**Supplementary Table 1. Quality assessment of the included RCTs based on the EPHPP criteria**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Authors** | | **Selection bias** | **Study design** | **Confounders** | **Blinding** | **Data collection methods** | **Withdrawals/dropouts** | **Global rating** |
| Aloi et al 2018 | moderate | | strong | strong | moderate | strong | strong | strong |
| Andreou et al. 2017 | weak | | strong | strong | moderate | strong | strong | moderate |
| Atkinson et al., 1996 | weak | | strong | weak | moderate | strong | strong | weak |
| Bambini et al. 2022 | moderate | | strong | strong | moderate | strong | strong | strong |
| Baumgartner et al. 2022 | moderate | | strong | weak | moderate | strong | strong | moderate |
| Bechdolf et al. 2010 | moderate | | strong | strong | moderate | strong | strong | strong |
| Böge et al. 2017 | moderate | | strong | strong | moderate | strong | strong | strong |
| Briki et al. 2014 | strong | | strong | strong | moderate | strong | strong | strong |
| Bryce et al. 2018 | moderate | | strong | strong | moderate | strong | strong | strong |
| Bucci et al 2013 | strong | | strong | strong | moderate | strong | strong | strong |
| Cavallaro et al. 2009 | moderate | | strong | strong | strong | strong | strong | strong |
| Chen et al. 2021 | weak | | strong | strong | moderate | strong | strong | strong |
| Contreras et al., 2018 | strong | | strong | strong | moderate | strong | strong | strong |
| Crawford et al. 2012 | moderate | | strong | strong | moderate | strong | strong | strong |
| D’ Amato et al. 2011 | moderate | | strong | strong | moderate | strong | weak | moderate |
| Dellazizzo et al. 2021 | moderate | | strong | strong | weak | strong | moderate | moderate |
| Fardig et al. 2011 | moderate | | strong | strong | moderate | strong | strong | strong |
| Freeman et al., 2015 | strong | | strong | strong | moderate | strong | strong | strong |
| Freeman et al., 2021 | moderate | | strong | strong | moderate | strong | strong | strong |
| Garety et al. 2021 | strong | | strong | strong | moderate | strong | strong | strong |
| Garrido et al. 2013 | moderate | | strong | strong | strong | strong | moderate | strong |
| Halperin et al 2000 | moderate | | strong | weak | moderate | strong | moderate | moderate |
| Halverson et al. 2021 | strong | | strong | weak | moderate | strong | strong | moderate |
| Hasan and Musleh, 2017 | moderate | | strong | strong | moderate | strong | strong | strong |
| Hayes et al 1995 | moderate | | strong | weak | moderate | strong | strong | moderate |
| Kurtz et al 2015 | moderate | | strong | strong | moderate | strong | strong | strong |
| Lee, et al. 2012 | moderate | | strong | strong | moderate | strong | moderate | strong |
| Lee, et al. 2010 | moderate | | strong | strong | moderate | strong | weak | moderate |
| Li, et al. 2018 | moderate | | strong | strong | moderate | strong | strong | strong |
| Montag, et al. 2014 | moderate | | strong | weak | moderate | strong | strong | moderate |
| Moritz, et al. 2014 | moderate | | strong | weak | moderate | strong | strong | moderate |
| Morrison et al. 2018 | moderate | | strong | weak | moderate | strong | strong | moderate |
| Muhić, et al. 2022 | moderate | | strong | strong | moderate | strong | strong | strong |
| Ngoc, et al. 2016 | strong | | strong | strong | moderate | strong | strong | strong |
| O'Donnell, et al. 2003 | moderate | | strong | strong | moderate | strong | strong | strong |
| Omranifard, et al. 2012 | moderate | | strong | strong | moderate | strong | weak | moderate |
| Penn, et al. 2011 | weak | | strong | weak | moderate | strong | strong | weak |
| Pitkänen et al. 2012 | weak | | strong | strong | weak | strong | moderate | weak |
| Pontes 2012 | strong | | strong | strong | strong | strong | strong | strong |
| Pot-Kolder, et al. 2018 | weak | | strong | strong | moderate | strong | strong | moderate |
| Priebe et al 2015 | strong | | strong | strong | moderate | strong | strong | strong |
| Priebe, et al. 2007 | moderate | | strong | strong | weak | strong | strong | moderate |
| Priebe, et al. 2016 | moderate | | strong | weak | moderate | strong | strong | moderate |
| Rakitzi, et al. 2016 | moderate | | strong | strong | moderate | strong | moderate | strong |
| Rami, et al. 2018 | weak | | strong | strong | moderate | strong | strong | moderate |
| Richardson, et al. 2007 | weak | | strong | strong | moderate | strong | strong | moderate |
| Röhricht et al. 2006 | moderate | | strong | strong | moderate | strong | strong | strong |
| Ruiz-Iriondo, et al. 2019 | strong | | strong | weak | weak | strong | moderate | weak |
| Sachs, et al. 2012 | moderate | | strong | strong | moderate | strong | strong | strong |
| Salyers, et al. 2014 | moderate | | strong | strong | moderate | strong | strong | strong |
| Schrank, et al. 2016 | weak | | strong | strong | weak | strong | strong | weak |
| Sibitz, et al. 2006 | strong | | strong | strong | moderate | strong | moderate | strong |
| Staring, et al. 2010 | weak | | strong | strong | moderate | strong | strong | moderate |
| Valencia et al 2020 | moderate | | strong | weak | moderate | strong | strong | moderate |
| Vass, et al. 2021 | moderate | | strong | strong | moderate | strong | strong | strong |
| Wang, et al. 2015 | weak | | strong | strong | moderate | strong | moderate | moderate |
| Weijers, et al. 2020 | weak | | strong | weak | moderate | strong | strong | weak |
| Wijnen, et al. 2018 | weak | | strong | weak | moderate | strong | weak | weak |
| Yildiz, et al. 2019 | moderate | | strong | strong | moderate | strong | strong | strong |
| Zimmer, et al. 2007 | moderate | | strong | strong | moderate | strong | strong | strong |