SIGN Checklist for Clinical Trials	Pollack 2006/2013	Norkus 2013	Marzi 2009	Arcangeli 2011/2017	Dearnaley 2012/2016	Hoffman 2013	Aluwini 2015/2016	Lee 2016	Catton 2017
Section 1: Internal Validity 1.1 The study addresses an appropriate and clearly focused question.	Y	Y	Y	Y	Y	Y	Y	Y	Y
1.2 The assignment of subjects to treatment groups is randomised.	Y	Y	Y	Y	Y	Y	Y	Y	Y
1.3 An adequate concealment method is used.		No	No	No	No	No	No	No	No
1.4 The design keeps subjects and investigators 'blind' about treatment allocation.	No	No	No	No	No	No	No	No	No
1.5 The treatment and control groups are similar at the start of the trial.	Y	Y	Υ	Y	Υ	Y	Y	Y	Y

1.6 The only difference between groups is the treatment under investigation.	Y	Y	Y	Y	Y	Y	Y	Y	Y
1.7 All relevant outcomes are measured in a standard, valid and reliable way.	Y	Y	Y	Y	Y	Y	Y	Y	Y
1.8 What percentage of the individuals or clusters recruited into each treatment arm of the study dropped out before the study was completed?	0,00%	9,70%	29,60%	0,00%	11,60%	8,60%	3,20%	6,00%	7,30%
1.9 All the subjects are analysed in the groups to which they were randomly allocated (often referred to as intention to treat analysis).	Y	Y	Y	Y	Y	Y	Y	Y	Y
1.10 Where the study is carried out at more than one site, results are comparable for all sites.	Does Not Apply	Does Not Apply	Does Not Apply	Does Not Apply	Can't Say	Does Not Apply	Can't Say	Can't Say	Can't Say
Section 2: Overrall Assessment of the Study 2.1 How well was the study done to minimise bias?	++	++	++	++	++	++	++	++	++

2.2 Taking into account clinical considerations, your evaluation of the methodology used, and the statistical power of the study, are you certain that the overall effect is due to the study intervention?	Y	Y	Y	Y	Y	Y	Y	Y	Y
2.3 Are the results of this study directly applicable to the patient group targeted by this guideline?	Y	Y	Y	Y	Y	Y	Y	Υ	Y
2.4 Notes. Summarise the authors' conclusions. Add any comments on your own assessment of the study, and the extent to which it answers your question and mention any areas of uncertainty raised above.	None								

Appendix 1. SIGN Checklist for comparative studies and controlled trials