**Table A**

*Outline and Comparison of Items From Cochrane Risk of Bias (RoB2) Tool Used to Rate Quality of Included Studies of Randomised Control Trials (RCT) and Open Trials*

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| --- | --- | --- | --- |
| RoB2 Domains | RoB2 Items that lead to the domain rating | RCT | Open |
| Domain 1: Bias arising from the randomisation process | 1.1 Was the allocation sequence random? | √ | N/A |
|  | 1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions? | √ | N/A |
|  | 1.3 Did baseline differences between intervention groups suggest a problem with the randomisation process? | √ | N/A |
|  |  |  |  |
| Domain 2: Bias due to deviations from intended interventions | 2.1 Were participants aware of their assigned intervention during the trial? | √ | N/A |
|  | 2.2 Were carers and people delivering the interventions aware of participants’ assigned intervention during the trial? | √ | N/A |
|  | 2.3 If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the trial context? | √ | N/A |
|  | 2.4 If Y/PY/NI to 2.3: Were these deviations likely to have affected the outcome? | √ | N/A |
|  | 2.5 If Y/PY to 2.4: Were these deviations from intended intervention balanced between groups? | √ | N/A |
|  | 2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention? | √ | N/A |
|  | 2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomised? | √ | N/A |
|  |  |  |  |
| Domain 3: Bias due to missing outcome data | 3.1 Were data for this outcome available for all, or nearly all, participants randomised? | √ | √ |
|  | 3.2 If N/PN/NI to 3.1: Is there evidence that the result was not biased by missing outcome data? | √ | √ |
|  | 3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value? | √ | √ |
|  | 3.4 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value? | √ | √ |
|  |  |  |  |
| Domain 4: Bias in measurement of the outcome | 4.1 Was the method of measuring the outcome inappropriate? | √ | √ |
|  | 4.2 Could measurement or ascertainment of the outcome have differed between intervention groups? | √ | √ |
|  | 4.3 If N/PN/NI to 4.1 and 4.2: Were outcome assessors aware of the intervention received by study participants? | √ | √ |
|  | 4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received? | √ | √ |
|  | 4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received? | √ | √ |
|  |  |  |  |
| Domain 5: Bias in selection of the reported result | 5.1 Were the data that produced this result analysed in accordance with a prespecified analysis plan that was finalised before unblinded outcome data were available for analysis? | √ | √ |
|  | Is the numerical result being assessed likely to have been selected, on the basis of the results, from: 5.2 ... multiple eligible outcome measurements (eg, scales, definitions, time points) within the outcome domain? | √ | √ |