

	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)
Curtis 2005	+	+	-	?	+	+
LaBrie 2013	+	?	-	?	+	+
Lewis 2005	+	?	-	?	+	+
Lewis 2007	?	?	-	?	+	+
Lewis 2014	+	+	-	?	+	+
Neighbors 2011	+	?	-	?	+	-
Neighbors 2004	?	?	-	?	+	+
Neighbors 2006	?	?	-	?	+	+

+ = high quality (low risk of bias); - = low quality (high risk of bias); ? = unclear