Supplementary table 2 - Quality Assessment Tool: Modified Downs and Black scale

Reporting	YES (published)	No / Unable to Determine
1) Is the hypothesis/aim/objective of the study clearly described?		
2) Are the main outcomes to be measured clearly described in the Introduction or Methods section?		
3) Are the characteristics of the patients included in the study clearly described ?		
4) Are the interventions of interest clearly described?		
5) Are the distributions of principal confounders in each group of subjects to be compared clearly described?		
6) Are the main findings of the study clearly described?		
7) Does the study provide estimates of the random variability in the data for the main outcomes?		
8) Have all important adverse events that may be a consequence of the intervention been reported?		
9) Have the characteristics of patients lost to follow-up been described?		
10) Have actual probability values been reported?		
External validity		
11) Were the subjects asked to participate in the study representative of the entire population from which they were recruited?		
12) Were those subjects who were prepared to participate representative of the entire population from which they were recruited?		
13) Were the staff, places, and facilities where the patients were treated, representative of the treatment the majority of patients receive?		
Internal validity - Bias		
14) Was an attempt made to blind study subjects to the		

intervention they have received?		
15) Was an attempt made to blind those measuring the main outcomes of the intervention?		
16) If any of the results of the study were based on "data dredging", was this made clear?		
17) In trials and cohort studies, do the analyses adjust for different lengths of follow-up of patients?		
18) Were the statistical tests used to assess the main outcomes appropriate?		
19) Was compliance with the interventions reliable?		
20) Were the main outcome measures used accurate (valid and reliable)?		
Internal validity – Confounding (selection bias)		
21) Were the patients in different intervention groups (trials and cohort studies) recruited from the same population?		
22) Were study subjects in different intervention groups (trials and cohort studies) recruited over the same period of time?		
23) Were study subjects randomised to intervention groups?		
24) Was the randomised intervention assignment concealed from both patients and health care staff until recruitment was complete and irrevocable?		
25) Was there adequate adjustment for confounding in the analyses from which the main findings were drawn?		
26) Were losses of patients to follow-up taken into account?		
27) Did the study have sufficient power to detect a clinically important effect?		