

2a

Score: (*, ?, ✓ or N/A)

Risk of Bias	
1. Did the authors include a sample size justification?	
2. If any participant data is excluded from the analysis is a clear justification given?	
3. Were all the outcome measures in the methods included in the results?	
4. Were there any conflicts of interest? I.e., is the study funded or conducted by a body with vested interests in the results?	

2b

* = High risk of bias (not enough information to make a judgement (Q1-3) or clear conflict of interest (Q4))
? = Unclear (incomplete information or not reported)
✓ = Low risk of bias (appropriate use and sufficient information (Q1-3) or no conflict of interest (Q4))
N/A = Not applicable (no participant data is excluded (Q2))

Supplementary Table 2.

Checklist for risk of bias assessment. 2a: Questions assessing risk of bias; 2b: score key for all questions