

Supplementary material 6. Risk of bias assessment for non-randomized controlled trials

	Damkjær, 2015	Skolasky, 2018		
Signaling questions	Description	Response options	Description	Response options
Bias due to confounding				
1.1 Is there potential for confounding of the effect of intervention in this study? If N/PN to 1.1: the study can be considered to be at low risk of bias due to confounding and no further signalling questions need be considered If Y/PY to 1.1: determine whether there is a need to assess time-varying confounding	There are differences (between groups) in gender and the time between surgery and rehabilitation.	PY		PN
1.2. Was the analysis based on splitting participants' follow up time according to intervention received? If N/PN, answer questions relating to baseline confounding (1.4 to 1.6) If Y/PY, go to question 1.3.		N		Y
1.3. Were intervention discontinuations or switches likely to be related to factors that are prognostic for the outcome? If N/PN, answer questions relating to baseline confounding (1.4 to 1.6) If Y/PY, answer questions relating to both baseline and time-varying confounding (1.7 and 1.8)		PN		N
Questions relating to baseline confounding only				

1.4. Did the authors use an appropriate analysis method that controlled for all the important confounding domains?	At baseline, significant between-group differences were detected regarding gender, cause of first time dislocation, days between surgery and start of rehabilitation, WOSI, and range of motion (Table 1). These differences were included in the adjusted analysis. There was only a limited set on confounders tested for. No selection procedure was reported on	PN		PY
1.5. If Y/PY to 1.4: Were confounding domains that were controlled for measured validly and reliably by the variables available in this study?		PY		Y
1.6. Did the authors control for any post-intervention variables that could have been affected by the intervention?		N		N
Questions relating to baseline and time-varying confounding				
1.7. Did the authors use an appropriate analysis method that controlled for all the important confounding domains and for time-varying confounding?		N		Y
1.8. If Y/PY to 1.7: Were confounding domains that were controlled for measured validly and reliably by the variables available in this study?		NA		Y
Risk of bias judgement		Moderate		Low
Optional: What is the predicted direction of bias due to confounding?		Unpredictable		Unpredictable
Bias in selection of participants into the study				
2.1. Was selection of participants into the study (or into the analysis) based on participant characteristics observed after the start of intervention? If N/PN to 2.1: go to 2.4		PN		N
2.2. If Y/PY to 2.1: Were the post-intervention variables that influenced selection likely to be associated with intervention?		NA		NA

2.3 If Y/PY to 2.2: Were the post-intervention variables that influenced selection likely to be influenced by the outcome or a cause of the outcome?		NA		NA
2.4. Do start of follow-up and start of intervention coincide for most participants?		N		Y
2.5. If Y/PY to 2.2 and 2.3, or N/PN to 2.4: Were adjustment techniques used that are likely to correct for the presence of selection biases?		N		NA
Risk of bias judgement		Moderate		Low
Optional: What is the predicted direction of bias due to selection of participants into the study?		Unpredictable		NA
Bias in classification of interventions				
3.1 Were intervention groups clearly defined?	The inclusion criterion was that patients had undergone an arthroscopic Bankart operation and were referred to 'Bankart rehabilitation' by the surgeon. Participants were excluded from the study if they failed to appear for assessments, if they had not undergone an arthroscopic Bankart operation, if they returned to hospital before beginning rehabilitation because of postoperative complications, if they had difficulty understanding the Danish language, or if there was a lack of baseline data.	PY		Y
3.2 Was the information used to define intervention groups recorded at the start of the intervention?		PY		Y
3.3 Could classification of intervention status have been affected by knowledge of the outcome or risk of the outcome?		PN		N
Risk of bias judgement		Low		Low
Optional: What is the predicted direction of bias due to classification of interventions?		Unpredictable		NA
Bias due to deviations from intended interventions				
If your aim for this study is to assess the effect of assignment to intervention, answer questions 4.1 and 4.2				

4.1. Were there deviations from the intended intervention beyond what would be expected in usual practice?		PN		N
4.2. If Y/PY to 4.1: Were these deviations from intended intervention unbalanced between groups <i>and</i> likely to have affected the outcome?		NA		NA
If your aim for this study is to assess the effect of starting and adhering to intervention, answer questions 4.3 to 4.6				
4.3. Were important co-interventions balanced across intervention groups?	Both groups received initial postoperative information from hospital therapists and instruction in the use of a sling. Both groups were offered a minimum of four individual training sessions (60 minutes) and 20 group training sessions (60 minutes).	PY		NA
4.4. Was the intervention implemented successfully for most participants?		PY		NA
4.5. Did study participants adhere to the assigned intervention regimen?	9/40 versus 3/44	PN		NA
4.6. If N/PN to 4.3, 4.4 or 4.5: Was an appropriate analysis used to estimate the effect of starting and adhering to the intervention?	Nine patients in the standard care group and three patients in the guideline group discontinued their training and failed to attend follow-up assessments. The data for these 12 patients were included in the data analysis following the principles of intention-to-treat	PY		NA
Risk of bias judgement		Low		Low
Optional: What is the predicted direction of bias due to deviations from the intended interventions?				
Bias due to missing data				
5.1 Were outcome data available for all, or nearly all, participants?		N		Y
5.2 Were participants excluded due to missing data on intervention status?		PN		N
5.3 Were participants excluded due to missing data on other variables needed for the analysis?	Nine patients in the standard care group and three patients in the guideline group discontinued their training and failed to attend follow-up assessments. The data for these 12 patients were included in the data analysis following the principles of intention-to-treat.	PN		N

5.4 If PN/N to 5.1, or Y/PY to 5.2 or 5.3: Are the proportion of participants and reasons for missing data similar across interventions?		NA		NA
5.5 If PN/N to 5.1, or Y/PY to 5.2 or 5.3: Is there evidence that results were robust to the presence of missing data?	Intention to treat analysis was conducted	Y		NA
Risk of bias judgement		Moderate		Low
Optional: What is the predicted direction of bias due to missing data?		Unpredictable		NA
Bias in measurement of outcomes				
6.1 Could the outcome measure have been influenced by knowledge of the intervention received?		PY		PN
6.2 Were outcome assessors aware of the intervention received by study participants?		Y		N
6.3 Were the methods of outcome assessment comparable across intervention groups?		Y		Y
6.4 Were any systematic errors in measurement of the outcome related to intervention received?		PN		N
Risk of bias judgement		Serious		Low
Optional: What is the predicted direction of bias due to measurement of outcomes?		Unpredictable		NA
Bias in selection of the reported result				
Is the reported effect estimate likely to be selected, on the basis of the results, from...				
7.1. ... multiple outcome <i>measurements</i> within the outcome domain?		PN		PY

7.2 ... multiple <i>analyses</i> of the intervention-outcome relationship?		PN		PN
7.3 ... different <i>subgroups</i> ?		PN		N
Risk of bias judgement		Low		Moderate
Optional: What is the predicted direction of bias due to selection of the reported result?		Unpredictable		Away from null
Overall bias				
Risk of bias judgement		High		Low
Optional: What is the overall predicted direction of bias for this outcome?		Unpredictable		NA