

APPENDIX 1 RISK OF BIAS ASSESSMENT

ROBINS-I levels of risk of bias: low, moderate, severe, critical. Note: NI = No Information, denoting when there is insufficient information within the study to ascertain a level of risk of bias.

Townson, 2016	Reviewer 1:	Reviewer 2:
Bias due to confounding	Low	Low
Bias in selection of participants	Moderate	Moderate
Bias in classification of interventions	Low	Low
Bias due to deviations from intended interventions	NI	NI
Bias due to missing data	Low	Moderate
Bias in measurement of outcomes	Low	Low
Bias in selection of reported results	Low	Low

Ahmed, 2016	Reviewer 1:	Reviewer 2:
Bias due to confounding	Low	Low
Bias in selection of participants	Low	Low
Bias in classification of interventions	Low	Low
Bias due to deviations from intended interventions	NI	NI
Bias due to missing data	Low	Low
Bias in measurement of outcomes	Low	Low
Bias in selection of reported results	Low	Low

Patwardhan, 2018	Reviewer 1:	Reviewer 2:
Bias due to confounding	Low	Low
Bias in selection of participants	Moderate	Moderate
Bias in classification of interventions	Low	Low
Bias due to deviations from intended interventions	Low	Low
Bias due to missing data	Low	Low
Bias in measurement of outcomes	Low	Low
Bias in selection of reported results	Low	Low

King, 2012	Reviewer 1:	Reviewer 2:
Bias due to confounding	Low	Low
Bias in selection of participants	Low	Low
Bias in classification of interventions	Low	Low
Bias due to deviations from intended interventions	Moderate	Moderate
Bias due to missing data	Low	Low
Bias in measurement of outcomes	Low	Low
Bias in selection of reported results	Low	Low

Darmonkow, 2021	Reviewer 1:	Reviewer 2:
Bias due to confounding	Low	Low
Bias in selection of participants	Low	Low
Bias in classification of interventions	Low	Low
Bias due to deviations from intended interventions	Low	Low
Bias due to missing data	Low	Low
Bias in measurement of outcomes	Low	Low
Bias in selection of reported results	Low	Low