

Supplementary Table S2. NICE STA critical appraisal for randomized controlled trials

Category	Study question	How is the question addressed in the study?	Grade (yes / no / not clear)
Randomization	Was randomization carried out appropriately? Was the concealment of treatment allocation adequate?		
Baseline	Were the groups similar at the outset of the study in terms of prognostic factors, for example, severity of disease?		
Blinding	Were the care providers, participants, and outcome assessors blind to treatment allocation? If any of these people were not blinded, what might be the likely impact on the risk of bias (for each outcome)?		
Withdrawals	Were there any unexpected imbalances in drop-outs between groups? If so, were they explained or adjusted for?		
Outcome selection and reporting	Is there any evidence to suggest that the authors measured more outcomes than they reported?		
Statistical analysis	Did the analysis include an intention-to-treat analysis? If so, was this appropriate and were appropriate methods used to account for missing data?		