

Supplement 2. National Institutes of Health quality assessment of included studies

Author	Year	Objective clearly stated?	Eligibility/selection criteria clear?	Participants representative?	All eligible participants enrolled?	Sample size sufficient?	Intervention clearly specified?	Outcome measures clearly defined and assessed consistently?	Blinding in outcome assessment?	Lost to follow-up >20%?	p-values for the pre-to-post changes?	Outcomes assessed multiple times?	Intervention conducted at group level (hospital/community)?	Total
Katz et al. [23]	2019	1	1	1	1	0.5	1	1	0	0.5	1	1	1	10
Khajavi et al. [19]	2014	1	0.5	1	0.5	0.5	1	1	0	0.5	1	1	1	9.5
Phillips et al. [18]	2013	1	0.5	1	0.5	1	0.5	1	0.5	0.5	1	1	1	9
Kim et al. [21]	2018	1	1	1	1	0.5	1	1	0	1	1	1	1	10.5
Yang et al. [24]	2021	1	1	1	1	0	1	1	0	1	1	1	1	10
Takatori et al. [22]	2018	1	0.5	1	1	0.5	1	1	0	1	1	0.5	1	9.5
Beghdadi et al. [20]	2014	1	1	1	1	1	1	1	0.5	0.5	1	0.5	1	10.5
Wang et al. [17]	2010	1	1	0.5	1	1	1	1	0	1	1	0.5	1	10
Sabou et al. [27]	2019	1	0.5	0.5	1	1	1	0.5	0	0.5	1	1	1	9
Wang et al. [29]	2013	1	1	1	1	1	1	1	0.5	1	1	1	1	11.5
Wu et al. [25]	2008	1	0.5	1	1	1	1	0.5	0	0.5	1	1	1	9.5
Tsai et al. [26]	2011	1	1	1	1	1	1	1	0.5	0.5	1	1	1	11
Zhu et al. [34]	2014	1	1	1	1	1	1	1	0.5	0	1	1	1	10.5
Burmikene et al. [33]	2012	1	1	1	1	1	1	0.5	0.5	1	1	0.5	1	10.5
Du et al. [30]	2017	1	1	1	1	1	1	1	0.5	1	1	1	1	11.5
Scheufler et al. [28]	2010	1	1	1	1	0.5	1	1	1	1	1	1	1	11.5
Zhao et al. [31]	2018	1	1	1	1	0.5	1	1	0	1	1	0.5	1	10
Crandall et al. [32]	2009	1	1	1	1	0.5	1	1	0.5	1	1	1	1	11