| Study | Boehm Hoff et al. (2015) | Boehm Hoff et al. (2017) | Carletto et al. (2017) | Heimbeck et al. (2008) | Lehmann et al. (2010) | Lehmann et al. (2017) | Levy-Berg et al. (2009) | Martin et al. (2016) | Monsen And Monsen (2000) | Nickel et al. (2006) | Price (2005) | Price et al. (2012) | Priebe et al. (2016) | Röhrich et al. (2013) | Röhrich et al. (2019) | Röhrich et al. (2006) | van der Maas et al. (2015) |
|-------|-----------------|------------------|-----------------|-----------------|------------------|------------------|------------------|------------------|------------------|------------------|----------------|------------------|------------------|------------------|------------------|------------------|
| 1) Objectives and specification main outcomes a priori | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 2) Adequate sample size (N per group) | 2 | 2 | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 2 | 2 | 0 | 0 | 1 |
| 3) Appropriate duration of trial including follow up | 0 | 0 | 2 | 2 | 0 | 1 | 2 | 2 | 2 | 0 | 2 | 0 | 2 | 2 | 2 | 0 | 1 |
| 4) Power calculation | 0 | 0 | 2 | 2 | 0 | 2 | 2 | 1 | 0 | 2 | 0 | 2 | 0 | 0 | 2 | 0 | 2 |
| 5) Method of allocation | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 |
| 6) Concealment of allocation | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0 | 2 | 2 | 2 | 2 |
| 7) Clear description of treatments | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 2 |
| 8) Blinding of subjects | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 9) Source of subjects described and representative sample recruitment | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 |
| 10) Use of diagnostic criteria | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 11) Record of exclusion criteria and number of exclusions and refusals | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 2 |
| 12) Description of sample demographics | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 |
| 13) Blinding of assessor | 0 | 0 | 1 | 0 | 0 | 1 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 | 0 |
| 14) Assessment of compliance with experimental treatments (including | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 2 | 2 | 2 | 2 |
| 15) Details on side-effects | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 |
| 16) Record of number and reasons for withdrawal by group | 2 | 2 | 2 | 2 | 0 | 2 | 1 | 1 | 2 | 2 | 0 | 1 | 1 | 1 | 2 | 1 | 2 |
| 17) Outcome measures described clearly | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 1 |
| 18) Information on comparability and adjustment for differences in | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 1 |
| 19) Inclusion of all subjects in analyses, intention to treat | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 0 | 2 | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 0 |
| 20) Presentation of results with inclusion of data for reanalysis for | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 |
| 21) Appropriate statistical analysis (correction for multiple testing) | 1 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 0 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 1 |
| 22) Conclusions justified | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 |
| 23) Declaration of interests | 0 | 0 | 2 | 2 | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 2 | 2 | 0 |

| Sum score | 26 | 36 | 35 | 25 | 29 | 33 | 30 | 27 | 26 | 22 | 27 | 26 | 26 | 28 | 40 | 29 | 37 | 24 | 29 |

Supplementary Table 1 | Assessment of Study Quality