

Supplemental Appendix 1

Downs & Black (1998) Quality Assessment Checklist

No	Brief description	McCraty et al	Ruck et al	Bravo- Mehmedbasic et al	Booth	Engelmann	Dignam & Fagan	Sidney & Jette	Backer	Johns
1	Hypothesis/aims/objectives described?	1	1	1	1	1	0	1	1	1
2	Main outcomes to be measured described?	1	1	1	1	1	0	1	1	1
3	Characteristics of patients described?	1	0	0	1	1	0	1	1	0
4	Interventions described?	1	1	0	1	1	1	1	1	1
5	Distribution of confounders described?	1	0	0	1	0	1	1	0	0
6	Main findings described?	1	1	0	1	1	1	1	0	1
7	Estimates of random variability in data?	1	1	0	1	1	0	1	1	1
8	Important adverse events reported?	0	0	0	0	0	0	0	0	0
9	Described patients lost to follow up?	1	0	1	1	1	0	1	1	1
10	Actual probability values reported unless < 0.001?	0	0	0	1	1	0	0	1	1
11	Subjects asked to participate representative of population?	1	1	0	0	1	1	1	1	0

[illegible]

No	Brief description	McCraty et al	Ruck et al	Bravo- Mehmedbasic et al	Booth	Engelmann	Dignam & Fagan	Sidney & Jette	Backer	Johns
21	Patients in intervention groups or cases and controls recruited from same population?	1	1	1	1	1	1	1	1	1
22	Subjects in different intervention groups or cases and controls recruited over same period?	1	0	0	1	0	1	1	1	0
23	Subjects randomized to groups?	1	0	0	0	1	0	0	1	1
24	Randomized assignments concealed until recruitment was complete?	0	0	0	0	0	0	0	0	0
25	Adjustment for confounding in analysis?	1	0	0	0	0	0	0	0	0
26	Losses to follow-up accounted for?	1	1	1	1	1	0	1	1	1
27	Sufficient power to detect clinically important effect where P value for difference due to chance is < 5%	0	1	1	1	1	0	1	1	0
Total Score (/27)		18	15	10	19	18	12	18	19	14

Downs, S., & Black, N. (1998). The feasibility of creating a checklist for the assessment of the methodological quality both of randomised and non-randomised studies of health care interventions. *Journal of Epidemiology & Community Health*, 52, 377-384.

