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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Studies  (yes:2 ; partial:1; no:0)** | **1** | **2** | **3** | **4** | **8** | | **9** | **10** | | | **11** | **12** | | **13** | | **14** | |  | |  | |
| **Question/ objective  sufficiently described?** | **Study design evident  and appropriate?** | **Method of subject/ comparison  group selection or source of information/ input variables described and appropriate?** | **Subject characteristics  sufﬁciently described?** | **Outcome well deﬁned and  robust to measurement / misclassiﬁcation bias? Means of assessment reported?** | | **Sample size appropriate?** | **Analytic methods described/ justiﬁed  and appropriate?** | | | **Some estimate of variance  is reported for the main results?** | **Controlled for confounding?** | | **Results reported  in sufﬁcient detail?** | | **Conclusions supported  by the results?** | | **Total sum** | | **Summary  score** | |
| Brunelin et al., 2007 | 2 | 2 | 2 | 2 | 2 | | 1 | 2 | | | 2 | 0 | | 1 | | 2 | | 18 | | 0.82 | |
| Marjoram et al., 2006 | 1 | 2 | 2 | 2 | 2 | | 0 | 2 | | | 2 | 2 | | 1 | | 2 | | 18 | | 0.82 | |
| Szoke et al., 2009 | 2 | 2 | 2 | 2 | 2 | | 2 | 2 | | | 2 | 2 | | 2 | | 2 | | 22 | | 1 | |
| Garisson et al., 2017 | 2 | 2 | 1 | 2 | 0 | | 2 | 2 | | | 2 | 1 | | 2 | | 2 | | 18 | | 0.82 | |
| Aldebot et al., 2012 | 2 | 2 | 2 | 1 | 1 | | 2 | 2 | | | 0 | 1 | | 1 | | 2 | | 16 | | 0.73 | |
| Laroi et al., 2005 | 2 | 2 | 2 | 2 | 2 | | 1 | 2 | | | 2 | 2 | | 1 | | 2 | | 20 | | 0.91 | |
| Laroi et al., 2004 | 2 | 2 | 2 | 2 | 2 | | 2 | 1 | | | 0 | 2 | | 1 | | 2 | | 18 | | 0.82 | |
| Johns et al., 2010 | 2 | 2 | 2 | 2 | 2 | | 1 | 2 | | | 2 | 2 | | 2 | | 2 | | 21 | | 0.95 | |
| Allen et al., 2006 | 2 | 2 | 2 | 2 | 2 | | 1 | 2 | | | 2 | 2 | | 1 | | 2 | | 20 | | 0.91 | |
| Gaweda et al., 2018 | 2 | 2 | 2 | 2 | 2 | | 2 | 2 | | | 0 | 2 | | 1 | | 2 | | 19 | | 0.86 | |
| Versmissen et al., 2007a | 2 | 2 | 2 | 1 | 1 | | 1 | 0 | | | 2 | 0 | | 2 | | 2 | | 15 | | 0.68 | |
| Versmissen et al., 2007b | 2 | 0 | 2 | 1 | 2 | | 1 | 0 | | | 2 | 2 | | 1 | | 2 | | 15 | | 0.68 | |
| Alderson-Day et al., 2019 | 2 | 2 | 2 | 0 | 1 | | 1 | 2 | | | 2 | 0 | | 1 | | 2 | | 15 | | 0.68 | |
| Peters et al., 2007 | 2 | 2 | 2 | 2 | 2 | | 1 | 2 | | | 2 | 2 | | 2 | | 2 | | 21 | | 0.95 | |
| Humpston et al., 2017 | 2 | 2 | 2 | 2 | 2 | | 2 | 2 | | | 2 | 0 | | 2 | | 2 | | 20 | | 0.91 | |
|  |  |  |  |  |  |  | | |  |  | | |  | |  | |  | |  | |  | |  |  |  |

**Supplementary Material S2:** Rating scores calculated for each study using the Standard Quality Assessment (QualSyst tool14).Three domains relative to clinical intervention were not applicable and thus removed from the table.