

Supplemental file S3. Outcomes of risk of bias assessment by trial

First author (publication year)	Selection bias: random sequence generation	Selection bias: allocation concealment	Detection bias: blinding of outcome assessment		Attrition bias: incomplete outcome data		Reporting bias: selective reporting	Other bias
			Hba _{1c}	PEO	Hba _{1c}	PEO		
Bloomfield (1990)	?	?	-	?	-	-	+	+ ^a
Howells (2002)	-	-	-	?	-	-	-	-
Franklin (2006)	-	?	-	-	-	-	-	-
Channon (2007)	?	-	-	-	+	+	+	-
Murphy (2012)	-	?	-	?	-	+	-	-
Robling (2012)	?	-	-	-	-	-	+	-
Coates (2013)	?	-	-	?	? ^d	? ^d	+	-
Doherty (2013)	-	-	NA	-	NA	+	-	+ ^b
Christie (2014)	?	?	-	-	-	- ^c	-	-
Price (2016)	-	-	-	-	-	-	+	-

Note: PEO: psycho-educational outcomes, + indicates high risk of bias, - indicates low risk of bias, and ? indicates unclear risk of bias

^a cross-over design inappropriate

^b baseline imbalance

^c high risk for knowledge only

^d insufficient information for reasons of drop-outs and methods of imputation for missing values