

# Supplemental Materials

## Modified Cochrane Risk-of-Bias (RoB) 1.0 Tool

Each multiple-question was posed (response options: Yes, No, Partially Yes, Partially No, Not Indicated, Not Applicable), followed by a free-response question to provide additional details/quality assessment notes. Questions were added to address study funding and cross-over design.

1. Was randomization carried out appropriately?
2. Was the concealment of treatment allocation adequate?
3. Were the participants and care providers blind to treatment allocation?
4. Were the outcome assessors blind to treatment allocation?
5. Were the groups similar at the outset of the study in terms of prognostic factors?
6. Were there any unexpected imbalances in dropouts between groups?
7. Is there any evidence to suggest that the authors measured more outcomes than they reported?
8. Did the analysis use an intention-to-treat analysis? If so, was this appropriate and were appropriate methods used to account for missing data?
9. How was the study funded?
10. Is the cross-over design appropriate?

## Formulas

**Precision** = (true positives) / (true positives + false positives)

**Recall** = (true positives) / (true positives + false negatives)

**F1** = 2 x (precision x recall) / (precision + recall)