Supplemental File S1

Fixed-effect meta-regression

The weighted mean effect size (T) for all 43 studies was determined:

$$T = \frac{\sum_{i=1}^{k}(w)(ES)}{\sum_{i=1}^{k}(w)}$$

Eq. (A.1)

where w is the fixed-effects inverse variance weight ($1/v_i$) or the random-effects inverse variance weight ($1/v_r$). The fixed-effects variance (v_i) of the weighted mean effect size (T) is:

$$v_i = \frac{1}{\sum_{i=1}^{k}(w)}$$

Eq. (A.2)

The standard error of the weighted mean effect size (SE_T) was calculated as:

$$SE_T = \sqrt{\frac{1}{\sum_{i=1}^{k}(w)}}$$

Eq. (A.3)

95% confidence interval for the fixed effects weighted mean effect size (T) were also calculated:

$$T \pm 1.96(\sqrt{v_i})$$

Eq. (A.4)

Heterogeneous distribution of ES was determined using the Q statistic and considered significant at $p < 0.05$ and determined by:

Eq. (A.5)

$$Q = \sum_{i=1}^{k}(w)(ES)^2 - \frac{[\sum_{i=1}^{k}(w)(ES)]^2}{\sum_{i=1}^{k}(w)}$$

Random-effect meta-regression

If $Q \geq N - 1$, a random effects variance component (v_θ) was calculated with the total number of studies included in the analysis (N) as:

$$v_\theta = \frac{Q-(N-1)}{C}$$

Eq. (A.6)

Where C is calculated using the fixed-effects inverse variance weight (w):

$$C = \sum_{i=1}^{k}(w)\frac{\sum_{i=1}^{k}(w)^2}{\sum_{i=1}^{k}(w)}$$

Eq. (A.7)

If $Q \leq N - 1$, a random effects variance component (v_θ) was calculated as:

$$v_\theta = \frac{Q-(N-1)}{0} = 0$$

Eq. (A.8)

The random effects variance (v_r) of the weighted mean effect size (T) is:

$$v_r = v_i + v_\theta$$

Eq. (A.9)

Random-effect meta-analysis

The meta-analysis of each individual intensity tertile was performed using the Hunter-Schmidt random-effects model method as described in detail by Field and Gellett (20). The population effect (R) for each intensity tertile was estimated using individual study sample sizes (n_i) and effect sizes (ES_i):

$$R = \frac{\sum_{i=1}^{k}(n_i)(ES_i)}{\sum_{i=1}^{k}(n_i)}$$

Eq. (A.10)

The frequency-weighted variance in sample effect sizes (average squared error; σ^2_R) was then calculated:

$$\sigma_R^2 = \frac{\sum_{i=1}^{k} n_i (ES_i - R)^2}{\sum_{i=1}^{k} (n_i)}$$

Eq. (A.11)

The sampling error variance (σ^2_e) was also estimated from R and the average sample size (N_1) of each tertile:

$$\sigma_e^2 = \frac{(1 - R^2)^2}{N_1 - 1}$$

Eq. (A.12)

Finally, the variance for each intensity tertiles population effect (σ^2_P) was determined by subtracting the sampling error variance (σ^2_e) from the variance in sample effect sizes (σ^2_R). The variance of the population effect was then used to calculate the 95% credibility interval.