

Appendix 4. Quality appraisal of the included studies

| Author(s) (Year) [Reference] | Randomization or sequence generation | Allocation concealment | Outcome data | Attrition |
|---|---|-----------------------------------|-------------------------|------------------|
| Aharonovich et al. (2017) | Yes | Yes | Yes | Yes |
| Gajecki et al. (2017) | Yes | Yes | Yes | Yes |
| Muench et al. (2017) | Yes | Yes | Yes | Yes |
| Riordan et al. (2017) | Yes | Yes | Yes | No |
| Bock et al. (2016) | Yes | Yes | Yes | Yes |
| Andersson (2015) | Yes | Yes | Yes | Yes |
| Haug et al. (2015) | Yes | Yes | Yes | Yes |
| Riordan et al. (2015) | Yes | No | Yes | Can't tell |
| Suffoletto et al. (2015) Suffoletto et al. (2014)* | Yes | Yes | Yes | No |
| Bendtsen & Bendtsen (2014) | Yes | Yes | Yes | No |
| Brendryen et al. (2014) | Yes | Yes | Yes | No |
| Gajecki et al. (2014) | Yes | Yes | Yes | No |
| Gustafson et al. (2014) | Yes | Yes | Yes | No |
| Lucht et al. (2014) | Yes | Yes | Yes | Yes |
| Mason et al. (2014) | Yes | No | Can't tell | Yes |
| Witkiewitz et al. (2014) | Yes | Yes | Yes | Yes |
| Agyapong et al. (2013) Agyapong et al. (2012)* | Yes | Yes | Yes | Yes |
| Alessi & Petry (2013) | Yes | Yes | Yes | Yes |
| Hasin et al. (2013) | Yes | Yes | Yes | Yes |