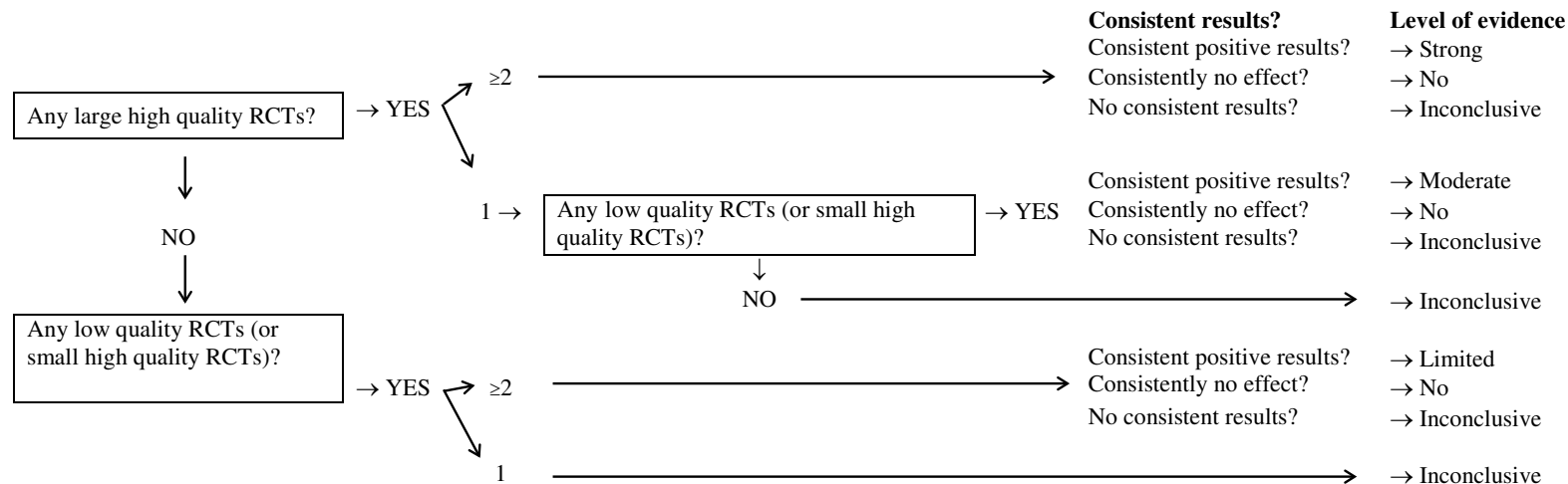


Supplement C: Levels of evidence assessment

Modified flow chart of the decision-making process for levels of evidence - based on study quality and study size. Consistent positive results (66.6% of relevant studies reporting significant positive results) are needed to achieve strong, moderate or limited levels of evidence.



NOTE: studies including ≤ 250 participants or not providing sample size justifying a smaller sample size are considered 'small', studies including >250 participants are considered 'large'.