Supplemental table 7 Quality appraisal of randomised controlled trials examining effectiveness of interventions

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| study | Was true randomization used for assignment of participants to treatment groups? | Was allocation to treatment groups concealed? | Were treatment groups similar at the baseline? | Were participants blind to treatment assignment? | Were those delivering the treatment blind to treatment assignment? | Were treatment groups treated identically other than the intervention of interest? | Were outcome assessors blind to treatment assignment? | Were outcomes measured in the same way for treatment groups? | Were outcomes measured in a reliable way? | Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analysed? | Were participants analysed in the groups to which they were randomized? | Was appropriate statistical analysis used? | Was the trial design appropriate and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial? |
| Jacobson et al.60 | yes | no | no | yes | yes | yes | yes | yes | unclear | yes | yes | no | yes |
| Riquelme et al.63 | unclear | unclear | unclear | no | no | yes | yes | yes | yes | no | unclear | no | yes |
| Slaman et al.62 | yes | unclear | yes | no | no | unclear | yes | yes | yes | yes | unclear | yes | yes |
| Yi et al.61 | unclear | unclear | unclear | unclear | unclear | unclear | unclear | unclear | unclear | no | no | no | no |