

## Effects of intermittent fasting on body composition

**Supplementary table. 2** Quality assessment of all included studies.

Reference	Selection Bias	Study Design	Confounders	Data Collection Method	Withdrawals	Gobal
(el Ati et al., 1995)	1	1	3	3	N/A	Weak
(Bilto, 1998)	1	1	3	3	N/A	Weak
(Ramadan et al., 1999)	1	1	3	3	N/A	Weak
(Beltaifa et al., 2002)	1	1	3	3	N/A	Weak
(Ramadan, 2002)	1	1	3	3	N/A	Weak
(Heilbronn et al., 2005)	1	3	3	3	3	Moderate
(Al-Numair, 2006a)	1	1	3	3	N/A	Weak
(Ziaee et al., 2006)	1	1	3	3	N/A	Weak
(Al-Hourani and Atoum, 2007)	1	1	3	3	N/A	Weak
(Karli et al., 2007)	1	1	3	3	N/A	Weak
(Salehi and Neghab, 2007)	1	2	3	3	3	Moderate
(Stote et al., 2007)	1	3	3	3	3	Moderate
(Haouari et al., 2008)	1	1	3	3	N/A	Weak
(De Bock et al., 2008)	1	2	3	3	3	Moderate
(Stannard and Thompson, 2008)	1	1	3	3	N/A	Weak
(Chennaoui et al., 2009)	1	1	3	3	2	Moderate
(Ferguson et al., 2009)	1	2	3	3	3	Moderate
(SÜLÜ et al., 2010)	1	1	3	3	N/A	Weak
(Van Proeyen et al., 2010)	1	3	3	3	3	Moderate
(Harvie et al., 2011)	1	3	3	3	2	Moderate
(Hajek et al., 2012)	1	1	3	3	N/A	Weak
(Mirzaei et al., 2012)	1	1	3	3	N/A	Weak
(Trabelsi et al., 2012b)	1	2	3	3	3	Moderate
(Trabelsi et al., 2012a)	1	3	3	3	3	Moderate
(Aloui et al., 2013)	1	1	3	3	N/A	Weak
(Norouzy et al., 2013)	1	1	3	3	N/A	Weak
(Rohin et al., 2013)	1	1	3	3	N/A	Weak
(Trabelsi et al., 2013)	1	3	3	3	N/A	Moderate
(Teng et al., 2013)	1	3	3	3	3	Moderate
(Bhutani et al., 2013)	1	3	3	3	2	Moderate
(Klempel et al., 2013)	1	3	3	3	2	Moderate
(Varady et al., 2013)	1	3	3	3	3	Moderate
(Harvie et al., 2013)	1	3	3	3	2	Moderate
(Keogh et al., 2014)	1	3	3	3	2	Moderate

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(Schoenfeld et al., 2014)	1	3	3	3	3	Moderate
(Abdelmalek et al., 2015)	1	1	3	3	N/A	Weak
(Ismail et al., 2015)	1	2	3	3	2	Moderate
(Roy and Bandyopadhyay, 2015)	1	1	3	3	N/A	Weak
(Varady et al., 2016)	1	2	3	3	3	Moderate
(Catenacci et al., 2016)	1	3	3	3	3	Moderate
(Moro et al., 2016)	1	3	3	3	3	Moderate
(Syam et al., 2016)	1	1	3	3	N/A	Weak
(Alsubheen et al., 2017)	1	2	3	3	3	Moderate
(Harder-Lauridsen et al., 2017)	1	1	3	3	N/A	Weak
(Tinsley et al., 2017)	1	3	3	3	2	Moderate
(Widhalm et al., 2017)	1	2	3	3	2	Moderate
(Trepanowski et al., 2017)	1	3	3	3	2	Moderate
(Bowen et al., 2018)	1	3	3	3	3	Moderate
(Trepanowski et al., 2018)	1	3	3	3	2	Moderate
(Akkoca et al., 2018)	1	1	3	3	N/A	Weak
(Gabel et al., 2018)	1	2	3	3	3	Moderate
(Lessan et al., 2018)	1	1	3	3	N/A	Weak
(Muhammad et al., 2018)	1	2	3	3	2	Moderate
(Naharudin and Yusof, 2018)	1	3	3	3	3	Moderate
(Vargas et al., 2018)	1	2	3	3	1	Weak
(Antoni et al., 2018)	1	3	3	3	2	Moderate
(Nachvak et al., 2019)	1	1	3	3	N/A	Weak
(Headland et al., 2019)	1	3	3	3	2	Moderate
(Al-Barha and Aljaloud, 2019)	1	2	3	3	2	Moderate
(Kocaaga et al., 2019)	1	1	3	3	N/A	Weak
(Tinsley et al., 2019)	1	3	3	3	2	Moderate
(Cho et al., 2019)	1	3	3	3	2	Moderate
(Kalam et al., 2019)	1	2	3	3	2	Moderate
(Beaulieu et al., 2020)	1	3	3	3	3	Moderate
(Headland et al., 2020)	1	3	3	3	2	Moderate
(Chow et al., 2020)	1	3	3	3	3	Moderate

**Note.** 1, weak; 2, moderate; 3, strong, N/A, not applicable.

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