Table S2. Quality assessment of non-randomized designs.

Quality Criteria	Converse et al. 2020 [79]	Edel et al. 2017 [87]	Haydicky et al. 2012 [89]	Rynczak, 2013 [101]	Van der Oord et al., 2012 [104]
Was the study described as randomized, randomized trial, a randomized clinical trial, or an RCT?	Y*	N	N	N	N
Was the method of randomization adequate?	N	NA	NA	NA	NA
Was the treatment allocation concealed?	NR	NA	NA	NA	NA
Were study participants and providers blinded to treatment group assignment?	N	N	N	N	N
Were the people assessing the outcomes blinded to the participants' group assignments?	Y**	N	Y**	N	N
Were the groups similar at baseline on important characteristics that could affect outcomes?	NR	N	Y	NR	N
Was the overall drop-out rate from the study at endpoint 20% or lower of the number allocated to treatment?	Y	Y	NR	Y	Y
Was the differential drop-out rate at endpoint 15 % points or lower?	Y	Y	NA	NR	NA
Was there high adherence to the intervention protocols for each treatment group?	N	Y	Y	Y	Y
Were other interventions avoided or similar in the groups?[α]	NR, NR	Y, NR	NR, NR	NR, Y	NR, Y
Were outcomes assessed using valid and reliable measures, implemented consistently across all study participants?	Y	N	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	N
Were outcomes reported or subgroups analysed pre-specified?	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	Y	NR	Y	Y
Evaluation G = Good F = Fair P = Poor	P	F	F	F	F

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.