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| **Supplemental Digital Content 1.** Existing Systematic Reviews and Meta-Analyses Quality Assessment Chart AMSTARExBP: SR/MA |
| **AMSTARExBP: SR/MA** | Bartels, 2016 | Bartholdy, 2017 | Beumer, 2016 | Chang, 2016 | Escalante, 2011 | Fernandopulle, 2017 | Fransen, 2015 | Juhl, 2014 | Quicke, 2015 | Timmins, 2016 | Young, 2018 |
| Review questions and inclusion/exclusion criteria delineated prior to executing search strategy. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No |
| Population variables defined and considered in methods. | No | Yes | No | No | Yes | Yes | No | Yes | No | No | Yes |
| Comprehensive literature search performed. | Yes | Yes | Yes | Partially Yes | Partially Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Duplicate study selection and data extraction performed. | Yes | Yes | No | No | No | Yes | Yes | No | Yes | Yes | Yes |
| Search strategy clearly described. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Relevant grey literature included in review. | Yes | No | Yes | No | No | No | Yes | Yes | Yes | No | No |
| List of studies (included and excluded) provided. | Yes | Partially Yes | No | No | No | Partially Yes | Yes | No | No | No | Partially Yes |
| Characteristics of included studies provided. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| FITT defined and examined in relation to outcome effect sizes. | No | No | No | No | No | No | No | Yes | N/A | No | No |
| Scientific quality (risk of bias) of included studies assessed and documented. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Results depended on study quality, either overall, or in interaction with moderators. | No | No | No | No | Yes | No | Yes | Yes | No | No | No |
| Scientific quality used appropriately in formulating conclusions. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Data appropriately synthesized and if applicable, heterogeneity assessed. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | N/A | Yes | Yes |
| Effect size index chosen justified, statistically. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | N/A | Yes | Yes |
| Individual-level meta-analysis used. | No | Yes | No | No | No | No | No | No | N/A | No | N/A |
| Practical recommendations clearly addressed. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Likelihood of publication bias assessed. | No | Yes | No | Yes | No | Yes | No | Yes | No | No | Yes |
| Conflict of interest disclosed. | Yes | Yes | No | Yes | No | Yes | Yes | No | Yes | Yes | Yes |