

## Supplemental Material

**Table 1** TIDieR Checklist by group

|                                                   | INTERVENTI<br>ON<br>(T1) |   | RATIONA<br>LE<br>(T2) |   | MATERIA<br>LS<br>(T3) |   | PROCEDUR<br>ES<br>(T4) |   | WHO<br>PROVIDE<br>D (T5) |   | HOW<br>(T6) |   | WHERE<br>(T7) |   | WHEN<br>&<br>HOW<br>MUCH<br>(T8) |   | TAILORIN<br>G<br>(T9) |   | MODIFICATIO<br>NS (T10) |   | HOW<br>WELL<br>(PLANNE<br>D) (T11) |   | HOW<br>WELL<br>(ACTUA<br>L)<br>(T11) |   |   |
|---------------------------------------------------|--------------------------|---|-----------------------|---|-----------------------|---|------------------------|---|--------------------------|---|-------------|---|---------------|---|----------------------------------|---|-----------------------|---|-------------------------|---|------------------------------------|---|--------------------------------------|---|---|
|                                                   | E                        | C | E                     | C | E                     | C | E                      | C | E                        | C | E           | C | E             | C | E                                | C | E                     | C | E                       | C | E                                  | C | E                                    | C |   |
| Gallo,<br>1996                                    | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | N                     | Y | N                       | N | Y                                  | Y | Y                                    | Y |   |
| Lysack,<br>2005                                   | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | N           | N | Y             | Y | N                                | N | N                     | N | N                       | N | Y                                  | Y | Y                                    | Y |   |
| Schoo,<br>2005                                    | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | Y                     | Y | N                       | N | Y                                  | Y | Y                                    | Y |   |
| Moore,<br>2009                                    | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | N | N             | N | Y                                | N | Y                     | N | N                       | N | N                                  | N | Y                                    | N |   |
| Eckman,<br>2010                                   | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | Y                     | Y | N                       | N | N                                  | N | N                                    | N |   |
| Van Leer,<br>2012                                 | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | Y                     | N | N                       | N | Y                                  | Y | Y                                    | Y |   |
| Kingston,<br>2014                                 | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | N           | N | Y             | Y | N                                | N | Y                     | Y | N                       | N | Y                                  | Y | Y                                    | Y |   |
| Dettmer<br>s, 2014                                | Y                        | Y | Y                     | Y | Y                     | N | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | Y                     | N | N                       | N | N                                  | N | N                                    | N |   |
| Szmeja,<br>2014                                   | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | N | N                     | Y | Y                       | N | N                                  | Y | Y                                    | Y | Y |
| Villafane,<br>2015                                | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | N                     | N | N                       | N | Y                                  | Y | N                                    | N |   |
| Uhm,<br>2016                                      | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | Y                     | Y | N                       | N | Y                                  | Y | N                                    | N |   |
| Chen,<br>2017                                     | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | N | Y             | Y | Y                                | Y | N                     | N | N                       | N | Y                                  | Y | Y                                    | Y |   |
| Emmers<br>on, 2017                                | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | Y                     | Y | N                       | N | Y                                  | Y | Y                                    | Y |   |
| Lee,<br>2017                                      | Y                        | Y | Y                     | Y | Y                     | Y | Y                      | Y | Y                        | Y | Y           | Y | Y             | Y | Y                                | Y | N                     | N | N                       | N | Y                                  | Y | Y                                    | Y |   |
| Key: E= Experimental; C=Comparison; Y= Yes; N= No |                          |   |                       |   |                       |   |                        |   |                          |   |             |   |               |   |                                  |   |                       |   |                         |   |                                    |   |                                      |   |   |

|                | RANDOM SEQUENCE GENERATION | ALLOCATION CONCEALMENT | SELECTIVE REPORTING | OTHER SOURCES OF BIAS | BLINDING (PARTICIPANTS & PERSONNEL) | BLINDING (OUTCOME ASSESSMENT) | INCOMPLETE OUTCOME DATA |
|----------------|----------------------------|------------------------|---------------------|-----------------------|-------------------------------------|-------------------------------|-------------------------|
| Gallo 1996     | +                          | +                      | ?                   | ?                     | +                                   | +                             | ?                       |
| Lysack 2005    | ?                          | ?                      | ?                   | ?                     | +                                   | +                             | ?                       |
| Schoo 2005     | ?                          | ?                      | ?                   | -                     | +                                   | ?                             | ?                       |
| Moore 2009     | -                          | -                      | ?                   | -                     | +                                   | ?                             | -                       |
| Eckman 2011    | ?                          | +                      | ?                   | ?                     | +                                   | +                             | ?                       |
| Van Leer 2012  | ?                          | ?                      | ?                   | +                     | +                                   | ?                             | ?                       |
| Kingston 2014  | -                          | -                      | -                   | ?                     | +                                   | -                             | -                       |
| Dettmers, 2014 | ?                          | ?                      | ?                   | ?                     | +                                   | ?                             | ?                       |
| Szmeja 2014    | -                          | -                      | ?                   | -                     | +                                   | ?                             | +                       |
| Uhm 2016       | -                          | ?                      | ?                   | +                     | +                                   | ?                             | -                       |
| Villafane 2016 | ?                          | -                      | -                   | -                     | +                                   | -                             | -                       |
| Chen 2017      | +                          | +                      | ?                   | -                     | +                                   | ?                             | +                       |
| Emmerson 2017  | -                          | -                      | -                   | -                     | +                                   | -                             | -                       |
| Lee 2017       | -                          | ?                      | ?                   | +                     | +                                   | ?                             | -                       |

  

|   |                   |
|---|-------------------|
| - | Low risk of bias  |
| + | High risk of bias |
| ? | Unclear           |

**Figure 1** Cochrane Risk of Bias

## Appendix 1: Search strategy for MEDLINE

- 1 'Consumer health information'.mp. or health education/ or consumer health information/ or patient education/
- 2 Patient Education as Topic/ or 'patient education'.mp.
- 3 Health Education/ or 'health education'.mp.
- 4 Consumer Health Information/ or information.mp.
- 5 Information Dissemination/ or 'informaiton dissemination'.mp.
- 6 Instruction\*.mp.
- 7 Direction\*.mp.
- 8 'Home exercise program\*'.mp.
- 9 'Home exercise instruction\*'.mp.
- 10 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9
- 11 Video\*.mp. or Video- Video-Audio Media/ or Video Recording/
- 12 Video Recording/ or 'video recording'.mp.
- 13 Audio\*.mp. or Video-Audio Media/
- 14 'Tape Recording'.mp. or Tape Recording/
- 15 Photography/ or photograph\*.mp.
- 16 Picture\*.mp. or Motion Pictures as Topic/
- 17 Audiovisual.mp. or Audiovisual Aids/
- 18 Motion Pictures as topic/ or movie\*.mp.
- 19 Videotape recording/ or Video recording/ or footage.mp.
- 20 Motion Pictures as Topic/ or 'motion picture\*'.mp.
- 21 'Moving Picture\*'.mp.
- 22 Computers, Handheld/ or Cell Phones/ or 'mobile device\*'.mp.
- 23 User-Computer interface/ or 'tocuh screen\*'.mp.
- 24 'Mobile phone\*'.mp.
- 25 'Smart Technology'.mp.
- 26 iPad\*.mp. or User-Computer Interface/
- 27 Pictorial.mp.
- 28 Multimedia.mp. or Multimedia/
- 29 Computers, Handheld/ or 'tablet computer\*'.mp.
- 30 Reminder Systems/ or reminder\*.mp.
- 31 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30
- 32 Written.mp.
- 33 Pamphlets/ or brochure\*.mp.
- 34 Leaflet\*.mp.
- 35 Flier\*.mp.
- 36 Pamphlets/ or Pamphlet\*.mp.
- 37 Handout\*.mp. or Patient Education Handout/
- 38 Handbook\*.mp.
- 39 Booklet\*.mp.
- 40 Guidebook\*.mp.
- 41 'Information Sheet'.mp.
- 42 'Patient Education Handout\*'.mp.
- 43 'Verbal Communication'.mp.
- 44 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43
- 45 10 and 31 and 45
- 46 Clinical trial.mp.
- 47 Clinical trial.pt.
- 48 Random:.mp.
- 49 tu.xs.
- 50 48 or 49 or 50 or 51
- 51 47 and 52