

### S3 Appendix. Quality assessment

Section/Topic	Item	Overgaard 2016		Andersson 2015		Basso 2015		Caprara 2015		Mitchell-Foster 2015	
<b>Title and abstract</b>											
	<b>1a</b>	yes		yes		no		yes		no	
	<b>1b</b>	yes	good	yes	good	yes	ok	yes	ok	yes	good
<b>Introduction</b>											
<b>Background</b>	<b>2a</b>	yes	good	yes	good	yes	good	yes	good	yes	good
<b>Objectives</b>	<b>2b</b>	yes	good	yes	good	yes	good	yes	good	yes	good
<b>Methods</b>											
<b>Trial design</b>	<b>3a</b>	yes	good	yes	good	yes	good	yes	good	yes	good
	<b>3b</b>	NR		NR		NR		NR		NR	
<b>Participants</b>	<b>4a</b>	yes	good	yes	good	yes	good	no		yes	ok
	<b>4b</b>	yes	good	yes	bad	yes	good	yes	good	yes	good
<b>Interventions</b>	<b>5</b>	yes	good	yes	good	yes	good	yes	good	yes	good
<b>Outcomes</b>	<b>6a</b>	yes	good	yes	good	yes	bad	no		yes	good
	<b>6b</b>	NR		NR		NR		NR		NR	
<b>Sample size</b>	<b>7a</b>	yes	good	yes	good	yes	good	no		yes	ok
	<b>7b</b>	NR		NR		NR		NR		NR	
<b>Randomisation</b>											
<b>Sequence generation</b>	<b>8a</b>	yes	good	yes	good	no		yes	good	yes	good
	<b>8b</b>	yes	good	no		yes	good	yes	ok	yes	good
<b>Allocation</b>	<b>9</b>	yes	ok	yes	good	yes	ok	yes	ok	yes	good
<b>Implementation</b>	<b>10</b>	yes	good	yes	good	no		yes	bad	yes	ok
<b>Blinding</b>	<b>11a</b>	NR		yes	good	NR		NR		NR	
	<b>11b</b>	NR		NR		NR		NR		NR	
<b>Statistical methods</b>	<b>12a</b>	yes	good	yes	good	yes	ok	yes	bad	yes	good
	<b>12b</b>	NR		yes	good	NR		NR		NR	
<b>Results</b>											
<b>Participant flow</b>	<b>13a</b>	yes	good	yes	good	yes	bad	no		yes	bad
	<b>13b</b>	yes	good	yes	bad	no		no		no	
<b>Recruitment</b>	<b>14a</b>	yes	good	yes	good	yes	good	yes	ok	yes	good
	<b>14b</b>	NR		NR		NR		NR		NR	
<b>Baseline data</b>	<b>15</b>	yes	good	yes	ok	no		yes	ok	no	
<b>Numbers analysed</b>	<b>16</b>	yes	good	yes	good	yes	bad	yes	bad	yes	bad
<b>Outcomes &amp; estimation</b>	<b>17a</b>	yes	good	yes	good	yes	ok	yes	bad	yes	good
	<b>17b</b>	NR		yes	good	yes	good	no		NR	
<b>Ancillary analyses</b>	<b>18</b>	NR		yes	good	NR		NR		NR	
<b>Harms</b>	<b>19</b>	yes	good	no		no		no		no	
<b>Discussion</b>											
<b>Limitations</b>	<b>20</b>	yes	good	yes	good	yes	good	yes	ok	yes	bad
<b>Generalisability</b>	<b>21</b>	yes	ok	yes	good	yes	ok	yes	ok	yes	ok
<b>Interpretation</b>	<b>22</b>	yes	good	yes	ok	yes	good	yes	ok	yes	good
<b>Other information</b>											
<b>Registration</b>	<b>23</b>	yes		yes		no		no		no	
<b>Protocol</b>	<b>24</b>	no		no		no		no		no	
<b>Funding</b>	<b>25</b>	yes		yes		yes		yes		yes	

S3 Appendix. Quality assessment of included studies using the CONSORT 2010 checklist as a framework. NR: Not Relevant. (11)

Section/Topic	Item	Quintero 2015	Abeyewickreme 2012	Arunachalam 2012	Castro 2012	Kittayapong 2012
<b>Title and abstract</b>						
	<b>1a</b>	yes	no	no	yes	no
	<b>1b</b>	yes	good	yes	good	yes
<b>Introduction</b>						
<b>Background</b>	<b>2a</b>	yes	ok	yes	good	yes
<b>Objectives</b>	<b>2b</b>	yes	good	yes	ok	yes
<b>Methods</b>						
<b>Trial design</b>	<b>3a</b>	yes	good	yes	good	yes
	<b>3b</b>	NR		NR		NR
<b>Participants</b>	<b>4a</b>	no		yes	good	yes
	<b>4b</b>	yes	good	yes	ok	yes
<b>Interventions</b>	<b>5</b>	yes	good	yes	good	yes
<b>Outcomes</b>	<b>6a</b>	yes	good	yes	bad	yes
	<b>6b</b>	NR		NR		NR
<b>Sample size</b>	<b>7a</b>	yes	good	yes	ok	yes
	<b>7b</b>	yes	good	NR		NR
<b>Randomisation</b>						
<b>Sequence generation</b>	<b>8a</b>	yes	good	yes	good	yes
	<b>8b</b>	yes	good	yes	good	yes
<b>Allocation</b>	<b>9</b>	yes	good	yes	good	yes
<b>Implementation</b>	<b>10</b>	yes	bad	no		yes
<b>Blinding</b>	<b>11a</b>	NR		NR		NR
	<b>11b</b>	NR		NR		NR
<b>Statistical methods</b>	<b>12a</b>	yes	good	yes	ok	yes
	<b>12b</b>	NR		NR		NR
<b>Results</b>						
<b>Participant flow</b>	<b>13a</b>	yes	good	yes	bad	no
	<b>13b</b>	yes	good	no		no
<b>Recruitment</b>	<b>14a</b>	yes	good	yes	good	yes
	<b>14b</b>	NR		NR		NR
<b>Baseline data</b>	<b>15</b>	no		yes	good	no
<b>Numbers analysed</b>	<b>16</b>	yes	good	yes	bad	yes
<b>Outcomes &amp; estimation</b>	<b>17a</b>	yes	good	yes	good	yes
	<b>17b</b>	yes	good	yes	good	yes
<b>Ancillary analyses</b>	<b>18</b>	NR		yes	ok	NR
<b>Harms</b>	<b>19</b>	no		no		no
<b>Discussion</b>						
<b>Limitations</b>	<b>20</b>	yes	good	yes	bad	no
<b>Generalisability</b>	<b>21</b>	yes	good	yes	good	no
<b>Interpretation</b>	<b>22</b>	yes	good	yes	good	yes
<b>Other information</b>						
<b>Registration</b>	<b>23</b>	no		no		no
<b>Protocol</b>	<b>24</b>	no		no		no
<b>Funding</b>	<b>25</b>	yes		no		yes

**S3 Appendix. Quality assessment of included studies using the CONSORT 2010 checklist as a framework. NR: Not Relevant. Continued.**

Section/Topic	Item	Rizzo 2012	Tana 2012	Wai 2012	Kusumawathie 2009	Tun-Lin 2009
<b>Title and abstract</b>						
	<b>1a</b>	no	no	no	no	yes
	<b>1b</b>	yes	good	yes	ok	yes
<b>Introduction</b>						
<b>Background</b>	<b>2a</b>	yes	ok	yes	ok	yes
<b>Objectives</b>	<b>2b</b>	yes	good	yes	good	yes
<b>Methods</b>						
<b>Trial design</b>	<b>3a</b>	yes	good	yes	good	yes
	<b>3b</b>	NR	NR	NR	NR	NR
<b>Participants</b>	<b>4a</b>	yes	ok	yes	ok	no
	<b>4b</b>	yes	good	yes	good	yes
<b>Interventions</b>	<b>5</b>	yes	good	yes	good	yes
<b>Outcomes</b>	<b>6a</b>	yes	good	yes	ok	yes
	<b>6b</b>	NR	NR	NR	NR	NR
<b>Sample size</b>	<b>7a</b>	yes	good	no	yes	ok
	<b>7b</b>	NR	NR	NR	NR	NR
<b>Randomisation</b>						
<b>Sequence generation</b>	<b>8a</b>	yes	good	yes	good	no
	<b>8b</b>	yes	good	yes	good	yes
<b>Allocation</b>	<b>9</b>	yes	good	yes	good	no
<b>Implementation</b>	<b>10</b>	no	no	no	no	yes
<b>Blinding</b>	<b>11a</b>	NR	NR	NR	NR	NR
	<b>11b</b>	NR	NR	NR	NR	NR
<b>Statistical methods</b>	<b>12a</b>	yes	ok	yes	ok	no
	<b>12b</b>	NR	NR	NR	NR	NR
<b>Results</b>						
<b>Participant flow</b>	<b>13a</b>	yes	bad	no	no	yes
	<b>13b</b>	yes	ok	no	no	no
<b>Recruitment</b>	<b>14a</b>	yes	good	yes	good	yes
	<b>14b</b>	NR	NR	NR	NR	NR
<b>Baseline data</b>	<b>15</b>	yes	bad	no	yes	bad
<b>Numbers analysed</b>	<b>16</b>	yes	ok	yes	bad	yes
<b>Outcomes &amp; estimation</b>	<b>17a</b>	yes	ok	yes	bad	yes
	<b>17b</b>	NR	NR	no	yes	good
<b>Ancillary analyses</b>	<b>18</b>	NR	NR	NR	NR	NR
<b>Harms</b>	<b>19</b>	no	no	no	no	no
<b>Discussion</b>						
<b>Limitations</b>	<b>20</b>	yes	good	no	yes	bad
<b>Generalisability</b>	<b>21</b>	yes	bad	no	yes	bad
<b>Interpretation</b>	<b>22</b>	yes	good	yes	bad	yes
<b>Other information</b>						
<b>Registration</b>	<b>23</b>	no	no	no	no	no
<b>Protocol</b>	<b>24</b>	no	no	no	no	no
<b>Funding</b>	<b>25</b>	yes	yes	yes	yes	yes

**S3 Appendix. Quality assessment of included studies using the CONSORT 2010 checklist as a framework. NR: Not Relevant. Continued.**

Section/Topic	Item	Vanlerberghe 2009	Toledo 2007	Kroeger 2006	Leontsini 1993
<b>Title and abstract</b>					
	<b>1a</b>	yes	no	yes	no
	<b>1b</b>	yes	good	yes	bad
<b>Introduction</b>					
<b>Background</b>	<b>2a</b>	yes	good	yes	good
<b>Objectives</b>	<b>2b</b>	yes	good	yes	ok
<b>Methods</b>					
<b>Trial design</b>	<b>3a</b>	yes	good	yes	good
	<b>3b</b>	NR	NR	NR	NR
<b>Participants</b>	<b>4a</b>	yes	bad	yes	ok
	<b>4b</b>	yes	good	yes	good
<b>Interventions</b>	<b>5</b>	yes	good	yes	good
<b>Outcomes</b>	<b>6a</b>	yes	good	yes	bad
	<b>6b</b>	NR	NR	NR	NR
<b>Sample size</b>	<b>7a</b>	yes	ok	no	yes
	<b>7b</b>	NR	NR	NR	NR
<b>Randomisation</b>					
<b>Sequence generation</b>	<b>8a</b>	yes	good	no	yes
	<b>8b</b>	yes	ok	yes	ok
<b>Allocation</b>	<b>9</b>	yes	ok	yes	ok
<b>Implementation</b>	<b>10</b>	no	no	no	yes
<b>Blinding</b>	<b>11a</b>	NR	NR	NR	NR
	<b>11b</b>	NR	NR	NR	NR
<b>Statistical methods</b>	<b>12a</b>	yes	good	yes	good
	<b>12b</b>	NR	NR	NR	NR
<b>Results</b>					
<b>Participant flow</b>	<b>13a</b>	yes	ok	no	yes
	<b>13b</b>	yes	ok	no	yes
<b>Recruitment</b>	<b>14a</b>	yes	good	yes	good
	<b>14b</b>	NR	NR	NR	NR
<b>Baseline data</b>	<b>15</b>	yes	ok	no	no
<b>Numbers analysed</b>	<b>16</b>	yes	ok	yes	bad
<b>Outcomes &amp; estimation</b>	<b>17a</b>	yes	good	yes	good
	<b>17b</b>	yes	good	yes	good
<b>Ancillary analyses</b>	<b>18</b>	NR	NR	NR	NR
<b>Harms</b>	<b>19</b>	no	no	no	no
<b>Discussion</b>					
<b>Limitations</b>	<b>20</b>	yes	ok	yes	good
<b>Generalisability</b>	<b>21</b>	yes	ok	yes	ok
<b>Interpretation</b>	<b>22</b>	yes	good	yes	good
<b>Other information</b>					
<b>Registration</b>	<b>23</b>	yes	no	no	no
<b>Protocol</b>	<b>24</b>	no	no	no	no
<b>Funding</b>	<b>25</b>	yes	yes	yes	yes

**S3 Appendix. Quality assessment of included studies using the CONSORT 2010 checklist as a framework. NR: Not Relevant. Continued.**