**Appendix 2: Quality assessment of studies according to Jadad criteria**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Study First  Author & Year | Year | Randomization reported | Randomization scheme described | Blinding | Blinding Appropriate | Drop out | Jadad score |
| Chapuy MC | **1987** | **1** | **0** | **0** | **0** | **1** | **2** |
| Dawson-Hughes B | **1991** | **1** | **0** | **1** | **0** | **1** | **3** |
| Chapuy MC | **1992** | **1** | **0** | **0** | **0** | **1** | **2** |
| Chapuy MC | **1992** | **1** | **0** | **0** | **0** | **1** | **2** |
| Chapuy MC | **1992** | **1** | **0** | **0** | **0** | **1** | **2** |
| Ooms ME | **1995** | **1** | **0** | **1** | **0** | **1** | **3** |
| Dawson-Hughes B | **1997** | **1** | **0** | **1** | **0** | **1** | **3** |
| Dawson-Hughes B | **1997** | **1** | **0** | **1** | **0** | **1** | **3** |
| Krieg M.A | **1999** | **1** | **0** | **0** | **0** | **1** | **2** |
| Krieg M.A | **1999** | **1** | **0** | **0** | **0** | **1** | **2** |
| HUNTER D | **2000** | **1** | **1** | **1** | **1** | **1** | **5** |
| HUNTER D | **2000** | **1** | **1** | **1** | **1** | **1** | **5** |
| HUNTER D | **2000** | **1** | **1** | **1** | **1** | **1** | **5** |
| Pfeifer M | **2001** | **1** | **0** | **1** | **0** | **1** | **3** |
| Grados F | **2003** | **1** | **0** | **1** | **0** | **1** | **3** |
| Bischoff H.A. | **2003** | **1** | **0** | **1** | **0** | **1** | **3** |
| Kenny A.M. | **2003** | **1** | **1** | **1** | **1** | **1** | **5** |
| Brazier M | **2005** | **1** | **1** | **1** | **0** | **1** | **3** |
| Pittas AG | **2007** | **1** | **1** | **1** | **0** | **1** | **4** |
| Pittas AG | **2007** | **1** | **1** | **1** | **0** | **1** | **4** |
| Talwar SA | **2007** | **1** | **1** | **0** | **0** | **1** | **3** |
| Talwar SA | **2007** | **1** | **1** | **0** | **0** | **1** | **3** |
| Talwar SA | **2007** | **1** | **1** | **0** | **0** | **1** | **3** |
| Cashman KD | **2008** | **1** | **0** | **1** | **0** | **1** | **3** |
| Cashman KD | **2008** | **1** | **0** | **1** | **0** | **1** | **3** |
| Sneve M | **2008** | **1** | **1** | **1** | **0** | **1** | **4** |
| Sneve M | **2008** | **1** | **1** | **1** | **0** | **1** | **4** |
| Mikko Bjo¨rkman | **2008** | **1** | **0** | **1** | **1** | **1** | **4** |
| Mikko Bjo¨rkman | **2008** | **1** | **0** | **1** | **1** | **1** | **4** |
| Chel M | **2008** | **1** | **0** | **0** | **0** | **1** | **2** |
| Chel M | **2008** | **1** | **0** | **0** | **0** | **1** | **2** |
| Chel M | **2008** | **1** | **0** | **0** | **0** | **1** | **2** |
| Zitterman A | **2009** | **1** | **1** | **1** | **0** | **1** | **4** |
| Pfeifer M | **2009** | **1** | **0** | **1** |  | **1** | **3** |
| Pfeifer M | **2009** | **1** | **0** | **1** |  | **1** | **3** |
| Jorde R | **2010** | **1** | **0** | **0** | **0** | **1** | **2** |
| Jorde R | **2010** | **1** | **0** | **0** | **0** | **1** | **2** |
| Islam M.Z. | **2010** | **1** | **1** | **1** | **0** | **1** | **3** |
| Islam M.Z. | **2010** | **1** | **1** | **1** | **0** | **1** | **3** |
| Lips P | **2010** | **1** | **1** | **1** | **0** | **1** | **4** |
| Chung HY | **2011** | **1** |  | **1** |  | **1** | **3** |
| Grimness G | **2011** | **1** | **1** | **1** | **1** | **1** | **5** |
| Ponda MP | **2012** | **1** | **1** | **1** | **1** | **1** | **5** |
| Kjærgaard M | **2012** | **1** | **1** | **1** | **1** | **1** | **5** |
| Goswami R | **2012** | **1** | **1** | **1** | **1** | **1** | **5** |
| Goswami R | **2012** | **1** | **1** | **1** | **1** | **1** | **5** |
| Harris S.S. | **2012** | **1** | **0** | **0** | **0** | **1** | **2** |
| Sokol SI | **2012** | **1** | **1** | **1** | **0** | **1** | **4** |
| Larsen T | **2012** | **1** | **1** | **1** | **1** | **1** | **5** |
| Salehpour A | **2012** | **1** | **1** | **1** | **1** | **1** | **5** |
| Suzuki M | **2013** | **1** | **1** | **1** | **1** | **1** | **5** |