**Supplementary Table 1**. Critical appraisal of methodological quality for quantitative studies

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **#1** | **#2** | **#3** | **#4** | **#5** | **#6** | **#7** | **#8** | **#9** | **#10** | **#11** | **#12** | **#13** | **#14** | **#15** | **Total** |
| Smania et al 201115 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 12 |
| Druzbicki et al 201316 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 13 |
| Wu et al 201717 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 14 |
| Peri et al 201718 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 13 |
| Wallard et al 201719 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 13 |
| Wallard et al 201820 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 13 |
| Klobucka et al 202021 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 14 |
| Ammann-Reiffer et al 202022 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 12 |

1 = Yes/Present

0 = No/Absent

**Items**

#1 Was the purpose clearly stated?

#2 Was relevant background literature reviewed?

#3 Was the design appropriate for the study question?

#4 Was the sample described in detail?

#5 Was sample size justified?

#6 Were the outcome measures reliable?

#7 Were the outcome measures valid?

#8 Was intervention described in detail?

#9 Was contamination avoided?

#10 Was cointervention avoided?

#11 Were results reported in terms of statistical significance?

#12 Were the analysis methods appropriate?

#13 Was clinical importance reported?

#14 Were dropouts reported?

#15 Were conclusions appropriate given study methods and results?