

Study	Eligibility criteria	Random allocation	Allocation concealed	No baseline differences	Subject blinding	blinding of therapists	blinding of assessors	measures of outcome obtained from more than 85% subjects initially enrolled	Intention to treat	between group statistical outcome	Point measures and measures of variability	Total
Ahmed	1	1	0	1	0	0	1	1	0	1	1	7
Brown	1	1	1	1	0	0	1	1	1	1	1	9
Brown	1	1	0	1	0	0	1	1	0	1	1	7
Courneya	1	1	1	1	0	0	0	1	1	1	1	8
Cormie	1	1	1	1	0	0	1	1	1	1	1	9
Dolan	1	1	1	1	0	0	0	1	0	1	1	7
Hagstrom	1	1	1	1	0	0	0	1	1	1	1	8
Hagstrom	1	1	1	1	0	0	0	1	1	1	1	8
Schmidt	1	1	1	1	0	0	0	0	0	0	1	5
Ohira	1	1	1	1	0	0	1	1	0	1	1	8
Schmidt	1	1	0	1	0	0	0	1	0	1	1	6
Schmidt	1	1	1	1	0	0	0	1	1	1	1	8
Schmitz	1	1	1	1	0	0	1	1	0	1	1	8
Schmitz	1	1	1	1	0	0	1	1	1	1	1	9
Schmitz	1	1	1	1	0	0	1	1	1	1	1	9
Simonavice	1	1	0	1	0	0	0	0	0	1	1	5
Speck	1	1	1	1	0	0	1	1	1	1	1	9
Winers-Stone	1	1	1	1	0	0	0	0	1	1	1	7
Winters-Stone	1	1	1	0	0	0	0	0	1	1	1	6
Winers-Stone	1	1	1	0	0	0	0	0	1	1	1	6
Winers-Stone	1	1	1	0	0	0	0	0	1	1	1	6
Winters-Stone	1	1	1	1	1	0	0	1	0	1	1	8

Steindorf	1	1	1	1	0	0	0	1	1	1	1	8
Jensen	1	1	0	1	0	0	0	0	0	1	1	5
Christensen	1	1	1	1	0	0	1	1	1	1	1	9
Christensen	1	1	1	1	0	0	1	1	1	1	1	9
Capozzi	1	1	0	1	0	0	1	0	1	1	1	7
Lonbro	1	1	0	1	0	0	0	0	0	1	1	5
Lonbro	1	1	0	1	0	0	0	0	0	1	1	5
Alberga	1	1	0	1	0	0	0	1	0	0	1	5
Nilsen	1	1	0	1	0	0	1	0	1	1	1	7
Nilsen	1	1	0	1	0	0	0	1	0	1	1	6
Norris	1	1	1	1	0	0	0	1	1	1	1	8
Segal	1	1	0	1	0	0	0	1	1	1	1	7
Segal	1	1	0	1	0	0	1	1	1	1	1	8
Winters- Stone	1	1	1	1	0	0	0	1	1	1	1	8
Winters- Stone	1	1	0	1	0	0	1	1	1	0	1	7
Litterini	1	1	0	1	0	0	0	0	1	0	1	5
Santa Mina	1	1	0	1	0	0	0	0	0	1	1	5
Twiss	1	1	0	1	0	0	0	1	1	1	1	7
Yuen	1	1	0	1	0	0	0	0	0	1	1	5
	41	41	23	38	1	0	15	27	25	37	41	7.048780488