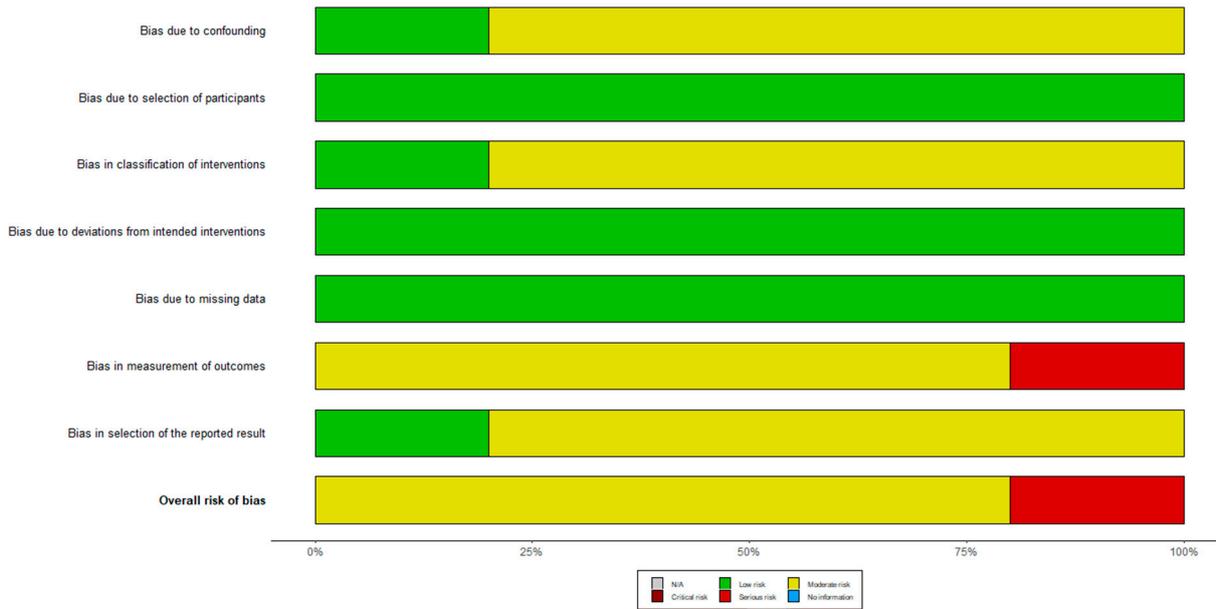


Supplementary Table S1. Quality assessment of Ramadan studies.

Study	Risk of bias domains							Overall
	D1	D2	D3	D4	D5	D6	D7	
Al-Ozaini2019	⊖	⊕	⊖	⊕	⊕	⊖	⊕	⊖
Mousavi2014	⊖	⊕	⊖	⊕	⊕	⊖	⊖	⊖
Erdem2018	⊖	⊕	⊖	⊕	⊕	⊖	⊖	⊖
Koushal2013	⊖	⊕	⊖	⊕	⊕	⊗	⊖	⊗
Nugraha (2017)	⊕	⊕	⊕	⊕	⊕	⊖	⊖	⊖

Domains:
 D1: Bias due to confounding.
 D2: Bias due to selection of participants.
 D3: Bias in classification of interventions.
 D4: Bias due to deviations from intended interventions.
 D5: Bias due to missing data.
 D6: Bias in measurement of outcomes.
 D7: Bias in selection of the reported result.

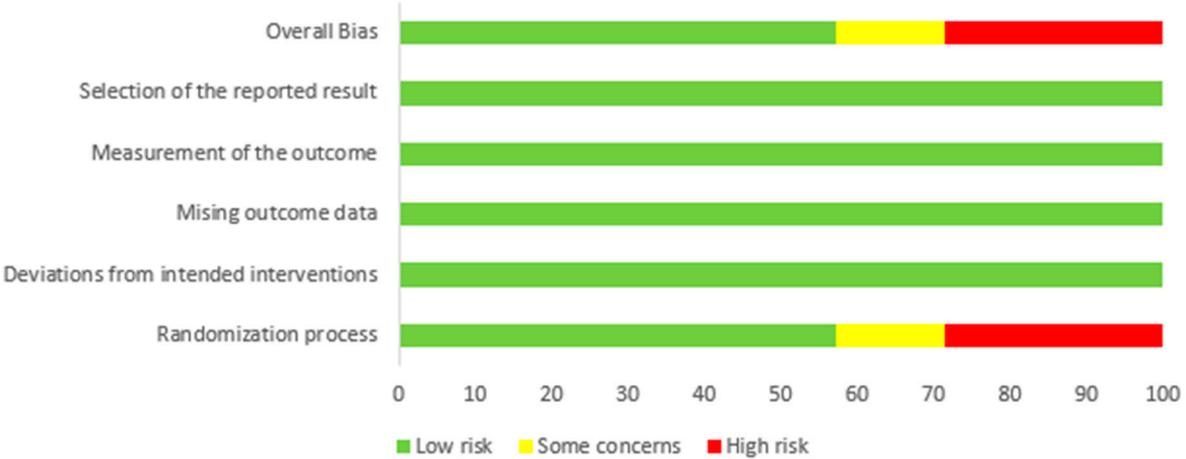
Judgement
 ● Critical
 ● Serious
 ● Moderate
 ● Low
 ● No information
 ● Not applicable



Supplementary Table S2. Quality assessment of controlled trials.

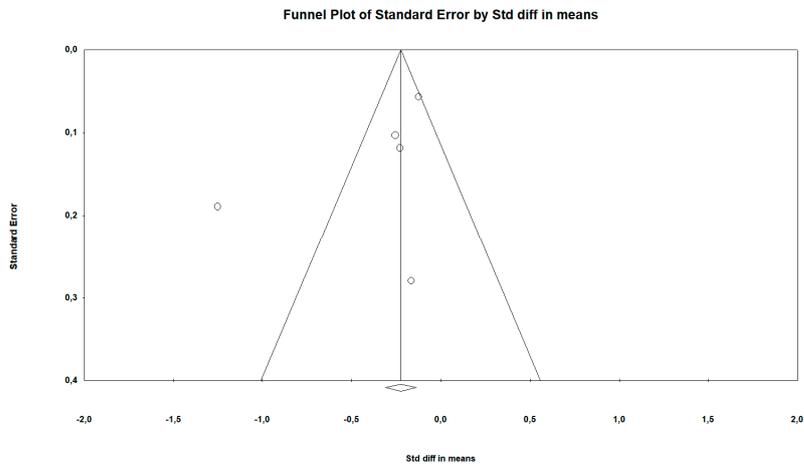
<u>Study ID</u>	<u>D1</u>	<u>D2</u>	<u>D3</u>	<u>D4</u>	<u>D5</u>	<u>Overall</u>	
Teng2011	+	+	+	+	+	+	+
Hussin2013	+	+	+	+	+	+	!
Kahleova2015	+	+	+	+	+	+	-
Martin2016	+	+	+	+	+	+	
Nugraha2017	-	+	+	+	+	-	D1 Randomisation process
Prehn2017	!	+	+	+	+	!	D2 Deviations from the intended interventions
Kessler2018	-	+	+	+	+	-	D3 Missing outcome data
							D4 Measurement of the outcome
							D5 Selection of the reported result

Summary ROB-2

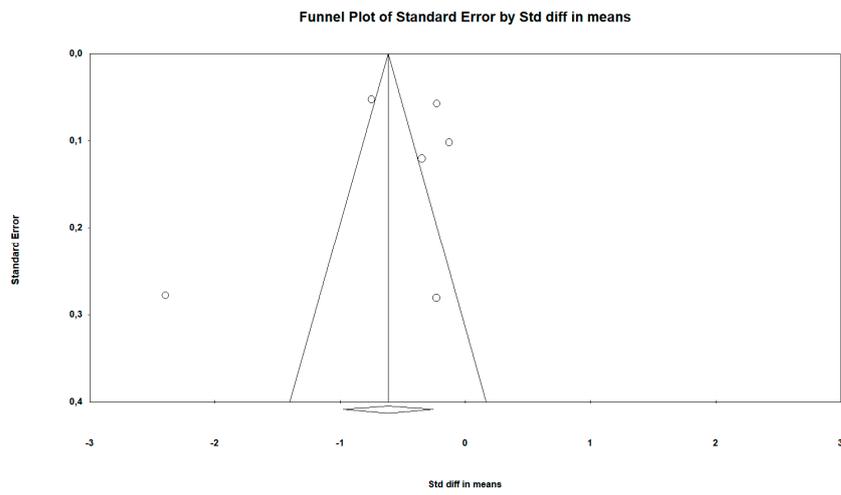


Supplementary Figure S1. Funnel plots of Ramadan studies.

Anxiety

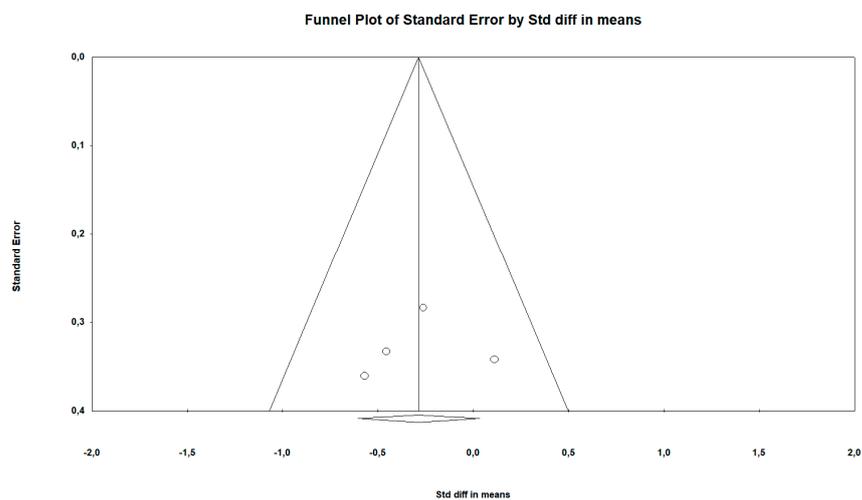


Depression

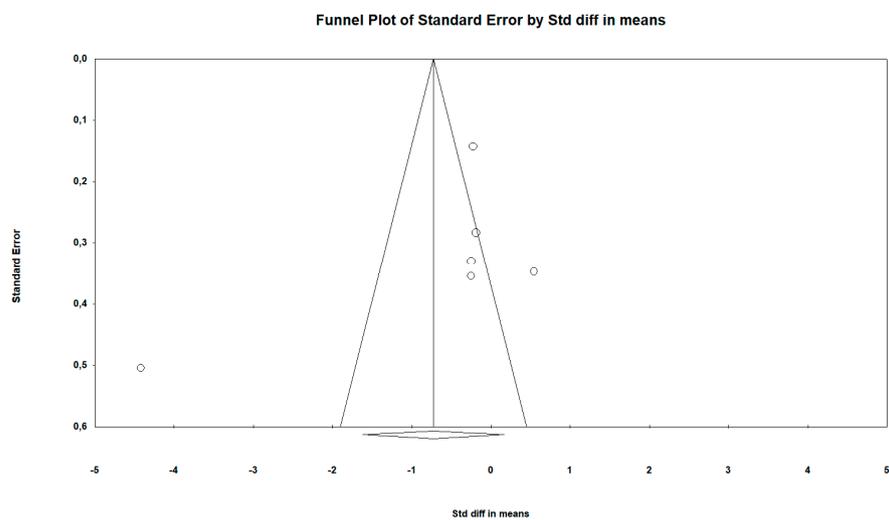


Supplementary Figure S2. Funnel plots of fasting controlled trials.

Anxiety



Depression



Body Mass Index

Funnel Plot of Standard Error by Std diff in means

