

**Supplemental Table 1.** Quality indicators in the ASHA levels-of-evidence scheme (Mullen, 2007).

Indicator	Quality Marker
Study design	<ul style="list-style-type: none"> <li>• <b>Controlled trial</b></li> <li>• Cohort study</li> <li>• Single-subject design or case control study</li> <li>• Cross-sectional study or Case series</li> <li>• Case study</li> </ul>
Blinding	<ul style="list-style-type: none"> <li>• <b>Yes = Assessors blinded</b></li> <li>• No = Assessors not blinded or not stated</li> </ul>
Sampling	<ul style="list-style-type: none"> <li>• <b>Yes = Random sample adequately described</b></li> <li>• No = Random sample inadequately described</li> <li>• No = Convenience sample adequately described</li> <li>• No = Convenience sample inadequately described or hand-picked sample or not stated</li> </ul>
Group/participant comparability	<ul style="list-style-type: none"> <li>• <b>Yes = Groups comparable at baseline on important factors (between-subject design) or subject(s) adequately described (within subject design)</b></li> <li>• No = Groups/subjects not comparable at baseline or comparability not reported or subject(s) not adequately described</li> </ul>
Outcomes	<ul style="list-style-type: none"> <li>• <b>Yes = At least one primary outcome measure is valid and reliable</b></li> <li>• Reasonable = Validity is unknown but appears reasonable; measure is reliable</li> <li>• No = Invalid and/or unreliable</li> </ul>
Significance	<ul style="list-style-type: none"> <li>• <b>Yes = <i>P</i> value reported or calculable</b></li> <li>• No = <i>P</i> value neither reported nor calculable</li> </ul>
Precision	<ul style="list-style-type: none"> <li>• <b>Yes = Effect size and confidence interval reported or calculable</b></li> <li>• No = Effect size or confidence interval, but not both, reported or calculable</li> <li>• No = Neither effect size or confidence interval reported or calculable</li> </ul>
<i>Note.</i> Boldface indicates highest level of quality marker.	