

**Supplementary Table 1.** Quality assessment of studies

Study	Introduction				Methods					Results				Discussion			Other information						
	Title and abstract	Background	Objectives	Study design	Setting	Participants	Variables	Data sources	Bias measurement	Study size	Quantitative variables	Statistical methods	Participants	Descriptive data	Outcome data	Main results	Other analyses	Key results	Limitations	Interpretation	Generalisability	Funding	Total
Passier et al. (2011) <sup>15</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	0	18
Passier et al. (2010) <sup>14</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	0	19
Gerber et al. (2016) <sup>42</sup>	1	1	1	0	1	1	1	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	19
Ackermark et al. (2017) <sup>41</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	0	21
Colledge et al. (2017) <sup>13</sup>	1	1	1	1	1	0	1	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	19
Colledge et al. (2017) <sup>12</sup>	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	21
Hellawell et al. (1999) <sup>39</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	0	1	0	1	16
Wermer et al. (2007) <sup>38</sup>	1	1	1	0	1	1	1	1	0	1	1	0	1	1	1	1	1	1	1	1	1	1	20
King et al. (2009) <sup>37</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	0	1	1	1	1	20
Visser-Meily et al. (2009) <sup>36</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	20
Mukerji et al. (2010) <sup>35</sup>	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	21
von Vogelsang et al. (2013) <sup>34</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	0	1	1	1	1	20
Latimer et al. (2013) <sup>33</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	0	1	19
Noble et al. (2014) <sup>32</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	0	1	1	1	1	20
Buunk et al. (2015) <sup>30</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	20
von Vogelsang et al. (2015) <sup>29</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	21

Supplementary Table 1. Continued

Study	Introduction			Methods					Results				Discussion			Other information							
	Title and abstract	Background	Objectives	Study design	Setting	Participants	Variables	Data sources/Measurement	Bias	Study size	Quantitative variables	Statistical methods	Participants	Descriptive data	Outcome data	Main results	Other analyses	Key results	Limitations	Interpretation	Generalisability	Funding	Total
Boerboom et al. (2017) <sup>27</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	20
Buunk et al. (2018) <sup>26</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	18
Tölli et al. (2018) <sup>25</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	21
Kreiter et al. (2013) <sup>53</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	19
Boerboom et al. (2016) <sup>24</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	0	0	1	19
Boerboom et al. (2016) <sup>23</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	0	0	1	19
Boerboom et al. (2014) <sup>22</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	0	0	1	18
Taufique et al. (2016) <sup>52</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	19
Hütter et al. (1995) <sup>21</sup>	1	1	1	0	0	1	1	1	0	0	1	0	1	1	1	1	1	0	0	1	1	0	14
Hütter et al. (1995) <sup>20</sup>	1	1	1	0	0	1	1	1	0	0	1	0	1	1	1	1	0	0	1	1	1	0	14
Ferl et al. (1999) <sup>51</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	0	0	0	0	0	17
Powell et al. (2004) <sup>19</sup>	1	1	1	0	1	1	1	1	1	0	1	1	1	1	1	1	0	1	0	0	0	1	17
Powell et al. (2002) <sup>18</sup>	1	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	0	1	1	0	0	1	19
Fontanella et al. (2003) <sup>50</sup>	1	1	1	0	1	1	1	1	0	0	1	1	1	1	1	1	0	1	0	0	0	0	15
Morris et al. (2004) <sup>40</sup>	1	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	1	1	1	1	1	17
Bellebaum et al. (2004) <sup>49</sup>	1	1	1	0	1	1	1	1	1	0	1	1	1	1	1	1	0	1	0	0	0	0	16

Supplementary Table 1. Continued

Study	Introduction				Methods					Results				Discussion			Other information						
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Kreitschmann-Andermahr et al. (2007) <sup>47</sup>	1	1	1	0	0	1	1	1	0	0	1	1	1	1	1	1	0	1	1	0	0	1	16
Preiss et al. (2007) <sup>46</sup>	1	1	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	1	1	19
Orbo et al. (2008) <sup>45</sup>	1	1	1	0	0	1	1	1	0	1	1	1	1	1	1	1	0	1	0	0	0	1	16
Alfieri et al. (2008) <sup>17</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	0	0	1	19
Meyer et al. (2010) <sup>44</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	0	20
Passier et al. (2012) <sup>16</sup>	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	1	1	0	19
Wong et al. (2013) <sup>56</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	0	1	19
Hütter et al. (2014) <sup>43</sup>	1	1	1	1	1	0	1	1	0	0	1	1	1	1	1	1	0	1	0	1	0	0	15
Salmund et al. (2006) <sup>48</sup>	1	1	1	0	0	0	1	1	0	0	1	1	1	1	1	1	0	1	1	1	1	1	16
Scherfler et al. (2016) <sup>28</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	19
Wong et al. (2012) <sup>57</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	20
Gill et al. (2015) <sup>31</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	0	0	17
Ljunggren et al. (1985) <sup>63</sup>	1	1	1	1	0	1	1	1	0	0	0	0	1	1	1	1	0	1	0	1	0	1	14
Hedlund et al. (2011) <sup>62</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	20
Vetkas et al. (2013) <sup>59</sup>	1	1	1	1	0	1	1	1	0	1	1	1	1	1	1	1	0	1	0	1	0	1	17

Supplementary Table 1. Continued

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Wong et al. (2014) <sup>3</sup>	1	1	1	1	1	1	1	1	0	0	1	1	1	1	1	1	0	1	1	1	1	1	19
Brand et al. (2015) <sup>65</sup>	1	1	1	0	0	1	1	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	18
Pačić-Türk et al. (2016) <sup>64</sup>	1	1	1	0	1	1	1	1	0	0	1	1	1	1	1	1	0	1	1	1	0	0	16
Kronvall et al. (2016) <sup>60</sup>	1	1	1	1	1	1	1	1	0	0	1	1	0	1	1	1	0	1	0	1	0	0	15
Bründl et al. (2018) <sup>58</sup>	1	1	1	0	1	1	1	1	0	0	1	1	1	1	1	1	0	1	1	1	1	0	17
Carter et al. (2000) <sup>61</sup>	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	0	0	0	1	1	0	17
Haug et al. (2009) <sup>55</sup>	1	1	1	1	1	1	1	1	0	1	0	1	1	1	1	1	0	1	1	1	0	1	18
Caeiro et al. (2011) <sup>54</sup>	1	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	1	1	1	19

Each item was scored 1, maximum score for the quality assessment tool was 22 points.