

Supplemental Table 1: Quality Assessment										
First Author (year)	Criterion 1			Criterion 2					Criterion 3	Quality rating:
	Used an intention to treat analysis	Achieved an attrition rate of <20%	Compared characteristics of completers and non-completers	Description of the process of designing the program	Description of the enrollment program	Documentation of session attendance, reporting costs and/or resource inputs	Documentation of the training process or qualifications of personnel	Description of the qualitative feedback from participants or providers	Had an arm of randomized, matched, or unmatched comparison	
Andersen (2010)		•		•		•	•		•	High
Andersen (2014) A	•	•		•		•	•		•	High
Andersen (2014) B		•		•	•	•	•		•	
Andersen (2014) C		•		•	•	•	•		•	High
Andersen (2016)		•		•	•	•			•	High
Bangsbo (2010)				•		•			•	
Barene (2014) A	•	•		•	•	•	•		•	High
Barene (2014) B	•	•		•	•	•	•		•	High
Connolly (2014)				•	•	•	•		•	High
de Sousa (2014)		•		•			•		•	
Filliau (2015)				•	•	•	•			
Knoepfl-Lenzin (2010)		•		•		•	•		•	High
Krustrup (2009)		•	•	•	•	•	•		•	High
Krustrup (2010) A		•		•		•			•	High
Krustrup (2010) B		•		•		•			•	
Krustrup (2013)	•	•		•		•			•	High
Mendham (2015)		•		•	•	•	•		•	High
Milanovic (2015)		•		•		•			•	High
Mohr (2014)		•		•		•	•		•	High
Randers (2010)		•		•	•	•			•	
Randers (2012)			•	•	•	•	•		•	High
Schmidt (2013)				•	•	•			•	
Schmidt (2014)		•		•	•	•	•	•	•	High