

ADDITIONAL FILE 1 – QUALITY ASSESSMENT SCALE

Quality Assessment

- Was the number of participants more than 50? Yes No NA
- Was the number of participants more than 100? Yes No NA
- Was the follow-up completed by more than 80% of the participants? Yes No NA
- Were reasons for withdrawal from the study explained? Yes No NA
- Were indeterminate test results included in the analysis? Yes No NA
- Were the results interpreted correctly? Yes No NA
- Was the study clinically relevant? Yes No NA

SCORE (count YES, max. 7)

Quality Classification:

- Good Quality: 6-7 items answered yes
- Moderate Quality: 4-5 items answered yes
- Poor Quality: 1-3 items answered yes