Physical activity and the prevention, reduction, and treatment of alcohol and other drug use across the lifespan (The PHASE review): A systematic review

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http://hdl.handle.net/10026.1/16582

10.1016/j.mhpa.2020.100360
Mental Health and Physical Activity
Elsevier BV
Supplementary File 1 – Risk of Bias Tables

Risk of bias was assessed using the Cochrane Risk of Bias Tool v2 (Higgins et al., 2016) and the ROBINS-I (Sterne et al., 2016) tool for randomised and non-randomised studies, respectively.

**Table 1 Risk of bias (Cochrane Risk of Bias Tool v2) for randomised prevention studies**

| Study                        | Bias arising from the randomisation process | Bias due to deviations from the intended interventions (effect of adhering to the intervention) | Bias due to missing outcome data | Bias in measurement of the outcome | Bias in the selection of the reported result | Overall |
|------------------------------|---------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------|-----------------------------------|--------------------------------------------|---------|
| (Butzer, LoRusso, Shin, & Khalsa, 2017) | SC                                          | SC                                                                                              | L                               | H                                 | SC                                         | H       |
| (Velicer et al., 2013)       | L                                           | SC                                                                                              | L                               | H                                 | SC                                         | H       |
| (Werch et al., 2003)         | L                                           | SC                                                                                              | L                               | SC                                | SC                                         | SC      |

L=low risk of bias; SC=some concerns over risk of bias; H=high risk of bias
Table 2 Risk of bias (ROBINS-I) for non-randomised studies prevention studies

| Study                                      | Bias Due to confounding | Bias in selection of participants into the study | Bias in classification of interventions | Bias due to deviation from intended interventions | Bias due to missing data | Bias in measurement of outcomes | Bias in selection of the reported result | Overall |
|--------------------------------------------|-------------------------|-----------------------------------------------|----------------------------------------|-------------------------------------------------|-------------------------|-----------------------------------|------------------------------------------|---------|
| (Collingwood, Reynolds, Kohl, Smith, & Sloan, 1991) | S                       | M                                             | M                                      | M                                               | S                       | M                                 | L                                          | S       |
| (Collingwood, Sunderlin, Reynolds, & Kohl 3rd, 2000) | S                       | L                                             | M                                      | M                                               | S                       | M                                 | L                                          | S       |

L=low risk of bias; M=moderate risk of bias; S=severe risk of bias; C=critical risk of bias
| Study                                      | Bias arising from the randomisation process | Bias due to deviations from the intended interventions | Bias due to missing outcome data | Bias in measurement of the outcome | Bias in the selection of the reported result | Overall |
|-------------------------------------------|---------------------------------------------|------------------------------------------------------|---------------------------------|-----------------------------------|--------------------------------------------|---------|
| (Murphy, Pagano, & Marlatt, 1986)         | SC                                          | H                                                    | H                               | SC                                | L                                          | H       |
| (Correia, Benson, & Carey, 2005)          | SC                                          | SC                                                   | L                               | SC                                | L                                          | SC      |
| (Reddy, Dick, Gerber, & Mitchell, 2014)   | SC                                          | SC                                                   | SC                              | SC                                | L                                          | SC      |
| (Weinstock, Capizzi, Weber, Pescatello, & Petry, 2014) | SC                                          | SC                                                   | L                               | SC                                | L                                          | SC      |
| (Weinstock, Petry, Pescatello, & Henderson, 2016) | L                                           | SC                                                   | L                               | SC                                | L                                          | SC      |

L=low risk of bias; SC=some concerns over risk of bias; H=high risk of bias
| Study                        | Bias Due to confounding | Bias in selection of participants into the study | Bias in classification of interventions | Bias due to deviation from intended interventions | Bias due to missing data | Bias in measurement of outcomes | Bias in selection of the reported result | Overall |
|------------------------------|--------------------------|-----------------------------------------------|--------------------------------------|--------------------------------------------------|--------------------------|-------------------------------|---------------------------------|---------|
| (Georgakouli et al., 2017)   | S                        | M                                             | C                                    | C                                                | S                        | M                             | C                               | C       |
| (Oaten & Cheng, 2006)        | S                        | S                                             | M                                    | L                                                | L                        | S                             | S                               | S       |
| (Scott & Myers, 1988)        | S                        | S                                             | S                                    | M                                                | M                        | M                             | S                               | S       |

L=low risk of bias; M=moderate risk of bias; S=severe risk of bias; C=critical risk of bias
| Study                                      | Bias arising from the randomisation process | Bias due to deviations from the intended interventions | Bias due to missing outcome data | Bias in measurement of the outcome | Bias in the selection of the reported result | Overall |
|-------------------------------------------|--------------------------------------------|-------------------------------------------------------|---------------------------------|-----------------------------------|---------------------------------------------|---------|
| (Brown et al., 2014)                      | L                                          | SC                                                   | L                               | SC                                | L                                           | SC      |
| (Colledge et al., 2017)                   | SC                                         | SC                                                   | L                               | SC                                | L                                           | SC      |
| (Cutter et al., 2014)                     | SC                                         | SC                                                   | L                               | L                                 | L                                           | SC      |
| (De La Garza et al., 2016)                | SC                                         | L                                                    | L                               | L                                 | SC                                          | SC      |
| (Donaghy, 1997)                           | L                                          | SC                                                   | H                               | L                                 | L                                           | H       |
| (Hallgren, Romberg, Bakshi, & Andréasson, 2014) | SC                                         | SC                                                   | SC                              | SC                                | H                                           | H       |
| (Rawson et al., 2015)                     | L                                          | SC                                                   | L                               | L                                 | L                                           | SC      |
| (Roessler et al., 2017)                   | L                                          | SC                                                   | SC                              | SC                                | H                                           | H       |
| (Shaffer, Lasalvia, & Stein, 1997)        | H                                          | H                                                    | H                               | SC                                | H                                           | H       |
| (Trivedi et al., 2017)                    | L                                          | SC                                                   | L                               | L                                 | SC                                          | SC      |

L=low risk of bias; SC=some concerns over risk of bias; H=high risk of bias
Table 6 Risk of bias (ROBINS-I) for non-randomised treatment studies

| Study                                      | Bias Due to confounding | Bias in selection of participants into the study | Bias in classification of interventions | Bias due to deviation from intended interventions | Bias due to missing data | Bias in measurement of outcomes | Bias in selection of the reported result | Overall |
|--------------------------------------------|-------------------------|-------------------------------------------------|----------------------------------------|-------------------------------------------------|-------------------------|-----------------------------------|-------------------------------------------|---------|
| (Abrantes et al., 2017)                    | S                       | M                                               | M                                      | M                                               | L                       | M                                 | L                                         | M       |
| (Brown et al., 2010)                       | M                       | M                                               | M                                      | M                                               | M                       | M                                 | M                                         | M       |
| (Buchowski et al., 2011)                   | S                       | S                                               | L                                      | L                                               | L                       | M                                 | L                                         | S       |
| (Burling, Seidner, Robbins-Sacco, Krinsky, & Hanser, 1992) | S                       | S                                               | S                                      | S                                               | L                       | M                                 | L                                         | S       |
| (Giesen, Zimmer, & Bloch, 2016)            | S                       | S                                               | S                                      | S                                               | L                       | L                                 | L                                         | S       |
| (Mamen, Pallesen, & Martinsen, 2011)       | S                       | S                                               | S                                      | S                                               | S                       | M                                 | L                                         | S       |
| (Sinyor, Brown, Hostant, & Seragani, 1982) | S                       | S                                               | M                                      | S                                               | S                       | M                                 | L                                         | S       |
| (Weinstock, Barry, & Petry, 2008)          | S                       | S                                               | M                                      | L                                               | L                       | L                                 | L                                         | S       |

L=low risk of bias; M=moderate risk of bias; S=severe risk of bias; C=critical risk of bias
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