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SUPPLEMENTARY FILE 3

Table S3: Assessment of risk of bias* against each criterion for individual studies

Study	Random sequence generation	Allocation concealment	Baseline outcome measurements similar	Baseline characteristics similar	Incomplete outcome data	Blinding of outcome measurement assessment	Protections against contamination	Selective reporting	Other bias	TOTAL number of criteria with low risk of bias
Awad, 2006	\checkmark	?	✓	?	?	?	\checkmark	Х	~	4/9
BETA, 2018 & 2020	✓	~	~	~	?	~	~	~	~	8/9
Bradley, 2019	Х	Х	✓	✓	\checkmark	✓	~	\checkmark	✓	7/9
Chang, 2020	✓	Х	✓	✓	\checkmark	✓	✓	✓	~	8/9
Curtis, 2021	✓	✓	✓	✓	✓	✓	✓	✓	~	9/9
Gerber, 2013	✓	✓	✓	✓	?	Х	?	✓	~	6/9
Hallsworth, 2016	✓	~	~	✓	~	~	✓	~	~	9/9
Hemkens, 2017	\checkmark	\checkmark	~	\checkmark	\checkmark	~	\checkmark	\checkmark	\checkmark	9/9
Hurlimann, 2016	~	~	~	~	~	х	~	~	~	8/9
Kronman, 2020	✓	~	~	~	~	~	✓	~	~	9/9
Lagerlov, 2000	✓	\checkmark	\checkmark	✓	Х	?	\checkmark	?	Х	6/9
Mainous, 2000	✓	\checkmark	~	~	\checkmark	~	✓	\checkmark	~	9/9
Meeker, 2014	✓	\checkmark	✓	✓	\checkmark	✓	?	\checkmark	✓	8/9
Meeker, 2016	✓	✓	?	?	\checkmark	✓	✓	\checkmark	Х	6/9
O'Connell, 1999	?	\checkmark	~	~	\checkmark	~	\checkmark	\checkmark	~	8/9
Persell, 2016	✓	\checkmark	\checkmark	?	\checkmark	✓	?	\checkmark	Х	7/9
Ratajczak, 2019	х	х	~	~	~	~	~	~	~	7/9
Sondergaard, 2003	?	~	~	~	~	~	~	~	~	8/9
Yang, 2014	✓	✓	✓	✓	✓	✓	✓	✓	✓	9/9
Number of studies with high risk of bias	2	3	0	0	1	2	0	1	3	
Number of studies with unclear bias	2	1	1	3	3	2	3	1	0	
Number of studies with	15	15	15	16	15	15	16	17	16	

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bias	low risk of					
	bias					

'X' denotes high risk of bias for this criterion; '?' denotes unclear risk of bias; '✓' denotes low risk of bias. *Risk of bias assessed using the Cochrane Effective Practice and Organisation of Care group's tool (https://epoc.cochrane.org/sites/epoc.cochrane.org/files/public/uploads/Resources-for-

authors2017/suggested_risk_of_bias_criteria_for_epoc_reviews.pdf)