

Supplementary file 4: Downs and Black Quality Index results for each study

	1. Clear aim/ hypothesis	2. Outcome measures described	3. Patient characteristics described	4. Intervention clearly described	5. Principal confounders	6. Findings clearly described	7. Random variability	8. Adverse events	9. Lost to follow up	10. Probability values reported	11. Asked subjects representative	12. Inc. subjects representative	13. Staff & facilities representative	14. Attempt blinding participants	15. Attempt blinding clinicians	16. Data dredging	17. Analysis adjust for follow up	18. Statistics appropriate	19. Compliance with intervention	20. Outcome measures accurate	21. Recruited same population	22. Recruited same period of time	23. Randomised to groups	24. Randomisation concealed	25. Adjustment for confounding	26. Accounted for lost to follow up	27. Power to detect clinical effect	Total (score out of 28)
Breen, 2015	1	1	1	1	1	1	0	0	1	1	U	U	1	0	0	1	1	0	1	1	U	1	0	0	1	1	1	17
Brindle, 2013	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	18
Chumanov, 2012	1	1	1	1	2	1	1	0	1	0	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	20
Clansey, 2014	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	21
Clarke, 1985	1	1	0	1	0	0	0	0	1	0	U	U	0	0	0	1	1	0	1	0	U	1	0	0	1	1	1	11
Connick, 2014	1	1	1	1	1	1	0	0	1	0	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	17
Creaby, 2015	1	1	1	1	2	0	0	0	1	1	U	U	0	0	0	1	1	1	1	1	U	1	1	0	1	1	1	18
Crowell, 2011	1	1	1	1	2	0	0	1	1	0	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	16
Derrick, 2000	1	1	1	1	1	1	0	0	1	0	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	15
Diebal, 2012	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	1	1	1	U	1	0	0	1	1	1	19
Edwards, 2009	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	17
Enders, 2014	1	1	1	1	1	1	0	0	1	0	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	18
Giandolini, 2013	1	1	1	1	1	1	1	1	1	0	U	U	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	22
Hamill, 1995	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	18
Heiderscheit, 2011	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	19
Hobara, 2012	1	1	1	1	2	0	0	0	1	0	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	18
Kirby, 1983	1	1	0	1	0	0	0	1	1	0	U	U	0	0	0	1	1	0	1	1	U	1	0	0	0	1	1	12
Landreneau, 2014	1	1	1	1	2	0	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	0	1	1	1	18
Laughton, 2003	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	19
Lenhart, 2014	1	1	1	1	2	1	1	0	1	0	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	20
Lenhart, 2014	1	1	1	1	2	1	1	0	1	0	U	U	0	0	0	1	1	1	1	1	U	1	1	0	1	1	1	19
Meardon, 2012	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	20
Meardon, 2014	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	19
Mercer, 2003	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	18
Messier, 1989	1	1	1	0	1	1	1	0	0	0	U	U	0	0	0	1	1	0	1	0	U	1	1	1	0	0	1	13

<b>Morin, 2007</b>	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	<b>19</b>
<b>Noehren, 2010</b>	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	<b>18</b>
<b>Oakley, 1998</b>	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	<b>16</b>
<b>Perl, 2012</b>	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	<b>19</b>
<b>Pohl, 2006</b>	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	<b>19</b>
<b>Pohl, 2008</b>	1	1	1	1	2	1	1	1	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	<b>21</b>
<b>Rooney, 2013</b>	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	<b>16</b>
<b>Seay, 2008</b>	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	<b>17</b>
<b>Sheehan, 2013</b>	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	<b>18</b>
<b>Shih, 2013</b>	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	1	1	1	1	<b>19</b>
<b>Stearne, 2014</b>	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	0	1	1	1	<b>19</b>
<b>Teng, 2014</b>	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	<b>21</b>
<b>Thompson, 2014</b>	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	<b>16</b>
<b>Valenzuela, 2015</b>	1	1	1	1	1	1	1	0	1	0	U	U	0	0	0	1	1	1	1	1	U	1	0	0	1	1	1	<b>17</b>
<b>Vannatta, 2015</b>	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	1	0	1	1	1	<b>19</b>
<b>Wellenkotter, 2014</b>	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	<b>21</b>
<b>Williams, 2012</b>	1	1	1	1	1	1	1	0	1	1	U	U	0	0	0	1	1	0	1	1	U	1	0	0	1	1	1	<b>17</b>
<b>Willson, 2014</b>	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	1	1	1	U	1	1	1	1	1	1	<b>21</b>
<b>Willson, 2015</b>	1	1	1	1	2	1	1	0	1	1	U	U	0	0	0	1	1	1	1	1	U	1	1	0	1	1	1	<b>20</b>
<b>Willy, 2012</b>	1	1	1	1	2	1	1	1	1	1	U	U	0	0	0	1	1	1	1	1	U	1	0	0	1	1	1	<b>20</b>
<b>Willy, 2015</b>	1	1	1	1	2	1	1	0	1	1	U	U	0	1	0	1	1	1	1	1	U	1	1	1	1	1	1	<b>22</b>

Note: Item 5 is assessed as yes=2, partial=1, no=0, U=unclear. All other items are assessed as yes=1, no=0, U=unclear.