

Supplemental Table 1. Assessment of Study Quality by use of the Delphi Criteria.

Delphi Criteria	Author (Year)												
	Belardinelli (2005)	Berman (2004)	Keogh (2003)	Khatta (2000)	Munkholm (1999)	Watson (1999)	Hoffman- Bang (1995)	Morisco (1994)	Judy (1993)	Rengo (1993)	Permanetter (1992)	Pogessi (1991)	Langsjoen (1985)
1. Treatment allocation													
a) Was a method of randomization performed?	1	1	1	1	1	1	1	1	1	1	1	1	1
b) Was the treatment allocation concealed?	0	1	0	1	0	0	1	0	0	0	1	0	0
2. Were the groups similar at baseline regarding the most important prognostic indicators?	0	0	1	1	1	1	1	1	0	1	1	0	1
3. Were the eligibility criteria specified?	1	1	1	1	1	1	1	0	0	1	0	1	1
4. Was the outcome assessor blinded?	0	0	0	0	0	0	0	0	0	0	0	1	0
5. Was the care provider blinded?	1	1	1	1	1	1	1	1	1	0	1	1	1
6. Was the patient blinded?	1	1	1	1	1	1	1	1	1	1	1	1	1
7. Were point estimates and measures of variability presented for the primary outcome measures?	1	1	1	1	1	1	1	1	1	1	1	1	1
8. Did the analysis include an intention-to-treat analysis?	0	0	0	0	1	0	0	0	0	0	0	0	1
Total Score	5	6	6	7	7	6	7	5	4	5	6	6	7

The quality of each study was independently assess by two investigators (ADF and AMT) using the Delphi Criteria (25). Discrepancies were discussed and consensus achieved for each study included. In this table, a response of "yes" is indicated by the numeric score of 1 and a response of "no" or "don't know" is indicated by a 0. The total score is the sum of scores for each column.