

## Supplementary file 5. Study-level risk of bias assessment results.

Study	Random sequence generation	Allocation concealment	Blinding (participants & personnel)	Blinding (outcome assessors)	Incomplete outcome data	Selective reporting	Physically inactive
Ackel-D'Elia et al.*	low	unclear	high	unclear	unclear	low	unclear
Alberga et al.	low	low	high	unclear	high	unclear	unclear
Alves et al.	low	unclear	high	unclear	low	unclear	unclear
Andre & Beguier	low	unclear	high	unclear	unclear	unclear	unclear
Ben Ounis et al.	low	unclear	high	unclear	unclear	unclear	low
Berntsen et al.	low	unclear	high	unclear	low	unclear	unclear
Cao et al.	low	unclear	high	unclear	unclear	unclear	unclear
Chang et al.	high	unclear	high	unclear	unclear	unclear	unclear
Chen et al.	low	unclear	high	unclear	unclear	unclear	unclear
Chen et al.	low	unclear	high	unclear	high	unclear	unclear
Cheng et al.	low	unclear	high	unclear	unclear	unclear	unclear
Davis et al.	low	low	high	high	low	low	low
Elloumi et al.	low	unclear	high	unclear	unclear	unclear	high
Farpour-Lambert et al.	low	low	high	low	low	low	low
Fazelifar et al.	low	unclear	high	unclear	low	unclear	low
Fiorilli et al.	low	unclear	high	unclear	low	unclear	low
Ghorbanian et al.	low	unclear	high	unclear	unclear	unclear	low
Gutin et al.	low	unclear	high	unclear	low	unclear	unclear
Hagstromer et al.	low	unclear	high	unclear	high	low	high
Hay et al.	low	low	high	low	low	low	unclear

Karacabey	low	unclear	high	unclear	unclear	unclear	low
Kelly et al.	low	unclear	high	unclear	unclear	low	unclear
Kelly et al.	low	low	high	unclear	low	unclear	unclear
Kim et al.	low	unclear	high	unclear	unclear	unclear	low
Kim et al.	low	unclear	high	unclear	high	unclear	unclear
Lau et al.	low	unclear	high	unclear	unclear	unclear	unclear
Lee et al.	low	low	high	unclear	low	unclear	low
Lee et al.	low	low	high	unclear	low	unclear	low
Li et al.	low	unclear	high	unclear	low	unclear	unclear
Maddison et al.	low	low	high	high	low	low	high
McNarry et al.	low	low	high	unclear	unclear	high	unclear
Meyer et al.	low	unclear	high	unclear	high	low	low
Monteiro et al.	low	unclear	high	unclear	unclear	low	unclear
Murphy et al.	low	unclear	high	unclear	unclear	low	unclear
Nobre et al.	low	unclear	high	unclear	unclear	unclear	unclear
Owens et al.	low	unclear	high	unclear	low	unclear	unclear
Park et al.	low	unclear	high	unclear	low	low	unclear
Racil et al.	low	unclear	high	unclear	unclear	unclear	low
Racil et al.	low	unclear	high	unclear	unclear	unclear	low
Rooney et al.	low	unclear	high	unclear	low	low	unclear
Saygin & Ozturk	low	unclear	high	unclear	unclear	unclear	unclear

Schranz et al.	low	unclear	high	high	low	low	unclear
Seo et al.	low	unclear	high	unclear	high	unclear	unclear
Shaibi et al.	low	unclear	high	unclear	high	low	unclear
Sigal et al.	low	low	high	unclear	low	unclear	low
Silva et al.	low	unclear	high	unclear	high	unclear	unclear
Song et al.	low	unclear	high	low	high	unclear	low
Staiano et al.	low	low	high	low	low	low	unclear
Sun et al.	low	unclear	high	unclear	low	unclear	unclear
Tan et al.	high	high	high	unclear	low	unclear	unclear
Vasconcellos et al.	low	low	high	low	high	low	low
Watts et al.	low	unclear	high	unclear	unclear	unclear	unclear
Watts et al.	low	unclear	high	unclear	unclear	unclear	unclear
Weintraub et al.	low	unclear	high	high	low	low	unclear
Wong et al.	low	unclear	high	unclear	low	unclear	unclear
Youssef et al.	low	low	high	unclear	unclear	unclear	low
Zehsaz et al.	low	unclear	high	unclear	unclear	unclear	unclear