

Appendix 2 (as supplied by the authors): Summary of risk-of-bias assessment of included studies using Cochrane Collaboration's risk-of-bias tool¹

Study	Sequence generation	Allocation concealment	Blinding of personnel/ participants	Blinding of outcome assessors	Incomplete reporting	Selective reporting	Other bias
Amaro 2006 ²	U	U	H	U	H	L	L
Baranowski 2003 ³	L	U	H	U	L	H	H
Barkin 2012 ⁴	L	L	H	U	H	L	L
Beech 2003 ⁵	L	U	H	U	L	H	H
Bellows 2013 ⁶	U	U	H	H	U	L	L
Black 2010 ⁷	L	U	H	L	L	L	L
Bonsergent 2013 ⁸	U	U	H	L	H	L	L
Brandstetter 2012 ⁹	U	U	H	U	L	L	L
Brown 2013 ¹⁰	L	U	H	U	L	L	L
Burgi 2012 ¹¹	L	L	H	L	L	L	H
Caballero 2003 ¹²	L	L	H	L	L	L	L
Campbell 2013 ¹³	L	H	H	H	L	L	L
Crespo 2012 ¹⁴	U	U	H	L	H	L	L
Cunha 2013 ¹⁵	U	L	H	U	L	L	L
Daniels 2012 ¹⁶	U	U	H	L	L	L	L
DeBar 2011 ¹⁷	L	L	H	U	L	L	L
De Coen 2012 ¹⁸	U	U	H	U	L	L	L
de Heer 2011 ¹⁹	U	U	H	U	L	L	H
de Ruyter 2012 ²⁰	L	L	H	L	L	L	L
Donnelly 2009 ²¹	U	U	H	L	L	L	L
Dziewaltowski 2010 ²²	L	U	H	H	L	L	L
Ebbeling 2006 ²³	L	L	H	L	L	L	L
El Ansari 2010 ²⁴	U	U	H	U	U	L	L
Escribano 2012 ²⁵	H	U	H	L	L	L	H
Fitzgibbon 2005 ²⁶	U	U	H	U	L	L	L
Fitzgibbon 2006 ²⁷	U	U	H	U	L	L	H
Fitzgibbon 2011 ²⁸	U	U	H	U	L	L	L
Fitzgibbon 2013 ²⁹	U	H	H	U	L	L	L
Foster 2008 ³⁰	U	U	H	H	H	L	L
Foster 2010 ³¹	U	U	H	U	L	H	L
French 2011 ³²	U	U	H	U	L	L	H
Fung 2012 ³³	H	H	H	U	L	L	L
Gentile 2009 ³⁴	U	U	H	U	U	L	L
Greening 2011 ³⁵	U	U	H	U	L	L	L
Haerens 2006 ³⁶	U	L	H	U	H	L	H
Hakanen 2010 ³⁷	U	U	H	U	H	L	L
Harvey-Berino 2003 ³⁸	U	U	H	L	L	L	H
Hoffman 2011 ³⁹	U	U	H	H	H	L	H
Howe 2011 ⁴⁰	U	U	H	U	U	L	L
James 2004 ⁴¹	L	U	H	U	H	L	L
Jansen 2011 ⁴²	L	U	H	H	L	L	L
Katz 2001 ⁴³	U	U	H	U	L	L	H
Klesges 2011 ⁴⁴	L	H	H	L	H	L	L
Kriemler 2010 ⁴⁵	L	U	H	L	L	L	L
Lazaar 2007 ⁴⁶	L	U	H	U	L	L	H
Li 2010 ⁴⁷	U	U	H	L	L	L	H
Llalgues 2012 ⁴⁸	U	U	H	U	H	L	H
Lloyd 2012 ⁴⁹	U	U	H	L	L	L	H

Study	Sequence generation	Allocation concealment	Blinding of personnel/ participants	Blinding of outcome assessors	Incomplete reporting	Selective reporting	Other bias
Lubans 2011 ⁵⁰	U	U	H	H	L	L	H
Lubans 2012 ⁵¹	U	U	H	H	L	L	L
Madsen 2013 ⁵²	U	U	H	H	L	L	L
Magnusson 2012 ⁵³	U	U	H	U	H	L	L
Marcus 2009 ⁵⁴	U	U	H	U	H	L	L
Martinez 2008 ⁵⁵	L	L	H	H	L	L	L
Mihas 2009 ⁵⁶	L	U	H	H	L	L	L
Morgan 2011 ⁵⁷	L	L	H	H	L	L	L
Mo-suwan 1998 ⁵⁸	U	U	H	U	L	L	L
Muckelbauer 2012 ⁵⁹	U	U	H	U	H	L	H
Nemet 2011a ⁶⁰	L	U	H	L	L	L	L
Nemet 2011b ⁶¹	L	U	H	L	L	L	L
Newmark-Sztainer 2010 ⁶²	U	U	H	U	L	L	L
Newmark-Sztainer 2003 ⁶³	U	H	H	U	L	L	L
Ostbye 2012 ⁶⁴	L	U	H	U	U	L	L
Paineau 2008 ⁶⁵	L	U	H	U	L	L	H
Papadaki 2010 ⁶⁶	L	U	H	U	H	L	H
Peralta 2009 ⁶⁷	L	U	H	L	L	L	H
Reed 2008 ⁶⁸	U	U	H	U	L	L	L
Reilly 2006 ⁶⁹	L	L	H	L	L	L	L
Robinson 2003 ⁷⁰	L	U	H	L	L	H	H
Robinson 2010 ⁷¹	U	U	H	L	L	L	H
Rosario 2013 ⁷²	L	U	H	L	H	L	U
Rosenkranz 2010 ⁷³	L	U	H	U	L	L	L
Rush 2012 ⁷⁴	L	L	H	L	H	L	L
Salcedo 2010 ⁷⁵	U	U	H	U	H	L	H
Shamah 2012 ⁷⁶	U	U	H	U	L	L	H
Sichieri 2009 ⁷⁷	U	U	H	U	L	L	L
Siegrist 2013 ⁷⁸	U	U	H	U	L	L	U
Simon 2008 ⁷⁹	U	U	H	U	L	L	L
Singh 2009 ⁸⁰	L	L	H	H	L	L	L
Singhal 2010 ⁸¹	U	U	H	U	L	L	H
Story 2003 ⁸²	L	U	H	U	L	H	H
Story 2012 ⁸³	U	U	H	U	L	L	H
Telford 2012 ⁸⁴	U	U	H	U	U	L	L
Thivel 2010 ⁸⁵	U	U	H	U	L	L	H
Velez 2010 ⁸⁶	U	U	H	U	L	L	H
Webber 2008 ⁸⁷	U	U	H	L	L	L	L
Weeks 2012 ⁸⁸	U	U	H	U	L	L	L
Wen 2012 ⁸⁹	L	L	H	L	L	L	L
Williamson 2012 ⁹⁰	U	U	H	U	H	L	L
Yin 2012 ⁹¹	U	U	H	H	H	L	L

L = Low Risk; U = Unclear Risk; H = High Risk

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