

	Risk of bias domains						
	D1	D2	D3	D4	D5	Overall	
Study	Abedi Shargh et al., 2015	-	✗	✗	✗	-	✗
	Adam & Potet, 2022	-	✗	✗	+	-	✗
	Adler-Baeder et al., 2022	+	+	+	✗	-	✗
	Aguilar-Raab et al., 2023	+	+	✗	-	+	✗
	Baker, 2019	+	+	✗	+	+	✗
	Brotto et al., 2021	+	+	-	+	-	-
	Carson et al., 2004	-	✗	-	✗	-	✗
	Dafei et al., 2020	✗	✗	✗	✗	-	✗
	Davis et al., 2021	-	+	✗	✗	-	✗
	Derakhshan et al., 2019	-	✗	✗	✗	-	✗
	Farshidmanesh et al., 2019	-	✗	✗	✗	✗	✗
	Gambrel & Piercy, 2015	+	-	+	✗	-	✗
	Gunst et al., 2018	-	+	-	-	-	-
	Hucker & McCabe, 2014	-	✗	✗	-	-	✗
	Kahn et al., 2016	-	+	+	✗	-	✗
	Kappen et al., 2019	+	+	-	+	-	-
	Karremans et al., 2020	+	+	✗	+	+	✗
	Kemerer et al., 2023	✗	-	-	✗	-	✗
	Lo et al., 2017	-	-	+	-	-	-
	Mauch, 2015	-	+	✗	-	-	✗
	Monin et al., 2020	✗	+	+	-	-	✗
	Pandya, 2020	-	+	-	✗	-	✗
	Quickert, 2023	-	-	-	+	-	-
	Rullo et al., 2021	+	+	✗	✗	-	✗
	Schellekens et al., 2017	+	+	✗	-	+	✗
	Sekkeh et al., 2016	-	✗	✗	✗	-	✗
	Weitlauf et al., 2020	+	✗	-	-	-	✗
	Yekta et al., 2022	-	✗	+	✗	-	✗

Domains:

D1: Bias arising from the randomization process.

D2: Bias due to deviations from intended intervention.

D3: Bias due to missing outcome data.

D4: Bias in measurement of the outcome.

D5: Bias in selection of the reported result.

Judgement

X High

- Some concerns

+

Risk of bias summary

