

Supplementary Table 1 – Data extraction form

Review title or ID	
Study ID (<i>surname of first author and year first full report of study was published e.g. Smith 2001</i>)	
General Information	
Date form completed (<i>dd/mm/yyyy</i>)	
Name/ID of person extracting data	
Reference citation	
Study author contact details	
Study Methods (extract information from descriptions as stated in report/paper)	
Design (<i>e.g. parallel, crossover</i>)	
Start date	
End date	
Duration of participation (<i>from recruitment to last follow-up</i>)	
Participants (extract the description as stated in report/paper. <i>Include comparative information for each intervention or comparison group if available</i>)	
Setting (<i>including location and social context</i>)	
Inclusion criteria	
Exclusion criteria	
Total no. randomised	
Baseline imbalances	
Withdrawals and exclusions (<i>if not provided below by outcome</i>)	
Age	
Sex	
Illness and Severity	
Co-morbidities	
Other relevant socio-demographics	

Subgroups measured	
Subgroups reported	
Intervention groups (extract the description as stated in report/paper. <i>Copy and paste table for each intervention and comparison group</i>)	
Group name	
No. randomised to group	
Description (<i>include sufficient details, e.g. style, form, components</i>)	
Duration of treatment	
Timing (<i>e.g. frequency, duration of each practice</i>)	
Learning method (<i>e.g. DVD, instructors, one-to-one, in group</i>)	
Providers (<i>e.g. a Tai Chi instructor with 10 years of experience etc. if relevant</i>)	
Co-interventions	
Compliance	
Outcomes (extract the description as stated in report/paper. <i>Copy and paste table for each outcome.</i>)	
Outcome name	
Time points measured (<i>specify whether from start or end of intervention</i>)	
Time points reported	
Outcome definition (<i>with diagnostic criteria if relevant</i>)	
Person measuring/reporting	
Scales: upper and lower limits (<i>indicate whether high or low score is good</i>)	

Is outcome/tool validated?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unclear						
Imputation of missing data (<i>e.g. assumptions made for ITT analysis</i>)							
Assumed risk estimate (<i>e.g. baseline or population risk noted in Background</i>)							
Results	<i>Dichotomous outcome</i>	Intervention		Comparison			
		No. with event	Total in group	No. with event	Total in group		
	<i>Continuous outcome</i>	Intervention			Comparison		
		Mean	SD	No. Participants	Mean	SD	No. Participants
Risk of Bias assessment							
Domain	Risk of bias			Support for judgement (<i>include direct quotes where available with explanatory comments</i>)			
	Low	High	Unclear				
Random sequence generation (<i>selection bias</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Allocation concealment (<i>selection bias</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Blinding of outcome assessment (<i>detection bias</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Incomplete outcome data (<i>attrition bias</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Selective outcome reporting? (<i>reporting bias</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Other bias	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Other information (extract the description as stated in report/paper)							
Key conclusions of authors							
Notes:							