

Study	Study Type	Starting Point	Risk of Bias	Inconsistency	Indirectness	Imprecision	Publication bias	Quality of evidence
Allam 2015	RCT	high	Unclear (-1)	Unclear (-1)	Unlikely	Unclear (-1)	Unlikely	Low
Chrischilles 2014	RCT	high	Unclear (-1)	Unlikely	Unclear (-1)	High (-2)	Unlikely	Low
Dalgaard 2013	Case series	low	High (-2)	Unlikely	Unlikely	High (-2)	Unlikely	Very Low
Fioravanti 2015	RCT	high	Unclear (-1)	Unlikely	Unlikely	Unclear (-1)	Unclear (-1)	Moderate
Foreman 2012	cohort study	moderate	Unclear (-1)	Unlikely	Unlikely	Unclear (-1)	Unlikely	Low
Glaser 2017	RCT	high	No risk of bias	Unlikely	Unlikely	Unlikely	Unlikely	High
Glasgow 2012	RCT	high	Unclear (-1)	Unclear (-1)	Unlikely	Unclear (-1)	Unlikely	Low
Hou 2012	cohort study	moderate	Unclear (-1)	High (-2)	Unlikely	Unlikely	Unlikely	Low
Kaplan 2013	systematic literature review	high	Unclear (-1)	Unclear (-1)	Unlikely	Unclear (-1)	High (-2)	Low
Keith 2013	cross sectional study	low	Unclear (-1)	Unlikely	Unlikely	Unlikely	Unlikely	Low
Lee 2014	RCT	high	High (-2)	High (-2)	Unlikely	Unlikely	Unlikely	Low
Luque 2012	RCT	high	Unclear (-1)	Unlikely	Unlikely	Unlikely	Unclear (-1)	Moderate
McDermott 2013	systematic literature review	high	Unclear (-1)	Unlikely	Unclear (-1)	Unlikely	Unlikely	Moderate
McGillicuddy 2013	RCT	high	Unclear (-1)	Unlikely	Unclear (-1)	Unclear (-1)	Unclear (-1)	Low
McLean 2016	systematic literature review with m	high	Unclear (-1)	Unlikely	Unlikely	Unlikely	Unlikely	High
Mistry 2015	systematic literature review	high	Unclear (-1)	Unlikely	Unlikely	Unlikely	Unlikely	High
Morton 2017	systematic literature review	high	Unclear (-1)	Unlikely	Unlikely	Unclear (-1)	Unlikely	Moderate
Naslund 2017	narrative literature review	high	High (-2)	Unlikely	Unlikely	Unclear (-1)	Unclear (-1)	Low
Park 2014	systematic literature review	high	Unclear (-1)	Unlikely	Unlikely	Unlikely	Unclear	High
Patel 2013	RCT	high	Unclear (-1)	Unlikely	Unlikely	High (-2)	Unclear (-1)	Low
Riva 2014	RCT	high	Unclear (-1)	Unlikely	Unlikely	Unclear (-1)	Unlikely	Moderate
Siu 2017	quasi-experimental	moderate	Unclear (-1)	Unlikely	Unlikely	Unclear (-1)	Unlikely	Low
Stephani 2016	systematic literature review	high	Unclear (-1)	Unlikely	Unlikely	Unclear (-1)	Unclear	Moderate
Tang 2013	RCT	high	High (-2)	Unlikely	Unlikely	Unlikely	Unlikely	Moderate
Westergaard 2017	Qualitative study	moderate	Unclear (-1)	Unlikely	Unclear (-1)	Unlikely	Unlikely	Low
Yu 2014	cohort study	moderate	Unclear (-1)	High (-2)	Unlikely	Unlikely	Unlikely	Low
Zettl 2016	cohort study	moderate	Unclear (-1)	Unlikely	Unlikely	Unclear (-1)	Unlikely	Low

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Allam 2015	+	+	?	?	-	+	-
Chrischilles 2014	+	+	?	?	+	+	-
Dabbs 2016	+	+	?	+	+	+	+
Dorr 2007	+	?	?	?	?	-	-
Fioravanti 2015	?	?	?	?	+	+	-
Glaser 2017	+	+	+	+	+	+	+
Glasgow 2012	?	?	?	?	+	+	+
Grant 2008	-	?	?	?	+	+	+
Harrison 2014	+	?	?	?	?	-	-
Lakshminarayana 2017	+	+	-	+	-	+	-
Luque 2012	?	?	?	?	-	+	-
McDermott 2013	+	?	?	?	?	?	+
McLean 2016	+	?	?	?	+	+	+
Mira 2014	?	?	-	+	+	+	?
Mistry 2015	+	?	?	?	+	?	+
Morton 2017	+	-	?	?	-	+	+
Park 2014	?	?	?	?	-	?	+
Perera 2014	?	?	?	?	+	+	-
Riva 2014	+	-	+	?	+	+	-
Stephani 2016	+	?	?	?	-	?	+
Tang 2013	+	+	-	+	+	+	+
Westergaard 2017	?	?	-	?	?	+	-
Zettl 2016	-	-	?	?	?	?	-