

**Table 2:** Risk of bias for individual studies, in alphabetical order (following Avenell et al. 2004).<sup>27</sup>

	Lead study author	Quality of random allocation concealment	Description of withdrawals and drop outs	Intention to treat analysis?	Participants blinded to treatment status?	Intervention facilitators blinded to treatment status?	Outcome assessors blinded to treatment status?
1	Ahluwalia <sup>31,32</sup>	A	Numbers and reasons	Yes	Bi	C	C
2	Andrews <sup>56,57</sup>	C	Numbers stated only	Yes	Bi	Bi	Bi
3	Armitage <sup>25</sup>	C	Numbers stated only	Yes	Ai	Ai	C
4	Auslander <sup>33</sup>	C	Numbers stated only	No	Bi	Bi	Bi
5	Bullock <sup>58</sup>	Bi	Numbers and reasons	Yes	Ai	C	Ai
6	Chang <sup>34,35</sup>	Bi	Numbers and reasons	No	Aii	Aii	Bi
7	Dangour <sup>48,49</sup>	Bi	No numbers given	Yes	C	C	Ai
8	Dornelas <sup>59</sup>	Bi	Numbers and reasons	Yes	Bi	Bi	Bi
9	Dutton <sup>50</sup>	Bi	Numbers and reasons	Not clear	C	C	C
10	Elder <sup>36</sup>	Bi	Numbers and reasons	No	C	Bi	Bi
11	Emmons <sup>37</sup>	Bi	Numbers stated only	Yes	Bi	Bi	Bi
12	Fang <sup>60</sup>	C	Not mentioned	Yes	C	C	C
13	Froelicher <sup>61</sup>	Bi	Numbers stated only	Yes	C	C	Bii
14	Gans <sup>38</sup>	A	Numbers and reasons	Yes	Bi	Bi	Aii
15	Gordon <sup>62</sup>	Bi	Numbers stated only	No	Bi	Bi	Bi
16	Jackson <sup>39</sup>	A	Numbers and reasons	Yes	C	Ai	C
17	Keyserling <sup>40,41</sup>	A	Numbers and reasons	Yes	Bi	Bi	Bi
18	Liles <sup>63</sup>	Bi	Numbers stated only	Yes	Bi	Bi	Ai
19	Marcus <sup>51</sup>	Bi	Numbers and reasons	Yes	Bi	Bi	Aii

20	Miller <sup>64</sup>	Bi	Numbers stated only	Yes	C	Bi	C
21	Nitzke <sup>42,43</sup>	Bi	Numbers stated only	Yes	Bi	Bi	Bi
22	Okuyemi <sup>65</sup>	Bi	Numbers and reasons	Yes	C	Bi	Bi
23	Olvera <sup>52,53</sup>	Bi	Numbers and reasons	No	Bi	Bi	Bi
24	Parra-Medina <sup>44</sup>	Bi	Numbers stated only	No	C	Aii	Aii
25	Pekmezi <sup>54</sup>	Bi	Numbers and reasons	Yes	Bi	Bi	Bi
26	Reitzel <sup>66</sup>	Bi	Numbers stated only	Yes	C	C	C
27	Sanchez-Johnsen <sup>45</sup>	Bi	NA	NA	Bi	Bi	Bi
28	Steptoe <sup>46</sup>	C	Numbers stated only	Yes	Ai	C	C
29	Tessaro <sup>47</sup>	C	Numbers stated only	No	Bi	Bi	Bi
30	Solomon <sup>67</sup>	Bi	Numbers stated only	Yes	Bi	Bi	Bi
31	Solomon <sup>68</sup>	Bi	Numbers stated only	Yes	Bi	Bi	Bi
32	Sykes <sup>69</sup>	Bii	Numbers stated only	No	Ai	Ai	Bi
33	Volpp <sup>70</sup>	A	Numbers stated only	Yes	C	Ai	C
34	Whitehead <sup>55</sup>	Bi	Numbers stated only	Yes	Bi	Bi	Bi
35	Wu <sup>71</sup>	Bi	Numbers and reasons	No	C	C	C

*Note. NA=not applicable*

*Quality of random allocation concealment:*

**A** = good attempt at concealment

**Bi** = states random allocation but no description given

**Bii** = attempt at concealment but real chance of disclosure of assignment prior to formal trial entry

**C** = definitely not concealed

*Blinding:*

**Ai** = action taken at blinding likely to be effective

**Aii** = blinding stated but no description given

**Bi** = no mention of blinding

**Bii** = attempt at blinding but reason to think it may not have been successful

**C** = not blinded