Study rigor assessed using the Evidence Project Risk of Bias Tool

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|  | Study design | | | Participant representativeness | | | Equivalence of comparison groups | |
| Author *et al.*, Year | Cohort | Control or comparison group | Pre/post intervention data | Random assignment of participants to the intervention | Random selection of participants for assessment | Follow-up rate of 80% or more | Comparison groups equivalent on sociodemographics | Comparison groups equivalent at baseline on outcome measures |
| Answer options | Yes, No | Yes, No | Yes, No | Yes, No, NA | Yes, No | Yes, No, NA, NR | Yes, No, NA, NR | Yes, No, NA, NR |