

SUPPLEMENTARY TABLES

Supplementary Table S1. PEDro Assessment Scores.

Items	2	3	4	5	6	7	8	9	10	11	TOTAL
Authorship											
Bretelle et al., 2020	Yes	No	No	Yes	No	Yes	No	Yes	Yes	No	5
Krychman et al., 2017	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	No	6
Pavone et al., 2017	Yes	Yes	Yes	Yes	No	No	Yes	No	No	No	5
Lordelo et al., 2016	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	7
Leibaschoff et al., 2016	Yes	No	Yes	Yes	No	No	Yes	No	Yes	No	5

Abbreviations: 2 = Random allocation, 3 = Concealed allocation, 4 = Baseline comparability, 5 = Blind subjects, 6 = Blind therapists, 7 = Blind assessors = 8. Adequate follow-up, 9 = Intention-to-treat analysis, 10 = Between-group comparisons, 11 = Point estimates and variability.

Supplementary Table S2. Newcastle-Ottawa Assessment Scores.

Authorship	Selection				Comparability C1	Exposure			Total Score
	S1	S2	S3	S4		E1	E2	E3	
Fortún et al., 2022	*	*				*			***
Razaghi et al. 2021	*					*			**
Fernández-Cuadros et al., 2020	*	*				*			***
Dayan et al., 2019	*	*				*			***
Sodre et al., 2019	*	*				*			***
Wilson et al., 2018						*			*
Caruth et al., 2018						*			*
Lordelo et al., 2017	*	*				*			***
Vicariotto et al., 2016						*			*
Alinsod et al., 2016									-

Abbreviations: S1 = Adequate case definition; S2 = Representativeness of the cases; S3 = Selection of controls; S4 = Definition of controls; C1 = Comparability of cases and controls; E1 = Ascertainment of Exposure; E2 = Same method of ascertainment for cases and controls; E3 = Non-Response rate; *: number of stars obtained in NOS.