Table S3. Quality assessment of randomized designs.

Quality Criteria	Bachmann et al., 2018 [84]	Behbahani et al., 2018 [85]	Gershy et al. 2017 [80]	Gu et al., 2018 [88]	Hepark et al., 2019 [91]	Hoxhaj et al. 2018 [92]	Huguet et al. 2018 [93]	Janssen et al. 2019 [94]	Kiani et al. 2017 [95]
Was the study described as randomized, randomized trial, a randomized clinical trial, or an RCT?	Y	Y	Y	Y	Y	Y	Y	Y	Y
Was the method of randomization adequate?	Y	Y	Y	NR	NR	Y	NR	Y	NR
Was the treatment allocation concealed?	Y	NR	Y	Y	Y	Y	NR	Y	NR
Were study participants and providers blinded to treatment group assignment?	N	N	N	N	N	N	N	N	N
Were the people assessing the outcomes blinded to the participants' group assignments?	NR	N	N	Y**	Y**	Y**	NR	Y**	NR
Were the groups similar at baseline on important characteristics that could affect outcomes?	Y	Y	Y	Y	NR	Y	Y	Y	Y
Was the overall drop-out rate from the study at endpoint 20% or lower of the number allocated to treatment?	Y	Y	N	Y	N	N	Y	Y	Y
Was the differential drop-out rate at endpoint ≤15% points?	Y	Y	N	Y	Y	Y	Y	Y	Y
Was there high adherence to the intervention protocols for each treatment group?	Y	Y	N	Y	N	Y	Y	Y	NR
Were other interventions avoided or similar in the groups?[α]	Y, Y	NR, NR	NR, NR	Y, NR	Y, Y	Y, Y	Y, Y	N, Y	Y, Y
Were outcomes assessed using valid and reliable measures, implement-ted consistently across all study participants?	Y	Y	Y	Y	Y	Y	Y	Y	Y
Did the authors report that the sample size was sufficiently large to be able to detect a difference in the main outcome between groups with at least 80% power?	N	N	N	N	Y	N	N	Y	N
Were outcomes reported or subgroups analysed prespecified?	Y	Y	Y	Y	Y	Y	Y	Y	Y
Were all randomized participants analysed in the group to which they were originally assigned, i.e., did they use an intention-to-treat analysis?	N	NR	NR	Y	Y	N	NR	Y	Y
Evaluation G = Good F = Fair P = Poor	G	F	P	G	G	G	F	G	F

Quality Criteria	Kratter 1983 [81]	Liu et al., 2021 [96]	Lo et al., 2020 [97]	Meyer et al., 2021 [98]	Mitchell et al., 2017 [99]	Muratori et al., 2021 [100]	Schoenberg et al., 2014 [92]	Sidhu, 2015 [83]	Siebelink et al., 2021 [102]
Was the study described as randomized, randomized trial, a randomized clinical trial, or an RCT?	N	Y	Y	Y	Y	Y	Y	N	Y
Was the method of randomization adequate?	NR	Y	Y	Y	Y	Y	NR	NR	Y
Was the treatment allocation concealed?	NR	Y	Y	N	NR	NR	NR	NR	Y
Were study participants and providers blinded to treatment group assignment?	N	N	N	N	N	N	N	N	N
Were the people assessing the outcomes blinded to the participants' group assignments?	NR	N	Y**	N	N	NR	NR	NR	Y**
Were the groups similar at baseline on important characteristics that could affect outcomes?	Y	Y	Y	Y	Y	Y	Y	Y	Y
Was the overall drop-out rate from the study at endpoint 20% or lower of the number allocated to treatment?	Y	Y	Y	N	Y	Y	Y	N	Y
Was the differential drop-out rate at endpoint ≤15% points?	Y	Y	Y	Y	Y	Y	Y	Y	Y
Was there high adherence to the intervention protocols for each treatment group?	NR	Y	Y	Y	Y	Y	NR	Y	Y
Were other interventions avoided or similar in the groups?[α]	NR. NR	N, Y	NR, NR	Y, Y	Y, NR	Y, Y	NR, Y	Y, NR	Y, Y
Were outcomes assessed using valid and reliable measures, implement-ted consistently across all study participants?	Y	Y	Y	Y	Y	Y	Y	N	Y
Did the authors report that the sample size was sufficiently large to be able to detect a difference in the main outcome between groups with at least 80% power?	N	N	N	Y	N	N	NR	N	Y
Were outcomes reported or subgroups analysed pre-specified?	Y	Y	Y	Y	Y	Y	Y	Y	Y
Were all randomized participants analysed in the group to which they were originally assigned, i.e., did they use an intention-to-treat analysis?	NR	Y	Y	N	N	Y	N	N	Y
Evaluation G = Good F = Fair P = Poor	P	G	G	G	F	G	P	P	G

Non-Randomized Controlled Trial Controlled Intervention Studies evaluated with the NHLBI Study Quality Assessment Tool (Y = Yes, N = No, NR = Not reported, NA = Not applicable). In all cases where NR it was not possible to determine from the reported information. [α] Data is separated out for medication and non-medication treatments with medication details given first. * indicates that study was a feasibility trial for an RCT rather than full RCT. **indicates some self-report measures were also included which were not blind.