Supplemental Table 3. Quality assessment of pre-post experimental studies

| **Study** | **Random Allocation** | **Concealed Allocation** | **Similar at Baseline** | **Blinded Subjects** | **Blinded Therapist** | **Blinded Assessor** | **Retention of Participants** | **Intention-to-Treat Analysis** | **Between-Group Comparisons** | **Point Estimates/ Variability** | **Score (/10)** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Afzelius-Frisk (1977)35 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **X** | **X** | **n/a** | **✓** | **1** |
| Candemir (2017)60 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **X** | **X** | **n/a** | **✓** | **1** |
| de Nijs (2020)78 | **n/a** | **n/a** | **X** | **X** | **X** | **X** | **X** | **n/a** | **✓** | **✓** | **2** |
| Deniz (2019)39 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **n/a** | **n/a** | **n/a** | **✓** | **1** |
| Emtner (1996 & 1998)67, 64 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **✓** | **X** | **n/a** | **✓** | **2** |
| Freeman (1989)42 | **n/a** | **n/a** | **X** | **X** | **X** | **X** | **X** | **✓** | **X** | **✓** | **2** |
| Hallstrand (2000)45 | **n/a** | **n/a** | **✓** | **X** | **X** | **X** | **✓** | **✓** | **X** | **✓** | **4** |
| Heba (2013)46 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **X** | **X** | **n/a** | **X** | **0** |
| Hildenbrand (2010 & 2011)70, 71 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **X** | **X** | **n/a** | **✓** | **1** |
| Mendes (2019)47 | **n/a** | **n/a** | **✓** | **X** | **X** | **X** | **✓** | **✓** | **✓** | **✓** | **5** |
| Miyamoto (2014)49 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **X** | **X** | **✓** | **✓** | **2** |
| Peric (2018)50 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **✓** | **✓** | **n/a** | **✓** | **3** |
| Robinson (1992)51 | **n/a** | **n/a** | **✓** | **X** | **X** | **X** | **X** | **✓** | **X** | **✓** | **3** |
| Sahin (2019)52 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **X** | **X** | **✓** | **✓** | **2** |
| Türk (2017)57 | **n/a** | **n/a** | **✓** | **X** | **X** | **X** | **✓** | **X** | **X** | **✓** | **3** |
| Zampogna (2019)59 | **n/a** | **n/a** | **n/a** | **X** | **X** | **X** | **✓** | **X** | **X** | **✓** | **2** |