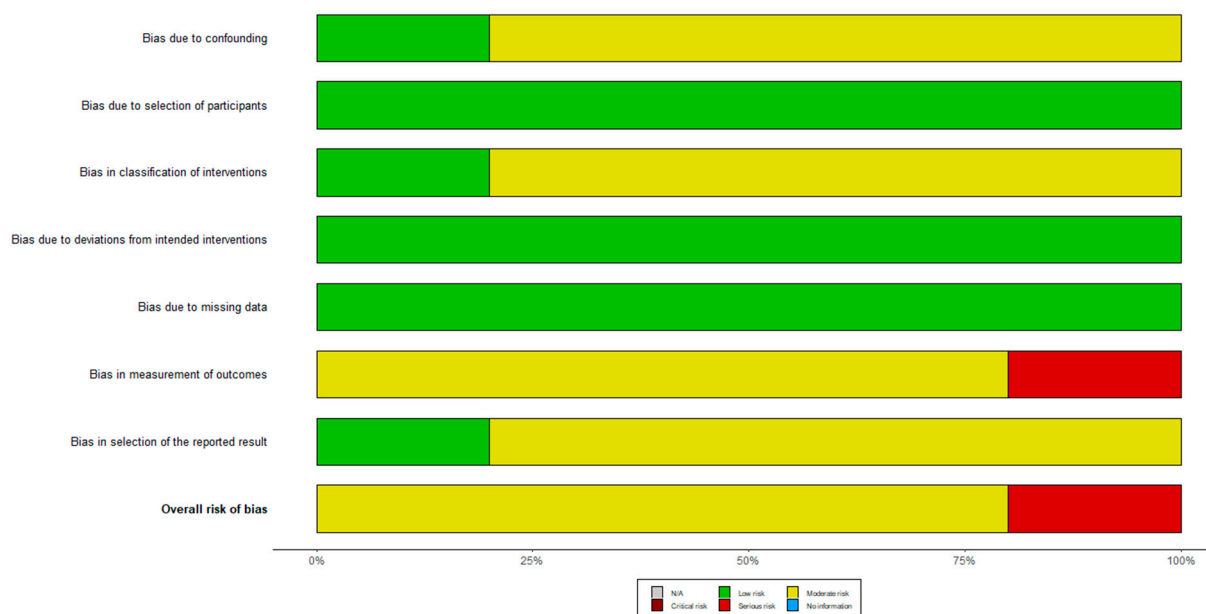


Supplementary Table S1. Quality assessment of Ramadan studies.

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.

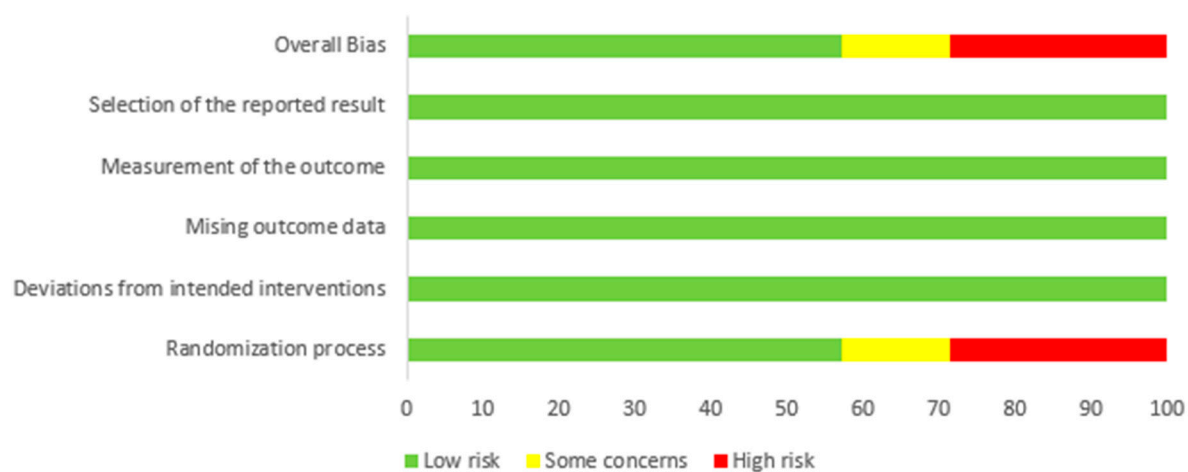
Judgement
✗ Critical
✗ Serious
- Moderate
+ Low
? No information
○ Not applicable



Supplementary Table S2. Quality assessment of controlled trials.

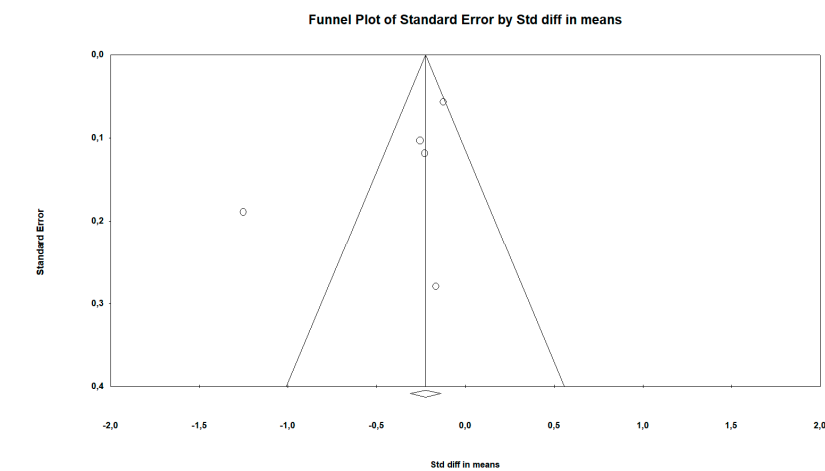
<u>Study ID</u>	<u>D1</u>	<u>D2</u>	<u>D3</u>	<u>D4</u>	<u>D5</u>	<u>Overall</u>	
Teng2011	+	+	+	+	+	+	Low risk
Hussin2013	+	+	+	+	+	+	Some concerns
Kahleova2015	+	+	+	+	+	+	High risk
Martin2016	+	+	+	+	+	+	
Nugraha2017	-	+	+	+	+	-	D1 Randomisation process
Prehn2017	!	+	+	+	+	!	D2 Deviations from the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

Summary ROB-2

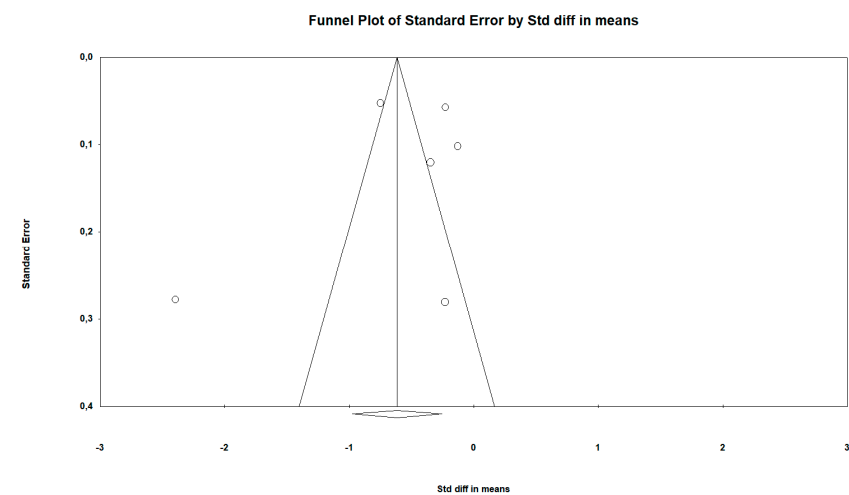


Supplementary Figure S1. Funnel plots of Ramadan studies.

Anxiety

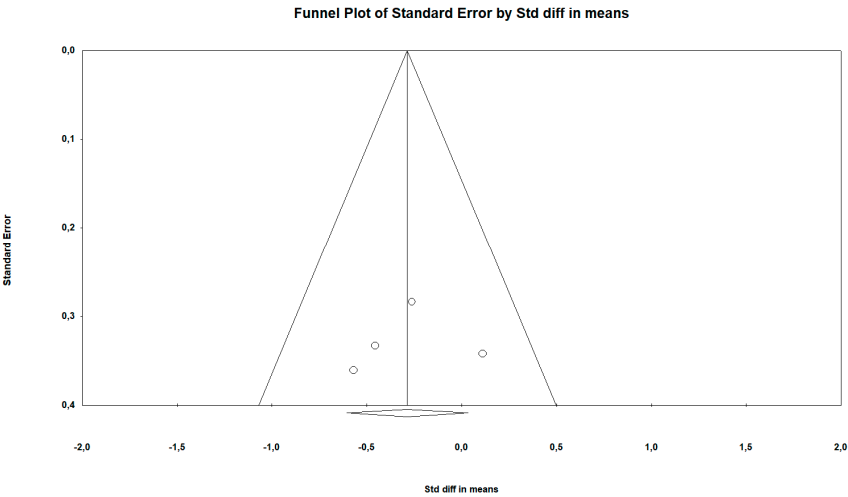


Depression

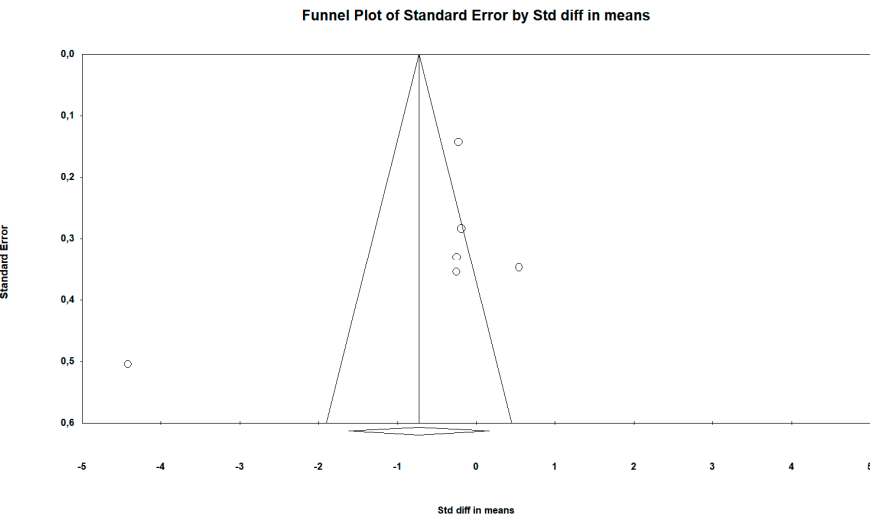


Supplementary Figure S2. Funnel plots of fasting controlled trials.

Anxiety



Depression



Body Mass Index

