**Supplementary material**

**Supplemental Table 1** Methodological Quality Rating Scale (MQRS) (Modified Version\*)

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| **Methodological Rating Criteria** | **Rating Points** |
| Study design: length of follow-up | 0 = < 1 year  1 point given for each year of follow-up time.  Example:  1 = 1 year  2 = 2 years  …etc. |
| Attrition rate | 0 = > 20%  1 = < 20% |
| Theoretical basis | 0 = No mention of theory or conceptual model guiding the study  1 = Explicit mention of theory or conceptual model guiding the study |
| Measures | 0 = No reliability and validity reported or information inadequate on survey instruments used  1 = Adequate information on reliability and validity on survey instruments used |
| Statistical analyses | 0 = Inappropriate analyses  1 = Appropriate analysis |
| Sample size | 0 = N < 99  1 = 999 > N > 100  2 = 1999 > N > 1000  3 = N > 2000 |
| Number of sites | 0 = Single site study  1 = Multisite study, or sample drawn from multiple sources |
| Generalizability | *Sample characteristics*  0 = not diverse with respect to gender, race/ethnicity, and/or SES  1 = diverse with respect to gender, race/ethnicity, and/or SES |
| *Discussion*  0 = No discussion of generalizability of findings  1 = Discussion of generalizability of findings |

\*Modified based on the following two resources:

1. Miller WR, Brown JM, Simpson TL *et al*. What works? A methodological analysis of the alcohol treatment outcome literature. In: Hester RK, Miller WR (eds). *Handbook of Alcoholism Treatment Approaches: Effective Alternatives*, 2nd edn. Allyn &Bacon: Needham Heights, MA, 1995, pp. 12–44.
2. Sung-Chan P, Sung YW, Zhao X, Brownson RC. Family-based models for childhood-obesity intervention: a systematic review of randomized controlled trials. *Obes Rev*. 2012 Nov 9. doi: 10.1111/obr.12000. [Epub ahead of print]