

Y. Bai 2016	M. Ye 2017	Liu 2018	Jiang 2019	
+	+	+	+	1. Was the study question or objective clearly stated?
+	+	+	+	2. Were eligibility/selection criteria for the study population prespecified and clearly described?
+	+	+	+	3. Were the participants in the study representative of those who would be eligible for the intervention in the clinical population of interest?
+	+	+	+	4. Were all eligible participants that met the prespecified entry criteria enrolled?
-	-	+	-	5. Was the sample size sufficiently large to provide confidence in the findings?
+	+	+	+	6. Was the intervention clearly described and delivered consistently across the study population? Selective outcome reporting (reporting bias)
+	+	+	+	7. Were the outcome measures prespecified, clearly defined, valid, reliable, and assessed consistently across all study participants?
-	-	-	-	8. Were the people assessing the outcomes blinded to the participants' interventions?
				9. Was the loss to follow-up after baseline 20% or less?
				10. Were statistical tests done that provided p values for the pre-to-post changes?
				11. Did they use an interrupted time-series design?
-	-	-	-	12. If the intervention was conducted at a group level?