Supplementary material 2: Risk of bias of included studies

Author and year of publication	Risk of bias in the following areas						Overall risk of
	Study participation	Study attrition	Risk factor measuremen t	Outcome measuremen t	Study confounding	Statistical analysis and reporting	- bias
Probst C et al., 2009	moderate	high	moderate	moderate	high	high	high
Cross et al., 2011	high	moderate	moderate	high	high	high	high
Rivera et al., 2015	moderate	moderate	high	high	high	high	high
Stewart et al., 2015	moderate	moderate	moderate	moderate	moderate	low	moderate
Melcer et al., 2017	moderate	moderate	moderate	moderate	moderate	high	moderate