Appendix 2 (as supplied by the authors): Summary of risk-of-bias assessment of included studies using Cochrane Collaboration's risk-of-bias tool[1]

Study	Sequence generation	Allocation concealment	Blinding of personnel/ participants	Blinding of outcome assessors	Incomplete reporting	Selective reporting	Other bias
Amaro 2006 [2]	U	U	H	U	H	L	L
Baranowski 2003 [3]	L	U	H	U	L	H	H
Barkin 2012 [4]	L	L	H	U	H	L	L
Beech 2003 [5]	L	U	H	U	L	H	H
Bellows 2013 [6]	U	U	H	H	U	L	L
Black 2010 [7]	L	U	H	L	L	L	L
Bonsergent 2013 [8]	U	U	H	L	H	L	L
Brandstetter 2012 [9]	U	U	H	U	L	L	L
Brown 2013 [10]	L	U	H	U	L	L	L
Burgi 2012 [11]	L	L	H	L	L	L	H
Caballero 2003 [12]	L	L	H	L	L	L	L
Campbell 2013 [13]	L	H	H	H	L	L	L
Crespo 2012 [14]	U	U	H	L	H	L	L
Cunha 2013 [15]	U	L	H	U	L	L	L
Daniels 2012 [16]	U	U	H	L	L	L	L
DeBar 2011 [17]	L	L	H	U	L	L	L
De Coen 2012 [18]	U	U	H	U	L	L	L
de Heer 2011 [19]	U	U	H	U	L	L	H
de Ruyter 2012 [20]	L	L	H	L	L	L	L
Donnelly 2009 [21]	U	U	H	L	L	L	L
Dzewaltowski 2010 [22]	L	U	H	H	L	L	L
Ebbeling 2006 [23]	L	L	H	L	L	L	L
El Ansari 2010 [24]	U	U	H	U	U	L	L
Escribano 2012 [25]	H	U	H	L	L	L	H
Fitzgibbon 2005 [26]	U	U	H	U	L	L	L
Fitzgibbon 2006 [27]	U	U	H	U	L	L	H
Fitzgibbon 2011 [28]	U	U	H	U	L	L	L
Fitzgibbon 2013 [29]	U	H	H	U	L	L	L
Foster 2008 [30]	U	U	H	H	H	L	L
Foster 2010 [31]	U	U	H	U	L	H	L
French 2011 [32]	U	U	H	U	L	L	H
Fung 2012 [33]	H	H	H	U	L	L	L
Gentile 2009 [34]	U	U	H	U	U	L	L
Greening 2011 [35]	U	U	H	U	L	L	L
Haerens 2006 [36]	U	L	H	U	H	L	H
Hakanen 2010 [37]	U	U	H	U	H	L	L
Harvey-Berino 2003 [38]	U	U	H	L	L	L	H
Hoffman 2011 [39]	U	U	H	H	H	L	H
Howe 2011 [40]	U	U	H	U	U	L	L
James 2004 [41]	L	U	H	U	H	L	L
Jansen 2011 [42]	L	U	H	H	L	L	L
Katz 2001 [43]	U	U	H	U	L	L	H
Klesges 2011 [44]	L	H	H	L	H	L	L
Kriemler 2010 [45]	L	U	H	L	L	L	L
Lazaar 2007 [46]	L	U	H	U	L	L	H
Li 2010 [47]	U	U	H	L	L	L	H
Llargues 2012 [48]	U	U	H	U	H	L	H
Lloyd 2012 [49]	U	U	H	L	L	L	H

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Study	Sequence generation	Allocation concealment	Blinding of personnel/ participants	Blinding of outcome assessors	Incomplete reporting	Selective reporting	Other bias
Lubans 2011 [50]	U	U	H	H	L	L	H
Lubans 2012 [51]	U	U	H	H	L	L	L
Madsen 2013 [52]	U	U	H	H	L	L	L
Magnusson 2012 [53]	U	U	H	U	H	L	L
Marcus 2009 [54]	U	U	H	U	H	L	L
Martinez 2008 [55]	L	L	H	H	L	L	L
Mihas 2009 [56]	L	U	H	H	L	L	L
Morgan 2011 [57]	L	L	H	H	L	L	L
Mo-suwan 1998 [58]	U	U	H	U	L	L	L
Muckelbauer 2012 [59]	U	U	H	U	H	L	H
Nemet 2011a [60]	L	U	H	L	L	L	L
Nemet 2011b [61]	L	U	H	L	L	L	L
Newmark-Sztainer 2010 [62]	U	U	H	U	L	L	L
Newmark-Sztainer 2003 [63]	U	H	H	U	L	L	L
Ostbye 2012 [64]	L	U	H	U	U	L	L
Paineau 2008 [65]	L	U	H	U	L	L	H
Papadaki 2010 [66]	L	U	H	U	H	L	H
Peralta 2009 [67]	L	U	H	L	L	L	H
Reed 2008 [68]	U	U	H	U	L	L	L
Reilly 2006 [69]	L	L	H	L	L	L	L
Robinson 2003 [70]	L	U	H	L	L	H	H
Robinson 2010 [71]	U	U	H	L	L	L	H
Rosario 2013 [72]	L	U	H	L	H	L	U
Rosenkranz 2010 [73]	L	U	H	U	L	L	L
Rush 2012 [74]	L	L	H	L	H	L	L
Salcedo 2010 [75]	U	U	H	U	H	L	H
Shamah 2012 [76]	U	U	H	U	L	L	H
Sichieri 2009 [77]	U	U	H	U	L	L	L
Siegrist 2013 [78]	U	U	H	U	L	L	U
Simon 2008 [79]	U	U	H	U	L	L	L
Singh 2009 [80]	L	L	H	H	L	L	L
Singhal 2010 [81]	U	U	H	U	L	L	H
Story 2003 [82]	L	U	H	U	L	H	H
Story 2012 [83]	U	U	H	U	L	L	H
Telford 2012 [84]	U	U	H	U	U	L	L
Thivel 2010 [85]	U	U	H	U	L	L	H
Velez 2010 [86]	U	U	H	U	L	L	H
Webber 2008 [87]	U	U	H	L	L	L	L
Weeks 2012 [88]	U	U	H	U	L	L	L
Wen 2012 [89]	L	L	H	L	L	L	L
Williamson 2012 [90]	U	U	H	U	H	L	L
Yin 2012 [91]	U	U	H	H	H	L	L

L = Low Risk; U = Unclear Risk; H = High Risk

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