|  |  |  |  |
| --- | --- | --- | --- |
|  | Reporting (/11) | External validity (/3) | Internal validity (/4) |
| Alsubheen, 2016 | 10 | 0 | 4 |
| Bai, 2017 | 9 | 0 | 4 |
| Benito, 2012 | 8 | 0 | 4 |
| Berntsen, 2010 | 9 | 0 | 4 |
| Berntsen, 2012 | 9 | 2 | 4 |
| Bhammar, 2016 | 11 | 0 | 4 |
| Boudreaux, 2018 | 10 | 0 | 4 |
| Brazeau, 2011 | 10 | 0 | 4 |
| Brazeau, 2014 | 11 | 0 | 3 |
| Brazeau, 2016 | 11 | 1 | 4 |
| Brugniaux, 2010 | 8 | 1 | 3 |
| Calabro, 2014 | 9 | 0 | 4 |
| Calabro, 2015 | 11 | 1 | 4 |
| Casiraghi, 2013 | 11 | 0 | 4 |
| Choudhry, 2017 | 9 | 0 | 4 |
| Colbert, 2011 | 10 | 1 | 3 |
| Correa, 2016 | 10 | 0 | 3 |
| Diaz, 2015 | 7 | 0 | 4 |
| Diaz, 2016 | 9 | 0 | 4 |
| Dondzilla, 2016 | 8 | 0 | 4 |
| Dooley, 2017 | 10 | 0 | 4 |
| Drenowatz, 2011 | 9 | 0 | 4 |
| Erdogan, 2010 | 9 | 0 | 3 |
| Fruin, 2010 | 9 | 0 | 3 |
| Furlanetto, 2010 | 11 | 0 | 4 |
| Gastin, 2017 | 8 | 0 | 4 |
| Heiermann, 2011 | 8 | 2 | 4 |
| Imboden, 2017 | 9 | 0 | 4 |
| Jakicic, 2004 | 10 | 0 | 4 |
| Johannsen, 2010 | 9 | 1 | 4 |
| Kim, 2015 | 8 | 0 | 4 |
| King, 2004 | 9 | 0 | 4 |
| Koehler, 2011 | 10 | 1 | 4 |
| Lee, 2011 | 9 | 0 | 4 |
| Lee, 2014 | 9 | 0 | 4 |
| Mackey, 2011 | 11 | 3 | 4 |
| Martien, 2015 | 9 | 2 | 4 |
| McMinn, 2013 | 9 | 0 | 4 |
| Melanson, 2009 | 5 | 0 | 2 |
| Mikulic, 2011 | 10 | 0 | 4 |
| Montoye, 2017 | 10 | 0 | 4 |
| Murakami, 2016 | 7 | 1 | 4 |
| Nelson, 2016 | 10 | 0 | 4 |
| Papazoglou, 2006 | 9 | 0 | 4 |
| Price, 2017 | 9 | 0 | 4 |
| Reece, 2015 | 9 | 0 | 4 |
| Rousset, 2015 | 9 | 1 | 4 |
| Ryan, 2013 | 10 | 0 | 2 |
| Slinde, 2013 | 10 | 2 | 4 |
| Smith, 2012 | 10 | 0 | 4 |
| St-Onge, 2007 | 9 | 1 | 3 |
| Stackpool, 2015 | 9 | 0 | 4 |
| Tucker, 2015 | 11 | 0 | 4 |
| Van helst, 2012 | 9 | 0 | 4 |
| Van Hoye, 2014 | 9 | 0 | 4 |
| Van Hoye, 2015 | 10 | 0 | 4 |
| Vernillo, 2015 | 8 | 0 | 4 |
| Wahl, 2017 | 9 | 0 | 4 |
| Wallen 2016 | 9 | 0 | 4 |
| Woodman, 2017 | 8 | 0 | 4 |

Scores for Reporting bias, external validity and internal validity for each study included in the meta-analysis.