**Appendix B**

**Quality assessment of included studies**

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| **Table B1. Quality assessment of study by Bischoff et al. (2018)** | | |
| Question | Author evaluation | Reason for author evaluation |
| Was the study described as randomized? | Yes | The study described the procedure of a single randomization. |
| Was the method used to generate the sequence of randomization described and appropriate? | Yes | There was assigned a random number to one of two treatment conditions, and there were more numbers than necessary to conceal allocation of participants |
| Was the study described as a double blind? | No | The study is not described as a double blind. |
| Was the method of double blinding described and appropriate? | No | The study is not using a double blind. |
| Was there a description of withdrawals and dropouts? | Yes |  |
| Assigned quality score | 3 |  |

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| **Table B2. Quality assessment of study by McEntee and Halgin (1999)** | | |
| Question | Author evaluation | Reason for author evaluation |
| Was the study described as randomized? | Yes | The authors describe a process of matched randomization. |
| Was the method used to generate the sequence of randomization described and appropriate? | No | There are no descriptions of how the sequence of randomization is generated. |
| Was the study described as a double blind? | No | The study is not described as a double blind. |
| Was the method of double blinding described and appropriate? | No | The study is not using a double blind. |
| Was there a description of withdrawals and dropouts? | Yes | The authors describe dropouts, percentage size, and when they occurred. |
| Assigned quality score | 2 |  |

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| **Table B3. Quality assessment of study by Cromarty et al. (2004)** | | |
| Question | Author evaluation | Reason for author evaluation |
| Was the study described as randomized? | No | There is no control group |
| Was the method used to generate the sequence of randomization described and appropriate? | No | There is no control group |
| Was the study described as a double blind? | No | The study is not described as a double blind. |
| Was the method of double blinding described and appropriate? | No | The study is not using a double blind. |
| Was there a description of withdrawals and dropouts? | Yes | The authors describe dropouts and when they occurred. |
| Assigned quality score | 1 |  |
| *Note. The Jadad scale is intended for randomized controlled trials and this is a pilot study.* | | |

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| **Table B4. Quality assessment of study by Hovland et al. (2015)** | | |
| Question | Author evaluation | Reason for author evaluation |
| Was the study described as randomized? | No | There is no control group |
| Was the method used to generate the sequence of randomization described and appropriate? | No | There is no control group |
| Was the study described as a double blind? | No | The study is not described as a double blind. |
| Was the method of double blinding described and appropriate? | No | The study is not using a double blind |
| Was there a description of withdrawals and dropouts? | Yes | Dropouts and their time of occurrence are described |
| Assigned quality score | 1 |  |
| *Note. The Jadad scale is intended for randomized controlled trials and this is a feasibility study.* | | |

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| **Table B5. Quality assessment of study by Jacquart et al. (2017)** | | |
| Question | Author evaluation | Reason for author evaluation |
| Was the study described as randomized? | Yes | The authors describe a block randomization where participants are randomly allocated to one of two groups. |
| Was the method used to generate the sequence of randomization described and appropriate? | Yes | The process of generating a sequence of randomization was done using REDcap and hence computer generated. |
| Was the study described as a double blind? | No | The study is not described as a double blind. |
| Was the method of double blinding described and appropriate? | No | The study is not using a double blind. |
| Was there a description of withdrawals and dropouts? | Yes | The authors describe dropouts and when they occurred. |
| Assigned quality score | 3 |  |

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| **Table B6. Quality assessment of study by Merom et al. (2008)** | | |
| Question | Author evaluation | Reason for author evaluation |
| Was the study described as randomized? | Yes | Study is described as randomized. |
| Was the method used to generate the sequence of randomization described and appropriate? | Yes | The method used to generate the sequence of randomization is described as computer-generated. |
| Was the study described as a double blind? | No | The study is not described as a double blind. |
| Was the method of double blinding described and appropriate? | No | The study is not using a double blind. |
| Was there a description of withdrawals and dropouts? | Yes | The text describes dropouts and withdrawals. |
| Assigned quality score | 3 |  |

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| **Table B7. Quality assessment of study by Gaudlitz et al. (2015)** | | |
| Question | Author evaluation | Reason for author evaluation |
| Was the study described as randomized? | Yes | Study is described as randomized. |
| Was the method used to generate the sequence of randomization described and appropriate? | No | The authors mention the use of block randomization. However, the method used to generate the sequence of randomization is not described. |
| Was the study described as a double blind? | Yes | The study is described as a double blind. |
| Was the method of double blinding described and appropriate? | Yes | The study staff and participants were blind to condition. |
| Was there a description of withdrawals and dropouts? | Yes | Dropouts and withdrawals are described. |
| Assigned quality score | 4 |  |

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| **Table B8. Quality assessment of study by Schwartz and Kaloupek (1986)** | | |
| Question | Author evaluation | Reason for author evaluation |
| Was the study described as randomized? | Yes | Study is described as randomized. |
| Was the method used to generate the sequence of randomization described and appropriate? | No | The method used to generate the sequence of randomization is not described. |
| Was the study described as a double blind? | No | One blinding process is described at one point, but the study is not described as a “double blind”. |
| Was the method of double blinding described and appropriate? | No | Only the study clerks who are rating the videos of the participants are blinded to condition. There are no descriptions of any method of blinding otherwise. |
| Was there a description of withdrawals and dropouts? | No | Dropouts and withdrawals are not described, except for a brief description of the removal of three participants due to elevated risk of aggravating medical and/or physical symptoms. |
| Assigned quality score | 1 |  |