

**Supplemental Table 3.** Study quality.

| <i>Source</i>     | <i>Intervention setting</i> | <i>Quality criteria</i>            |                                 |                             |                                 |                           |   |                              | <i>Quality score</i> |
|-------------------|-----------------------------|------------------------------------|---------------------------------|-----------------------------|---------------------------------|---------------------------|---|------------------------------|----------------------|
|                   |                             | Method of randomization described? | Treatment allocation concealed? | Groups similar at baseline? | Eligibility criteria specified? | Outcome assessor blinded? | Point estimate and evidence of validity for focal SB measure? | Intention-to-treat analysis? |                      |
| Aittasalo 2004    | Worksite                    | Yes                                | Unclear                         | No                          | Yes                             | No                        | Yes   | No                           | 3                    |
| Alkhajah 2012     | Worksite                    | No                                 | No                              | No                          | Yes                             | Unclear                   | Yes   | No                           | 2                    |
| Barwais 2013      | Non-worksite                | Yes                                | Unclear                         | Yes                         | Yes                             | Unclear                   | Yes   | No                           | 4                    |
| Burke 2013        | Non-worksite                | Yes                                | Unclear                         | Yes                         | Yes                             | Unclear                   | Yes   | No                           | 4                    |
| Chang 2013        | Non-worksite                | No                                 | No                              | Yes                         | Yes                             | Unclear                   | No  | No                           | 2                    |
| De Cocker 2012    | Non-worksite                | Yes                                | Unclear                         | Yes                         | Yes                             | Unclear                   | Yes   | Yes                          | 5                    |
| Dewa 2009         | Worksite                    | N/A                                | N/A                             | N/A                         | No                              | N/A                       | Unclear   | No                           | 0                    |
| Dunn 1998         | Non-worksite                | Yes                                | Unclear                         | No                          | Yes                             | Unclear                   | Unclear   | No                           | 2                    |
| Ellegast 2012     | Worksite                    | Yes                                | Unclear                         | Unclear                     | No                              | Unclear                   | No  | No                           | 1                    |
| Evans 2012        | Worksite                    | Yes                                | No                              | Yes                         | Unclear                         | Yes                       | Yes   | No                           | 4                    |
| Fitzsimons 2012   | Non-worksite                | Yes                                | No                              | Unclear                     | Yes                             | Yes                       | No  | No                           | 3                    |
| Fitzsimons 2013   | Non-worksite                | N/A                                | N/A                             | N/A                         | Yes                             | N/A                       | Yes   | No                           | 2                    |
| Gilson 2009       | Worksite                    | Yes                                | Unclear                         | Yes                         | No                              | No                        | No  | No                           | 2                    |
| Hansen 2012       | Non-worksite                | Yes                                | No                              | No                          | Yes                             | No                        | Yes   | Yes                          | 4                    |
| Healy 2013        | Worksite                    | N/A                                | Unclear                         | Yes                         | Yes                             | No                        | No  | No                           | 2                    |
| John 2011         | Worksite                    | N/A                                | N/A                             | N/A                         | Yes                             | N/A                       | Yes   | No                           | 2                    |
| Kozey-Keadle 2011 | Worksite                    | N/A                                | N/A                             | N/A                         | Yes                             | N/A                       | Yes   | No                           | 2                    |
| Marshall 2003     | Worksite                    | Yes                                | Yes                             | Yes                         | Yes                             | Yes                       | Yes   | Yes                          | 7                    |
| Mazzeo 2008       | Non-worksite                | Yes                                | Unclear                         | No                          | Yes                             | Unclear                   | Yes   | No                           | 3                    |

|                 |              |     |         |         |     |         |     |     |   |
|-----------------|--------------|-----|---------|---------|-----|---------|-----|-----|---|
| Mutrie 2012     | Non-worksite | Yes | Unclear | Unclear | Yes | Unclear | Yes | Yes | 4 |
| Opdenacker 2008 | Worksite     | Yes | Unclear | Yes     | Yes | No      | No  | No  | 3 |
| Østeras 2006    | Worksite     | N/A | N/A     | N/A     | Yes | N/A     | Yes | No  | 2 |
| Pronk 2012      | Worksite     | No  | Unclear | Yes     | Yes | Unclear | No  | No  | 2 |
| Shaw 2008       | Non-worksite | Yes | Unclear | Unclear | Yes | Unclear | Yes | No  | 3 |
| Spittaels 2007  | Non-worksite | Yes | Unclear | Unclear | Yes | Unclear | Yes | Yes | 3 |
| Verweij 2012    | Worksite     | Yes | Unclear | Yes     | Yes | Unclear | Yes | No  | 4 |