

Supplementary Material 2

	Selection Bias		Study Design				Confounders		Blinding		Data Collection methods		Withdrawals and Dropouts		Global Rating
	Q1	Q2	Q1	Q2	Q3	Q4	Q1	Q2	Q1	Q2	Q1	Q2	Q1	Q2	
Beddoe et al (2009)	3	3	5	No	n/a	n/a	2	4	3	3	1	1	1	1	Weak
	Weak		Moderate				Weak		Moderate		Strong		Strong		
Bowen et al (2014)	3	5	3	No	n/a	n/a	2	4	3	3	1	1	3	4	Weak
	Weak		Moderate				Weak		Moderate		Strong		Weak		
Byrne et al (2014)	3	5	5	No	n/a	n/a	3	4	3	3	1	1	1	1	Weak
	Weak		Moderate				Weak		Moderate		Strong		Strong		
Dimidijan et al (2015)	3	2	5	No	n/a	n/a	3	4	3	3	1	1	1	1	Weak
	Weak		Moderate				Weak		Moderate		Strong		Strong		
Dimidijan et al (2016)	3	1	1	Yes	No	n/a	1	1	3	3	1	1	1	2	Moderate
	Weak		Strong				Strong		Moderate		Strong		Moderate		
Duncan & Bardack (2009)	3	5	5	No	n/a	n/a	3	4	3	3	1	1	3	4	Weak
	Weak		Moderate				Weak		Moderate		Strong		Weak		
Dunn et al (2012)	3	5	3	No	n/a	n/a	3	4	3	3	1	1	3	4	Weak
	Weak		Moderate				Weak		Moderate		Strong		Weak		
Goodman et al (2014)	3	5	5	No	n/a	n/a	3	4	3	3	1	1	1	1	Weak
	Weak		Moderate				Weak		Moderate		Strong		Strong		
Guardino et al (2014)	3	1	1	Yes	Yes	Yes	2	4	3	3	1	1	1	1	Weak
	Weak		Strong				Weak		Moderate		Strong		Strong		
Matvienko-Sikar et al (2016)	3	3	1	Yes	No	n/a	2	4	3	3	1	1	1	2	Weak
	Weak		Strong				Weak		Moderate		Strong		Moderate		
Muthukrishnan et al (2016)	3	5	1	Yes	No	n/a	2	4	3	3	1	1	3	4	Weak
	Weak		Strong				Weak		Moderate		Strong		Weak		
Shahataheri et al (2016)	3	5	1	Yes	No	n/a	3	4	3	3	1	1	3	4	Weak
	Weak		Strong				Weak		Moderate		Strong		Weak		
Vieten & Astin (2008)	3	2	1	Yes	No	n/a	3	4	3	3	1	1	1	1	Weak
	Weak		Strong				Weak		Moderate		Strong		Strong		
Woolhouse et al (2014)															
One-group cohort study	3	4	5	No	n/a	n/a	3	4	3	3	1	1	1	3	Weak
	Weak		Moderate				Weak		Moderate		Strong		Weak		
RCT (pilot)	3	4	1	Yes	No	No	3	4	3	3	1	1	1	2	Weak
	Weak		Strong				Weak		Moderate		Strong		Moderate		

Quality Assessment for Quantitative Studies (Effective Public Health Practice Project, 2007)