

**Supplementary file 3. Effect size calculation**

Mean difference and pooled Standard Deviation (SD) were calculated using the mean values and SDs provided in each of the studies. When mean values and SDs were missing and could not be obtained from the authors, they were calculated, where possible, from reported standard errors and participant data. In cross-over studies, we extracted data from the time period prior to the introduction of the cross-over design. In before-after studies with control group, if data from either study group were not in the correct format for analysis, were not reported in the publication or had not been collected as part of the study protocol, data extraction was only performed for the study group for which usable data were available. Follow-up data was not extracted if treatment was discontinued. If studies included derived outcomes that were correlated with other outcomes, we reported the most direct outcome measures. Outcome measures were omitted if their psychometric properties were not satisfactory.

Classification: Restricted