

Supplemental Table S1

Bias assessment

Study:	
Grade of evidence	
Internal validity – bias¹	
Are participants blinded to their intervention?	n.a. (not applicable) ²
Are staff personnel measuring the results blinded?	
Is there any hint for data dredging?	
Is the length of follow-up equal between the groups?	n.a. (not applicable) ²
Are the statistical methods adequate?	
Is the compliance with interventions reliable?	n.a. (not applicable) ²
Are the main outcome measures valid and reliable?	
Internal validity – confounder¹	
Is each group recruited from the same population?	
Is each group in recruited over the same time?	
Are participants randomized to groups (random sequence generation)?	n.a. (not applicable) ²
Is the randomization concealed for participants and staff (allocation concealment)?	n.a. (not applicable) ²
Is there adequate adjustment for confounders?	
Are losses of follow-up mentioned?	n.a. (not applicable) ²
Performance bias³	
Is there evidence for a different treatment of the groups? Are participants and personnel blinded (see above)?	
Detection bias³	
Is there evidence for a recall bias of the participants?	
Is there evidence for an information bias ?	
Is the outcome assessment blinded?	
Attrition bias³	
Is there evidence for incomplete data?	
Reporting bias³	
Is there evidence for selective reporting of significant results?	
Other bias³:	

¹ adopted from question 14-26 of:: Downs SH, Black N. The feasibility of creating a checklist for the assessment of the methodological quality both of randomised and non-randomised studies of health care interventions.. Journal of Epidemiology & Community Health 1998;52:377-384.

² The question's design for interventional studies does not fit to the given context of expositional studies: the rating n.a. (not applicable) is used and the question was not taken into account for the evaluation

³ adopted and modified from: Higgins JPT, Altman DG, Sterne JAC (editors). Chapter 8: Assessing risk of bias in included studies. In: Higgins JPT, Green S (editors). *Cochrane Handbook for Systematic Reviews of Interventions* Version 5.1.0 (updated March 2011). The Cochrane Collaboration, 2011. Available from www.handbook.cochrane.org.