



## Appendix C

### Study Quality

Table A4 Risk of Bias Assessment Criterion Items

Risk of Bias Assessment Criterion	
1	Participants are randomly selected
2	Sample sizes are adequate
3	Participants are representative of various demographic groups
4	Exclusion of participants and justification
5	Group comparisons are made on other meaningful demographics
6	Validated measures are used or authors have provided sufficient supportive information on psychometric properties they devised
7	Measures used were defined and appropriate
8	Authors have examined whether dropouts are random or not (longitudinal/prospective study)
9	Drop-out rate was not high and missing data was treated appropriately (longitudinal/prospective design)
10	allocation sequence generated to produce comparable groups (experimental design only)
11	allocation was concealed (experimental design only)
12	whether blinding was done; and if so, whether it was effective (experimental design only)
13	Outcome data for all outcomes were reported; incomplete outcomes due to attrition and exclusions were addressed (experimental design)
14	no selective outcome reporting (experimental design)
15	Other sources of bias (experimental design)

Table A5 Risk of Bias Assessment Results

[illegible]





Farias Júnior et al. (2014)	yes	yes	yes	yes	yes	yes	no	na	na	na	na	na	na	na	na	having potential risk of bias
Gonzalez-Cutre et al. (2014)	no	yes	no	no	no	yes	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Langer et al. (2014)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Lawman and Wilson (2014)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Lloyd et al. (2014)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Määttä et al. (2014)	no	yes	yes	no	no	yes	yes	na	na	na	na	na	na	na	na	having potential risk of bias
(Silva et al., 2014)	no	yes	no	no	no	yes	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Ling et al. (2015)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Rhodes et al. (2015)	yes	yes	yes	no	no	yes	yes	no	yes	na	na	na	na	na	na	having potential risk of bias
Schoeppe and Trost (2015)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Tate et al. (2015)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Gontarev and Kalac (2016)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Gontarev et al. (2016)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Lee et al. (2016)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
McMurray et al. (2016)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Silva et al. (2016)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Van Kann et al. (2016)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Verloigne et al. (2016)	no	yes	yes	no	no	no	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Wing et al. (2016)	no	yes	yes	no	no	yes	yes	na	na	na	na	na	na	na	na	having potential risk of bias

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Biggs et al. (2019)	no	yes	no	yes	no	yes	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Colabianchi et al. (2019)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Costa et al. (2019)	no	yes	no	no	yes	no	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Courtney et al. (2019)	no	no	yes	no	yes	no	yes	na	na	na	na	na	na	na	na	having potential risk of bias
George et al. (2019)	yes	yes	yes	no	yes	yes	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Haidar et al. (2019)	no	yes	yes	no	no	no	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Kobayashi et al. (2019)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Lu et al. (2019)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Mikalsen et al. (2019)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Parker et al. (2019)	no	yes	no	yes	yes	no	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Qurban et al. (2019)	no	yes	no	no	no	yes	yes	na	na	na	na	na	na	na	na	having potential risk of bias
Wang et al. (2019)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Welch et al. (2019)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Centeio et al. (2020)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Lee and Lee (2020)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Park and Park (2020)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Ren et al. (2020)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Sanz-Martín (2020)	yes	yes	yes	yes	yes	yes	yes	na	na	na	na	na	na	na	na	low risk
Zarychta et al. (2020)	no	yes	yes	yes	no	yes	yes	no	yes	na	na	na	na	na	na	having potential risk of bias