

Supplemental Table S1. Critical appraisal indicator definitions for group studies.

Critical appraisal indicator	Description
Adequacy of protocol description	Ample details about the study procedures were provided, allowing replication of the study protocol.
Blinding of assessors	Information about the groups to which participants were assigned is withheld from the assessors.
Description of the sampling process	A description of how participants were randomly selected from the population of interest is provided.
Randomization to condition/sequence	A description of the randomization to experimental condition or sequence was reported.
Equivalence of groups at pre-test	No significant difference between groups on key pre-test measures was noted.
Treatment fidelity	Authors documented procedures used to ensure that the protocol was delivered as intended.
Reporting of <i>p</i> values	<i>p</i> values relevant to the clinical questions for this evidence-based systematic review (EBSR) were reported or calculable.
Reporting of effect sizes	Effect sizes relevant to the clinical questions for this EBSR were reported or calculable.
Analysis of intention to treat	For randomized controlled trials, intention-to-treat analysis was described, when appropriate.