

SUPPLEMENTARY TABLE 1. QualSyst

	Conkrig ht et al.	Hamarslan d et al.	Santos et al.	Szivak et al.	Henning et al.	Nindl et al.	Gunga et al.	Opstad, 1994	Opstad, 1982	Kyröläin en et al.	Vikmoen et al.	Mourtakos et al.
Question/objective sufficiently described?	2	2	1	2	1	2	1	2	1	2	2	1
Study design evident/appropriate?	1	1	1	1	1	1	2	1	1	2	1	1
Method of subject selection described and appropriate?	1	1	1	1	1	2	1	1	1	2	2	1
Subject characteristics sufficiently described?	2	1	2	1	2	2	2	1	2	1	2	1
Random allocation possible/described?	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0	N/A	N/A	N/A
Blinding of intervention and investigators possible/described?	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Blinding of intervention and subjects possible/described?	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Outcome measures well defined and robust to measurement/misclassification bias? Means of assessments	2	1	1	1	2	1	1	1	1	1	1	1
Sample size appropriate?	1	1	2	1	1	1	2	1	1	1	1	1
Analytic methods described/justified and appropriate?	2	1	2	2	2	2	2	1	1	2	1	1
Some estimate of variance reported for main results?	0	0	0	0	2	0	0	2	1	0	1	0
Controlled for confounding?	0	0	0	0	0	0	0	0	0	0	0	0
Results reported in sufficient detail?	2	2	2	1	2	1	1	2	1	1	2	1
Conclusions supported by results?	1	1	2	1	1	0	1	2	2	2	2	2
Total	14/22	11/22	14/22	11/22	15/22	12/22	14/22	14/22	12/24	14/22	15/22	10/22
Rating	Mod	Weak	Mod	Weak	Mod	Weak	Mod	Mod	Weak	Mod	Mod	Weak