Supplemental Table. Summary risk of bias assessment

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective reporting | Other sources of bias | Overall quality |
| Kalliomäki [23] | Low  | Low  | Low  | Low  | Unclear  | Unclear  | Low  | High  |
| Kukkonen [24] | Low  | Low  | Low  | Low  | Unclear  | Low  | Low  | High  |
| Abrahamsson [25] | Low  | Low  | Low and high  | Low and high | High  | Low  | Low  | Moderate |
| Kukkonen [26] | Low  | Low  | Low  | Low  | Unclear  | Low  | Low  | High  |
| Kopp [27] | Low | Unclear  | Low  | Low  | Unclear  | Unclear  | Low  | Moderate  |
| Samanta [28] | Low  | Unclear  | Unclear  | Low  | Unclear  | Low  | Low  | Moderate |
| Niers [29] | Unclear  | Low  | Low  | Low  | Unclear  | Low  | Low  | High  |
| Allen [30] | Low  | Unclear  | Unclear  | Low  | Unclear  | Low  | Low  | Moderate  |
| Boyle [31] | Low  | Low  | Low  | Low  | Unclear  | Unclear  | Low  | High  |
| Dotterud [32] | Low  | Low  | Low  | Low  | Unclear  | Low  | Low  | Moderate  |
| Kim [33] | Low  | Unclear  | Unclear  | Low  | Unclear  | Low  | Low  | Moderate |
| Luoto [34] | Low  | Unclear  | Low  | Low  | Unclear  | Low  | Low  | High  |
| Qu [35] | Unclear  | Low  | Low  | Low  | High  | Unclear  | Low  | Moderate  |
| Wickens [36] | Low  | Unclear  | Unclear  | Unclear  | Unclear  | Low  | Low  | Low  |
| Benor [37] | Low  | Unclear  | Low  | Low  | Unclear  | Low  | Low  | High  |
| Lindsay [38] | Low  | Unclear  | Low  | Low  | Unclear  | Low  | Low  | High  |
| Mastromarino [39] | Low  | Unclear  | Low  | Low  | Unclear  | Unclear  | Low  | Moderate  |
| Wickens [40] | Low  | Low  | Low  | Low  | Unclear  | Low  | Low  | High  |