

Supplementary Table 2. Summary of quality assessment using the risk of bias in non-randomised studies—of interventions (ROBINS-I) tool

Study	Pre-intervention		At intervention	Post-intervention			Bias across domains	
	Bias due to confounding	Bias in selection of participants	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcomes		Bias in selection of reported result
Albanese et al. ²⁾ (2009)	Low	Low	Low	Low	Low	Moderate	Low	Low
Aryan et al. ³⁾ (2005)	Low	Low	Moderate	Low	Low	Moderate	Low	Moderate
Yang et al. ⁵⁰⁾ (2016)	Low	Low	Low	Moderate	Low	Moderate	Low	Moderate
Eymann et al. ¹¹⁾ (2008)	Low	Low	Low	Low	Low	Moderate	Low	Low
Eymann et al. ¹²⁾ (2009)	Low	Low	Low	Moderate	Low	Moderate	Low	Moderate
Farber et al. ¹³⁾ (2011)	Moderate	Low	Low	Low	Low	Moderate	Low	Moderate
Gutiérrez-González et al. ¹⁸⁾ (2010)	Low	Low	Low	Low	Low	Moderate	Low	Low
Hayhurst et al. ²⁰⁾ (2008)	Moderate	Low	Low	Moderate	Low	Moderate	Low	Moderate
James et al. ²³⁾ (2014)	Moderate	Low	Low	Moderate	Low	Moderate	Low	Moderate
Kan and Kestle ²⁵⁾ (2007)	Low	Low	Low	Low	Low	Moderate	Low	Low
Kandasamy et al. ²⁶⁾ (2011)	Moderate	Low	Low	Moderate	Low	Moderate	Low	Moderate
Lane et al. ²⁹⁾ (2014)	Low	Low	Low	Moderate	Moderate	Moderate	Low	Moderate
Parker et al. ³²⁾ (2009)	Low	Low	Low	Moderate	Low	Moderate	Low	Moderate
Pattavilakom et al. ³⁵⁾ (2007)	Moderate	Low	Low	Moderate	Low	Moderate	Low	Moderate
Raffa et al. ³⁹⁾ (2015)	Low	Low	Low	Moderate	Low	Moderate	Low	Moderate
Ritz et al. ⁴²⁾ (2007)	Low	Low	Moderate	Low	Moderate	Moderate	Low	Moderate
Steinbok et al. ⁴⁵⁾ (2010)	Low	Low	Moderate	Moderate	Low	Moderate	Low	Moderate