponent intervention; AT, Aerobic training; Medi, Meditation; EDU, Education; TM, Telemedicine; UC, Usual care; AC, Active control. Interventions details are described in Appendix 3.

Appendix 29. Subgroup analysis of comparative effectiveness of specific treatments: surface under the cumulative ranking curves (SUCRA) for mental health



Appendix 30. Evaluation of global inconsistency for different categories of interventions and specific treatments

Psychological symptoms	Chi <sup>2</sup>	P value
Different categories of interventions		
Depression	8.82	0.7183
Anxiety	9.55	0.2156
Mental health	3.36	0.4991
Subgroup analyses based on differen	t specific treatments	
Depression	8.79	0.9645
Anxiety	3.67	0.9785
Mental health	1.15	0.7649

Appendix 31. Node-splitting method in comparison between direct and indirect evidence of different categories of interventions for depression

Comparison	Direct	Effect	Indirec	t Effect	Difference		P value	tau
	Estimate	Standard	Estimate	Standard	Estimate	Standard		
		error		error		error		
CO vs. EX	-0.2238785	0.191136	-0.1912688	0.2788397	-0.0326097	0.3386809	0.923	0.4135227
CO vs. EDU	-0.2636933	0.2347405	0.0030666	0.4703508	-0.26676	0.5254906	0.612	0.4136125
CO vs. BA	-0.429138	0.1656994	-0.3291986	0.3355936	-0.0999395	0.3743801	0.790	0.4150547
CO vs. MUI	-0.1393617	0.1997302	-0.5853901	0.3465948	0.4460284	0.4001083	0.265	0.4072815
CO vs. PT	-0.2565262	0.128129	-0.2860057	0.3935137	0.0294795	0.4138499	0.943	0.4127692
EX vs. BA	0.2305791	0.3483616	-0.3952676	0.2395163	0.6258467	0.4230191	0.139	0.4008367
EX vs. MUI	-0.2213455	0.297895	0.1350992	0.2887244	-0.3564447	0.4146473	0.390	0.4077096
EX vs. PT	-0.1277523	0.2785884	0.013109	0.236638	-0.1408613	0.3657513	0.700	0.4129977
EDU vs. BA	-0.3893887	0.4440518	-0.1226291	0.2809961	-0.2667596	0.525491	0.612	0.4136127
BA vs. MUI	0.0691692	0.5454251	0.1748182	0.2397463	-0.105649	0.5959014	0.859	0.4131381
MUI vs. PT	0.9598683	0.5959836	-0.132617	0.2115876	1.092485	0.6324493	0.084	0.3951604

Appendix 32. Node-splitting method in comparison between direct and indirect evidence of different categories of interventions for anxiety

Comparison	Direct	Effect	Indirec	t Effect	Difference		P value	tau
	Estimate	Standard	Estimate	Standard	Estimate	Standard		
		error		error		error		
CO vs. EX	-0.291343	0.3004364	0.3604447	0.3758668	-0.6517877	0.4827641	0.177	0.3776345
CO vs. EDU	-0.5481524	0.2700621	-0.131147	0.4588453	-0.4170054	0.5326988	0.434	0.3907254
CO vs. BA	-0.4536069	0.1875453	-0.5610049	0.4621838	0.1073979	0.5005185	0.830	0.4078321
CO vs. MUI	-0.3967749	0.2312431	-0.9050779	0.5559385	0.508303	0.6023378	0.399	0.3971664
CO vs. PT	0.3097422	0.3674924	-0.2074823	0.4395846	0.5172245	0.5732524	0.367	0.383523
EX vs. BA	0.0356357	0.4338997	-0.7247304	0.3511723	0.760366	0.5595704	0.174	0.3841477
EX vs. MUI	-0.5369577	0.3561926	-0.3042274	0.4410474	-0.2327303	0.5633674	0.680	0.4040809
EX vs. PT	-0.3355244	0.3889144	0.7033601	0.4214818	-1.038885	0.5715559	0.069	0.3446975
EDU vs. BA	-0.2883337	0.4225842	0.1286711	0.3243312	-0.4170048	0.5326989	0.434	0.3907253
MUI vs. PT	1.31032	0.5925849	0.2750461	0.3710412	1.035274	0.6991315	0.139	0.3721446

Appendix 33. Node-splitting method in comparison between direct and indirect evidence of different categories of interventions for mental health

Comparison	Direct Effect		Indirec	Indirect Effect		Difference		tau
	Estimate	Standard	Estimate	Standard	Estimate	Standard		
		error		error		error		
CO vs. EX	0.5480893	0.2799529	1.137774	0.9171429	-0.5896843	0.9589408	0.539	0.6103202
CO vs. MUI	0.5973917	0.3164986	2.287184	0.9731859	-1.689792	1.023408	0.099	0.5557674
CO vs. PT	0.4789188	0.2376082	0.2024246	1.338763	0.2764941	1.360019	0.839	0.6103269
EX vs. MUI	0.4570806	0.4449786	-0.2984623	0.5676288	0.7555429	0.7216117	0.295	0.5808482
EX vs. PT	-0.4827968	0.6853875	-0.0155989	0.3864681	-0.4671979	0.786849	0.553	0.6040267

Appendix 34. Subgroup analysis of node-splitting method in comparison between direct and indirect evidence of specific treatments for depression

Comparison	Direct	Direct Effect		t Effect	Difference		P value	tau
	Estimate	Standard error	Estimate	Standard error	Estimate	Standard error		
AC	-0.1187627	0.3339613	-0.3101126	0.4797917	0.1913498	0.584577	0.743	0.4781059
ΑF	-0.0775088	0.5202451	-0.1533492	0.3849653	0.0758404	0.647973	0.907	0.4817116
AG	-1.366394	0.3224237	-0.9677237	0.4229854	-0.3986701	0.5312485	0.453	0.4760746
АН	-1.018301	0.541138	0.038676	0.2975878	-1.056977	0.6175669	0.087	0.4488797
ΑI	0.112371	0.399749	0.0193135	0.6257298	0.0930575	0.7425004	0.900	0.4799346
ΑJ	0.0897105	0.5150758	-0.598249	0.2720819	0.6879594	0.5824498	0.238	0.4676164
ΑK	-0.3821205	0.4008368	-0.4205949	0.3476918	0.0384745	0.5307183	0.942	0.4809887
A M	0.0548346	0.3609403	-0.4453897	0.2988508	0.5002243	0.4686132	0.286	0.4699636
AN	-0.5459869	0.5777401	-0.8401922	0.496787	0.2942054	0.7619587	0.699	0.4792416
ΑP	-0.4179627	0.5716158	0.0923597	0.3666249	-0.5103224	0.6790865	0.452	0.4736406
ВС	-0.5815219	0.645387	-0.0717042	0.3427487	-0.5098177	0.7307537	0.485	0.4742472
BF	-0.3760667	0.5152398	0.0038979	0.3789481	-0.3799646	0.6401908	0.553	0.4779912
BG	-1.037162	0.3632355	-1.43583	0.3892946	0.3986678	0.5312489	0.453	0.4760746
ВН	-0.064234	0.2974923	-0.4716911	0.3940257	0.4074571	0.4936825	0.409	0.4766075
ВІ	0.023751	0.590255	0.1168085	0.4504487	-0.0930575	0.7424992	0.900	0.4799331
ВЈ	-0.7604885	0.3193596	-0.1923802	0.2904951	-0.5681083	0.4318811	0.188	0.4726315
ВК	-0.3136883	0.5552685	-0.4328527	0.2927825	0.1191644	0.6277299	0.849	0.4807849
BL	-0.3599981	0.3831835	0.0049272	452.6905	-0.3649252	452.6907	0.999	0.4697358
ВМ	-0.2641326	0.2951732	-0.223504	0.3329853	-0.0406287	0.444907	0.927	0.4812289
BN	-0.5372583	0.5518664	-0.8686697	0.5041027	0.3314114	0.7474464	0.657	0.4790435
ВО	-0.373402	0.3985252	0.0041624	453.037	-0.3775644	453.0371	0.999	0.4697358
ВР	0.0067436	0.3399792	-0.2045961	0.5036485	0.2113397	0.6076519	0.728	0.478236
CE	-0.3932297	0.6335684	0.5210328	0.6525707	9142625	0.9054262	0.313	0.4710477
C F	0.2566499	0.6242505	-0.0485434	0.4453395	0.3051933	0.7668497	0.691	0.4777596
DЈ	0.3475354	0.6066204	-0.5194874	0.6806421	0.8670229	0.9111296	0.341	0.472892
DM	0.3897667	0.5969657	-0.1186772	0.684615	0.5084438	0.9030627	0.573	0.477009
DN	-0.7538736	0.6347555	0.2038414	0.67107	-0.9577151	0.923715	0.300	0.4706312
ΕF	0.6785635	0.6349095	-0.6743338	0.6349873	1.352897	0.8952597	0.131	0.4603151
ЕМ	-0.9525685	0.6143637	0.6494272	0.5829833	-1.601996	0.8496062	0.059	0.4492131
ΕQ	-0.0221164	0.63479	0.7238256	0.8651093	-0.7459421	1.072586	0.487	0.4756612
FJ	0.1565691	0.5105287	-0.6418802	0.418972	0.7984492	0.6613809	0.227	0.4688523
F M	-0.218787	0.5161632	-0.0518867	0.4117684	-0.1669004	0.6605774	0.801	0.4804247
НЈ	-0.2667128	0.5167824	-0.2297135	0.3428007	-0.0369993	0.6200116	0.952	0.4823375
нк	-0.5066013	0.5098171	-0.0223149	0.3783681	-0.4842865	0.634795	0.446	0.4751468
JК	0.0455167	0.3227253	0.0493795	0.4124058	-0.0038628	0.523531	0.994	0.4811065
J M	0.0433107	0.5974452	0.0493793	0.3038233	-0.1839816	0.6702738	0.784	0.4795692
M Q	0.0614462	0.5974432	-0.1978456	0.5038233	1.157536	0.8876927	0.784	0.4653671
M Q P Q	0.9396908	0.544999	0.4141067	0.6927936	-0.4039041	0.8814686	0.192	0.4775536

Appendix 35. Subgroup analysis of node-splitting method in comparison between direct and indirect evidence of specific treatments for anxiety

Comparison	Direct	Effect	Indirec	Direct Effect Indirect Effect Difference		rence	P value	tau
	Estimate	Standard error	Estimate	Standard error	Estimate	Standard error		
AC	-0.1224938	0.4320651	-0.280588	0.4381323	0.1580942	0.6163628	0.798	0.3847667
A D	-1.35642	0.3189225	-1.070323	0.6081138	-0.2860963	0.6867321	0.677	0.3737378
ΑE	-0.736011	0.4519664	-0.0776149	0.3089136	-0.6583961	0.5474497	0.229	0.3439325
AF	0.1299983	0.5003774	0.0070849	0.5668196	0.1229134	0.7560833	0.871	0.3767443
AG	-0.0795166	0.429154	-0.586788	0.3312875	0.5072713	0.5421307	0.349	0.3708672
АН	-0.273675	0.4476622	-0.3997602	0.3522271	0.1260852	0.5696186	0.825	0.3827963
ΑJ	-0.203502	0.4281667	-0.3573732	0.3461043	0.1538712	0.5505587	0.780	0.3822187
ВС	-0.4486656	0.4306896	-0.4013693	0.398868	-0.0472963	0.588028	0.936	0.3851077
B D	-1.329564	0.5549841	-1.615659	0.404467	0.2860953	0.6867321	0.677	0.3737375
BE	-0.4659063	0.3214927	-0.5731048	0.3657198	0.1071985	0.4884363	0.826	0.3861141
BF	-0.2019456	0.5105776	-0.0790327	0.5576506	-0.1229129	0.7560844	0.871	0.3767452
BG	-1.042815	0.3623172	-0.2929674	0.3041754	-0.749848	0.4768134	0.116	0.370314
ВН	4.82e-09	0.4302436	-0.8156992	0.2880296	0.8156992	0.5177554	0.115	0.3300911
ВІ	-0.4219795	0.3159586	-0.4498736	438.4633	0.0278941	438.4634	1.000	0.3547302
ВЈ	-0.4713069	0.2647804	-0.6514341	0.4431331	0.1801272	0.5169522	0.728	0.3834386
ВК	0.1881408	0.5652564	1.097152	0.789656	-0.9090115	0.9711186	0.349	0.3570957
C G	0.0333105	0.4275759	-0.4653245	0.4548861	0.498635	0.6256702	0.425	0.3769553
СЈ	-0.2770016	0.4204469	0.1096346	0.4503956	-0.3866362	0.6166988	0.531	0.3755956
E G	-0.1940303	0.422491	-0.0572033	0.3643732	-0.136827	0.5577467	0.806	0.3797101
ЕН	-0.377868	0.3858067	0.2228328	0.3666633	-0.6007008	0.532197	0.259	0.3391534
GH	-0.2039824	0.3309461	0.4390628	0.4193957	-0.6430451	0.534818	0.229	0.3681215
JL	1.520689	0.6146844	0.6116661	0.7518215	0.9090232	0.9711192	0.349	0.3570958
KL	-0.0466125	0.4432879	0.8624075	0.8640447	-0.90902	0.9711217	0.349	0.3570969

Appendix 36. Subgroup analysis of node-splitting method in comparison between direct and indirect evidence of specific treatments for mental health

Comparison	Direct	Effect	Indirec	t Effect	Difference		P value	tau
	Estimate	Standard error	Estimate	Standard error	Estimate	Standard error		
A C	1.030816	0.4284866	0.733404	0.8691058	0.2974119	0.9690528	0.759	0.6413474
AD	0.5650587	0.7038773	0.9168649	0.6960842	-0.3518062	0.9899376	0.722	0.6405067
ΑE	0.6098802	0.5026667	0.5649154	0.919646	0.0449648	1.047919	0.966	0.6456217
ВС	-0.0398366	0.6804095	0.8038627	0.6353822	-0.8436993	0.9317061	0.365	0.6160116
ВD	0.2370128	0.3881662	-0.1148047	0.9106589	0.3518174	0.9899402	0.722	0.6405068
ВЕ	0.0178501	0.7313605	0.0628118	0.7504985	-0.0449617	1.04792	0.966	0.6456215
ΒF	0.4209494	0.4692919	-1.120004	446.8165	1.540954	446.8168	0.997	0.6063533
BG	0.6275435	0.3571406	1.222298	1.904698	-0.5947543	1.938101	0.759	0.641347
C G	0.0189256	0.7023984	0.5177156	0.804975	-0.49879	1.068622	0.641	0.6416349

Appendix 37. Evaluation of inconsistency using loop-specific heterogeneity estimates of different categories of interventions for depression

Loop	IF	seIF	Z value	P value	95%CI	tau2
CO-MUI-PT	1.071	0.515	2.080	0.038	(0.06, 2.08)	0.039
EX-MUI-PT	0.892	0.947	0.942	0.346	(0.00, 2.75)	0.305
EX-BA-MUI	0.600	0.434	1.381	0.167	(0.00, 1.45)	< 0.001
CO-EX-BA	0.474	0.354	1.338	0.181	(0.00, 1.17)	0.057
CO-EX-MUI	0.237	0.263	0.901	0.368	(0.00, 0.75)	0.024
CO-EDU-BA	0.225	0.590	0.382	0.703	(0.00, 1.38)	0.131
CO-BA-MUI	0.217	0.629	0.344	0.731	(0.00, 1.45)	0.095
CO-EX-PT	0.036	0.255	0.140	0.889	(0.00, 0.54)	0.030

Appendix 38. Evaluation of inconsistency using loop-specific heterogeneity estimates of different categories of interventions for anxiety

Loop	IF	seIF	Z value	P value	95%CI	tau2
EX-MUI-PT	1.861	0.658	2.829	0.005	(0.57, 3.15)	0.000
CO-EX-PT	0.916	0.582	1.574	0.116	(0.00, 2.06)	0.073
CO-MUI-PT	0.572	0.533	1.073	0.283	(0.00, 1.62)	0.002
CO-EX-MUI	0.433	0.267	1.622	0.105	(0.00, 0.96)	0.003
CO-EDU-BA	0.369	0.780	0.473	0.636	(0.00, 1.90)	0.209
CO-EX-BA	0.294	0.900	0.326	0.744	(0.00, 2.06)	0.217

Appendix 39. Evaluation of inconsistency using loop-specific heterogeneity estimates of different categories of interventions for mental health

Loop	IF	seIF	Z value	P value	95%CI	tau2
CO-EX-MUI	0.722	0.711	1.016	0.310	(0.00,2.12)	0.307
CO-EX-PT	0.483	0.803	0.601	0.548	(0.00, 2.06)	0.266

Appendix 40. Subgroup analysis of evaluation of inconsistency using loop-specific heterogeneity estimates of specific treatments for depression

Loop	IF	seIF	Z value	P value	95%CI	tau2
B-C-E-M	1.706	0.870	1.961	0.050	(0.00,3.41)	0.039
A-C-E-M	1.539	0.641	2.401	0.016	(0.28, 2.80)	0.000
A-M-P-Q	1.413	0.625	2.263	0.024	(0.19, 2.64)	0.000
A-B-C-H	1.399	0.570	2.454	0.014	(0.28, 2.52)	0.000
B-D-J-N	1.385	1.936	0.715	0.474	(0.00, 5.18)	0.375
A-H-J	1.377	0.415	3.317	0.001	(0.56, 2.19)	0.000
A-B-G-J	1.333	1.589	0.839	0.401	(0.00, 4.45)	0.837
A-B-F-H	1.244	0.417	2.983	0.003	(0.43, 2.06)	0.000
A-B-H-M	1.238	0.406	3.050	0.002	(0.44, 2.03)	0.014
A-H-K	1.091	0.406	2.688	0.007	(0.30, 1.89)	0.000
A-B-H-I	0.999	0.720	1.388	0.165	(0.00, 2.41)	0.047
A-B-C-P	0.978	0.603	1.622	0.105	(0.00, 2.16)	0.000
A-B-J-N	0.920	1.832	0.502	0.616	(0.00, 4.51)	0.375
A-B-C-G	0.815	1.400	0.582	0.561	(0.00, 3.56)	0.822
A-B-I-J	0.811	1.532	0.529	0.597	(0.00, 3.81)	0.371
A-B-F-P	0.769	0.666	1.154	0.249	(0.00, 2.08)	0.069
A-B-F-G	0.663	1.896	0.350	0.726	(0.00,4.38)	1.285
A-B-G-M	0.663	1.075	0.616	0.538	(0.00, 2.77)	0.383
B-M-P-Q	0.641	0.673	0.953	0.341	(0.00, 1.96)	0.045
A-B-G-H	0.608	1.350	0.450	0.653	(0.00, 3.25)	0.478
B-F-J	0.604	1.480	0.408	0.683	(0.00, 3.50)	0.375
A-B-C-K	0.583	0.586	0.995	0.320	(0.00, 1.73)	0.000
A-D-M-N	0.562	0.659	0.853	0.394	(0.00, 1.85)	0.000
H-J-K	0.531	0.341	1.558	0.119	(0.00, 1.20)	0.000
A-J-K	0.523	0.447	1.169	0.242	(0.00, 1.40)	0.048
A-B-C-N	0.472	0.637	0.740	0.459	(0.00, 1.72)	0.000
A-B-G-I	0.468	1.613	0.290	0.772	(0.00,3.63)	1.072
A-D-J-N	0.465	0.690	0.674	0.500	(0.00, 1.82)	0.000
A-B-H-P	0.442	0.517	0.854	0.393	(0.00, 1.45)	0.009
A-B-F-K	0.427	0.438	0.975	0.330	(0.00, 1.29)	0.000
B-J-K	0.412	0.943	0.437	0.662	(0.00, 2.26)	0.245
A-B-C-I	0.406	0.776	0.523	0.601	(0.00, 1.93)	0.075
A-B-K-M	0.400	0.447	0.894	0.371	(0.00, 1.28)	0.022
A-B-C-J	0.384	1.189	0.323	0.746	(0.00,2.71)	0.215
A-F-M	0.338	0.307	1.101	0.271	(0.00, 0.94)	0.000
A-B-F-N	0.316	0.505	0.626	0.531	(0.00,1.31)	0.000
A-B-F-I	0.305	0.486	0.628	0.530	(0.00,1.26)	0.000
A-B-G-K	0.300	1.547	0.194	0.846	(0.00,3.33)	0.993
					•	

A-B-I-M	0.256	0.647	0.395	0.693	(0.00, 1.52)	0.063
A-C-F	0.219	0.485	0.451	0.652	(0.00, 1.17)	0.000
A-B-C-M	0.179	0.525	0.342	0.733	(0.00, 1.21)	0.009
A-J-M	0.097	0.440	0.221	0.825	(0.00, 0.96)	0.000
B-C-F	0.063	0.625	0.101	0.919	(0.00, 1.29)	0.000
A-B-G-P	0.046	1.423	0.032	0.974	(0.00, 2.83)	0.895

Appendix 41. Subgroup analysis of evaluation of inconsistency using loop-specific heterogeneity estimates of specific treatments for anxiety

Loop	IF	seIF	Z value	P value	95%CI	tau2
B-G-H	1.517	1.365	1.111	0.266	(0.00,4.19)	0.724
A-B-D-G	1.239	1.727	0.718	0.473	(0.00, 4.62)	0.605
B-J-K-L	0.876	0.748	1.171	0.242	(0.00, 2.34)	0.009
A-B-G-J	0.863	1.280	0.675	0.500	(0.00, 3.37)	0.330
A-E-G	0.852	0.409	2.086	0.037	(0.05, 1.65)	0.000
A-E-H	0.840	0.417	2.015	0.044	(0.02, 1.66)	0.000
B-E-G	0.665	1.452	0.458	0.647	(0.00, 3.51)	0.719
A-B-C-H	0.608	0.454	1.340	0.180	(0.00, 1.50)	0.000
A-B-H-J	0.573	0.465	1.233	0.218	(0.00, 1.48)	0.009
A-B-E-J	0.533	0.663	0.804	0.422	(0.00, 1.83)	0.094
A-B-C-E	0.533	0.435	1.225	0.221	(0.00, 1.39)	0.000
A-B-E-F	0.530	0.584	0.908	0.364	(0.00, 1.67)	0.000
A-B-C-D	0.347	0.525	0.661	0.509	(0.00, 1.38)	0.000
A-B-D-F	0.344	0.654	0.527	0.598	(0.00, 1.63)	0.000
A-B-D-J	0.309	0.565	0.547	0.584	(0.00, 1.42)	0.022
A-B-D-H	0.261	0.574	0.455	0.649	(0.00, 1.39)	0.000
A-B-F-G	0.253	0.549	0.460	0.646	(0.00, 1.33)	0.000
B-C-G	0.250	0.326	0.768	0.442	(0.00, 0.89)	0.000
A-B-D-E	0.244	0.891	0.274	0.784	(0.00, 1.99)	0.160
A-C-J	0.191	0.334	0.573	0.567	(0.00, 0.85)	0.000
A-B-F-J	0.033	0.560	0.058	0.953	(0.00,1.13)	0.009
A-G-H	0.003	0.358	0.009	0.993	(0.00, 0.70)	0.000
A-B-C-F	0.003	0.551	0.005	0.996	(0.00, 1.08)	0.000

Appendix 42. Subgroup analysis of evaluation of inconsistency using loop-specific heterogeneity estimates of specific treatments for mental health

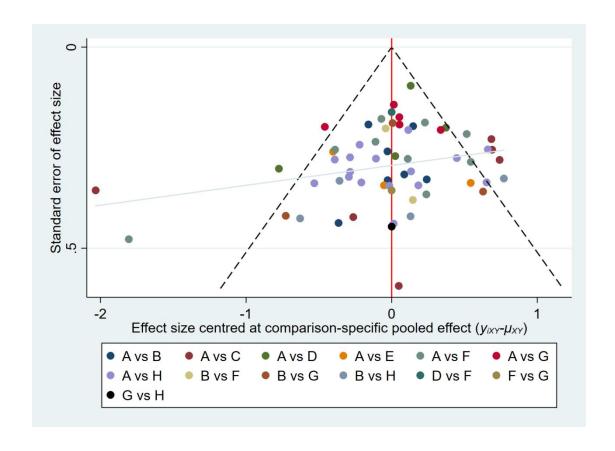
Loop	IF	seIF	Z value	P value	95%CI	tau2
A-B-C-D	0.749	1.102	0.679	0.497	(0.00, 2.91)	0.250
B-C-G	0.525	0.423	1.242	0.214	(0.00, 1.35)	0.000
A-B-C-E	0.491	1.714	0.287	0.774	(0.00, 3.85)	0.934
A-B-D-E	0.270	1.354	0.199	0.842	(0.00, 2.92)	0.344

Appendix 43. Egger's test for the assessment of publication bias of pairwise meta-analysis

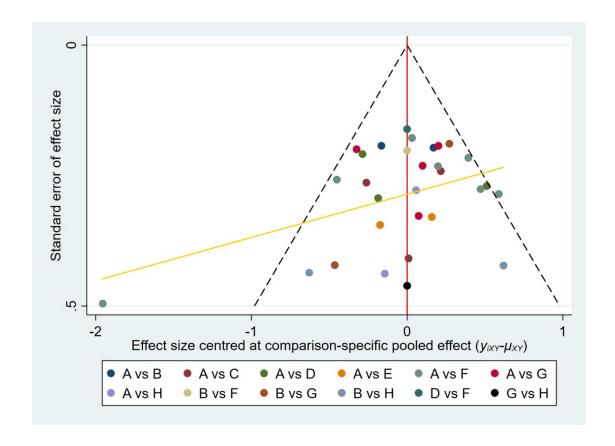
Category	Comparison	Number of RCTs	t value	P value
Depression	EX vs CO	7	-0.40	0.707
Depression	BA vs CO	9	-1.30	0.235
Depression	PT vs CO	16	-0.52	0.611
Anxiety	BA vs CO	7	-1.39	0.223
Mental health	PT vs CO	8	-0.17	0.868

Notes: p>0.05 indicates that no publication bias of pairwise meta-analysis.

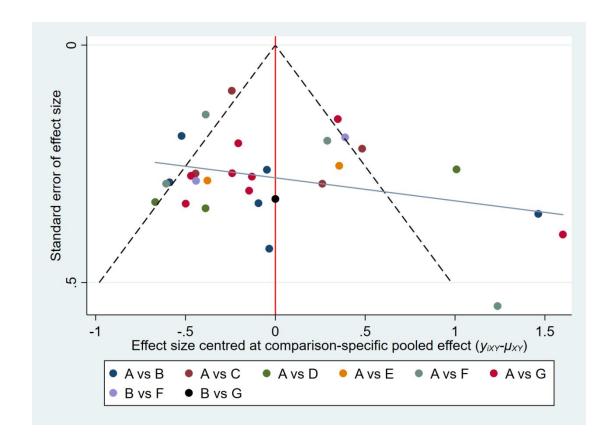
Appendix 44. Network meta-analysis funnel plots of different categories of interventions for the assessment of publication bias for depression



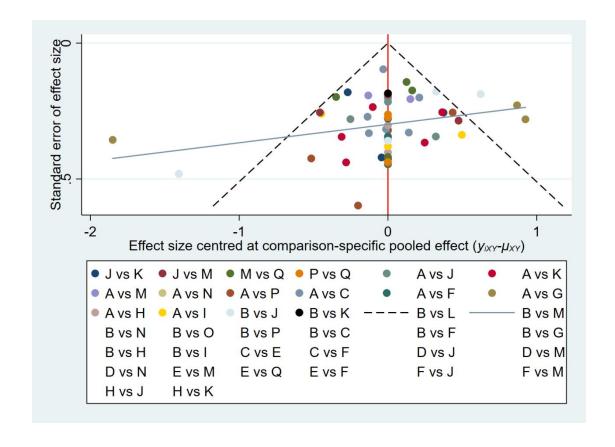
Appendix 45. Network meta-analysis funnel plots of different categories of interventions for the assessment of publication bias for anxiety



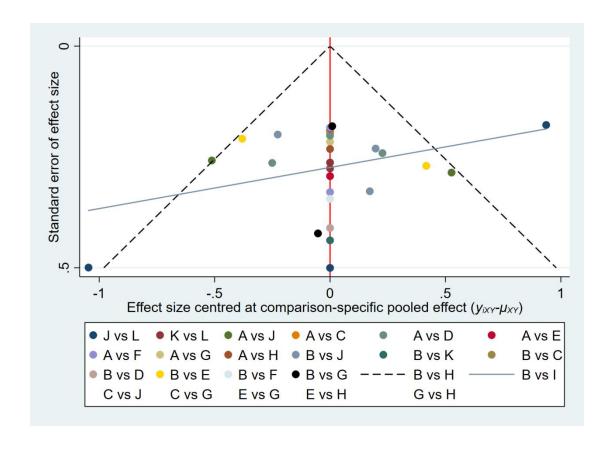
Appendix 46. Network meta-analysis funnel plots of different categories of interventions for the assessment of publication bias for mental health



Appendix 47. Subgroup analysis of meta-analysis funnel plots of specific treatments for the assessment of publication bias for depression



Appendix 48. Subgroup analysis of network meta-analysis funnel plots of specific treatments for the assessment of publication bias for anxiety



Appendix 49. Subgroup analysis of network meta-analysis funnel plots of specific treatments for the assessment of publication bias for mental health

