

Supplementary Table 2: Risk of bias based according to the adapted version of Downs and Black checklist (max score= 14).

	REPORTING					EXTERNAL VALIDITY					INTERNAL VALIDITY				
	Hypothesis/ Aims/ Objectives	Outcomes	Sample	Main findings	Variability	Adverse events	Setting	Blinding assessors	Planned analysis	Statistical test	Outcome measures standardised	Comparable group	Recruitment time	Intent-to-treat analysis	FINAL SCORE (14-per paper)
Chanteleau et al., 2016	●	●	●	●	○	●	○	○	○	●	●	○	○	○	8
Chanteleau et al., 2012	○	●	●	●	●	○	●	○	●	●	○	●	●	●	10
Chao et al., 2010	●	●	●	○	●	○	●	●	○	○	●	●	●	○	9
Claus et al., 1987	●	●	●	○	●	○	○	○	●	●	○	○	○	○	6
Diemel et al., 1999	●	●	●	●	●	○	○	○	●	●	○	○	○	●	8
Granovsky et al., 2017	●	●	●	●	●	○	○	●	●	●	○	○	●	●	10
Guo et al., 2013	●	●	●	●	●	○	○	○	●	●	○	●	○	○	8
Kramer et al., 2004	○	●	●	○	●	○	○	●	●	●	○	○	○	●	7
Krishnan et al., 2004	●	●	●	●	●	○	○	●	●	●	●	○	●	●	11
Levy et al., 1989	●	●	●	●	●	○	●	○	●	●	○	○	○	○	8
Parson et al., 2013	●	●	●	●	●	○	○	○	●	●	●	○	○	●	9
Petropoulos et al., 2015	●	●	○	●	●	○	○	○	●	●	●	○	○	●	8
Pittenger et al., 2004	●	●	●	○	●	○	●	●	●	●	●	○	○	●	10
Quattrini et al., 2007	●	●	●	●	●	○	○	●	●	●	○	●	○	●	10
Rage et al., 2011	●	●	●	●	●	○	●	○	●	●	●	○	○	○	9
Raputova et al., 2017	●	●	●	●	●	○	●	○	○	●	●	●	●	●	11
Redmond et al., 1992	●	●	●	●	○	○	○	○	●	●	○	●	●	○	8
Suzuki et al., 2016	●	●	●	●	●	○	○	○	●	●	●	○	○	●	9
Telli et al., 2006	●	●	●	●	●	○	●	○	●	●	●	●	○	○	10
Themistocleous et al., 2016	●	●	●	●	●	○	○	○	●	●	●	○	○	●	9
Wienemann et al., 2012	●	●	●	●	●	○	○	○	●	●	●	○	○	●	9

Wong et al., 2011	●	●	●	●	●	○	○	○	●	●	●	○	○	●	9
Yildiz et al., 2010	●	●	●	●	●	○	○	○	●	●	○	○	○	●	8
Yin et al., 2015	●	●	○	●	●	○	○	○	●	●	○	○	●	○	7
Ziegler et al., 1988	●	●	●	●	●	○	●	○	●	●	●	●	○	●	11
TOTAL SCORE (per item)	23	25	23	21	23	1	8	6	22	24	14	9	7	16	

● Yes = 1

○ No/ Unable to determine = 0