**TABLE 2 – Risk of Bias in Included Studies**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Type of Study** | **Was allocation sequence adequately generated?** | **Was allocation adequately concealed?** | **Was knowledge of allocated intervention adequately prevented during the study** | **Were incomplete outcome data adequately addressed?** | **Are reports of the study free of suggestion of selective outcome reporting?** | **Was the study apparently free of other problems that could put it at high risk of bias?** | **Overall risk of bias** |
| Benyamini et al. (2011) | RCT | Unclear | Yes | Unclear | No | Unclear | Yes | High |
| Burke et al. (1999) | RCT | Unclear | Unclear | Unclear | Yes | Unclear | Unclear | Unclear |
| Burke et al. (2003) | RCT | Yes | Yes | Unclear | Unclear | Unclear | Unclear | Unclear |
| Cohen et al. (1991) | RCT | Unclear | Unclear | No | Unclear | Unclear | Unclear | High |
| Lee et al. (2014) | RCT | Unclear | Unclear | No | Yes | Unclear | Unclear | High |
| Manne et al. (2013) | RCT | Unclear | Unclear | Unclear | Yes | Unclear | Unclear | Unclear |
| McBride et al. (2004) | RCT | Unclear | Unclear | Unclear | Yes | Unclear | Unclear | Unclear |
| Oien et al. (2008) | Prospective cohort study | No | No | No | No | Unclear | No | High |
| Park et al. (2009) | Time-series nonequivalent control group | Unclear | Unclear | Unclear | Unclear | Unclear | No | High |
| Robinson et al. (2007) | RCT | Unclear | Unclear | Unclear | Yes | Unclear | Yes | Unclear |
| Voils et al. (2013) | RCT | Yes | Yes | Unclear | Unclear | Yes | Yes | Unclear |
| Wing et al. (1991) | RCT | Unclear | Unclear | Unclear | Yes | Unclear | Unclear | Unclear |