

**Table S2.** Sensitivity analysis of the studies (RCTs and Cross-over design) included for delayed recall meta-analysis

RCT	Model statistics with this study omitted		
Study omitted	<i>Hedges g</i>	<i>z</i>	<i>p</i>
Anton et al 2018	0.044	0.913	0.360
Botwell et al 2017	0.042	0.872	0.382
Henderson et al 2012	0.051	0.965	0.334
Huhn et al 2016	0.045	0.933	0.350
Kreijkamp-Kaspers et al 2004	0.024	0.466	0.641
Kobe et al 2017	0.043	0.894	0.371
Rayney-Smith et al 2015	0.031	0.621	0.534
Sala-Vila et al 2020	0.077	1.261	0.207
Siddarth et al 2020	0.035	0.682	0.494
Witte et al 2014	0.032	0.652	0.514
Evans et al. 2017	0.031	0.638	0.523
Krikorian et al. 2022	0.049	1.003	0.315
Cross-over	Model statistics with this study omitted		
Alharbi et al. 2016	-0.114	-0.789	0.430
Kennedy et al 2017	-0.116	-0.817	0.413
Dodd et al 2019	-0.153	-0.950	0.341
Whyte et al. 2021	-0.070	-0.445	0.655