

Table SII. Risk of bias and study quality

Authors	Risk of bias					Study quality*
	Participation	Attrition	Prognostic factors	Outcome	Analysis	Total score
Botha-Scheepers et al., 2008 (27)	Low	Moderate	n.a.	Low	–	High
Dieppe et al., 2000 (4)	Low	Moderate	n.a.	High	–	Low
Dorleijn et al., 2014 (17)	Low	Low	n.a.	Low	–	High
Holla et al., 2010 (8)	Low	Low	Low	Low	Low	High
Juhakoski et al., 2013 (18)	Low	Moderate	Moderate	Low	Moderate	High
Lane et al., 2004 (19)	Low	High	Moderate	Low	Low	Low
Ledingham et al., 1993 (20)	Moderate	High	High	High	High	Low
McHugh et al., 2008 (21)	Low	Low	n.a.	Low	–	High
McHugh et al., 2012 (22)	High	Moderate	n.a.	Low	–	Low
Pisters et al., 2012 (23)	Low	Moderate	Low	Low	Moderate	High
Pisters et al., 2014 (16)	Low	Low	Low	Low	Low	High
Steultjens et al., 2001 (24)	Low	Low	Low	Low	Low	High
van Dijk et al., 2010 (25)	Low	Low	Low	Low	Low	High
van Dijk et al., 2011 (26)	Low	Low	Low	Low	Low	High
Verkleij et al., 2012 (2)	Low	Moderate	n.a.	Low	Low	High

–: no statistical analysis available; n.a.: not applicable, no independent variables were measured.

*Study quality is high when none of the categories score a high risk of bias.