

Table S1. Methodological quality assessment of the cross-sectional studies included in the review.

Autores	Ítem 1	Ítem 2	Ítem 3	Ítem 4	Ítem 5	Ítem 6	Ítem 7	Ítem 8
Anastasiou et al. ⁽¹⁷⁾	+	+	+	+	+	+	+	+
Baldini et al. ⁽³¹⁾	+	+	+	+	-	NA	+	-
Bonaccio et al. ⁽³⁶⁾	?	+	+	+	+	+	+	+
Bowden et al. ⁽¹⁸⁾	+	+	+	+	+	+	+	+
Georgousopoulou et al. ⁽³³⁾	+	+	+	+	?	-	+	+
Katsagoni et al. ⁽²⁷⁾	+	+	+	+	+	+	+	+
Lan et al. ⁽²⁸⁾	+	+	+	+	-	+	+	+
Pavicic-Žeželj et al. ⁽³⁸⁾	+	+	+	+	-	-	+	+
Sotos-Prieto et al. ⁽⁵⁾	-	-	+	+	-	-	+	+

Table S2. Methodological quality assessment of the randomized controlled trials included in the review

Autores	Ítem 1	Ítem 2	Ítem 3	Ítem 4	Ítem 5	Ítem 6	Ítem 7	Ítem 8	Ítem 9	Ítem 10	Ítem 11	Ítem 12	Ítem 13
Bouzas et al. ⁽¹⁹⁾	+	-	+	-	-	?	+	+	+	+	+	+	+
Georgoulis et al. ⁽²⁰⁾	+	+	+	+	+	?	+	+	+	+	+	+	+
Georgoulis et al. ⁽²¹⁾	+	+	+	+	+	-	+	+	+	+	+	+	+
Georgoulis et al. ⁽²²⁾	+	+	-	+	+	+	+	+	+	+	+	+	+
Hershey et al. ⁽²⁸⁾	+	?	-	?	?	?	?	-	+	+	+	+	?
Katsagoni et al. ⁽²⁹⁾	+	+	+	+	+	+	+	+	+	+	+	+	+
Pérez-Ferre et al. ⁽²³⁾	+	+	+	?	?	?	+	+	+	+	+	+	?

Sotos- Prieto et al. (39)	+	?	?	?	?	?	?	+	+	+	+	+	+
Toobert et al. (24)	+	?	+	?	?	?	+	+	+	+	?	+	+
Toobert et al. (25)	+	-	+	-	-	-	+	+	+	+	+	+	+

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