**Supplementary file 2 - Risk of bias assessment**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Study** | **Selection/Recruitment**  | **Assessment of Exposure** | **Assessment of Confounders** | **Assessment of Outcome(s)** |
| Campbell & Campbell 2019 | -Participants were self-selected, participating on online forums. Unlikely to be representative.  |  -Diet exposure and plausibility of achieving ketosis was assessed via self-report.  | -None assessed | **-**Symptom responses to diet was assessed via retrospective self-report only |
| Danan et al (2022) | -Psychiatric inpatients; volunteers selected by the author. No non-exposed comparison group. | + Diet provided to participants in the hospital, adherence monitored via physician interview, food journals, and nursing observation. Ketosis assessed via urinalysis. | -Metabolic health outcomes were measured, but not considered as potential confounders. | **+**Psychiatric symptoms assessed via validated questionnaires and clinician interview measures. |
| Kunin (1976) |  - Psychiatric outpatients; recruitment not specified in detail. No non-exposed comparison group.  |  +Diet instructions provided and participants tracked their intake in food logs. Ketosis assessed via urinalysis. | - None assessed |  - Symptom responses to diet were self-reported; assessment tool not specified.  |