

Supplementary figure 2 – Summary of risk of bias assessments for each study

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Carrard 2011	+	-	?	?	+	?
Celio 2000	?	?	?	?	?	?
Doyle 2008	+	?	?	+	?	-
Fichter 2012	+	+	?	+	+	+
Fichter 2013	+	+	?	+	?	+
Franko 2005	+	?	+	?	+	?
Hötzel 2014	+	?	?	?	-	?
Jacobi 2007	+	?	?	?	?	?
Jacobi 2012	?	?	?	+	+	?
Jones 2008	+	?	?	-	+	+
Low 2006	?	?	?	?	?	?
Ruwaard 2013	+	+	?	?	?	?
Sánchez-Ortiz 2010	+	+	?	+	+	+
Schmidt 2008	+	+	?	+	-	+
Shapiro 2007	+	?	?	-	-	?
Stice 2012	?	?	?	+	+	?
Taylor 2006	+	?	?	+	+	?
Wagner 2013	+	?	?	?	?	+
Winzelberg 1998	?	?	?	?	?	?
Winzelberg 2000	?	?	?	?	+	?
Zabinski 2001	?	?	?	?	+	?

Note:
 + = Low risk of bias
 ? = Unclear risk of bias
 - = High risk of bias