Appendix 2. Quality appraisal and risk of bias assessment. Each included study was assessed and scored using the using specific criteria set forth by National Institute for Health Research and National Health Service Centre for Reviews and Dissemination. Questions 1 through 6 assess internal validity of each study, and questions 7 through 10 assess external validity. A blue oval signifies "yes" to the question. An orange oval signifies "no" to the question. Of note, question 2, when answered in the affirmative, is indicative of increased risk of bias, and thus counts against the total score. The total score, out of a total of 10, is listed at the bottom. A higher score indicates a higher level of evidence and decreased risk of bias.