

## Study quality assessment of blended treatments.

Study (year), country	Study design	Randomization	Report of statistics	Sample size	Nonblended control group	Sum
Anderson et al (2016), Sweden [43]	2	2	2	0	0	6
Braamse et al (2010, 2016), Netherlands [54,74]	2	2	2	0	1	7
Brakemeier et al (2013), Germany [58]	0	0	0	0	0	0
Callan et al (2009), United States [19]	0	0	0	0	0	0
Campbell et al (2012, 2014, 2015), Cochran et al (2015), Cunningham et al (2015), Murphy et al (2016), Tofighi et al (2016), United States [29,31,56,69,75-77]	2	2	1	2	2	9
Campbell et al (2015), United States [41]	1	0	1	0	0	2
Carroll et al (2008, 2009, 2011), Sugarman et al (2010), Olmstead et al (2010), United States [63,65,78-80]	2	2	2	0	1	7
Carroll et al (2014, 2015), Morie et al (2015), United States [34,81,82]	2	2	2	0	1	7
Christensen et al (2014), United States [32]	2	2	1	1	1	7

Ebert et al (2013), Germany [59,83,84]	2	2	2	2	0	8
Golkaramnay et al (2007), Germany [20]	2	0	2	1	0	5
Hantsoo et al (2014), United States [48]	0	0	0	0	0	0
Härter et al (2015), Germany [57]	2	2	0	2	1	7
Haug et al (2015), Norway [55]	2	2	1	1	1	7
Høifødt et al (2013, 2015), Norway [38,85]	2	2	2	0	0	6
Jacmon et al (2019) Australia [4]	1	0	1	0	0	2
Kay-Lambkin et al (2011), Australia [39]	2	2	1	0	2	7
Kemmeren et al (2016), Netherlands [25,64]	2	2	0	1	1	6
Kenter, Warmerdam et al (2013), Netherlands [50]	2	0	2	0	0	4
Kenter et al (2013, 2016), Kolovos et al (2016) Netherlands [49,64,68]	2	2	2	2	2	10
Kenwright et al (2001), United Kingdom [21]	2	0	1	0	2	5

Kiluk et al (2016), United States [35]	2	2	2	0	1	7
Klein et al (2012), United States [60]	1	0	1	2	0	4
Kok et al (2014), Netherlands [53]	2	2	2	1	2	9
Kooistra et al (2014), Netherlands [15]	2	2	0	1	2	7
Kooistra et al (2016), Netherlands [26]	1	0	1	0	0	2
Kordy et al (2016), Germany [37]	2	2	1	1	1	7
Krieger et al (2014), Germany [28]	2	2	0	2	1	7
Månsson et al (2013), Sweden [27]	1	0	2	0	0	3
Marks et al (2014), United Kingdom [22]	2	2	2	0	2	8
Marsch et al (2016), Kim et al (2016), United States [86]	2	2	1	1	2	8
Nordmo et al (2015), Norway [44]	2	2	2	0	1	7
Pier et al (2008), Shandley et al (2008), Australia [40,87]	2	0	1	0	2	5
Reins et al (2013), Germany [51]	2	2	0	1	0	5
Robertson et al (2006), Australia [36]	1	0	2	1	0	4

Romijn et al (2015), Netherlands [23]	2	2	0	1	2	7
Sethi et al (2010), Australia [45]	2	2	2	0	2	8
Tannenbaum and Spiranovic (2010), Australia [62]	0	0	0	0	0	0
Van Straren et al (2010), Netherlands [56]	2	2	0	1	1	6
Van Voorhees et al (2007), United States [42]	1	0	1	0	0	2
Whitfield et al (2006), United Kingdom [52]	1	0	1	0	0	2
Wilhelmsen et al (2013), Norway [47]	1	0	0	0	0	1
Wright et al (2005), United States [24]	2	2	2	0	2	8
Zwerenz et al (2015), Germany [61]	2	2	0	1	1	6