Supplemental Digital Content 2. Original Research Bias Assessment Chart.

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| **Nutrition Evidence Library (NEL) Bias Assessment Tool (BAT): Original Research** |  |  |  |  |  |
|   | Dore, 2013 | Felson, 2013 | Kwee, 2016 | Lin, 2013 | Oiestad, 2015 |
| (???) = Can't Determine |   |   |   |   |   |
| Inclusion/exclusion criteria similar across study groups. | Yes | Yes | Yes | N/A | Yes |
| Strategy for recruiting or allocating participants similar across study groups. | Yes | Yes | Yes | N/A | Yes |
| Allocation sequence randomly generated. | N/A | N/A | N/A | N/A | N/A |
| Group allocation concealed (i.e., assignments could not be predicted). | N/A | N/A | N/A | N/A | N/A |
| Distribution of critical confounding factors similar across study groups at baseline, or analysis controlled for differences between groups. | Yes | Yes | Yes | Yes | Yes |
| Accounted for variations in execution of study from proposed protocol or research plan. | N/A | N/A | N/A | N/A | N/A |
| Adherence to study protocols similar across study groups. | Yes | Yes | Yes | N/A | Yes |
| Investigators accounted for unintended concurrent exposures that were differentially experienced by study groups and might bias results. | No | N/A | N/A | N/A | No |
| Participants blinded to their intervention or exposure status. | N/A | N/A | N/A | N/A | N/A |
| Investigators blinded to participants’ intervention or exposure status. | N/A | N/A | N/A | N/A | N/A |
| Outcome assessors blinded to participants’ intervention or exposure status. | N/A | N/A | N/A | N/A | N/A |
| Valid and reliable measures used consistently across study groups to assess inclusion/exclusion criteria, exposures, outcomes, and confounders. | Yes | Yes | Yes | Yes | Yes |
| Length of follow-up similar across study groups. | Yes | Yes | Yes | Yes | Yes |
| In cases of high or differential loss to follow-up, impact assessed through sensitivity analysis or other adjustment. | No | N/A | No | ??? | Yes |
| Other sources of bias taken into account in design and/or analysis of study through matching or other statistical adjustment. | Yes | Yes | Yes | Yes | Yes |
| Adequate statistical methods used to assess primary outcomes. | Yes | Yes | Yes | Yes | Yes |