

Table S1 The National Institutes of Health (NIH) quality assessment tool for before-after (pre-post) study with no control group

Major Components	Response options				
	Ekkehard Grüng 2012	Christian Nagel 2020	Takeshi Inaga-ki 2014	Christian Nagel 2012	Maria Teresa La Rovere 2019
1. Was the study question or objective clearly stated?	Yes	Yes	Yes	Yes	Yes
2. Were eligibility/selection criteria for the study population prespecified and clearly described?	Yes	Yes	Yes	Yes	Yes
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?	Yes	Yes	Yes	Yes	Yes
4. Were all eligible participants that met the prespecified entry criteria enrolled?	Yes	Yes	Yes	Yes	Yes
5. Was the sample size sufficiently large to provide confidence in the findings?	Yes	Yes	Yes	Yes	Yes
6. Was the test/service/intervention clearly described and delivered consistently across the study population?	Yes	Yes	Yes	Yes	Yes
7. Were the outcome measures prespecified, clearly defined, valid, reliable, and assessed consistently across all study participants?	Yes	Yes	Yes	Yes	Yes
8. Were the people assessing the outcomes blinded to the participants' exposures/interventions?	Not Applicable	Not Applicable	Not Applicable	Not Applicable	Not Applicable
9. Was the loss to follow-up after baseline 20% or less? Were those lost to follow-up accounted for in the analysis?	Yes	Yes	Yes	Yes	Yes
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?	Yes	Yes	Yes	Yes	Yes
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)?	Not Applicable	Not Applicable	Not Applicable	Not Applicable	Not Applicable
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?	Not Reported	Not Reported	Not Reported	Not Reported	Not Reported
Quality Rating	Good	Good	Good	Good	Good

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.