

Appendix 8. Risk of bias for the included studies

Article Number	Author	Patient Selection/Study design	Index measure	Criterion measure	Flow & Timing
1	Alghaeed et al., 2013	HIGH	HIGH	LOW	HIGH
2	Alhassan et al., 2017	HIGH	HIGH	HIGH	LOW
3	Allor & Pivarnik, 2000	HIGH	HIGH	HIGH	HIGH
4	Bäcklund et al., 2010	LOW	HIGH	LOW	LOW
5	Barreira et al., 2015	HIGH	HIGH	HIGH	LOW
6	Beets et al., 2011	HIGH	HIGH	HIGH	HIGH
7	Belangér et al., 2013	HIGH	LOW	LOW	UNCLEAR
8	Bock et al., 2010	HIGH	HIGH	HIGH	LOW
9	Borghese et al., 2018	LOW	LOW	HIGH	HIGH
10	Busser et al., 1997	HIGH	HIGH	LOW	HIGH
11	Byun et al., 2018	HIGH	HIGH	HIGH	LOW
12	Calabro et al., 2013	LOW	LOW	LOW	LOW
13	Camerota et al., 2018	HIGH	LOW	LOW	LOW
14	Carlson et al., 2019	HIGH	LOW	HIGH	LOW
15	Carter et al., 2008	HIGH	LOW	LOW	LOW
16	Coe & Pivarnik, 2001	HIGH	HIGH	HIGH	LOW
17	Costello et al., 2019	HIGH	LOW	LOW	LOW
18	Crouter et al., 2015	HIGH	HIGH	LOW	LOW
19	Crouter et al., 2018	HIGH	HIGH	LOW	LOW
20	Davies et al., 2012	HIGH	HIGH	LOW	LOW
21	De Craemer et al., 2015	HIGH	HIGH	HIGH	HIGH
22	De Decker et al., 2013	HIGH	HIGH	LOW	LOW
23	Djafarian et al., 2013	HIGH	HIGH	HIGH	HIGH
24	Duncan et al., 2011	HIGH	HIGH	HIGH	HIGH
25	Etienne et al., 2016	HIGH	HIGH	HIGH	LOW
26	Finn et al., 2000	HIGH	HIGH	HIGH	LOW
27	Gao et al., 2010	HIGH	HIGH	HIGH	LOW
28	Garcia-Prieto et al., 2017	HIGH	HIGH	LOW	LOW
29	Godino et al., 2020	HIGH	HIGH	LOW	LOW
30	Grydeland et al., 2014	HIGH	LOW	HIGH	HIGH
31	Hallal et al., 2013	LOW	LOW	LOW	LOW
32	Hands et al., 2006	HIGH	HIGH	HIGH	HIGH
33	Hart et al., 2011	HIGH	HIGH	HIGH	HIGH
34	Hislop et al., 2012	HIGH	HIGH	HIGH	UNCLEAR
35	Hoos et al., 2003	HIGH	LOW	LOW	LOW
36	Hurter et al., 2018	HIGH	LOW	HIGH	LOW
37	Hurter et al., 2019	HIGH	LOW	HIGH	LOW
38	Ishikawa-Takata et al., 2013	LOW	LOW	LOW	LOW
39	Janz, 1994	HIGH	HIGH	HIGH	LOW
40	Kim & Lochbaum, 2018	HIGH	HIGH	HIGH	HIGH
41	Kinder et al., 2012	HIGH	LOW	HIGH	HIGH
42	Klesges & Klesges, 1987	HIGH	HIGH	HIGH	LOW
43	Krishnaveni et al., 2009	LOW	HIGH	HIGH	LOW
44	Krishnaveni et al., 2009	LOW	LOW	LOW	LOW
45	Kwon et al., 2019	HIGH	HIGH	LOW	LOW
46	Meltzer & Westin, 2011	HIGH	LOW	HIGH	LOW
47	Miguelles et al., 2019	HIGH	LOW	LOW	LOW
48	Mooses et al., 2013	HIGH	HIGH	HIGH	LOW
49	Nam & Wook Park, 2013	HIGH	HIGH	LOW	LOW
50	Narayanan et al., 2020	HIGH	HIGH	LOW	LOW
51	Oijambo et al., 2012	LOW	LOW	LOW	LOW
52	Oliver et al., 2006	HIGH	HIGH	HIGH	LOW
53	Pesonen & Kuula, 2018	HIGH	HIGH	LOW	UNCLEAR
54	Pulakka et al., 2013	HIGH	HIGH	LOW	LOW
55	Quante et al., 2018	HIGH	LOW	LOW	LOW
56	Ramirez-Marrero et al., 2018	HIGH	HIGH	LOW	LOW
57	Reilly et al., 2006	LOW	LOW	LOW	LOW
58	Rodriguez et al., 2002	HIGH	LOW	LOW	LOW
59	Rowlands & Eston, 2005	LOW	HIGH	HIGH	LOW
60	Rowlands et al., 2014	LOW	LOW	HIGH	LOW
61	Ruch et al., 2011	HIGH	HIGH	LOW	LOW
62	Santos et al., 2014	HIGH	LOW	LOW	LOW
63	Schneider et al., 2016	LOW	HIGH	HIGH	HIGH
64	Sijtsma et al., 2013	LOW	LOW	LOW	LOW
65	Silva et al., 2019	LOW	HIGH	HIGH	HIGH
66	Simunek et al., 2019	LOW	LOW	HIGH	HIGH
67	Sirard et al., 2017	HIGH	HIGH	HIGH	LOW

68	Sitnick et al., 2008	HIGH	LOW	HIGH	LOW
69	Smith et al., 2020	HIGH	LOW	LOW	LOW
70	Tanaka et al., 2019	HIGH	HIGH	HIGH	HIGH
71	Treuth et al., 2003	LOW	HIGH	HIGH	HIGH
72	Unno et al., 2021	HIGH	HIGH	LOW	LOW
73	Van Hoya et al., 2014	HIGH	HIGH	HIGH	HIGH
74	Voss et al., 2017	LOW	HIGH	HIGH	HIGH
75	Welk et al., 1998	HIGH	HIGH	HIGH	HIGH
76	Xi et al., 2019	LOW	HIGH	HIGH	HIGH