

**TABLE S1. NIH QUALITY ASSESSMENT FOR PRE AND POST STUDIES**

<b>Q. The National Institutes of Health (NIH) quality assessment tool for before-after (Pre-Post) study with no control group</b>											
Major Components	Anderson (2018)(7)	Spiliopoulos(8)	Vowinkel(9)	Pope(12)	Zanini (14)	Azizkhan(15)	Anderson(19)	Gollu (20)	Castillo(21)	De Angelis(22)	Mavili(23)
1. Was the study question or objective clearly stated?	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y
2. Were eligibility/selection criteria for the study population prespecified and clearly described?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
3. Were the participants in the study representative of those who would be eligible for the test/service/intervention in the general or clinical population of interest?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
4. Were all eligible participants that met the prespecified entry criteria enrolled?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
5. Was the sample size sufficiently large to provide confidence in the findings?	Y	Y	N	Y	N	Y	Y	N	Y	Y	Y
6. Was the test/service/intervention clearly described and delivered consistently across the study population?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
7. Were the outcome measures prespecified, clearly defined, valid, reliable, and assessed consistently across all study participants?	Y	Y	Y	Y	Y	N	Y	Y	N	N	N
8. Were the people assessing the outcomes blinded to the participants' exposures/interventions?	N	N	N	N	N	N	N	N	N	N	N

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9. Was the loss to follow-up after baseline 20% or less? Were those lost to follow-up accounted for in the analysis?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
10. Did the statistical methods examine changes in outcome measures from before to after the intervention? Were statistical tests done that provided p values for the pre-to-post changes?	Y	Y	N	Y	Y	N	Y	N	N	N	N
11. Were outcome measures of interest taken multiple times before the intervention and multiple times after the intervention (i.e., did they use an interrupted time-series design)?	N	N	N	Y	Y	N	Y	N	Y	N	Y
12. If the intervention was conducted at a group level (e.g., a whole hospital, a community, etc.) did the statistical analysis take into account the use of individual-level data to determine effects at the group level?	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<i>Risk of bias rating</i>	low	low	moderate	low	low	moderate	low	moderate	moderate	moderate	moderate