The effects of physical exercise on cardiometabolic outcomes in women with polycystic ovary syndrome not taking the oral contraceptive pill: a systematic review and meta-analysis

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| Trial                  | Bias Domain | Source of Bias                        | Author’s judgement | Support for judgement                                                                 |
|-----------------------|-------------|---------------------------------------|--------------------|---------------------------------------------------------------------------------------|
|                       | Selection   | Random sequence generation            | Unclear Risk       | Not reported                                                                          |
|                       | Bias        | Allocation concealment                | Unclear Risk       | Not reported                                                                          |
| Vigorito et al. 2007  | Performance | Blinding of participants and personnel| N/A                | We did not include whether participants were blind to their allocation of intervention or to control groups, as it is often not possible (e.g. in a supervised exercise setting) to blind participants to an intervention while promoting exercise behaviour. |
|                       | Detection   | Blinding of outcome assessment         | Low Risk           | All clinical assessments were performed by the same physician who was blinded to the patient allocation. |
|                       | Attrition   | Incomplete outcome data               | Low Risk           | No attrition reported.                                                                 |
|                       | Reporting   | Selective reporting                   | Unclear Risk       | Unable to locate study protocol                                                       |
|                       | Other Bias  | Adherence                              | Low Risk           | All participants completed the study protocol.                                        |
|                       | Selection   | Random sequence generation            | High Risk          | Allocation by patient choice                                                          |
|                       | Bias        | Allocation concealment                | High Risk          | Patients chose allocation                                                              |
| Giallauria et al 2008 | Performance | Blinding of participants and personnel| N/A                | We did not include whether participants were blind to their allocation of intervention or to control groups, as it is often not possible (e.g. in a supervised exercise setting) to blind participants to an intervention while promoting exercise behaviour. |
|                       | Detection   | Blinding of outcome assessment         | Low Risk           | A physician who was blinded to the patient allocation performed all clinical assessments. |
| Bias          | Source                          | Risk Level   | Description                                      |
|--------------|---------------------------------|--------------|--------------------------------------------------|
| **Attrition Bias** | No attrition reported.           | Low Risk     |                                                  |
| **Reporting Bias** | Unable to locate study protocol | Unclear Risk |                                                  |
| **Other Bias**   | Adherence was reported as 80%    | Low Risk     |                                                  |
| **Selection Bias** | Allocation by patient choice    | High Risk    |                                                  |
|                | Patients chose allocation       | High Risk    |                                                  |
| **Performance Bias** | N/A                             | N/A          | We did not include whether participants were blind to their allocation of intervention or to control groups, as it is often not possible (e.g. in a supervised exercise setting) to blind participants to an intervention while promoting exercise behaviour. |
| **Detection Bias** | Not reported                    | Unclear Risk |                                                  |
| **Attrition Bias** | No attrition reported.           | Low Risk     |                                                  |
| **Reporting Bias** | Unable to locate study protocol | Unclear Risk |                                                  |
| **Other Bias**   | 91% adherence reported          | Low Risk     |                                                  |
