

Supplementary Materials Table S1. The Critical Appraisal Checklists for Randomized Controlled Trials (RCTs) considered in the review. This table provides a comprehensive list of the criteria used to assess the quality and methodological rigor of the included RCTs in the review.

Section A: Is the basic study design valid for a randomised controlled trial?				
1. Did the study address a clearly focused research question? CONSIDER: <ul style="list-style-type: none"> Was the study designed to assess the outcomes of an intervention? Is the research question 'focused' in terms of: <ul style="list-style-type: none"> Population studied Intervention given Comparator chosen Outcomes measured? 	Yes ■	No □	Can't tell □	<i>Horváth et al. 2011</i>
	Yes ■	No □	Can't tell □	<i>Kovács et al. 2012</i>
	Yes ■	No □	Can't tell □	<i>Fioravanti et al. 2014</i>
	Yes ■	No □	Can't tell □	<i>Kasapoğlu Aksoy et al. 2017</i>
	Yes ■	No □	Can't tell □	<i>Gyarmati et al. 2017</i>
	Yes ■	No □	Can't tell □	<i>Benini et al. 2021</i>
	Yes ■	No □	Can't tell □	<i>Aksanyar et al. 2022</i>
2. Was the assignment of participants to interventions randomised? CONSIDER: <ul style="list-style-type: none"> How was randomisation carried out? Was the method appropriate? Was randomisation sufficient to eliminate systematic bias? Was the allocation sequence concealed from investigators and participants? 	Yes ■	No □	Can't tell □	<i>Horváth et al. 2011</i>
	Yes ■	No □	Can't tell □	<i>Kovács et al. 2012</i>
	Yes □	No ■	Can't tell □	<i>Fioravanti et al. 2014</i>
	Yes □	No ■	Can't tell □	<i>Kasapoğlu Aksoy et al. 2017</i>
	Yes □	No ■	Can't tell □	<i>Gyarmati et al. 2017</i>
	Yes □	No ■	Can't tell □	<i>Benini et al. 2021</i>
	Yes □	No ■	Can't tell □	<i>Aksanyar et al. 2022</i>

Section B: Was the study methodologically sound?

<p>4.</p> <ul style="list-style-type: none"> • Were the participants 'blind' to intervention they were given? • Were the investigators 'blind' to the intervention they were giving to participants? • Were the people assessing/analysing outcome/s 'blinded'? 	<p>Yes</p> <p><input type="checkbox"/></p> <p><input checked="" type="checkbox"/></p> <p><input checked="" type="checkbox"/></p>	<p>No</p> <p><input checked="" type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p>Can't tell</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p><i>Horváth et al. 2011</i></p>
	<p>Yes</p> <p><input checked="" type="checkbox"/></p> <p><input checked="" type="checkbox"/></p> <p><input checked="" type="checkbox"/></p>	<p>No</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p>Can't tell</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p><i>Kovács et al. 2012</i></p>
				<p><i>Fioravanti et al. 2014</i></p>
				<p><i>Kasapoğlu Aksoy et al. 2017</i></p>
	<p>Yes</p> <p><input type="checkbox"/></p> <p><input checked="" type="checkbox"/></p> <p><input checked="" type="checkbox"/></p>	<p>No</p> <p><input checked="" type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p>Can't tell</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p><i>Gyarmati et al. 2017</i></p>
				<p><i>Benini et al. 2021</i></p>
				<p><i>Aksanyar et al. 2022</i></p>

<p>5. Were the study groups similar at the start of the randomised controlled trial? CONSIDER:</p> <ul style="list-style-type: none"> Were the baseline characteristics of each study group (e.g. age, sex, socio-economic group) clearly set out? Were there any differences between the study groups that could affect the outcome/s? 	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Horváth et al. 2011</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Kovács et al. 2012</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Fioravanti et al. 2014</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Kasapoğlu Aksoy et al. 2017</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Gyarmati et al. 2017</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Benini et al. 2021</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Aksanyar et al. 2022</i>

<p>6. Apart from the experimental intervention, did each study group receive the same level of care (that is, were they treated equally)?</p> <p>CONSIDER:</p> <ul style="list-style-type: none"> Was there a clearly defined study protocol? If any additional interventions were given (e.g. tests or treatments), were they similar between the study groups? Were the follow-up intervals the same for each study group? 	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Horváth et al. 2011</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Kovács et al. 2012</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Fioravanti et al. 2014</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Kasapoğlu Aksoy et al. 2017</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Gyarmati et al. 2017</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Benini et al. 2021</i>
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	<i>Aksanyar et al. 2022</i>



Section C: What are the results?

7. Were the effects of intervention reported comprehensively? <i>CONSIDER:</i> <ul style="list-style-type: none"> Was a power calculation undertaken? What outcomes were measured, and were they clearly specified? How were the results expressed? For binary outcomes, were relative and absolute effects reported? Were the results reported for each outcome in each study group at each follow-up interval? Was there any missing or incomplete data? Was there differential drop-out between the study groups that could affect the results? Were potential sources of bias identified? Which statistical tests were used? Were p values reported? 	Yes ■	No □	Can't tell □	Horváth et al. 2011
	Yes ■	No □	Can't tell □	Kovács et al. 2012
	Yes ■	No □	Can't tell □	Fioravanti et al. 2014
	Yes ■	No □	Can't tell □	Kasapoğlu Aksoy et al. 2017
	Yes ■	No □	Can't tell □	Gyarmati et al. 2017
	Yes ■	No □	Can't tell □	Benini et al. 2021
	Yes ■	No □	Can't tell □	Aksanyar et al. 2022
8. Was the precision of the estimate of the intervention or treatment effect reported? <i>CONSIDER:</i> <ul style="list-style-type: none"> Were confidence intervals (CIs) reported? 	Yes ■	No □	Can't tell □	Horváth et al. 2011
	Yes ■	No □	Can't tell □	Kovács et al. 2012
	Yes ■	No □	Can't tell □	Fioravanti et al. 2014
	Yes ■	No □	Can't tell □	Kasapoğlu Aksoy et al. 2017
	Yes ■	No □	Can't tell □	Gyarmati et al. 2017
	Yes ■	No □	Can't tell □	Benini et al. 2021
	Yes ■	No □	Can't tell □	Aksanyar et al. 2022
9. Do the benefits of the experimental intervention outweigh the harms and costs? <i>CONSIDER:</i> <ul style="list-style-type: none"> What was the size of the intervention or treatment effect? Were harms or unintended effects reported for each study group? 	Yes □	No □	Can't tell ■	Horváth et al. 2011
	Yes □	No □	Can't tell ■	Kovács et al. 2012
	Yes □	No □	Can't tell ■	Fioravanti et al. 2014
	Yes □	No □	Can't tell ■	Kasapoğlu Aksoy et al. 2017
	Yes □	No □	Can't tell ■	Gyarmati et al. 2017
	Yes □	No □	Can't tell ■	Benini et al. 2021
	Yes □	No □	Can't tell ■	

<ul style="list-style-type: none"> Was a cost-effectiveness analysis undertaken? (Cost-effectiveness analysis allows a comparison to be made between different interventions used in the care of the same condition or problem.) 	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input checked="" type="checkbox"/>	Aksanyar et al. 2022
---	---------------------------------	--------------------------------	---	----------------------

Section D: Will the results help locally?

10. Can the results be applied to your local population/in your context? <i>CONSIDER:</i> <ul style="list-style-type: none"> Are the study participants similar to the people in your care? Would any differences between your population and the study participants alter the outcomes reported in the study? Are the outcomes important to your population? Are there any outcomes you would have wanted information on that have not been studied or reported? Are there any limitations of the study that would affect your decision? 	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	Horváth et al. 2011
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	Kovács et al. 2012
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	Fioravanti et al. 2014
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	Kasapoğlu Aksoy et al. 2017
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	Gyarmati et al. 2017
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	Benini et al. 2021
	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	Aksanyar et al. 2022
11. Would the experimental intervention provide greater value to the people in your care than any of the existing interventions? <i>CONSIDER:</i> <ul style="list-style-type: none"> What resources are needed to introduce this intervention taking into account time, finances, and 	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input checked="" type="checkbox"/>	Horváth et al. 2011
	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input checked="" type="checkbox"/>	Kovács et al. 2012
	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input checked="" type="checkbox"/>	Fioravanti et al. 2014
	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input checked="" type="checkbox"/>	Kasapoğlu Aksoy et al. 2017
	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input checked="" type="checkbox"/>	Gyarmati et al. 2017
	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input checked="" type="checkbox"/>	Benini et al. 2021
	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Can't tell <input type="checkbox"/>	Aksanyar et al. 2022

<p><i>skills development or training needs?</i></p> <ul style="list-style-type: none"> • <i>Are you able to disinvest resources in one or more existing interventions in order to be able to re-invest in the new intervention?</i> 	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
--	--------------------------	--------------------------	-------------------------------------	--