Supplementary file 4: Assessment of the risk of bias of Randomized Controlled Trials

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|  | Random sequence generation | Allocation concealment | Incomplete outcome data | Overall score |
| Musculoskeletal and rheumatologic disorders |
| Aboagye et al. (9) | Unclear risk | Unclear risk | Low risk | 1 |
| Barton et al. (10) | Low risk | Low risk | Low risk | 3 |
| Gusi et al. (11) | Low risk | Unclear risk | Low risk | 2 |
| Henchoz et al. (12) | Unclear risk | Unclear risk | High risk | 0 |
| Hurley et al. (13) | Unclear risk | Low risk | Low risk | 2 |
| Manning et al. (14) | Low risk | Low risk | Low risk | 3 |
| Pinto et al. (15) | Unclear risk | Low risk | Low risk | 2 |
| Sevick et al. (16) | Low risk | Low risk | Unclear risk | 2 |
| Tan et al. (17) | Low risk | Unclear risk | Low risk | 2 |
| Tan et al. (18) | Low risk | Low risk | Low risk | 3 |
| Williams et al. (19) | Unclear risk | Low risk | Low risk | 2 |
| Cardiovascular diseases |
| Hautala et al. (20) | Unclear risk | Unclear risk | Low risk | 1 |
| Mazari et al. (22) | Unclear risk | Unclear risk | Unclear risk | 0 |
| Reed et al. (23) | Unclear risk | Low risk | Low risk | 2 |
| Reynolds et al. (24) | Unclear risk | Low risk | High risk | 1 |
| Spronk et al. (26) | Unclear risk | Low risk | Low risk | 2 |
| van Asselt et al. (27) | Unclear risk | Low risk | High risk | 1 |
| Witham et al. (29) | Unclear risk | Low risk | Low risk | 2 |
| Neurological disorders |
| Farag et al. (30) | Low risk | Low risk | Low risk | 3 |
| Fletcher et al. (31) | Low risk | Low risk | High risk | 2 |
| McCrone et al. (32) | Low risk | Low risk | High risk | 2 |
| Sabes-Figuera et al. (33) | Unclear risk | Low risk | High risk | 1 |
| Slaman et al. (34) | Unclear risk | Unclear risk | High risk | 0 |
| Tosh et al. (35) | Low risk | Low risk | Low risk | 3 |
| Mental illnesses |
| d'Amico et al. (36) | Unclear risk | Unclear risk | High risk | 0 |
| Edwards et al. (37) | Low risk | Unclear risk | High risk | 1 |
| Gusi et al. (38) | Low risk | Unclear risk | High risk | 1 |
| Cancers |
| Gordon et al. (39) | Low risk | Unclear risk | Low risk | 2 |
| Mewes et al. (40) | Unclear risk | Unclear risk | Low risk | 1 |
| Other diseases |
| Panman et al. (42) | Unclear risk | Low risk | High risk | 1 |
| Panman et al. (43) | Unclear risk | Low risk | High risk | 1 |
| Zwerink et al. (44) | Low risk | Unclear risk | Unclear risk | 1 |
| Coyle et al. (45) | Unclear risk | Low risk | Low risk | 2 |