

**Table 1 Sports adverts study quality**

<b>Study component</b>	<b>N =74</b>	<b>% (95% CI)</b>
Number of participants	2031 (Median 15)	Range (5 to 387)
Number of males	1310	64.5 (61.9 to 67.1)
<b>Study quality</b>		
Control Group	55	74.3 (62.8 to 85.9)
Randomization	43	58.1 (43.4 to 72.9)
Allocation Concealment	5	6.8 (0 to 28.8)
Intention to treat	22	29.7 (10.8 to 48.8)
Blinding (investigators, outcome assessors, or participants)	20	27.0 (7.6 to 46.5)
Surrogate sports outcome	61	82.4 (72.9 to 92.0)
Repeat of the intervention	2	2.7 (0 to 25.2)
<b>Reporting</b>		
Clear Hypothesis	66	89.2 (81.7 to 96.7)
Power Calculation	4	5.4 (0 to 27.6)
Adverse events reported	6	6.8 (0 to 32.3)
Study limitations discussed	8	10.8 (0 to 32.3)
<b>Level of Evidence</b>		
1	0	0
2	32	42.1 (25.0 to 59.2)
3	33	43.4 (26.5 to 60.3)
4 or 5	9	11.8 (0 to 33.0)