

Supplementary Table S6 Individual study risk of bias assessment for 1) anthropometric and blood pressure, 2) glucose, and; 3) lipid measures.

No.	Study	Bias arising from the randomisation process			Bias due to deviations from intended intervention			Bias due to missing outcome data			Bias in measurement of the outcome			Bias in selection of the reported result			Overall bias		
		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
	<i>Measure</i>																		
1	Aadahl 2014	+	+	+	+	+	+	?	?	?	+	+	+	+	+	+	?	?	?
2	Alkhajah 2012	-	-	-	+	+	+	?	-	-	+	+	+	+	+	+	-	-	-
3	Ashe 2015	?			?			?			+			+			?		
4	Balducci, 2019*	+	+	+	+	+	+	+	+	+	+	+	+	-	-	+	-	-	+
5	Biddle 2015	+	+	+	+	+	+	?	?	?	+	+	+	+	+	+	?	?	?
6	Butler 2018	?	?	?	-	-	-	+	+	+	?	+	+	+	+	?	-	-	-
7	Carr 2013	+		+	+		+	?		?	+		+	?		+	?		?
8	Danquah 2017	+			+			+			+			+			+		
9	Dunning, 2018	+	+	+	?	?	?	+	+	+	?	?	?	+	+	+	?	?	?
10	Garland, 2018	-			+			-			-			+			-		
11	Graves 2015	+	+	+	+	+	+	+	+	+	+	+	+	?	?	?	?	?	?
12	Healy 2013	-	-	-	+	+	+	+	+	+	+	+	+	+	+	+	-	-	-
13	Healy 2017	+	+	+	+	+	+	?	?	?	+	+	+	+	+	+	?	?	?
14	Kallings 2009	?	?	?	+	+	+	+	+	+	+	+	+	+	+	+	?	?	?
15	Kozey Keadle 2014	-	-	-	-	-	-	?	?	?	+	+	+	+	+	+	-	-	-
16	Lin 2017	?	?	?	+	+	+	?	?	?	+	+	+	+	+	+	?	?	?
17	Lyons 2017	+			+			+			+			+			+		
18	MacEwen 2017	+	+	+	-	-	-	?	?	?	+	+	+	+	+	+	-	-	-
19	Mainsbridge 2014	?			+			+			?			?			?		
20	Malaeb, 2019	-			-			-			?			-			-		
21	Mantzari, 2018	?	?	?	?	?	?	+	+	+	+	+	+	+	+	+	?	?	?
22	Maxwell-Smith 2019	?			+			+			+			+			?		
23	Maylor, 2018	+		+	?		?	+		+	?		?	+		+	?		?
24	Miyamoto 2017	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
25	Pesola 2017	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
26	Peterman, 2019	?	?	?	+	+	+	-	-	-	?	+	+	-	-	-	-	-	-
27	Puig-Ribera 2015	?			+			?			+			+			?		
28	Resendiz, 2019	?			?			+			?			+			?		
29	Schuna 2014	?			+			+			+			+			?		
30	Taylor 2016	?	?	?	?	?	?	?	?	?	?	?	?	+	+	+	?	?	?
31	Thomsen 2016	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
32	Thomsen 2017	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
33	Zhu, 2018	-	-	-	+	+	+	-	-	-	?	+	+	+	+	+	-	-	-
Total	Low Risk (+)	15	11	13	23	15	16	18	11	12	23	19	20	27	18	20	6	4	5
Total	Unclear risk (?)	12	6	6	6	3	4	11	7	8	9	2	3	3	1	2	17	9	11
Total	High risk (-)	6	4	4	4	3	3	4	3	3	1	0	0	3	2	1	10	8	7
Total	All	33	21	23	33	21	23	33	21	23	33	21	23	33	21	23	33	21	23

Notes: 1=anthropometry & blood pressure outcomes; 2=glucose metabolism outcomes; 3=lipid metabolism outcomes; + = low risk of bias; ? = unclear risk of bias (some concerns); - = high risk of bias.

* Data were extracted from the earlier paper related to this study (Balducci 2017) when it was not reported in the 2019 paper (%BF; FFM; BMI; fasting insulin; HOMA). Risk of bias for Balducci 2017 was low for all criteria.