Additional File 2: Completed quality-scoring table (EL)

Study	Study population characteristics/size /recruitment (appropriate?)	Specifically adapted intervention?	Random-isation?	Blinding?	Comparator group?	Validated outcome measure?	Follow-up?	Clear findings with appropriate analysis?	Total Score
Danaher 2013	0	1	0	0	0	1	1	0	3
Kersting 2013	0	1	1	0	1	1	1	1	6
O`Mahen 2013	1	1	1	0	1	1	0	1	6
O`Mahen 2014	1	1	1	0	1	1	1	1	7

Each paper was given a score out of 8 as evaluated by 2 independent researchers. '1' means 'yes' and that the paper satisfies that criterion and '0' means 'no', that the paper has not. The total score is the total number of criteria satisfied. A score of 1-3 means the paper is of poor quality, 4-6 is of intermediate quality and a score of 7-8 denotes a paper of good quality

Additional file 2: Completed quality-scoring table (KH)

Study	Study population characteristics/size /recruitment (appropriate?)	Specifically adapted intervention?	Random-isation?	Blinding?	Comparator group?	Validated outcome measure?	Follow-up?	Clear findings with appropriate analysis?	Total Score
Danaher 2013	1	0	0	0	0	1	0	1	**3**
Kersting 2013	0	1	1	0	1	1	1	1	**6**
O`Mahen 2013	0	1	1	0	1	1	1	1	**6**
O`Mahen 2014	1	1	1	0	1	1	1	1	**7**

Each paper was given a score out of 8 as evaluated by 2 independent researchers. '1' means 'yes' and that the paper satisfies that criterion and '0' means 'no', that the paper has not. The total score is the total number of criteria satisfied. A score of 1-3 means the paper is of poor quality, 4-6 is of intermediate quality and a score of 7-8 denotes a paper of good quality