

## Supplementary Material

**Table S1.** Risk of bias assessment for randomized-controlled trials.

Study Details		Randomization	Adherence to intervention	Missing outcome data	Measurement of outcome	Reported result	Overall risk of bias
Sacchetti et al.	2009						
Bitter et al.	2004						
Tollefson et al.	2001						
Rosenheck et al.	1997						
Kumra et al.	1996						
Kane et al.	1988						

Risk of bias assessment ratings: unclear, low, moderate, high.

**Table S2.** Risk of bias assessments for non-randomized studies.

Study details		
Author	Year	Overall risk of bias
Li et al.	2009	Serious
Strous et al.	2006	Serious
Raguraman et al.	2005	Serious
Lin et al.	2003	Moderate
Sajatovic et al.	2000	Serious
Spivak et al.	1997	Low
Kane et al.	1993	Serious
Littrell and Magill	1993	Moderate
Moore et al.	1992	Low
Small and Marhenke	1987	Moderate
Dalack et al.	1998	Serious
Johnson et al.	1994	Serious