Online Appendix 1
Risk of bias summary

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of primary outcome measure(s) (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Danforth et al., (2018)	?	?	−	+	+	+
Gasser et al., (2014)	?	+	−	−	+	+
Griffiths et al., (2016)	+	+	+	+	+	+
Mithoefer et al., (2011)	?	+	−	−	+	+
Mithoefer et al., (2018)	?	+	+	+	+	+
Oehen et al., (2013)	+	+	−	+	+	+
Ot'alora et al., (2018)	+	+	+	+	+	+
Palhano-Fontes et al., (2019)	?	?	+	+	+	+
Ross et al., (2016)	+	+	−	+	+	+

+ Low risk of bias ? Unclear risk of bias − High risk of bias