**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** |