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Supplementary Figure 1 Risk of bias figures for included RCT studies

Study	Risk of bias domains					Overall
	D1	D2	D3	D4	D5	
Chambers 2013	+	+	-	-	-	-
Chambers 2015	+	+	+	-	+	-
DuHamel 2016	-	-	+	-	-	-
Karlsen 2021	+	+	+	+	+	+
Lepore 2003	+	+	+	+	-	-
Li 2016	-	-	+	+	-	-
Mohammadi 2022	+	+	+	+	+	+
Penedo 2007	+	+	+	+	-	-
Robertson 2016	-	+	+	+	+	-
Schofield 2020	+	+	+	+	+	+
Schover 2012	-	-	+	+	-	-
Skolarus 2019	-	+	+	+	+	-
Wittman 2022	+	+	-	+	-	-

Domains:
D1: Bias arising from the randomization process.
D2: Bias due to deviations from intended intervention.
D3: Bias due to missing outcome data.
D4: Bias in measurement of the outcome.
D5: Bias in selection of the reported result.

Judgement
- Some concerns
+ Low