

Table I. Detailed methodological quality scores of the included studies following Mcmasters Critical Review Form for Quantitative studies (18)

Study, ref	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
12	Yes	Yes	CS	44	Yes	No	No	No	na	na	No	Yes	Yes	Yes	Yes	Yes	9
17	Yes	Yes	CS	50	Yes	No	No	No	na	na	Yes	Yes	Yes	Yes	No	Yes	8
21	Yes	Yes	CS	8	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	7
22	Yes	Yes	CS	75	Yes	Yes	No	No	na	na	No	Yes	Yes	Yes	No	Yes	9
23	Yes	Yes	BA	24	Yes	No	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	9
24	Yes	Yes	CS	17	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	8
25	Yes	Yes	CS	9	Yes	No	No	No	na	na	No	Yes	Yes	No	No	Yes	6
26	Yes	Yes	RCT	18	Yes	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	11
27	Yes	Yes	RV	45	Yes	No	Yes	No	na	na	Yes	Yes	Yes	Yes	No	Yes	10
28	Yes	Yes	CS	39	Yes	No	No	No	na	na	No	Yes	Yes	Yes	Yes	Yes	9
29	Yes	Yes	RV	43	Yes	No	Yes	No	na	na	Yes	Yes	Yes	Yes	Yes	Yes	11
30	Yes	Yes	RCT	11	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	11
31	Yes	Yes	CS	31	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	8
32	Yes	Yes	BA	7	Yes	Yes	Yes	No	Yes	na	No	Yes	Yes	Yes	Yes	Yes	12
33	Yes	Yes	CS	28	Yes	No	No	No	na	na	No	Yes	Yes	No	No	Yes	6
34	Yes	Yes	CS	34	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	7
35	Yes	Yes	CS	17	Yes	No	No	No	na	na	No	Yes	Yes	No	No	Yes	7
36	Yes	Yes	BA	6	Yes	No	No	No	Yes	na	No	Yes	Yes	Yes	No	Yes	8
37	Yes	No	CS	6	Yes	No	Yes	No	na	na	No	No	Yes	No	No	Yes	6
38	Yes	Yes	BA	19	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	8
39	Yes	Yes	C	20	Yes	No	No	No	na	na	No	Yes	Yes	Yes	Yes	Yes	9
40	Yes	Yes	CS	23	Yes	No	No	No	na	na	No	Yes	Yes	No	No	Yes	7
41	Yes	Yes	BA	28	Yes	Yes	Yes	No	Yes	na	No	Yes	Yes	Yes	Yes	Yes	11
42	Yes	Yes	CS	11	Yes	Yes	No	Yes	na	na	No	Yes	Yes	Yes	Yes	Yes	10
43	Yes	Yes	RV	20	Yes	Yes	Yes	Yes	na	na	No	Yes	Yes	No	No	Yes	10
44	Yes	Yes	CS	44	Yes	No	No	No	na	na	No	Yes	Yes	Yes	Yes	Yes	9
45	Yes	Yes	CS	166	Yes	Yes	No	No	na	na	No	Yes	Yes	Yes	No	Yes	9
46	Yes	Yes	RV/CS	7	Yes	Yes	Yes	No	na	na	No	Yes	Yes	No	Yes	Yes	11
47	Yes	Yes	CS	9	Yes	Yes	No	No	na	na	No	Yes	Yes	Yes	No	Yes	9
48	Yes	Yes	RV	46	Yes	Yes	Yes	Yes	na	na	No	Yes	Yes	Yes	No	Yes	11
49	Yes	Yes	RCT	25	Yes	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	11
50	Yes	Yes	CS	19	Yes	No	No	No	na	na	No	Yes	Yes	Yes	Yes	Yes	9
51	Yes	Yes	RCT	27	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	12
52	Yes	Yes	CS	67	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	8
53	Yes	Yes	CS	67	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	8
54	Yes	Yes	CS	19	Yes	No	No	No	na	na	No	Yes	Yes	No	No	Yes	7
55	Yes	Yes	RV/BA	10	Yes	Yes	No	No	Yes	na	Yes	Yes	Yes	Yes	No	Yes	11
56	Yes	Yes	CS	8	Yes	No	No	No	na	na	na	Yes	Yes	Yes	No	Yes	7
57	Yes	Yes	SC	1	Yes	na	Yes	No	na	na	na	Yes	Yes	Yes	No	Yes	9
58	Yes	Yes	BA	15	Yes	No	Yes	No	Yes	na	No	Yes	Yes	Yes	No	Yes	10
59	Yes	Yes	CS	52	Yes	Yes	Yes	No	na	na	na	Yes	Yes	Yes	Yes	Yes	9
60	Yes	Yes	RV	19	Yes	No	Yes	No	na	na	na	Yes	Yes	Yes	No	Yes	8
61*	Yes	Yes	RV/CS	50	Yes	No	No	No	na	na	No	Yes	Yes	No	Yes	Yes	8
62	Yes	Yes	CS	29	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	8
63	Yes	Yes	BA	13	Yes	No	No	No	Yes	na	No	Yes	Yes	Yes	No	Yes	8
64	Yes	Yes	BA	14	Yes	No	No	No	Yes	na	Yes	Yes	Yes	Yes	No	Yes	9
65	Yes	Yes	CS	16	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	8
66	Yes	Yes	RCT	12	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	10
67	Yes	Yes	BA	21	Yes	No	No	No	na	na	No	Yes	Yes	No	No	Yes	7
68*	Yes	Yes	C	80	No	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	7
69	Yes	Yes	CS	41	Yes	No	No	No	na	na	No	Yes	Yes	Yes	No	Yes	8
70	Yes	Yes	RV	20	Yes	No	Yes	No	na	na	No	Yes	Yes	Yes	Yes	Yes	10
71	Yes	Yes	CS	21	Yes	No	No	Yes	na	na	No	Yes	Yes	Yes	No	Yes	8
72	Yes	Yes	RV	28	Yes	Yes	Yes	Yes	na	na	No	Yes	Yes	Yes	No	Yes	11
73	Yes	Yes	CS	15	Yes	Yes	No	No	na	na	No	Yes	Yes	No	No	Yes	8
74	Yes	Yes	SC	1	Yes	na	No	No	Yes	na	na	Yes	Yes	No	No	Yes	7
75	Yes	No	CS	12	Yes	No	No	No	na	na	na	Yes	Yes	Yes	No	Yes	7

1: Was the purpose stated clearly?

2: Was relevant background literature reviewed?

3: What was the design of the study?

4: What was the sample size of the study?

5: Was the sample described in detail?

6: Was the sample size justified?

7: Were the outcome measures of the anaerobic test reliable for the specific study population? (if not described assume no.)

8: Were the outcome measures of the anaerobic test valid for the specific study population? (if not described assume no.)

9: Was the intervention described in detail?

10: Was contamination avoided?

11: Was co-intervention avoided?

12: Were results reported in terms of statistical significance?

13: Were the analysis methods appropriate?

14: Was clinical importance reported?

15: Were drop-outs reported?

16: Were conclusions appropriate given the study methods?

na: not applicable; *reliability/validity of whole test battery is described; CC: case control; CS: cross-sectional; BA: before and after; RV: reliability and validity;

C: cohort; SC: single case study; RCT: randomized control trial.