

Table 3. Quality assessment of included studies.

Reference	Study ID	Indicator								Quality indicators met
		1.Appropriate research design?	2.Appropriate recruitment strategy?	3.Response rate?	4.Sample representative?	5.Objective and reliable measures?	6.Power calculation or justification of numbers?	7.Appropriate statistical analysis?	8.Evidence of bias?	
[11]	Heather, 2009	1	1	-	1	1	-	1	-	5/8
[12]	Levine, 2011	1	1	1	-	1	-	1	1	6/8
[13]	Woolley, 2012	1	1	1	-	1	1	1	-	6/8
[14]	Fenner, 2012	1	1	1	1	1	1	1	-	6/8
[15]	Ramo, 2012	1	1	1	1	1	1	1	-	7/8
[16]	Shindel, 2012	1	1	-	1	1	1	1	1	6/8
[17]	Strasser, 2012	1	1	-	-	1	-	1	-	5/8
[18]	Lohse, 2013	1	1	1	1	1	1	1	-	7/8
[19]	Cucchetti, 2012	1	1	1	1	1	1	1	-	7/8
[20]	Lord, 2011	1	1	1	1	1	1	1	-	7/8
	Total	10/10	10/10	7/10	7/10	10/10	7/10	10/10	2/10	----