**Supplementary material**

**Supplemental Table 1** Methodological Quality Rating Scale (MQRS) (Modified Version\*)

|  |  |
| --- | --- |
| **Methodological Rating Criteria** | **Rating Points** |
| Study design: length of follow-up  | 0 = < 1 year1 point given for each year of follow-up time.Example: 1 = 1 year2 = 2 years…etc. |
| Attrition rate | 0 = > 20%1 = < 20% |
| Theoretical basis  | 0 = No mention of theory or conceptual model guiding the study 1 = Explicit mention of theory or conceptual model guiding the study |
| Measures | 0 = No reliability and validity reported or information inadequate on survey instruments used 1 = Adequate information on reliability and validity on survey instruments used |
| Statistical analyses  | 0 = Inappropriate analyses1 = Appropriate analysis |
| Sample size  | 0 = N < 991 = 999 > N > 1002 = 1999 > N > 10003 = N > 2000 |
| Number of sites | 0 = Single site study1 = Multisite study, or sample drawn from multiple sources  |
| Generalizability | *Sample characteristics*0 = not diverse with respect to gender, race/ethnicity, and/or SES1 = diverse with respect to gender, race/ethnicity, and/or SES |
| *Discussion*0 = No discussion of generalizability of findings1 = Discussion of generalizability of findings |

\*Modified based on the following two resources:

1. Miller WR, Brown JM, Simpson TL *et al*. What works? A methodological analysis of the alcohol treatment outcome literature. In: Hester RK, Miller WR (eds). *Handbook of Alcoholism Treatment Approaches: Effective Alternatives*, 2nd edn. Allyn &Bacon: Needham Heights, MA, 1995, pp. 12–44.
2. Sung-Chan P, Sung YW, Zhao X, Brownson RC. Family-based models for childhood-obesity intervention: a systematic review of randomized controlled trials. *Obes Rev*. 2012 Nov 9. doi: 10.1111/obr.12000. [Epub ahead of print]