

Online supplementary material S2: Assessment of risk of bias

Risk of bias of included clinical trials: Review authors' judgements about each risk of bias item of the Cochrane's RoB tool for each study.

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Ambrosino et al., 2020	+	+	-	-	+	+	+
Aranow et al., 2021	+	+	+	+	+	+	+
Austin et al., 1996	+	+	+	?	+	+	+
Avaux et al., 2016	+	-	-	-	+	+	+
Azeez et al., 2020	+	+	-	-	+	+	+
Bachmair et al., 2022	+	+	-	-	+	+	+
Bogdanovic et al., 2015	+	?	-	-	+	+	+
Cagliyan et al., 2007	+	?	-	-	+	+	+
Cetin et al., 2020	+	?	-	-	+	+	+
Chen et al., 2021	+	?	?	?	+	+	+
Daltroy et al., 1995	+	?	-	-	+	+	+
Danoff-Burg et al., 2006	?	+	-	-	?	+	+
Dardin et al., 2022	+	+	-	+	+	+	+
Davies et al., 2012	+	+	-	-	+	+	+
Davis et al., 2015	+	+	-	-	?	+	+
Durcan et al., 2014	+	+	-	-	+	+	+
Durmus et al., 2009	?	?	-	-	?	?	?
Evans et al., 2013	?	?	-	-	+	+	+
Evers et al., 2002	+	?	-	-	+	+	+
Feldthusen et al., 2015	+	+	-	-	+	+	+
Ferwerda et al., 2017	+	+	-	-	?	+	+
Garcia et al., 2014	+	?	-	-	-	+	+
Giraudet-Le Quintrec et al., 2007	+	+	-	-	+	+	+
Greco et al., 2003	+	+	-	-	+	+	+
Greco et al., 2008	+	+	+	+	+	+	+
Hakkinen et al., 2003	?	?	?	?	+	+	+

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Hammond et al., 2008	+	+	-	-	+	+	+
Harkcom et al., 1984	?	+	-	-	-	-	-
Harper et al., 2021	+	+	-	-	+	+	+
Hewlett et al., 2011	+	+	-	-	+	+	+
Hewlett et al., 2019	+	+	-	-	+	+	+
Karlson et al., 2004	+	+	-	-	+	+	+
Katz et al., 2018	+	+	-	-	+	+	+
Keramiotou et al., 2020	+	-	-	-	+	+	+
Knittle et al., 2013	+	+	+	?	+	+	+
Koksvik et al., 2012	+	+	-	-	+	+	+
Kucharski et al., 2019	+	+	-	-	+	+	+
Laforest et al., 2008	+	?	-	-	+	+	+
Lange et al., 2020	+	?	-	-	+	+	+
Lau et al., 2019	+	+	-	-	?	+	+
Li et al., 2020	+	+	-	-	+	+	+
Lopes-Souza et al., 2021	+	?	-	-	+	+	+
Lorig et al., 2005	+	?	+	+	+	+	+
Lorig et al., 2008	+	?	-	-	+	+	+
Macedo et al., 2009	+	+	-	-	+	+	+
Manning et al., 2014	+	+	?	?	+	+	+
Masiero et al., 2011	+	+	-	-	-	+	+
Mayoux-Benhamou et al., 2008	+	+	-	-	+	+	+
McBain et al., 2016	+	-	-	-	+	+	+
Metin et al., 2016	+	?	-	-	+	+	+
Miyamoto et al., 2019	+	+	-	-	+	+	+
Ndosi et al., 2013	+	+	-	?	+	+	+
Neuberger et al., 2007	+	?	-	-	+	+	+
Niedermann et al., 2013	+	+	-	-	+	+	+

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Noreau et al., 1995	?	-	-	-	?	-	-
Pinto et al., 2020	+	+	+	+	+	+	+
Pot-Vaucel et al., 2016	+	?	-	-	?	+	+
Primdahl et al., 2012	+	?	-	-	+	+	+
Primdahl et al., 2014	+	?	-	-	+	+	+
Prioreschi et al., 2016	+	?	-	-	?	+	+
Puksic et al., 2021	+	+	-	-	+	+	+
Ramsey-Goldman et al., 2000	+	?	-	-	+	+	+
Robb-Nicholson et al., 1989	+	?	-	-	?	+	+
Santos et al., 2016	+	?	-	-	+	+	+
Scott et al., 2020	+	+	-	-	+	+	+
Strombeck et al., 2007	+	+	-	-	?	+	+
Sveaas et al., 2018	+	+	-	-	+	+	+
Sveaas et al., 2020a	+	+	-	-	+	+	+
Sveaas et al., 2020b	+	+	-	-	+	+	+
Tench et al., 2003	+	?	-	-	?	+	+
Thomsen et al., 2017	+	-	-	+	+	+	+
Thomsen et al., 2019	+	?	-	-	+	+	+
Thomsen et al., 2020	+	+	-	-	+	+	+
Tiffreau et al., 2016	+	?	-	-	+	+	+
Wadell et al., 2021	+	+	+	-	?	+	+
Wallace et al., 2019	+	+	-	+	+	+	+
Wang et al., 2008	+	+	?	?	+	+	+
Wu et al., 2019	+	+	?	-	+	+	+
Xie et al., 2019	+	+	-	+	+	+	+
Yakut et al., 2021	+	+	-	-	+	+	+
Yentür et al., 2021	+	?	-	-	?	+	+
Zangi et al., 2012	+	+	-	-	+	+	+