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Lampiran 1: Strategi pencarian pada database elektronik

f. Pencarian di Pubmed

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Improving hand hygiene adherence in healthcare workers before patient contact: A multimodal intervention in four tertiary care hospitals in Japan	Saitoh, A., Sato, K., Magara, Y., (), Ratz, D., Saint, S.	2020	Journal of Hospital Medicine	
Improving hand hygiene compliance in nursing homes: Protocol for a cluster randomized controlled trial (HANDSOME Study)	Teesing, G.R., Erasmus, V., Petrignani, M., (), Richardus, J.H., Voeten, H.A.C.M.	2020	Journal of Medical Internet Research	
Hand antisepsis without decreasing efficacy by shortening the rub-in time of alcohol, based base	Harnoss, J.C., Dancer, S.J., Kaden, C.F., (), Dittot D. Kramer A	2020	Journal of Hospital Infection	

i. Pencarian di Science Direct

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Lampiran 2: Prisma Checcklist



PRISMA 2009 Checklist

Section/topic	#	Checklist item	Reported on page #
TITLE			
Title	1	Identify the report as a systematic review, meta-analysis, or both.	
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known.	
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I ²) for each meta-analysis.	

Page 1 of 2



PRISMA 2009 Checklist

Section/topic	#	Checklist item	Reported on page #
Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	
RESULTS			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome: consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	

From: Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(7): e1000097. doi:10.1371/journal.pmed1000097

For more information, visit: www.prisma-statement.org.

Page 2 of 2

Lampiran 3: Lampiran 2: Tools Penilaian Kualitas Artikel

k.	Instrumen CASP dengan studi cohort

CNSP	0 www.casp-uk.net
Itcal Appraisal Skills Programme	Summertown Pavilion, Midd Way Oxford 0X2 7LG
CASP Checklist: 1.1 questions to help you	make sense of a Cohort Study
How to use this appraisal tool: Three bro cohort study:	ad issues need to be considered when appraising a
N Are the results of the study of	142 Rosting Al
What are the results?	(Section B)
Will the results help locally?	(Section C)
can t terr to most of the questions. A n question. These are designed to remind- reasons for your answers in the spaces p About: These checklists were designed to workshop setting, therefore we do not s (randomised controlled trial & systemati- medical literature 1994 (adapted from G health care practitioners.	umber of italicised prompts are given after each you why the question is important. Record your novided, o be used as educational pedagogic tools, as part of a uggest a scoring system. The core CASP checklists ic review) were based on JAMA 'Users' guides to the ruyatt GH, Sackett DL, and Cook DI), and piloted with
For each new checklist, a group of exper and the workshop format with which it v have been made to the format, but a rec format continues to be useful and appro	ts were assembled to develop and pilot the checklist yould be used. Over the years overall adjustments cent survey of checklist users reiterated that the basic priate.
Referencing: we recommend using the H Programme (2018). CASP (Insert name of Available at: URL Accessed: Date Access	arvard style citation, i.e.: Critical Appraisal Skills f checklist i.e. Cohort Study] Checklist. [online] sed.
©CASP this work is licensed under the O Share A like. To view a copy of this licens sa/3.0/ www.casp-uk.net	reative Commons Attribution – Non-Commercial- e, visit <u>http://creativecommons.org/licenses/by-nc-</u>

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Section A: Are the results of the stu	dy valid?	
 Did the study address a clearly focused issue? 	Yes Can't Tell No	HINT: A question can be 'focu in term • the population stu • the risk factors stu • is it clear whether the study trie detect a beneficial or harmful et • the outcomes conside
Comments:		
2. Was the cohort recruited in	Yes	HINT: Look for selection bias which n
an acceptable way?	Can't Tell No	compromise the generalisability of find • was the cohort representative defined populi • was there something special about co
Comments:		have b
is it worth continuing?		

CNSP toof Appreisel Skills Programme		
3. Was the exposure accurately measured to minimise bias?	Yes Can't Tell No	HINT: Look for measurement or classification bias: • did they use subjective or objective measurements • do the measurements truly reflect what you want them to (have they been validated) • were all the subjects classified into exposure groups using the same procedure
Comments:		
4. Was the outcome accurately measured to minimise bias?	Yes Can't Tell No	HINT: Look for measurement or classification bias: • did they use subjective or objective measurements • do the measurements truly reflect what you want them to (have they been validated) • has a reliable system been established for detecting all the cases (for measuring disease occurrence) • were the measurement methods similar in the different groups • were the subjects and/or the outcome assessor blinded to exposure (does this matter)
Comments:		





Comments:

Section B: What are the results?

7. What are the results of this study?

HINT: Consider • what are the bottom line results • have they reported the rate or the proportion between the exposed/unexposed, the ratio/rate difference • how strong is the association between exposure and outcome (RR) • what is the absolute risk reduction (ARR)

Comments:

 look for the range of the confidence intervals, if given

Comments:

8. How precise are the results?

5

9. Do you believe the results?	Yes	HINT: Consider
	Can't Tell No	 big effect is hard to ignore can it be due to bias, chance or confounding are the design and methods of this study sufficiently flawed to make the results unreliable Bradford Hills criteria (e.g. time sequence, dose-response gradient, biological alaws/bible.constituted
Comments:		6 L
Section C: Will the results help local	V?	
10. Can the results be applied to the local population?	Yes Can't Tell No	HINT: Consider whether • a cohort study was the appropriate method to answer this question • the subjects covered in this study could be sufficiently different from your population to cause concern • your local setting is likely to differ much from that of the study • you can quantify the local benefits and harms
Comments:		
 Do the results of this study fit with other available evidence? 	Yes Can't Tell No	

12. What are the implications of	Ves	HINT: Consider
this study for practice?		 one observational study rarely
	Can't Tell	provides sufficiently robust evidence to recommend changes
		to clinical practice or within health
	No	policy decision making for contain questions
		observational studies provide the
		only evidence
		 recommendations from observational studies are always
		stronger when supported by other
		evidence

1. Critical Appraisal tools Checklist for Quasi-Experimental Studies



JBI Critical Appraisal Checklist for Quasi-Experimental Studies (non-randomized experimental studies)

iewerDate					
hor Year			Record Nu	imber	
	Yes	No	Unclear	Not applicable	
Is it clear in the study what is the 'cause' and what is the 'effect' (Le. there is no confusion about which variable comes first)?					
Were the participants included in any comparisons similar?					
Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?					
Was there a control group?					
Were there multiple measurements of the outcome both pre and post the intervention/exposure?					
Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?					
Were the outcomes of participants included in any comparisons measured in the same way?					
Were outcomes measured in a reliable way?					
Was appropriate statistical analysis used?					
Overall appraisal: Include Exclude Seek further info					
	iewerDate	iewerDate	iewerDate	iewerDate	

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Critical Appraisal Checklist 3 for Quasi-Experimental Studies

Johns Hopkins Nursing Evidence-Based Practice Appendix C: Evidence Level and Quality Guide

Evidence Levels	Quality Guides
Level I Experimental study, randomized controlled trial (RCT) Systematic review of RCTs, with or without meta-analysis	A <u>High quality</u> : Consistent, generalizable results; sufficient sample size for the study design; adequate control; definitive conclusions; consistent recommendations based on comprehensive literature review that includes thorough reference to scientific evidence
Level II Quasi-experimental study Systematic review of a combination of RCTs and quasi- experimental, or quasi-experimental studies only, with or without meta-analysis	B <u>Good quality:</u> Reasonably consistent results; sufficient sample size for the study design; some control, fairly definitive conclusions; reasonably consistent recommendations based on fairly comprehensive literature review that includes some reference to scientific evidence
Level III Non-experimental study Systematic review of a combination of RCTs, quasi-experimental and non-experimental studies, or non-experimental studies only, with or without meta-analysis Qualitative study or systematic review with or without a meta- synthesis	C Low quality or major flaws: Little evidence with inconsistent results; insufficient sample size for the study design; conclusions cannot be drawn

Johns Hopkins Nursing Evidence-Based Practice Appendix C: Evidence Level and Quality Guide

Evidence Levels	Quality Guides
Level IV Opinion of respected authorities and/or nationally recognized expert committees/consensus panels based on scientific evidence Includes: • Clinical practice guidelines • Consensus panels	 A <u>High quality</u>: Material officially sponsored by a professional, public, private organization, or government agency; documentation of a systematic literature search strategy; consistent results with sufficient numbers of well-designed studies; criteria-based evaluation of overall scientific strength and quality of included studies and definitive conclusions; national expertise is clearly evident; developed or revised within the last 5 years B <u>Good quality</u>: Material officially sponsored by a professional, public, private organization, or government agency; reasonably thorough and appropriate systematic literature search strategy; reasonably consistent results, sufficient numbers of well-designed studies; evaluation of strengths and limitations of included studies with fairly definitive conclusions; national expertise is clearly evident; developed or revised within the last 5 years C Low quality or major flaws; Material not sponsored by an official organization or agency; undefined, poorly defined, or limited literature search strategy; no evaluation of strengths and limitations of included studies, insufficient evidence with inconsistent results, conclusions cannot be drawn; not revised within the last 5 years

Johns Hopkins Nursing Evidence-Based Practice Appendix C: Evidence Level and Quality Guide

Level V Based on experiential and non-research evidence	Organizational Experience:
Includes: • Literature reviews • Quality improvement, program or financial evaluation	A <u>High quality</u> : Clear aims and objectives; consistent results across multiple settings; formal quality improvement, financial or program evaluation methods used; definitive conclusions; consistent recommendations with thorough reference to scientific evidence
 Case reports Opinion of nationally recognized experts(s) based on experiential evidence 	B <u>Good quality</u> : Clear aims and objectives; consistent results in a single setting; formal quality improvement or financial or program evaluation methods used; reasonably consistent recommendations with some reference to scientific evidence
	C Low quality or major flaws: Unclear or missing aims and objectives; inconsistent results; poorly defined quality improvement, financial or program evaluation methods; recommendations cannot be made
	Literature Review, Expert Opinion, Case Report, Community Standard, Clinician Experience, Consumer Preference:
	A <u>High quality:</u> Expertise is clearly evident; draws definitive conclusions; provides scientific rationale; thought leader(s) in the field
	B <u>Good quality</u> : Expertise appears to be credible; draws fairly definitive conclusions; provides logical argument for opinions
	C Low quality or major flaws: Expertise is not discernable or is dubious; conclusions cannot be drawn

Lampiran 5: Instrumen Risiko Bias

B. The Risk Of Bias In Non-randomised Studies - of Interventions (ROBINS-I) tool						
Website: https://www.riskofbias.info/						
Major Components	Response options					
Part 1: Bias due to confounding						
1.1 Is there potential for confounding of the effect of intervention in this study?	Yes/ Probably	No/ Probably No				
If No/ Probably No to 1.1: the study can be considered to be at low risk of bias due to	Yes					
confounding and no further signalling questions need be considered						
If Yes/ Probably Yes to 1.1: determine whether there is a need to assess time-varying						
confounding:						
1.2. Was the analysis based on splitting participants' follow up time according to intervention	Yes/ Probably	No/ Probably No	No Information	Not Applicable		
received?	Yes					
If No/ Probably No, answer questions relating to baseline confounding (1.4 to 1.6)						
If Yes/ Probably Yes, go to question 1.3.						
1.3. Were intervention discontinuations or switches likely to be related to factors that are	Yes/ Probably	No/ Probably No	No Information	Not Applicable		
prognostic for the outcome?	Yes					
If No/ Probably No, answer questions relating to baseline confounding (1.4 to 1.6)						
If Yes/ Probably Yes, answer questions relating to both baseline and time-varying						
confounding (1.7 and 1.8)						
Questions relating to baseline confounding only (1.4 to 1.6)		L		•		
1.4. Did the authors use an appropriate analysis method that controlled for all the important	Yes/ Probably	No/ Probably No	No Information	Not Applicable		
confounding domains?	Yes					
1.5. If Yes/ Probably Yes to 1.4: Were confounding domains that were controlled for	Yes/ Probably	No/ Probably No	No Information	Not Applicable		
measured validly and reliably by the variables available in this study?	Yes					

1.6. Did the authors control for any post-intervention variables that could have been affected	Yes/ Probably	No/ Probably No	No Information	Not Applicable
by the intervention?	Yes			
Questions relating to baseline and time-varying confounding (1.7to 1.8)	1			•
1.7. Did the authors use an appropriate analysis method that controlled for all the important	Yes/ Probably	No/ Probably No	No Information	Not Applicable
confounding domains and for time-varying confounding?	Yes			
1.8. If Yes/ Probably Yes to 1.7: Were confounding domains that were controlled for	Yes/ Probably	No/ Probably No	No Information	Not Applicable
measured validly and reliably by the variables available in this study?	Yes			
Risk of bias judgement:	Low risk of bias/ N	Ioderate risk of bias/	Serious risk of bias/	Critical risk of
	bias/ No information	on		
Optional: What is the predicted direction of bias due to confounding?	Favours experiment	tal/ Favours compara	tor/ Unpredictable	
Part 2: Bias in selection of participants into the study	1			
2.1. Was selection of participants into the study (or into the analysis) based on participant	Yes/ Probably	No/ Probably No	No Information	
characteristics observed after the start of intervention?	Yes			
If No/ Probably No to 2.1: go to 2.4				
2.2. If Yes/ Probably Yes to 2.1: Were the post-intervention variables that influenced	Yes/ Probably	No/ Probably No	No Information	Not Applicable
selection likely to be associated with intervention?	Yes			
2.3 If Yes/ Probably Yes to 2.2: Were the post-intervention variables that influenced selection	Yes/ Probably	No/ Probably No	No Information	Not Applicable
likely to be influenced by the outcome or a cause of the outcome?	Yes			
2.4. Do start of follow-up and start of intervention coincide for most participants?	Yes/ Probably	No/ Probably No	No Information	
	Yes			
2.5. If Yes/ Probably Yes to 2.2 and 2.3, or No/ Probably No to 2.4: Were adjustment	Yes/ Probably	No/ Probably No	No Information	Not Applicable
techniques used that are likely to correct for the presence of selection biases?	Yes			
Risk of bias judgement:	Low risk of bias/ M	Ioderate risk of bias/	Serious risk of bias/	Critical risk of
	bias/ No information	on		

Optional: What is the predicted direction of bias due to selection of participants into the	Favours experimental/ Favours comparator/ Towards null/ Away from null/								
study?	Unpredictable								
Part 3: Bias in classification of interventions									
3.1 Were intervention groups clearly defined?	Yes/ Probably	No/ Probably No	No Information						
	Yes								
3.2 Was the information used to define intervention groups recorded at the start of the	Yes/ Probably	No/ Probably No	No Information						
intervention?	Yes								
3.3 Could classification of intervention status have been affected by knowledge of the	Yes/ Probably	No/ Probably No	No Information						
outcome or risk of the outcome?	Yes								
Risk of bias judgement:	Low risk of bias/ N	Serious risk of bias/	Critical risk of						
	bias/ No informatio								
Optional: What is the predicted direction of bias due to measurement of outcomes or	Favours experimental/ Favours comparator/ Towards null/ Away from null/								
interventions?	Unpredictable								
Part 4: Bias due to deviations from intended interventions									
If your aim for this study is to assess the effect of assignment to intervention, answer questions	4.1 and 4.2								
4.1. Were there deviations from the intended intervention beyond what would be expected in	Yes/ Probably	No/ Probably No	No Information						
usual practice?	Yes								
4.2. If Yes/ Probably Yes to 4.1: Were these deviations from intended intervention	Yes/ Probably	No/ Probably No	No Information	Not Applicable					
unbalanced between groups and likely to have affected the outcome?	Yes								
If your aim for this study is to assess the effect of starting and adhering to intervention, answer	questions 4.3 to 4.6			•					
4.3. Were important co-interventions balanced across intervention groups?	Yes/ Probably	No/ Probably No	No Information						
	Yes								
4.4. Was the intervention implemented successfully for most participants?	Yes/ Probably	No/ Probably No	No Information						
	Yes								

4.5. Did study participants adhere to the assigned intervention regimen?	Yes/ Probably	No/ Probably No	No Information							
	Yes									
4.6. If No/ Probably No to 4.3, 4.4 or 4.5: Was an appropriate analysis used to estimate the	Yes/ Probably	No/ Probably No	No Information	Not Applicable						
effect of starting and adhering to the intervention?	Yes									
Risk of bias judgement:	Low risk of bias/ N	Ioderate risk of bias/	Serious risk of bias/	Critical risk of						
	bias/ No information									
Optional: What is the predicted direction of bias due to deviations from the intended	Favours experimental/ Favours comparator/ Towards null/ Away from null									
interventions?	Unpredictable									
Part 5: Bias due to missing data										
5.1 Were outcome data available for all, or nearly all, participants?	Yes/ Probably	No/ Probably No	No Information							
	Yes									
5.2 Were participants excluded due to missing data on intervention status?	Yes/ Probably	No/ Probably No	No Information							
	Yes									
5.3 Were participants excluded due to missing data on other variables needed for the	Yes/ Probably	No/ Probably No	No Information							
analysis?	Yes									
5.4 If No/ Probably No to 5.1, or Yes/ Probably Yes to 5.2 or 5.3: Are the proportion of	Yes/ Probably	No/ Probably No	No Information	Not Applicable						
participants and reasons for missing data similar across interventions?	Yes									
5.5 If PN/N to 5.1, or Y/PY to 5.2 or 5.3: Is there evidence that results were robust to the	Yes/ Probably	No/ Probably No	No Information	Not Applicable						
presence of missing data?	Yes									
Risk of bias judgement:	Low risk of bias/ M	Ioderate risk of bias/	Serious risk of bias/	Critical risk of						
	bias/ No information	on								
Optional: What is the predicted direction of bias due to missing data?	Favours experiment	tal/ Favours compara	tor/ Towards null/ A	way from null/						
	Unpredictable									
Part 6: Bias in measurement of outcomes	·									

6.1 Could the outcome measure have been influenced by knowledge of the intervention	Yes/ Probably	No/ Probably No	No Information					
received?	Yes							
6.2 Were outcome assessors aware of the intervention received by study participants?	Yes/ Probably	No/ Probably No	No Information					
	Yes							
6.3 Were the methods of outcome assessment comparable across intervention groups?	Yes/ Probably	No/ Probably No	No Information					
	Yes							
6.4 Were any systematic errors in measurement of the outcome related to intervention	Yes/ Probably	No/ Probably No	No Information					
received?	Yes							
Risk of bias judgement:	Low risk of bias/	Moderate risk of bias/	Serious risk of bias/ Critical risk of					
	bias/ No informat							
Optional: What is the predicted direction of bias due to measurement of outcomes?	Favours experimental/ Favours comparator/ Towards null/ Away fr							
	Unpredictable							
Part 7: Bias in selection of the reported result	1							
Is the reported effect estimate likely to be selected, on the basis of the results, from								
7.1 multiple outcome measurements within the outcome domain?	Yes/ Probably	No/ Probably No	No Information					
	Yes							
7.2 multiple analyses of the intervention-outcome relationship?	Yes/ Probably	No/ Probably No	No Information					
	Yes							
7.3 different subgroups?	Yes/ Probably	No/ Probably No	No Information					
	Yes							
Risk of bias judgement:	Low risk of bias/ Moderate risk of bias/ Serious risk of bias/ Critical risk of							
	bias/ No information							
Optional: What is the predicted direction of bias due to selection of the reported result?	Favours experime	ental/ Favours compara	tor/ Towards null/ Away from null/					
	Unpredictable							
Overall bias	1							

Risk of bias judgement:	Low risk of bias/ Moderate risk of bias/ Serious risk of bias/ Critical risk of
	bias/ No information
Optional: What is the overall predicted direction of bias for this outcome?	Favours experimental/ Favours comparator/ Towards null/ Away from null/
	Unpredictable

Lampiran 6: Hasil Penilaian Risiko Bias

Risk Of Bias In Non-randomized Studies - of Interventions (ROBINS-1)

No	ROBINS-1	Ben Fredj et al,	Saitoh et al, (2020)	Yousef, Salem, & Mahmoud, (2010)	Arntz et al. (2016)	Chen et al. (2016)	Sakihama et al (2016)	Mahfouz et al (2014)	Schmitz et al (2014)	Dos Santos et al	Allegran zi et al (2013)	Mathai, George & Abraham
1	Pier due te confounding	(2020)		(2019)						(2013)		(2011)
1	 1.1 Is there potential for confounding of the effect of intervention in this study? If No/ Probably No to 1.1: the study can be considered to be at low risk of bias due to confounding and no further signalling questions need be considered If Yes/ Probably Yes to 1.1: determine whether there is a need to assess time-varying confounding: 	No	No	No	No information	No	No information	No	No	No information	No	No
	 1.2. Was the analysis based on splitting participants' follow up time according to intervention received? If No/ Probably No, answer questions relating to baseline confounding (1.4 to 1.6) If Yes/ Probably Yes, go to question 1.3. 											
	 1.3. Were intervention discontinuations or switches likely to be related to factors that are prognostic for the outcome? If No/ Probably No, answer questions relating to baseline confounding (1.4 to 1.6) If Yes/ Probably Yes, answer questions relating to both baseline and time-varying confounding (1.7 and 1.8) 											
	Questions relating to baseline confounding only (1.4 to 1.6)		1				1	r	1	1	1	1
	1.4. Did the authors use an appropriate analysis method that controlled for all the important confounding domains?											
	1.5. If Yes/ Probably Yes to 1.4: Were confounding domains that were controlled for measured validly and reliably by the variables available in this study?											
	1.6. Did the authors control for any post-intervention variables that could have been affected by the intervention?											
	Questions relating to baseline and time-varying confounding (1.7to 1.8)		-						-	-	1	
	1.7. Did the authors use an appropriate analysis method that controlled for all the important confounding domains and for time-varying confounding?											
	1.8. If Yes/ Probably Yes to 1.7: Were confounding domains that were controlled for measured validly and reliably by the variables available in this study?											
	Risk of bias judgement:	Low risk of bias	Low risk of bias	Low risk of bias	No information	Low risk of bias	No information	Low risk of bias	Low risk of bias	No information	Low risk of bias	Low risk of bias
2	Bias in selection of participants into the study											
	2.1. Was selection of participants into the study (or into the analysis) based on participant characteristics observed after the start of intervention? If No/ Probably No to 2.1: go to 2.4	No information	Yes	Yes	Yes	Yes	No information	Yes	No information	No information	Yes	Yes
	2.2. If Yes/ Probably Yes to 2.1: Were the post-intervention variables that influenced selection likely to be associated with intervention?		Yes	Yes	Yes	Yes		Yes			Yes	Yes
	 2.3. If Yes/ Probably Yes to 2.2: Were the post-intervention variables that influenced selection likely to be influenced by the outcome or a cause of the outcome? 2.4. Do start of follow-up and start of intervention coincide for most participants? 		Yes	Yes	Yes	Yes		Yes			Yes	Yes

	2.5. If Yes/ Probably Yes to 2.2 and 2.3, or No/ Probably No to 2.4: Were adjustment											
	techniques used that are likely to correct for the presence of selection biases?											
		No	Low risk	Low risk of	Low risk	Low risk	No	Low risk of	No	No	Low risk	Low risk of
	Risk of bias judgement:	information	of bias	bias	of bias	of bias	information	bias	information	information	of bias	bias
3	Bias in classification of interventions											
	3.1. Were intervention groups clearly defined?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	3.2. Was the information used to define intervention groups recorded at the start of the intervention?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	3.3. Could classification of intervention status have been affected by knowledge of the outcome or risk of the outcome?	Probably Yes	Probably Yes	Yes	Yes	Yes	Yes	Probably Yes	Yes	Probably Yes	Yes	Yes
	Risk of bias judgement	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias					
4	Bias due to deviations from intended interventions											
	If your aim for this study is to assess the effect of assignment to intervention, answer questions 4.1 and 4.2											
	4.1. Were there deviations from the intended intervention beyond what would be expected in usual practice?											
	4.2. If Yes/ Probably Yes to 4.1: Were these deviations from intended intervention unbalanced between groups and likely to have affected the outcome?											
	If your aim for this study is to assess the effect of starting and adhering to intervention, answer questions 4.3 to 4.6											
	4.3. Were important co-interventions balanced across intervention groups?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	4.4. Was the intervention implemented successfully for most participants?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	4.5. Did study participants adhere to the assigned intervention regimen?	Yes	Probably Yes	Probably Yes	Probably Yes	Probably Yes	Yes	Probably Yes	Probably Yes	Probably Yes	Yes	Yes
	4.6. If No/ Probably No to 4.3, 4.4 or 4.5: Was an appropriate analysis used to estimate the effect of starting and adhering to the intervention?											
	Risk of bias judgement	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias					
5	Bias due to missing data											
	5.1. Were outcome data available for all, or nearly all, participants?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	5.2. Were participants excluded due to missing data on intervention status?	No information	No information	No information	Yes	No information	No information	No information	Yes	No information	No information	No information
	5.3. Were participants excluded due to missing data on other variables needed for the analysis?	No information	No information	No information	Yes	No information	No information	No information	Yes	No information	No information	No information
	5.4. If No/ Probably No to 5.1, or Yes/ Probably Yes to 5.2 or 5.3: Are the proportion of participants and reasons for missing data similar across interventions?											
	5.5. If PN/N to 5.1, or Y/PY to 5.2 or 5.3: Is there evidence that results were robust to the presence of missing data?											
	Risk of bias judgement	No information	No information	No information	Low risk of bias	No information	No information	No information	Low risk of bias	No information	No information	No information
6	Bias in measurement of outcomes	1				1	1			İ		
-	6.1. Could the outcome measure have been influenced by knowledge of the intervention received?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	6.2. Were outcome assessors aware of the intervention received by study participants?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	6.3. Were the methods of outcome assessment comparable across intervention groups?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

	6.4. Were any systematic errors in measurement of the outcome related to intervention	No	No	No	No	No	No	No	No	No	No	No
	received?							information				
		Low risk	Low risk	Low risk of	Low risk	Low risk	Low risk	Low risk of	Low risk	Low risk	Low risk	Low risk of
	Risk of bias judgement	of bias	of bias	bias	of bias	of bias	of bias	bias	of bias	of bias	of bias	bias
7	Bias in selection of the reported result											
	Is the reported effect estimate likely to be selected, on the basis of the results, from											
	7.1 multiple outcome measurements within the outcome domain?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	7.2 multiple analyses of the intervention-outcome relationship?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	7.3 different subgroups?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
		Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
	Risk of bias judgement	of bias	of bias	of bias	of bias	of bias	of bias	of bias	of bias	of bias	of bias	of bias