

Methodological quality of the included studies using the 'Quality Assessment Tool for Before-After Studies with No Control Group'

Before -After studies													
<i>Studies</i>	1	2	3	4	5	6	7	8	9	10	11	12	<i>Quality rating</i>
Belotti et al., 1983	Y	N	Y	NR	NR	Y	Y	NR	NR	Y	NA	NA	Fair
Carrasco et al., 1985	Y	N	Y	NR	NR	Y	Y	NR	NR	Y	NA	NA	Fair
Chiale et al., 1984	Y	N	Y	NR	NR	Y	Y	NR	NR	Y	NA	NA	Fair
Greco et al., 1980	Y	N	Y	NR	NR	Y	Y	NR	NR	N	NA	NA	Poor
Haedo et al., 1986	Y	N	Y	NR	NR	Y	Y	NR	NR	Y	NA	NA	Fair
Prata et al., 1982	N	N	Y	NR	NR	Y	Y	NR	NR	N	NA	NA	Poor
Scanavaca et al., 1990	Y	N	Y	NR	NR	Y	Y	NR	NR	Y	NA	NA	Fair
Vichi et al., 1984	N	N	Y	NR	NR	Y	Y	NR	NR	N	NA	NA	Poor

Abbreviations: Y, yes; N, no; NA, not applicable; NR, not reported. (1) objective clearly stated; (2) eligibility criteria described; (3) representative patient population; (4) all eligible participants enrolled in study; (5) sample size sufficient; (6) intervention description; (7) outcome measures specified; (8) outcome assessor blinded; (9) loss to follow-up; (10) statistical analysis of outcome measures before and after intervention; (11) interrupted time series design; (12) individual data used for group-level effects.

Methodological quality of the included studies using RoB 2.0 tool (individually randomized, cross-over trials) and RoB 2.0 tool (individually randomized, parallel group trials)

Study, year	Design	Randomization	Interventions	Missing outcome data	Outcome Measurement	Reported results	Overall
Rosenbaum et al., 1987	Randomized Clinical trial (parallel design)	Some concerns	Low risk	Low risk	High risk	Low risk	High risk