

## Supplementary file 3: Methodologic quality of included studies (n=11)

Author (year)*	Bias due to confounding	Bias in selection of participants	Bias in clarification of intervention	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurements of outcome	Bias in selection of the reported result	Overall bias
Bhattacharya et al. (2011)	+	-	-	NI	++	+	++	Serious risk
Dood et al. (2014)	+	+	-	NI	++	+	++	Serious risk
Gaia et al. (2007)	-	-	+	NI	++	+	++	Serious risk
Kalampokas et al. (2018)	++	+	++	NI	++	+	++	Moderate risk
Krogh et al. (2009)	+	++	+	NI	+	+	++	Moderate risk
Morelli et al. (2015)	+	-	+	NI	NI	+	++	Serious risk
Neuwirth et al. (2004)	+	++	++	NI	+	+	++	Moderate risk
Panoskaltis et al. (2002)	++	++	++	NI	++	+	++	Moderate risk
Singh et al. (2015)	+	++	++	NI	++	+	++	Moderate risk
Soini et al. (2017)	+	+	+	NI	++	+	++	Moderate risk

\* Robins-I tool (N=11), ++ =low risk of bias; + = moderate risk; - = serious risk; -- = critical risk; NI = No information

Author (year)**	Bias due to randomization process	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurements of outcome	Bias in selection of the reported result	Overall bias
Cooper et al. (2005)	+	+/-	+	+	+	Some concerns

\*\* RoB-2 tool Risk of bias for randomised controlled trial (N=1), + = low risk of bias, +/- = some concerns, - = high risk of bias, NI = No information