

Multimedia Appendix 5: SIGN checklist for randomized controlled trials.

Author, year	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8 I ^a /C ^b /A ^c (%)	1.9	1.10	2.1	2.2	2.3
Blödt et al, 2018 [21]	Y ^d	Y	Y	D ^e	N ^f	Y	Y	14.4/4.5	Y	D	+	CS ^g	Y
Sun et al, 2017 [27]	Y	Y	N	D	Y	Y	Y	0.0/0.0	Y	D	+	Y	Y
Skrepnik et al, 2017 [25]	Y	Y	Y	D	Y	Y	Y	2.8/0.96	CS	CS	+	Y	Y
Stinley et al, 2015 [26]	Y	Y	N	D	CS	Y	Y	D	Y	D	+	Y	Y
Schatz et al, 2015 [24]	Y	Y	Y	D	Y	Y	Y	0.0/8.0	Y	Y	++	Y	Y
Irvine et al, 2015 [23]	Y	CS	N	D	Y	Y	Y	4.5/1.5/1.5	Y	D	+	Y	Y
Guillory et al, 2015 [22]	Y	CS	N	D	Y	Y	Y	14.6/19.5	N	CS	+	Y	Y

^aI: Intervention

^bC: Control

^cA: Alternative

^dY: Yes

^eD: Does not apply

^fN: No

^gCS: Can't say

References:

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