

| Topic                  | Number | Description  | Code                                 |
|------------------------|--------|--|--------------------------------------|
| Structure              | 1      | Is the abstract structured (s) or unstructured (u)?  | s or u                               |
| Title                  | 2      | Does the title have the words: "Systematic review," "Meta-analysis," or both?  | sr, ma, both, or no                  |
| Objective              | 3      | Is an objective given for the research question including components such as <b>P</b> articipants (p), <b>I</b> nterventions (i), <b>C</b> omparators (c), and <b>O</b> utcomes given (differentiate between <b>Clinical Outcome</b> (co) and/or <b>Non-Clinical Outcome</b> (nco)?  | p, i, c, co, and/or nco              |
| Eligibility            | 4      | Was eligibility criteria given for the studies included, including components such <b>P</b> articipants (p), <b>I</b> nterventions (i), <b>C</b> omparative group (c), <b>O</b> utcome (o), <b>S</b> tudy Design (s), <b>L</b> anguage (lang), and <b>P</b> ublication status (pub)? | p, i, c, o, s, lang, and/or pub      |
| Databases              | 5      | Were key databases searched listed (i.e. PUBMED, EMBASE, etc.)?  | yes or no                            |
| Dates                  | 6      | Were search dates given?   | yes or no                            |
| Specific Mention       | 7      | Was there <b>specific</b> mention of words assessing risk of bias (i.e. "methodological quality" or "study quality" and/or "risk of bias")?  | None=0, quality=1, bias=2, or both=3 |
| Number of Studies      | 8      | Was the number of included studies given?  | yes or no                            |
| Number of Participants | 9      | Was the number of participants given?  | yes or no                            |
| Main Results           | 10     | Were any results for <b>MAIN</b> outcomes given (i.e. benefits or harms described)?  | yes or no                            |
| Any Results            | 11     | Were <b>ANY</b> results listed for <b>ANY</b> outcome (i.e. effect size and/or confidence intervals)?  | effect, both, or no                  |
| Descriptive Words      | 12     | Was a descriptive word used to describe the results (ex. lower, fewer, reduced, greater, as compared to, associated, significant, no difference, equally, inverse association)?  | yes or no                            |
| Units                  | 13     | Were descriptive numbers given for the results in familiar units (i.e. percentages, days, kg, 2-fold increase)?  | yes or no                            |
| Strengths/Limitations  | 14     | Was a brief mention of the strengths or limitations of evidence given (i.e. inconsistency, imprecision, indirectness, risk of bias, limit in data collection, first international comparison, retrospective studies)?  | yes or no                            |
| Interpretation         | 15     | Was a general interpretation of the results given?   | yes or no                            |
| Implication            | 16     | Were general implications of the study discussed/included?   | yes or no                            |
| Funding                | 17     | Was a funding source given? (Enter "yes" if the abstract lists funding as "none.")   | yes or no                            |
| Registration Number    | 18     | Was a registration number or name given?   | yes or no                            |