

Supplementary Table S4. Methodological quality assessment of pre-post studies

Study (Year)	1	2	3	4	5	6	7	8	9	10	11	12	Quality rating
Bernuz B (2012)	Y	Y	Y	NR	NR	Y	Y	N	NR	Y	NA	NA	Fair
Spiegl UJ (2014)	Y	Y	Y	NR	NR	Y	N	N	Y	N	NA	NA	Fair
Opara J (2007)	Y	Y	Y	Y	NR	Y	Y	N	NR	Y	NA	NA	Good
De Icco R (2019)	Y	Y	Y	Y	Y	Y	Y	N	NR	Y	NA	NA	Good
Béseler MR (2012)	Y	Y	Y	Y	NR	Y	Y	N	NR	Y	NA	NA	Good

(1) Objective clearly stated; (2) eligibility criteria described; (3) representative patient population; (4) all eligible participants enrolled in study; (5) sufficient sample size; (6) intervention described; (7) outcome measures specified; (8) outcome assessors blinded; (9) loss to follow-up; (10) statistical analysis of outcome measures before and after intervention; (11) interrupted time-series design; (12) individual data used for group-level effects. Y, yes; NR, not reported; N, no; NA, not applicable.