

Suppl 1. NHLBI Study Quality Assessment Tools 2021

NHLBI's quality assessment tool for controlled trials	Ray et al, 2017	Dahhak et al, 2022	Stefanelli et al, 2013	Molassiotis et al, 2015	Sakai et al, 2023	Palmer et al, 2019	Ha et al, 2023	de Almeida et al, 2020	Bargi et al, 2016	Bayram et al, 2024
1. Was the study described as randomized, a randomized trial, a randomized clinical trial, or an RCT?	N	Y	Y	Y	N	N	Y	Y	Y	Y
1.1 Was the method of randomization adequate (i.e., use of randomly generated assignment)?										
2. Was the study described as a controlled trial? Was the control group matched on relevant variables (age, gender, education, disorder)?	N	Y	Y	Y	Y	N	Y	Y	Y	Y
3. Was the overall drop-out rate from the study at endpoint 20% or lower of the number allocated to the intervention?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
4. Was the differential dropout rate (between groups) at endpoint 15 percentage points or lower?	NA	Y	Y	Y	Y	NA	Y	Y	Y	Y
5. Was there high adherence to the intervention protocols for each treatment group? (defined as 75 % attendance or more)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
6. Were other interventions avoided or similar in the groups?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
7. Were outcomes assessed using valid and reliable measures?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
8. Were outcomes measured consistently across all study participants?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
9. Did the authors report that the sample size was sufficiently large to be able to detect a difference in the main outcome between groups with at least 80% power?	N	N	N	N	Y	N	Y	Y	Y	Y
10. Were outcomes reported or subgroups analyzed prespecified (i.e., identified before analyses were conducted)?	N	Y	Y	Y	Y	N	Y	Y	Y	Y
11. For RCTs: were all randomized participants analyzed in the group to which they were originally assigned, i.e., did they use an intention-to-treat analysis?	NA	Y	Y	Y	Y	N	Y	Y	Y	Y
11.1 For controlled studies: was a recognized statistical method employed? (recognized methods defined as dif-in-dif, regression discontinuity, propensity score matching, instrumental variables)										
Total score: number of yes (Y/11)	5	10	10	10	10	4	11	11	11	11
Overall Quality Rating	Poor	Good	Good	Good	Good	Poor	Good	Good	Good	Good

N: no; NA: not applicable; NHLBI: National Heart, Lung, and Blood Institute; RCT: randomized controlled trial; Y: yes.