

## Supplementary Materials

**Table S1.** Critical appraisal of quasi-experimental studies

Study, year	Clear cause and effect	Participant similarity	Treatment similarity	Group control	Multiple measurement	Complete follow up	Outcomes measured in the same way	Outcomes measured in reliable way	Appropriate statistical analysis
Mesko et al. [10], 2015	Yes	Yes	Yes	No	No	Yes	Yes	Unclear	Yes
Manning et al. [4], 2017	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Benwell et al. [11], 2017	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Roberts et al. [27], 2020	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Zwart et al. [14], 2020	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
van Houwelingen et al. [19], 2021	Yes	N/A	Yes	N/A	Yes	Yes	Yes	Yes	Yes
Sefein et al. [23], 2021	Yes	Yes	Yes	No	No	Yes	Yes	Yes	N/A
Zaragoza-Garcia et al. [9], 2021	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes
Eumbunnapong et al. [12], 2022	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes
Knapp et al. [16], 2022	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Moretti et al. [20], 2023	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Wu et al. [29], 2023	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes
Seemann et al. [17], 2023	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes

NA: not applicable.