

**Supplementary Table A1:** Reporting quality assessed through the TIDier checklist

TIDieR (Template for Intervention Description and Replication) CHECKLIST												
Name	Why	What (M)	What (P)	Who	How	Where	When (How much)	Tailor- ing	Modifi- cation	Planned	Actual	
Bray et al. 2015	√	√	√	√	√	√	√ (n/r)	n/r	n/r	n/r	n/r	
Thuresson et al. 2015	√	√	√	√	n/r	√	√ (n/r)	n/r	√	n/r	n/r	
Tummala and Farshid, 2015	√	√	√	√	√	√	√ (n/r)	n/r	n/r	n/r	n/r	
Pereira et al. 2013	√	√	√	√	√	√	√ (√)	n/r	√	n/r	n/r	
Naegeli et al. 2011	√	√	√	√	√	√	√ (√)	n/r	√	n/r	n/r	
Diercks et al. 2010	√	√	n/r	n/r	√	n/r	√ (n/r)	n/r	n/r	n/r	n/r	
Luepker et al. 2000	√	√	√	√	√	√	√ (√)	√	n/r	√	√	
Gaspoz et al. 1996	√	√	√	√	√	√	√ (√)	√	√	n/r	n/r	
Blohm et al. 1994	√	√	√	√	√	√	√ (n/r)	n/r	n/r	n/r	n/r	
Bett et al. 1993	√	√	√	√	√	√	√ (√)	n/r	n/r	n/r	n/r	
Moses et al. 1991	√	√	√	√	n/r	√	n/r (√)	n/r	√	n/r	n/r	
Ho et al. 1989	√	√	√	√	√	√	√ (√)	n/r	√	n/r	n/r	
Mitic et al. 1984	√	√	√	√	√	√	n/r (√)	n/r	n/r	n/r	n/r	
Mooney et al. 2014	√	√	√	√	√	√	√ (√)	√	n/r	√	√	
Dracup et al. 2009	√	√	√	√	√	√	√ (√)	√	n/r	√	√	
Meischke et al. 1997	√	√	√	√	n/r	√	√ (√)	n/r	n/r	n/r	n/r	
Blank and Smithline 2002	√	√	√	√	√	n/r	n/r (√)	n/r	n/r	n/r	n/r	
Black and Brown. 1973	√	√	√	√	√	√	√ (n/r)	n/r	n/r	n/r	n/r	

(M=methods, P=procedures, n/r =not reported)

**Supplementary Table A2:** Risk of bias in RCT as assessed via the RoB II tool

COCHRANE RISK OF BIAS (RoB II)						
	<b>Selection (Randomization)</b>	<b>Selection (Allocation)</b>	<b>Performance</b>	<b>Detection</b>	<b>Attrition</b>	<b>Reporting</b>
Mooney et al. 2014	L	L	U	H	L	L
Luepker et al. 2000	U	L	H	H	L	L
Dracup et al. 2009	L	L	L	H	L	L
Meischke et al. 1997	L	U	U	H	L	L
Blank and Smithline 2002	L	L	U	H	L	L

(L=low, U=unclear; H=high)