

Supplementary figure 1: Quality assessment of quantitative studies

	Aardoom et al. 2017	Anastasiadou et al. 2019	Anderson et al. 2017	Carrard et al. 2011	Fichter et al. 2012	Giel et al. 2015	Kim et al., 2019	Marco et al. 2013	Neumayr et al., 2019	Sanchez-Ortiz et al., 2011	Shingleton et al., 2016	Tregarthen et al., 2015	Wagner et al. 2013	Wagner et al., 2013 (2)	Wagner et al., 2014	Wilksch et al., 2017	Lock et al., 2021	Fichter et al., 2013	
1. Were eligibility criteria for study entry prespecified and clearly described?	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green
2. Was there absence of co-intervention that may influence outcome?	Green	Green	Red	Green	Red	Red	Red	Green	Red	Green	Red	Red	Red	Red	Red	Red	Green	Red	Red
3. Were all eligible participants that met the prespecified entry criteria enrolled?	Red	Red	Red	Green	Green	Red	Red	Green	Red	Red	Red	Red	Green	Green	Red	White	Red	Green	Green
4. Was the intervention clearly described and delivered consistently across the study population?	Green	Green	Green	Green	Green	Green	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Yellow	Green	Green	Green
5. Were 80% of people randomized included in the final analysis?	Red	Green	Gray	Red	Green	Gray	Gray	Red	Green	Red	Gray	Red	Red	Red	Red	White	Green	Green	Green
6. Was information on people who withdrew given?	Green	Green	Red	Green	Green	Red	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	White	Red	Red
7. Was an ITT analysis included?	Red	Green	Red	Red	Green	Red	Red	Red	Red	Green	Red	Red	Green	White	Red	Green	Green	Green	Red
8. Is there absence of evidence that more outcomes were measured than reported?	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
9. Were the outcome measures clearly defined, valid, reliable, and assessed consistently across all participants?	Green	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Yellow
10. Did they discuss power or include effect size?	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Red	Green	Green	Green	Red
11. Do the authors control for confounders (either statistically, through matching or randomization)?	Green	Green	Yellow	Yellow	Green	White	Yellow	Green	Green	Green	Green	Red	Green	Green	Green	Yellow	Green	Green	Green
12. Did the statistical methods examine changes in outcome measures from before to after the intervention (change, not difference score)?	Green	Green	Green	Green	Yellow	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green
13. Were p-values for the pre to post change reported for all outcomes?	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Red	Green	Green
14. Were outcome measures of interest taken multiple times before the intervention and multiple times after (time-series design)?	Red	Red	Red	Green	Yellow	Red	Yellow	Yellow	Yellow	Red	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
15. Was the method used to assign participants to group truly random?	Green	Green	Gray	Gray	Green	Gray	Gray	Green	Green	Green	Yellow	Red	Green	Green	Green	Green	Green	Green	Green
16. Was the number of participants randomized stated?	Green	Green	Gray	Gray	Green	Gray	Gray	Green	Green	Green	Gray	Gray	Green	Red	Red	Green	Green	Green	Green
17. Were participants blinded to treatment allocation?	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red
18. Were outcome assessors blinded to treatment allocation?	Gray	Red	Red	Red	Green	Red	Red	Green	Red	Green	Gray	Gray	White	White	White	White	White	Green	Green
19. Was the success of the blinding procedure assessed?	Gray	Gray	Gray	Gray	Red	Gray	Gray	White	Gray	Green	Gray	Gray	White	White	White	White	White	Red	White
TOTAL OF YES & PARTIALLY (/19)	12	14	8	12	16	7	10	14	12	15	10	3	13	10	9	11	15	13	

LEGEND: green = yes, red = no, yellow = partially, gray = not applicable, white = not reported