

Appendix 6: Assessment of risk of bias

Author	Type of study	Compliance, %	Sequence generation	Allocation concealment	Blinding of assessors, patients	Incomplete outcome data addressed	Free of selective reporting	Free of other bias	Overall
Christian ¹	Cluster RCT	88	Yes	Yes	Yes	Yes	Yes	Yes	Low
Fawzi ²	RCT	91	Unclear	Unclear	Yes	Yes	Yes	Yes	Low
Fawzi ³	RCT	88	Unclear	Unclear	Yes	Yes	Yes	Yes	Low
Friis ⁴	RCT	80	Yes	Yes	Yes	Yes	Yes	Yes	None
Gupta ⁵	RCT	85–87	Yes	Yes	Yes	Yes	Yes	Yes	None
Hininger ⁶	RCT	> 80	Yes	Unclear	Yes	Yes	Yes	Yes	Low
Kaestel ⁷	RCT	76	Yes	Unclear	Yes	Yes	Yes	Yes	Low
Osrin ⁸	RCT	98	Yes	Yes	Yes	Yes	Yes	Yes	None
Ramakrishnan ⁹	RCT	94	Yes	Yes	Yes	Yes	Yes	Yes	None
Roberfroid ¹⁰	2 x 2 factorial RCT	Direct observed intake	Yes	Yes	Yes	Yes	Yes	Yes	None
Shankar ¹¹	Cluster RCT	84–85	Yes	Yes	Yes	Yes	Yes	Yes	Low
Zagre ¹²	Cluster RCT	78–79	Yes	Unclear	Yes	Yes	Yes	Yes	Low
Zeng ¹³	Cluster RCT	92–93	Yes	Yes	Yes	Yes	Yes	Yes	No

Note: RCT = randomized controlled trial.

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