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| **Table B. Nutrition Evidence Library (NEL) Bias Assessment Tool (BAT): Original Research** |
|   | Berkowitz, 1985 | Binkley, 2004 | Driessen, 2014 | DuRant, 1993 | Erlandson, 2011 | Gruodyte-Raciene, 2013 |
| (???) = Can't Determine |   |   |   |   |   |   |
| Inclusion/exclusion criteria similar across study groups. | Yes | N/A | N/A | N/A | Yes | Yes |
| Strategy for recruiting or allocating participants similar across study groups. | Yes | N/A | N/A | N/A | Yes | 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 | N/A | N/A | Yes | Yes |
| Accounted for variations in execution of study from proposed protocol or research plan. | N/A | Yes | N/A | N/A | N/A | N/A |
| Adherence to study protocols similar across study groups. | Yes | Yes | N/A | N/A | Yes | Yes |
| Investigators accounted for unintended concurrent exposures that were differentially experienced by study groups and might bias results. | No | Yes | N/A | N/A | Yes | Yes |
| Participants blinded to their intervention or exposure status. | N/A | No | N/A | N/A | N/A | N/A |
| Investigators blinded to participants intervention or exposure status. | N/A | No | N/A | N/A | N/A | N/A |
| Outcome assessors blinded to participants intervention or exposure status. | N/A | Yes | 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 | N/A | Yes | Yes | Yes |
| Length of follow-up similar across study groups. | Yes | Yes | N/A | N/A | Yes | Yes |
| In cases of high or differential loss to follow-up, impact assessed through sensitivity analysis or other adjustment. | N/A | N/A | Yes | ??? | N/A | N/A |
| 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 | Yes |
| Adequate statistical methods used to assess primary outcomes. | Yes | Yes | Yes | Yes | Yes | Yes |

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| **Nutrition Evidence Library (NEL) Bias Assessment Tool (BAT): Original Research** |
|   | Jackowski, 2015 | Jago, 2005 | Janz, 2006 | Janz, 2007 | Janz, 2009 | Janz, 2014 |
| (???) = Can't Determine |   |   |   |   |   |   |
| Inclusion/exclusion criteria similar across study groups. | Yes | N/A | Yes | Yes | Yes | Yes |
| Strategy for recruiting or allocating participants similar across study groups. | Yes | N/A | Yes | Yes | Yes | Yes |
| Allocation sequence randomly generated. | N/A | 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 | N/A |
| Distribution of critical confounding factors similar across study groups at baseline, or analysis controlled for differences between groups. | Yes | N/A | 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 | N/A |
| Adherence to study protocols similar across study groups. | Yes | Yes | Yes | Yes | Yes | Yes |
| Investigators accounted for unintended concurrent exposures that were differentially experienced by study groups and might bias results. | Yes | N/A | No | No | No | No |
| Participants blinded to their intervention or exposure status. | N/A | 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 | N/A |
| Outcome assessors blinded to participants intervention or exposure status. | N/A | 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 | N/A | Yes | Yes | Yes | Yes |
| Length of follow-up similar across study groups. | Yes | N/A | Yes | Yes | Yes | Yes |
| In cases of high or differential loss to follow-up, impact assessed through sensitivity analysis or other adjustment. | ??? | N/A | ??? | N/A | ??? | ??? |
| 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 | Yes |
| Adequate statistical methods used to assess primary outcomes. | Yes | Yes | Yes | Yes | Yes | Yes |

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| **Nutrition Evidence Library (NEL) Bias Assessment Tool (BAT): Original Research** |
|   | Janz, 2010 | Klesges, 1995 | Knowles, 2013 | Leppanen, 2017 | Li, 1995 | Metcalf, 2008 |
| (???) = Can't Determine |   |   |   |   |   |   |
| Inclusion/exclusion criteria similar across study groups. | Yes | N/A | N/A | Yes | N/A | Yes |
| Strategy for recruiting or allocating participants similar across study groups. | Yes | N/A | N/A | Yes | N/A | Yes |
| Allocation sequence randomly generated. | N/A | 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 | N/A |
| Distribution of critical confounding factors similar across study groups at baseline, or analysis controlled for differences between groups. | Yes | N/A | N/A | Yes | N/A | Yes |
| Accounted for variations in execution of study from proposed protocol or research plan. | N/A | N/A | N/A | N/A | N/A | Yes |
| Adherence to study protocols similar across study groups. | Yes | N/A | 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 | Yes | N/A | No |
| Participants blinded to their intervention or exposure status. | N/A | 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 | N/A |
| Outcome assessors blinded to participants intervention or exposure status. | N/A | 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 | N/A | N/A | Yes | Yes | Yes |
| Length of follow-up similar across study groups. | Yes | N/A | N/A | Yes | N/A | Yes |
| In cases of high or differential loss to follow-up, impact assessed through sensitivity analysis or other adjustment. | No | Yes | No | Yes | N/A | No |
| 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 |

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| **Nutrition Evidence Library (NEL) Bias Assessment Tool (BAT): Original Research** |
|   | Moore, 2003 | Moore, 1995 | Remmers, 2014 | Roberts, 1988 | Saakslahti, 2004 | Specker, 1999 |
| (???) = Can't Determine |   |   |   |   |   |   |
| Inclusion/exclusion criteria similar across study groups. | Yes | Yes | N/A | Yes | Yes | N/A |
| Strategy for recruiting or allocating participants similar across study groups. | Yes | Yes | N/A | Yes | Yes | N/A |
| 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 | N/A | Yes | Yes | Yes |
| Accounted for variations in execution of study from proposed protocol or research plan. | N/A | N/A | N/A | Yes | No | N/A |
| Adherence to study protocols similar across study groups. | Yes | Yes | Yes | Yes | Yes | No |
| Investigators accounted for unintended concurrent exposures that were differentially experienced by study groups and might bias results. | Yes | Yes | N/A | Yes | N/A | Yes |
| Participants blinded to their intervention or exposure status. | N/A | N/A | N/A | N/A | N/A | No |
| Investigators blinded to participants intervention or exposure status. | N/A | N/A | N/A | N/A | N/A | No |
| Outcome assessors blinded to participants intervention or exposure status. | N/A | N/A | N/A | N/A | N/A | Yes |
| Valid and reliable measures used consistently across study groups to assess inclusion/exclusion criteria, exposures, outcomes, and confounders. | Yes | Yes | N/A | Yes | Yes | Yes |
| Length of follow-up similar across study groups. | Yes | Yes | N/A | Yes | Yes | Yes |
| In cases of high or differential loss to follow-up, impact assessed through sensitivity analysis or other adjustment. | N/A | N/A | ??? | N/A | ??? | N/A |
| 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 | Yes |
| Adequate statistical methods used to assess primary outcomes. | Yes | Yes | Yes | Yes | Yes | Yes |

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| **Nutrition Evidence Library (NEL) Bias Assessment Tool (BAT): Original Research** |
|   | Specker, 2003 | Sugimori, 2004 | Wells, 1996 |
| (???) = Can't Determine |   |   |   |
| Inclusion/exclusion criteria similar across study groups. | N/A | Yes | N/A |
| Strategy for recruiting or allocating participants similar across study groups. | N/A | Yes | N/A |
| Allocation sequence randomly generated. | ??? | N/A | N/A |
| Group allocation concealed (i.e., assignments could not be predicted). | ??? | N/A | N/A |
| Distribution of critical confounding factors similar across study groups at baseline, or analysis controlled for differences between groups. | Yes | ??? | N/A |
| Accounted for variations in execution of study from proposed protocol or research plan. | Yes | N/A | N/A |
| Adherence to study protocols similar across study groups. | No | Yes | N/A |
| Investigators accounted for unintended concurrent exposures that were differentially experienced by study groups and might bias results. | Yes | Yes | N/A |
| Participants blinded to their intervention or exposure status. | No | N/A | N/A |
| Investigators blinded to participants intervention or exposure status. | No | N/A | N/A |
| Outcome assessors blinded to participants intervention or exposure status. | Yes | N/A | N/A |
| Valid and reliable measures used consistently across study groups to assess inclusion/exclusion criteria, exposures, outcomes, and confounders. | Yes | Yes | N/A |
| Length of follow-up similar across study groups. | Yes | Yes | N/A |
| In cases of high or differential loss to follow-up, impact assessed through sensitivity analysis or other adjustment. | Yes | No | No |
| Other sources of bias taken into account in design and/or analysis of study through matching or other statistical adjustment. | Yes | Yes | Yes |
| Adequate statistical methods used to assess primary outcomes. | Yes | Yes | Yes |