|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Selection | | | Comparability | | Outcome | | | |  |
| Study number | S1 | S2 | S3 | C1 | C2 | O1 | O2 | O3 | O4 | Total score |
| 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 6 |
| 2 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 6 |
| 3 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 5 |
| 4 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 5 |
| 5 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 7 |
| 6 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 5 |
| 7 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 8 |
| 8 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 9 |
| 9 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 7 |
| 10 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 6 |
| 11 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 8 |
| 12 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 6 |
| 13 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 6 |
| 14 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 5 |
| 15 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 9 |
| 16 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 9 |
| 17 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 8 |
| 18 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 7 |
| 19 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 8 |
| 20 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 8 |
| 21 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 8 |
| 22 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 6 |
| 23 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 7 |
| 24 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 8 |
| 25 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 7 |
| 26 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 7 |
| 27 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 9 |
| 28 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 7 |
| 29 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 6 |
| 30 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 7 |
| 31 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 7 |
| 32 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 7 |
| 33 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 8 |

**Appendix 2.** Methodological transparency score

*Note:* S1=Clarity and Selection of Study Population;

S2=Representativeness of the Sample;

S3=Participation Rate;

C1= Control of Major Confounding Factors;

C2=Use of Multivariate Analysis;

O1=Measurement of Boredom;

O2=Measurement of Achievement;

O3=Completeness of Data Collection;

O4=Appropriateness of Statistical Analysis