

Table S3. Summary of study quality.

Study	Concealment of allocation	Power calculation	Intention to treat	Masked outcome assessment	<i>n</i>	Follow up rate, %	Quality code	Cost-effectiveness
Charlesworth (2008)	Yes	Yes	Yes	Not clear, but all self-report	236	92 at 6 months, 86 at 15 months, 81 at 24 months	High	Yes
Coe (2013)	No	No	No	Not clear, but all self-report	189	80, but unclear	Low	No
Davidson (2004)	Yes	Not clear	Yes	Not clear	260	66	Medium	No
Harris (1999)	Yes	Not clear	Yes	Not clear	86	100	High	No
Heller (1991)	Not clear	Not clear	Not clear	Not clear	265	91	Low	No
Hughes (1999)	No	No	Not clear	Not clear	4	25	Low	No
MacIntyre (2002)	Not clear	Not clear	Not clear	Not clear, but all self report	22	85	Low	No
McCorkle (2008)	Yes	Not clear	Yes	Not clear	154	87	High	No
McNeil (1991)	Not clear	Not clear	Not clear	Not clear, but all self-report	30	100	Medium	No
Mountain (2014)	Yes	Yes	Yes	Yes	248	80	High	Yes
Rantanen (2014)	Yes	Yes	Not clear	Not clear	121	90	High	No
Sheridan (2014)	Yes	Yes	Yes	Yes	107	65 at 4 months, 65 at 10 months	Medium	No
Walshe (2016)	Yes	Yes	Yes	Not clear	195	82 at 4 weeks, 74 at 8 weeks	High	No
White (2012)	Yes	Yes	Not clear	Not clear	510	93 at 3 months, 87 at 6 months, 82 at 9 months	High	No