**Appendix C – Critical Appraisal Skills Program (CASP) Checklist for Quality Assessment of Randomized Controlled Trials**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Bias Risk:**  **Green – low**  **Yellow – medium**  **Red – high** | **Randomized Controlled Trial** | | | | | | | | | | | | | | | | | |
| **Blumstein et al.**26 | **Brown et al.**33 | **Hooper et al.**27 | **Logishetty et al.**34 | **Logishetty 2 et al.**35 | **Lohre et al.**36 | **Lohre 2 et al.**37 | **Mladenovic et al.**38 | **Mok et al.**39 | **Nair et al.**40 | **Orland et al.**41 | **Rai et al.**42 | **Roehr et al.**43 | **Satava et al.**44 | **Valdis et al.**45 | **Van Gestel et al.**46 | **Xin et al.**47 | **Xin 2 et al.**28 |
| 1. Did the study address a clearly focused question? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 2. Was there sufficient randomization (any systemic biases?) | Yes | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 3. Were all participants accounted for in the conclusion (ie dropouts minimized)? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 4. Was there any blinding? | Yes | Yes | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Yes | No | No | Yes | Yes | No | Yes | No |
| 5. Were study groups similar at the start of the RCT? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 6. Were study groups otherwise treated similarly (except intervention)? | Yes | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No | Yes | Yes | Yes |
| 7. Was the precision of the estimate of intervention or treatment effect reported (ie CI, effect size, difference in score) | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 8. Are the results applicable to other sites? | No | No | Yes | Yes | Yes | No | Yes | No | Yes | Yes | Yes | Yes | Yes | Yes | No | Yes | Yes | Yes |
| **Overall Risk of Bias** | **Low** | **Medium** | **Low** | **Low** | **Low** | **Low** | **Low** | **Medium** | **Low** | **Low** | **Low** | **Low** | **Low** | **Low** | **Low** | **Low** | **Low** | **Low** |