**Additional File 2.** Description of the 76 meta-analyses

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Name | Condition studied | Intervention in experimental arm | Intervention in the control arm | Outcome | Number of patients Total, median [min-max] | Combined OR [95% CI] | Heterogeneity  I2 (%) |
| Cross AJ, 2020 | Prescribed multiple medication | Mixed educational and behavioral interventions | No added intervention i.e. “usual care” | Adherence | 2517,  120  (4-1340) | 0.48  [0.31;0.75] | 71 |
| Cassan S, 2020 | Sore throat | Corticosteroids | Placebo | Complete resolution of pain at 24h | 851,  77  (57-565) | 0.3 [0.13;0.7] | 67 |
| Reeve E, 2020 | Hypertensive drugs withdrawal | Discontinuation treatment | No added intervention i.e. “usual care” | All cause of mortality | 568,  106  (77-385) | 2.6  [0.86;7.83] | 0 |
| Howes S, 2020 | Smoking cessation | Bupropion | Placebo/no pharmacy control | Smoking cessation | 1785,  251  (47-593) | 0.711.64  [0.53;0.94] | 20 |
| Matkin W, 2019 | Smoking cessation | Telephone counselling | Active comparator | Cessation at longest follow-up | 5930,  290  (40 – 1368) | 0.7  [0.51;0.98] | 65 |
| Livingston-Banks J, 2019 | Smoking cessation | No contact/face to face/ advice | No added intervention i.e. “usual care” | Long term abstinence | 6651,  1253  (397-2465) | 0.9  [0.75;1.09] | 0 |
| Lindson N, 2019 | Smoking cessation | Motivational intervention | Active comparator | Cessation | 1304,  210  (85-536) | 0.95  [0.55;1.65] | 73 |
| Lindson N, 2019 | Smoking cessation | Reduction to quit | Active comparator | Abstinence | 1376,  185  (70-697) | 0.54  [0.26;1.11] | 54 |
| Hartmann‐Boyce J, 2019 | Smoking cessation | Increasing behavioural support | Active comparator | Abstinence at longest follow up | 4586,  376  (64-925) | 0.97 [0.82;1.14] | 0 |
| Guo Q, 2019 | Pediatric antibiotic-associated diarrhea | Probiotics | Active control/placebo/no treatment | Incidence of diarrhea | 4181  112  (15–616) | 0.35  [0.24;0.51] | 58 |
| Kaner EFS, 2018 | Brief alcohol intervention | Brief intervention | Minimal/no intervention | Heavy drinkers at 12 months | 7623  366,5  (64-907) | 0.68  [0.55;0.83] | 73 |
| de Barra M, 2018 | Pharmacist services | Pharmacist intervention | No added intervention i.e. “usual care” | % outside blood pressure range | 3069  228  (55-730) | 0.39  [0.26;0.6] | 85 |
| Rankin A, 2018 | Polypharmacy for older people | Pharmaceutical care | No added intervention i.e. “usual care” | The proportion of patients with one or more potentially inappropriate medications | 2347  265,5  (22-697) | 0.6  [0.31;1.19] | 90 |
| Thomas RE, 2018 | Vaccination in older people | Reminder and recall | No added intervention i.e. “usual care” | Uptake of vaccination against influenza | |  | | --- | | 2639 | | 301 | | (95-900) | |  | | 0.82  [0.51 ;1.32] | 83 |
| Gates A, 2018 | Croup in children | DXM | Active comparator | Return visits or (re)admissions or both by inpatient/outpatient | |  | | --- | | 306 | | 87 | | (86-133) | |  | | 0.32  [0.14;0.74] | 12 |
| Lemiengre MB, 2018 | Rhinosinusitis in adults | Antibiotics | Placebo | Cure | |  | | --- | | 1306 | | 197,5 | | (127-384) | |  | | 0.78  [0.57;1.08] | 44 |
| Lawrenson JG, 2018 | Diabetic retinopathy screening | Any QI intervention | No added intervention i.e. “usual care” | Proportion of participants attending screening | |  | | --- | | 200902 | | 336 | | (72-188169) | |  | | 0.51  [0.41;0.64] | 91 |
| Redmond P, 2018 | Medication reconciliation for improving transition of care | Medication reconciliation | No added intervention i.e. “usual care” | At least 1 medication discrepancy per participant | |  | | --- | | 4312 | | 246 | | (29-851) | |  | | 0.23  [0.12;0.43] | 93 |
| Jacobson Vann JC, 2018 | Recall intervention to improve vaccination | Patient reminder | No added intervention i.e. “usual care” | Immunized | |  | | --- | | 16176 | | 432 | | (112-6106) | |  | | 0.52  [0.41;0.65] | 84 |
| Bridgwood B, 2018 | Stroke prevention | Organisational intervention | No added intervention i.e. “usual care” | Blood pressure target achievement | |  | | --- | | 19554 | | 303 | | (36-17511) | |  | | 0.83  [0.79;0.88] | 0 |
| Hartmann‐Boyce J, 2018 | Smoking cessation | NRT | Placebo/no NRT | Smoking cessation | |  | | --- | | 14582 | | 295 | | (81-1843) | |  | | 0.67  [0.6;0.75] | 0 |
| Bighelli I, 2018 | Panic disorder in adults | SSRIs (antidepressant) | Placebo | Failure to respond | |  | | --- | | 357 | | 56 | | (29-169) | |  | | 0.25  [0.08;0.75] | 74 |
| van den Brand FA, 2017 | Smoking cessation | Full coverage | No added intervention i.e. “usual care” | Abstinence from smoking | |  | | --- | | 338 | | 70 | | (48-220) | |  | | 0.29  [0.11;0.79] | 0 |
| Rice VH, 2017 | Smoking cessation | All nursing intervention | No added intervention i.e. “usual care” | Smoking cessation at longest follow-up | |  | | --- | | 13486 | | 280,5 | | (25-1942) | |  | | 0.71  [0.61;0.82] | 38 |
| Spurling GKP, 2017 | Respiratory infection | Delayed antibiotic | Active comparator | Number of participants with pain on days 3 to 6 | |  | | --- | | 596 | | 212 | | (119-265) | |  | | 1.28  [0.77 ;2.13] | 39 |
| Lenferink A, 2017 | COPD | Self-management | No added intervention i.e. “usual care” | Respiratory-related hospital admissions (number of patients with at least one admission) | |  | | --- | | 2564 | | 172 | | (38-743) | |  | | 0.71 [0.51;098] | 51 |
| Lancaster T, 2017 | Smoking cessation | Counselling | Minimal contact control | Smoking cessation at longest follow-up | |  | | --- | | 2185 | | 163 | | (39-615) | |  | | 0.62  [0.47;0.83] | 0 |
| Stead LF, 2017 | Smoking cessation | Group | Active comparator | Smoking cessation | |  | | --- | | 1379 | | 273 | | (64-1042) | |  | | 0.83  [0.5;1.37] | 0 |
| Schuetz P, 2017 | Acute respiratory tract infections | Procalcitonin algorithm | No added intervention i.e. “usual care” | Mortality | |  | | --- | | 10046 | | 185,5 | | (27-1546) | |  | | 0.89  [0.78;1.01] | 0 |
| Gatheral TL, 2017 | Asthma | PAAP | No added intervention i.e. “usual care” | Number of participants reporting at least 1 exacerbation requiring emergency department visit or hospitalisation. | |  | | --- | | 1260 | | 140 | | (74-906) | |  | | 0.72  [0.47;1.11] | 4 |
| Normansell R, 2017 | Asthma | Electronic trackers or reminders | No added intervention i.e. “usual care” | Exacerbations requiring OCS (people with at least 1) | |  | | --- | | 307 | | 73 | | (26-208) | |  | | 0.86  [0.38;1.95] | 17 |
| Chamberlain C, 2017 | Smoking cessation (pregnant women) | All experimental intervention | No added intervention i.e. “usual care” | Abstinence in late pregnancy | |  | | --- | | 6664 | | 143,5 | | (60-1090) | |  | | 0.59  [0.44;0.8] | 63 |
| Stacey D, 2017 | Decision aids | Decision aid | No added intervention i.e. “usual care” | Accurate risk perceptions | |  | | --- | | 704 | | 204 | | (170-330) | |  | | 0.07  [0.01;0.51] | 90 |
| Schuit E, 2017 | Smoking cessation | Active NRT | Active comparator | Six-Month Abstinence | |  | | --- | | 552 | | 193 | | (58-301) | |  | | 0.9  [0.39;2.08] | 48 |
| van Driel ML, 2016 | Lipid-lowering medication adherence | Intensified | No added intervention i.e. “usual care” | Medication adherence at ≤ 6 months | |  | | --- | | 5988 | | 198 | | (30-4548) | |  | | 0.51  [0.29;0.89] | 82 |
| Linde K, 2016 | Prevention of tension type headache | Acupuncture | Sham comparator | Response | |  | | --- | | 703 | | 132 | | (30-409) | |  | | 0.63  [0.46;-0.85] | 0 |
| Heal CF, 2016 | Preventing surgical site infection | Topical antibiotic | Placebo/no treatment | Surgical site infection | |  | | --- | | 2310 | | 327 | | (92-972) | |  | | 0.46  [0.33;0.65] | 0 |
| Heneghan CJ, 2016 | Self-management of oral anticoagulation | Self-management | No added intervention i.e. “usual care” | Major haemorrhage | |  | | --- | | 2233 | | 317,5 | | (49-737) | |  | | 0.68  [0.42;1.08] | 0 |
| Stead LF, 2016 | Smoking cessation | Combined intervention | Usual care/active control | Cessation at longest follow up | |  | | --- | | 7186 | | 205 | | (64-1207) | |  | | 0.46  [0.36;0.6] | 51 |
| Posadzki P, 2016 | Management of long term conditions | ATSC | Other/no call/usual care | Smoking abstinence | |  | | --- | | 2145 | | 725 | | (397-1023) | |  | | 0.75  [0.57;0.98] | 34 |
| Martineau AR, 2016 | Asthma | Vitamin D | Placebo | People with one or more exacerbations requiring systemic corticosteroids | |  | | --- | | 933 | | 89 | | (22-408) | |  | | 0.76  [0.52;1.13] | 0 |
| Petsky HL, 2016 | Asthma | FeNO strategy | No added intervention i.e. “usual care” | Number of participants who had ≥ 1 exacerbations over study period | |  | | --- | | 911 | | 200,5 | | (118-392) | | 0.54  [0.4;0.73] | 0 |
| Kew KM, 2016 | Asthma | Telemonitoring + feedback | No added intervention i.e. “usual care” | Exacerbations requiring hospital admission | |  | | --- | | 795 | | 78 | | (44-281) | |  | | 0.57  [0.23;1.43] | 26 |
| Venekamp RP, 2015 | Acute otitis media in children | ATB | Placebo | Pain | |  | | --- | | 947 | | 232,5 | | (165-317) | |  | | 0.92  [0.45;1.87] | 57 |
| Reilly S, 2015 | People with dementia | Case management | No added intervention i.e. “usual care” | Institutionalised | |  | | --- | | 317 | | 102 | | (81-134) | |  | | 2.49  [0.66;9.49] | 0 |
| |  | | --- | | **Hilton MP, 2014** | |  | |  | |  | | Benign paroxysmal positional vertigo | Epley | Placebo | Complete resolution of vertigo symptoms | |  | | --- | | 273 | | 50 | | 33 | | (79-273) | |  | | 0.2  [0.07;0.57] | 71 |
| Zwerink M, 2014 | COPD | Self-management | No added intervention i.e. “usual care” | Respiratory-related hospital admissions | |  | | --- | | 189 | | 75 | | (38-76) | |  | | 0.99  [0.36;2.73] | 0 |
| Purgato M, 2014 | Depression | Paroxetine | Active comparator | Failure to respond at endpoint | |  | | --- | | 1093 | | 90 | | (40-217) | |  | | 1.03  [0.81;1.31] | 0 |
| Venekamp RP, 2014 | Acute sinusitis | Oral corticosteroids | Placebo/active comparator | Proportion of patients with resolution or improved symptoms | |  | | --- | | 1043 | | 203 | | (42-417) | |  | | 0.48  [0.3;0.78] | 66 |
| Stead LF, 2013 | Smoking cessation | Physician advice | No added intervention i.e. “usual care” | smoking cessation at longest follow up | |  | | --- | | 11870 | | 530 | | (191-3128) | |  | | 0.5  [0.36;0.68] | 51 |
| Kenealy T, 2013 | Common cold and acute purulent rhinitis | Antibiotic | Placebo | Persisting symptoms 1 to 7 days | |  | | --- | | 637 | | 261 | | (88-288) | |  | | 2.16  [0.51;9.09] | 83 |
| Gurol‐Urganci I, 2013 | Attendance at healthcare appointments | SMS reminders | No added intervention i.e. “usual care” | Attendance rate at healthcare appointments | |  | | --- | | 3609 | | 664 | | (415-1234) | |  | | 0.69  [0.56;0.84] | 33 |
| Timmer A, 2013 | Acute respiratory tract infections | p. sidoides | Placebo | Failure to resolve key symptom by day seven: sputum | |  | | --- | | 746 | | 135 | | (124-217) | |  | | 0.37  [0.26;0.54] | 15 |
| Dennis CL, 2013 | Post-partum depression | All psychosocial and psychological interventions | No added intervention i.e. “usual care” | Depressive symptomatology at final study assessment | |  | | --- | | 5378 | | 353 | | (103-1401) | |  | | 0.62  [0.42;0.92] | 79 |
| Magni LR, 2013 | Depression | Fluoxetine | Active comparator | Failure to respond | |  | | --- | | 446 | | 84 | | (26-157) | |  | | 1.09 [0.62;1.9] | 44 |
| Koning S, 2012 | Impetigo | Topical antibiotic | Placebo | Cure/improvement | |  | | --- | | 293 | | 102 | | (35-156) | |  | | 0.15  [0.09;0.26] | 0 |
| Gillespie LD, 2012 | Prevention of falls in older people | Multifactorial intervention | No added intervention i.e. “usual care” | Number of fallers | |  | | --- | | 2890 | | 272,5 | | (92-650) | |  | | 0.94  [0.67;1.32] | 69 |
| Sheikh A, 2012 | Acute bacterial conjunctivitis | Antibiotic | Placebo | Microbiological remission | |  | | --- | | 443 | | 143 | | (50-250) | |  | | 0.41  [0.21;0.8] | 55 |
| De Sutter AIM, 2012 | Common cold | Antihistamine-decongestant | Placebo/active comparator | Global evaluation | |  | | --- | | 403 | | 116 | | (83-204) | |  | | 3.41  [1.35;8.6] | 76 |
| Leucht C, 2012 | Major depressive disorder | Amitriptyline | Placebo | Response | |  | | --- | | 251 | | 47 | | (20-100) | |  | | 0.28  [0.16;0.5] | 0 |
| Kwok CS, 2012 | Cutaneous warts | Topical salicylic acid | Placebo/no treatment | Cure rate all studies all sites | |  | | --- | | 486 | | 56,5 | | (20-164) | |  | | 0.35  [0.22;0.54] | 4 |
| Edmonds ML, 2012 | Asthma | ICS | Active comparator | Asthma relapse | |  | | --- | | 684 | | 129,5 | | (22-403) | |  | | 1  [0.66;1.52] | 0 |
| Ruepert L, 2011 | Irritation bowel syndrome | Antidepressant | Placebo | successfully treated patients with IBS | |  | | --- | | 870 | | 103 | | (68-233) | |  | | 0.2  [0.09;0.47] | 62 |
| Watanabe N, 2011 | Depression | Mirtazapine | Active comparator | Response at the end of the acute phase treatment | |  | | --- | | 1226 | | 197 | | (40-251) | |  | | 0.91 [0.72;1.14] | 0 |
| Everett T, 2011 | Cervical screening | Invitation | No added intervention i.e. “usual care” | Uptake of screening | |  | | --- | | 3004 | | 354 | | (196-1794) | | 1794 | | 0.54  [0.44;0.67] | 0 |
| Cahill K, 2010 | Smoking cessation | Any staged intervention | No added intervention i.e. “usual care” | Abstinence at longest follow up | |  | | --- | | 2629 | | 518,5 | | (93-1499) | |  | | 0.48  [0.26;0.89] | 53 |
| Omori IM, 2010 | Depression | Fluvoxamine | Active comparator | Response (acute phase) | |  | | --- | | 345 | | 63,5 | | (23-86) | |  | | 0.88  [0.55;1.39] | 0 |
| Kilburn SA, 2010 | Cellulitis and erysipelas | Newer cephalosporin | Active comparator | Symptom free/reduced at the end of treatment | |  | | --- | | 153 | | 45 | | (34-74) | |  | | 1.22  [0.37;3.99] | 0 |
| Linde K, 2008 | Depression | Hypericum | Placebo | Responder | |  | | --- | | 338 | | 97 | | (88-153) | |  | | 0.47  [0.29;0.74] | 0 |
| Hunot V, 2007 | Generalised anxiety disorders | Psychological therapies | No added intervention i.e. “usual care” | Clinical response at post-treatment | |  | | --- | | 159 | | 49 | | (30-80) | |  | | 5.47  [2.36;12.68] | 0 |
| Guaiana G, 2007 | Depression | Amitriptyline | Active comparator | Responders (ITT) | |  | | --- | | 2050 | | 48 | | (14-365) | |  | | 0.77  [0.6;1] | 31 |
| Gilbody S, 2005 | Depression | Management of depression following feedback | No added intervention i.e. “usual care” | Any intervention for depression | |  | | --- | | 1208 | | 221 | | (88-454) | |  | | 0.58  [0.25;1.33] | 89 |
| Furukawa TA, 2003 | Depression | Low dosage TCA | Placebo | Depression improved | |  | | --- | | 151 | | 37,5 | | (22-54) | |  | | 0.66  [0.33;1.3] | 0 |
| van Tulder MW, 2003 | Low back pain | Muscle relaxant (non BZD) | Placebo | Pain | |  | | --- | | 254 | | 108 | | (30-116) | |  | | 0.51  [0.13;2.05] | 61 |
| Gibson PG, 2002 | Asthma | Self-management | No added intervention i.e. “usual care” | ER Visits | |  | | --- | | 1551 | | 211 | | (56-593) | |  | | 0.95  [0.71;1.26] | 0 |
| DiGuiseppi C, 2001 | Smoking cessation | Smoke alarm | No added intervention i.e. “usual care” | Final smoke alarm ownership | |  | | --- | | 1783 | | 358 | | (123-944) | |  | | 0.82  [0.38;1.79] | 68 |