Supplemental Table. Summary risk of bias assessment

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |