

Multimedia Appendix 4: Study Quality Assessment

Trial	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective outcome reporting	Other bias
Mental health or Alcohol addiction							
Ainsworth, J[31] 2013	U	L	U	U	L	L	U
Watts, S[32] 2013	L	L	H	H	H	L	H
Ly, K. H[33] 2014	L	L	H	H	H	L	L
Villani, D[34] 2013	U	H	H	H	U	L	U
Gustafson, D. H[27] 2014	L	L	H	H	H	L	U
Gajecki, M [28] 2014	U	L	H	L	H	L	U
Gonzalez, M[35] 2015	U	U	H	L	L	L	H
Physical activity, weight control and diet control							
Rabbi, M [36] 2015	U	U	L	H	L	U	U

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Laing,B. Y[29] 2014	L	L	H	H	H	L	L
Carter, C [43] 2013	L	L	H	H	L	L	U
Medication management							
Perera,A. I[37] 2014	U	U	U	U	U	H	U
Mira, J.J[38] 2014	U	U	H	L	L	H	U
Hammonds , T[39] 2015	U	U	H	H	H	L	L
Lifestyle improvement							
Van Drongelen, A[30] 2014	L	U	H	H	H	H	H
Van het Reve, E[40] 2014	U	U	U	U	H	H	U
Diabetes management							
Kirwan, M[41] 2013	H	L	H	H	H	L	L
Sun protection							
Buller, D.B[11] 2015	U	U	H	H	L	L	L

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Hypertension management							
Moore, J. O[42] 2014	U	L	U	U	L	L	H
Cardiac rehabilitation							
Varnfield, M[44] 2014	L	L	H	H	H	H	H
Smoking cessation							
Bricker, J. B[45] 2014	L	U	L	L	L	L	H
Family planning							
Gilliam ML[9] 2014	L	L	H	L	L	L	L
Pain management							
Irvine,A B[10] 2015	U	U	H	H	L	L	L

L: low risk of bias

H: High risk of bias

U: unclear risk of bias