

Quality assessments.

Question/ Trial	A Seletion Bias (Q1)	A Selection Bias (Q2)	A SCORE	B Study Design	B SCORE	C Confoun- ders (Q1)	C Confoun- ders (Q2)	C SCORE	D Blinding (Q1)	D Blinding (Q2)	D SCORE	E Data collection (Q1)	E Data Collection (Q2)	E SCORE	F Withdrawals and Drop- outs (Q1)	F Withdrawals and Drop- outs (Q2)	F SCORE	GLOBAL RATING
Perez- Ferre et al 2010	1	1	**	1	***	2	/	***	3	3	**	1	1	***	1	1	***	Strong
Dalfra et al 2009	1	1	**	1	***	2	/	***	1	1	*	1	1	***	1	1	***	Strong
Guo et al 2019	1	1	**	1	***	2	/	***	1	1	*	1	1	***	1	1	***	Strong
Homko et al 2007	1	1	**	1	***	2	/	***	1	3	**	1	1	***	1	1	***	Strong
Given et al 2015	1	2	**	1	***	2	/	***	1	1	*	1	1	***	1	1	***	Moderate
Homko et al 2012	1	5	*	1	***	2	/	***	3	3	**	1	1	***	1	1	***	Moderate
Mackillop et al 2018	1	1	**	1	***	2	/	***	3	3	**	1	1	***	1	1	***	Moderate
Yang et al 2018	1	5	*	1	***	2	/	***	3	3	**	1	1	***	1	1	***	Moderate
Kim et al 2019	1	5	*	2	***	2	/	***	1	1	*	1	1	***	1	1	***	Weak

* = week, ** = moderate, *** = strong, 1-5 = response options according to EPHP, / = not applicable