Supplementary File 5.

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| Studies (report: Y/N/U/NA) | Adolfo 2009 | Amani 2007 | Archie 2007 | Arrojo-Romero 2015 | Baethge 2009 | Bly 2013 | Bobes 2010 | Brown 1999 | Chang 2017 | Clayton 2008 | Ellingrod 2011 |
| Relevance questions | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| Validity questions  1. Was the research question clearly stated? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 2. Was the selection of study subjects/patients free from bias? | Y | N | Y | Y | Y | Y | Y | U | Y | Y | Y |
| 3. Were study groups comparable? | Y | Y | Y | Y | Y | N | Y | U | y | Y | N |
| 4. Was method of handling withdrawals described? | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | N |
| 5. Was blinding used to prevent introduction of bias? | U | U | U | U | Y | Y | Y | U | U | U | U |
| 6. Were intervention/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? Were intervening factors described? | Y | N | Y | Y | Y | Y | Y | Y | Y | Y | N |
| 7. Were outcomes clearly defined and the measurements valid and reliable? | N | Y | Y | N | N | Y | N | Y | Y | U | Y |
| 8. Was the statistical analysis appropriate for the study design and type of outcome indicators? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 9. Are conclusions supported by results with biases and limitations taken into consideration? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 10. Is bias due to study’s funding or sponsorship unlikely? | Y | Y | Y | Y | Y | Y | Y | U | Y | U | Y |
| ALL OF Q2, 3, 6, 7 "YES"? (0 = NO, 1 = YES) | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| NUMBER OF "Y" OUT OF 10 | 7 | 7 | 9 | 8 | 9 | 9 | 9 | 6 | 9 | 7 | 6 |
| Overall judgement | Neutral | Neutral | Positive | Neutral | Neutral | Neutral | Neutral | Neutral | Positive | Neutral | Neutral |

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| Studies (report: Y/N/U/NA) | Elmslie 2001 | Evans 2014 | Evans 2015 | Fawzi 2015 | Fusar-Poli 2009 | Gothelf 2002 | Gupta 2009 | Gurpegui 2004 | Gurpegui 2006 | Hahn 2014 | Hamera 1995 |
| Relevance questions | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| Validity questions  1. Was the research question clearly stated? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 2. Was the selection of study subjects/patients free from bias? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | N |
| 3. Were study groups comparable? | Y | Y | Y | N | N | N | N | N | N | N | N |
| 4. Was method of handling withdrawals described? | Y | Y | Y | N | Y | N | Y | Y | N | N | N |
| 5. Was blinding used to prevent introduction of bias? | U | U | U | Y | U | U | U | U | U | U | U |
| 6. Were intervention/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? Were intervening factors described? | N | Y | Y | Y | N | Y | Y | N | Y | N | Y |
| 7. Were outcomes clearly defined and the measurements valid and reliable? | U | Y | Y | Y | N | Y | N | N | N | N | N |
| 8. Was the statistical analysis appropriate for the study design and type of outcome indicators? | Y | Y | Y | Y | Y | y | Y | Y | Y | Y | Y |
| 9. Are conclusions supported by results with biases and limitations taken into consideration? | Y | Y | Y | Y | Y | U | Y | N | Y | Y | Y |
| 10. Is bias due to study’s funding or sponsorship unlikely? | Y | Y | Y | Y | U | U | U | Y | Y | Y | U |
| ALL OF Q2, 3, 6, 7 "YES"? (0 = NO, 1 = YES) | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| NUMBER OF "Y" OUT OF 10 | 7 | 9 | 9 | 8 | 5 | 5 | 6 | 4 | 5 | 5 | 3 |
| Overall judgement | Neutral | Positive | Positive | Neutral | Neutral | Neutral | Neutral | Negative | Neutral | Neutral | Negative |

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| Studies (report: Y/N/U/NA) | Hardy 2012 | Haruyuki 2015 | Heald 2017 | Henderson 2005 | Henderson 2006 | Jacka 2011 | Jahrami 2017 | Kilbourne 2007 | Killan 2006 | Konarzewska 2014 | Manzaneres 2014 |
| Relevance questions | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| Validity questions  1. Was the research question clearly stated? | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 2. Was the selection of study subjects/patients free from bias? | N | Y | Y | Y | N | Y | Y | Y | Y | Y | Y |
| 3. Were study groups comparable? | N | N | N | N | Y | Y | Y | Y | N | U | N |
| 4. Was method of handling withdrawals described? | Y | Y | N | Y | N | Y | Y | Y | Y | Y | Y |
| 5. Was blinding used to prevent introduction of bias? | U | U | U | U | U | U | Y | U | U | U | U |
| 6. Were intervention/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? Were intervening factors described? | Y | Y | N | N | Y | Y | Y | Y | N | N | Y |
| 7. Were outcomes clearly defined and the measurements valid and reliable? | Y | Y | Y | Y | Y | Y | Y | U | N | Y | Y |
| 8. Was the statistical analysis appropriate for the study design and type of outcome indicators? | N | Y | N | Y | Y | Y | Y | Y | Y | Y | Y |
| 9. Are conclusions supported by results with biases and limitations taken into consideration? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 10. Is bias due to study’s funding or sponsorship unlikely? | U | Y | Y | Y | U | Y | Y | Y | U | Y | Y |
| ALL OF Q2, 3, 6, 7 "YES"? (0 = NO, 1 = YES) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| NUMBER OF "Y" OUT OF 10 | 4 | 8 | 5 | 7 | 6 | 9 | 9 | 8 | 5 | 7 | 8 |
| Overall judgement | Negative | Neutral | Neutral | Neutral | Neutral | Positive | Positive | Neutral | Neutral | Neutral | Neutral |

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| Studies (report: Y/N/U/NA) | McCreadie 2003 | Mucheru 2017 | Nenke 2015 | Noguchi  2013 | Nunes 2014 | Osborn 2007 | Ratliff 2012 | Roick 2007 | Ryan 2003 | Ryan 2004 | Samele 2007 |
| Relevance questions | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| Validity questions  1. Was the research question clearly stated? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 2. Was the selection of study subjects/patients free from bias? | Y | Y | N | Y | N | Y | N | N | Y | Y | Y |
| 3. Were study groups comparable? | N | N | N | N | N | Y | Y | N | Y | Y | U |
| 4. Was method of handling withdrawals described? | Y | Y | Y | U | N | Y | N | Y | Y | Y | Y |
| 5. Was blinding used to prevent introduction of bias? | U | U | U | U | U | U | U | U | U | U | U |
| 6. Were intervention/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? Were intervening factors described? | Y | Y | N | Y | Y | Y | N | N | N | Y | Y |
| 7. Were outcomes clearly defined and the measurements valid and reliable? | N | N | Y | Y | Y | Y | N | U | Y | Y | U |
| 8. Was the statistical analysis appropriate for the study design and type of outcome indicators? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 9. Are conclusions supported by results with biases and limitations taken into consideration? | Y | Y | Y | Y | Y | Y | Y | Y | N | N | Y |
| 10. Is bias due to study’s funding or sponsorship unlikely? | Y | Y | Y | Y | Y | Y | U | U | U | U | U |
| ALL OF Q2, 3, 6, 7 "YES"? (0 = NO, 1 = YES) | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 |
| NUMBER OF "Y" OUT OF 10 | 7 | 7 | 6 | 8 | 7 | 9 | 5 | 4 | 5 | 7 | 6 |
| Overall judgement | Neutral | Neutral | Neutral | Neutral | Neutral | Positive | Neutral | Negative | Neutral | Positive | Neutral |

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| Studies (report: Y/N/U/NA) | Saarni 2009 | Simonelli-Munoz 2012 | Stokes 2004 | Strassnig 2003 | Strassnig 2005 | Strassnig 2006 | Sugawara 2014 | Sugawara 2016 | Suvusaari 2007 | Treur 1999 | Tsuruga 2015 | Wallace  1998 |
| Relevance questions | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| Validity questions  1. Was the research question clearly stated? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 2. Was the selection of study subjects/patients free from bias? | Y | N | Y | N | N | N | N | Y | Y | Y | Y | N |
| 3. Were study groups comparable? | Y | N | N | N | N | N | N | N | Y | N | Y | N |
| 4. Was method of handling withdrawals described? | N | N | Y | Y | Y | Y | Y | Y | U | U | U | N |
| 5. Was blinding used to prevent introduction of bias? | U | U | U | U | U | U | U | Y | U | U | U | U |
| 6. Were intervention/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? Were intervening factors described? | N | Y | Y | N | Y | N | N | Y | N | Y | N | N |
| 7. Were outcomes clearly defined and the measurements valid and reliable? | N | N | Y | Y | Y | Y | Y | N | N | N | Y | Y |
| 8. Was the statistical analysis appropriate for the study design and type of outcome indicators? | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | N |
| 9. Are conclusions supported by results with biases and limitations taken into consideration? | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | N |
| 10. Is bias due to study’s funding or sponsorship unlikely? | Y | U | U | U | U | U | Y | Y | Y | Y | Y | Y |
| ALL OF Q2, 3, 6, 7 "YES"? (0 = NO, 1 = YES) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| NUMBER OF "Y" OUT OF 10 | 4 | 4 | 7 | 4 | 6 | 4 | 6 | 7 | 6 | 6 | 7 | 3 |
| Overall judgement | Negative | Negative | Neutral | Neutral | Neutral | Neutral | Neutral | Neutral | Neutral | Neutral | Neutral | Negative |
| Studies (report: Y/N/U/NA) | Williamson 2015 | Winstead 1976 |
| Relevance questions | Y | Y |
| Validity questions  1. Was the research question clearly stated? | Y | Y |
| 2. Was the selection of study subjects/patients free from bias? | Y | Y |
| 3. Were study groups comparable? | Y | N |
| 4. Was method of handling withdrawals described? | N | U |
| 5. Was blinding used to prevent introduction of bias? | U | N |
| 6. Were intervention/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? Were intervening factors described? | N | N |
| 7. Were outcomes clearly defined and the measurements valid and reliable? | Y | U |
| 8. Was the statistical analysis appropriate for the study design and type of outcome indicators? | Y | U |
| 9. Are conclusions supported by results with biases and limitations taken into consideration? | Y | U |
| 10. Is bias due to study’s funding or sponsorship unlikely? | Y | Y |
| ALL OF Q2, 3, 6, 7 "YES"? (0 = NO, 1 = YES) | 0 | 0 |
| NUMBER OF "Y" OUT OF 10 | 7 | 4 |
| Overall judgement | Neutral | Negative |