

Digital Health Interventions are Effective for Irritable Bowel Syndrome Self-Management: A Systematic Review

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Supplementary File 3: Modified Downs and Black checklist and scores for study quality and bias

Criteria	Dimidi et al, 2023 [21]	Dorn et al, 2015 [22]	D' Silva et al, 2023 [23]	Hunt et al, 2021 [24]	Jacel et al, 2022 [25]	Karkar et al, 2017 [26]	Oerlemans et al, 2011 [27]	Pathipati et al, 2024 [28]	Peters et al, 2023 [29]	Rafferty et al, 2021 [30]	Tayama et al, 2024 [31]	Zargar et al, 2023 [32]	Zia et al, 2016 [33]
Is the hypothesis/aim/objective of the study clearly described?	1	1	1	1	1	1	1	1	1	1	1	1	1
Are the main outcomes to be measured clearly described in the Introduction or Methods section?	1	1	1	1	1	1	1	1	1	1	1	1	1
Are the characteristics of the patients included in the study clearly described?	1	1	1	1	1	0	1	1	1	1	0	1	1
Are the main findings of the study clearly described?	1	1	1	1	1	1	1	1	1	1	1	1	1
In trials and cohort studies, do the analyses adjust for different lengths of follow-up of patients, or in case-control studies, is the time period between the intervention and outcome the same for cases and controls?	0	0	1	1	1	0	1	0	1	1	1	1	0
Were the effectiveness outcome measures used accurate (valid and reliable)? E.g. validated tool use vs. self report or a single question)	0	1	1	1	1	1	1	1	1	1	1	1	1
Was a valid diagnostic tool used for IBS (Y) vs. self- report (N)	0	1	1	1	1	1	1	0	0	1	1	1	1
Were the patients in different intervention groups (trials and cohort studies) or were the cases and controls (case-control studies) recruited from the same population?	0	1	1	1	1	1	0	0	0	1	0	1	1
Were study subjects in different intervention groups (trials and cohort studies) or were the cases and controls (case-control studies) recruited over the same time period?	0	0	1	1	0	0	1	1	0	0	0	0	1
Was there adequate adjustment for confounding in the analyses from which the main findings were drawn?	0	0	0	1	0	0	1	0	1	0	0	0	0
Were losses of patients to follow-up taken into account?	0	0	1	1	1	1	0	1	0	1	0	1	1
Did the study address generalizability to the population of interest?	1	1	1	1	1	0	1	1	1	1	0	0	1
SCORE	5	8	11	12	10	7	10	8	8	10	6	9	10

