**Table S4 Cochrane Risk of Bias Scores.** Review authors’ judgments about each risk of bias item presented as percentages across all included studies.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **References** | **Sequence Generation** | **Allocation Concealment** | **Blinding** | **Incomplete outcome data** | **Selective Outcome Reporting** |
| Amundsen et al. (2003) | Unclear | Unclear | High | Low | Low |
| Anderson et al. (1991) | Unclear | Unclear | High | Low | Low |
| Beck et al. (2009) | Low | Low | High | High | Unclear |
| Berg et al. (2003) | Unclear | Unclear | High | Low | Low |
| Biorklund et al. (2005) | Low | Low | High | Low | Low |
| Biorklund et al. (2008) | Unclear | Unclear | High | Low | Low |
| Braaten et al. (1994) | Unclear | Unclear | Unclear | Low | Low |
| Bremer et al. (1991) | Unclear | Unclear | Low | Low | Low |
| Karen et al. (2011) | Low | Low | High | Low | Low |
| Chen et al. (2006) | Low | Low | Low | Low | Low |
| Cugnet-Anceau et al. (2009) | Unclear | Unclear | Low | Low | Low |
| Davidson et al. (1991) | Unclear | Unclear | High | Unclear | Low |
| Davy et al. (2002) | Unclear | Unclear | High | Low | Low |
| Demark-Wahnefried et al. (1990) | Low | Unclear | High | Low | Low |
| Gerhardt et al. (1998) | Unclear | Unclear | Low | Low | Low |
| Gold et al. (1988) | Unclear | Unclear | Low | Low | Low |
| Ibrugger et al. (2013) | Low | Low | High | Low | Low |
| Johnstonet al. (1998) | Unclear | Unclear | Low | Low | Low |
| Kabir et al. (2002) | Unclear | Unclear | Unclear | Low | Low |
| Karmally et al. (2005) | Low | Low | High | High | Low |
| Kerchoffs et al. (2003) | Low | Low | High | Low | Low |
| Kestin et al. (1990) | Unclear | Unclear | High | High | Low |
| Leadbetter et al. (1990) | Unclear | Unclear | High | Low | Low |
| Lepre et al. (1992) | Unclear | Unclear | Low | Low | Low |
| Liatis et al. (2009) | Low | Low | Low | Low | Low |
| Lovegrove et al. (2000) | Low | Low | Low | Low | Low |
| Ma et al. (2013) | Low | Unclear | High | Low | Low |
| Maki et al. (2003) | Unclear | Unclear | Low | High | Low |
| Maki et al. (2010) | Unclear | Unclear | High | High | Low |
| Martensson (2005) | Low | Low | Low | Low | Low |
| McGeoch et al. (2013) | Unclear | Unclear | High | High | Low |
| Momenizadeh et al. (2014) | Low | Unclear | Unclear | Low | Low |
| Naumann et al. (2006) | Unclear | Unclear | Low | Low | Low |
| Naokes et al. (1996) | Unclear | Unclear | High | High | Unclear |
| Onning et al. (1999) | Unclear | Unclear | Low | Low | Low |
| Panahi et al. (2006) | Low | Low | Low | Low | Low |
| Pick et al. (1996) | Unclear | Unclear | High | Low | Unclear |
| Pins et al. (2002) | Unclear | Unclear | Low | Low | Low |
| Poulter et al. (1993) | Unclear | Unclear | High | Low | Low |
| Queenan et al. (2007) | Low | Low | Low | Low | Low |
| Reyna-Villasmil et al (2007) | Unclear | Unclear | High | Low | Low |
| Reynolds et al. (2000) | Low | Low | Low | Low | Low |
| Robitaille et al. (2005) | Unclear | Unclear | High | Low | Low |
| Romero et al. (1998) | Unclear | Unclear | High | Low | Low |
| Saltzman et al. (2001) | Low | Low | High | Low | Low |
| Stewart et al. (1992) | Unclear | Unclear | High | Low | Low |
| Swain et al. (1990) | Unclear | Unclear | Low | Unclear | Low |
| Theuwissen et al. (2007) | Unclear | Unclear | Low | Low | Low |
| Thongoun et al. (2013) | Unclear | Unclear | Unclear | Low | Low |
| Turnbull et al. (1987) | Unclear | Unclear | High | Low | Low |
| Uusitupa et al. (1992) | Unclear | Unclear | Low | Low | Low |
| Van Horn et al. (1991) | Unclear | Unclear | High | Low | Low |
| Van Horn et al. (1988) | Unclear | Unclear | Unclear | Low | Low |
| Van Horn et al. (2001) | Low | Unclear | High | Low | Low |
| McArthur et al. (1992) | Unclear | Unclear | Unclear | Unclear | Low |
| Wolever et al. (2010) | Low | Low | Low | Low | Low |
| Zhang et al. (1992) | Unclear | Unclear | Unclear | Low | Low |
| Zhang et al. (2012) | Unclear | Unclear | High | Low | Low |