

File S3:

NIH Quality Assessment Tool for Randomized Trials

	1. Was the study described as randomized, a randomized trial, a randomized clinical trial, or an RCT?	2. Was the method of randomization adequate (i.e., use of randomly generated assignment)?	3. Was the treatment allocation adequate (i.e., use of could not be predicted)?	4. Were study participants and providers blinded to treatment group assignment?	5. Were the people assessing the outcomes blinded to the participants' group assignment?	6. Were the groups similar at baseline on important characteristics that could affect outcomes (e.g., demographics, risk factors, co-morbid conditions)?	7. Was the overall drop-out rate from the study at endpoint 20% or lower of the number allocated to treatment?	8. Was the differential drop-out rate (between treatment groups) at endpoint 15 percentage points or lower?	9. Was there high adherence to the intervention protocols for (e.g., similar background treatments)?	10. Were other interventions avoided or similar in the groups implemented consistently across all study participants?	11. Were outcomes assessed using valid and reliable measures, large to be able to detect a difference in the main outcome between groups with at least 80% power?	12. Did the authors report that the sample size was sufficiently prespecified (i.e., identified before analyses were conducted)?	13. Were outcomes reported or subgroups analyzed which they were originally assigned, i.e., did they use an intention-to-treat analysis?	14. Were all randomized participants analyzed in the group to which they were originally assigned, i.e., did they use an	Overall (poor, fair, good)
Lin XL, 2020	1	1	0	0	0	1	1	1	1	n/a	1	0	1	0	Fair

The National Institutes of Health (NIH) quality assessment tool (<https://www.nhlbi.nih.gov/health-topics/study-quality-assessment-tools>)