

Tool	Item	Criterion
JB1 Analytical Cross-Sectional	Q1	Clear inclusion criteria
JB1 Analytical Cross-Sectional	Q2	Subjects and setting described
JB1 Analytical Cross-Sectional	Q3	Exposure measured validly/reliably
JB1 Analytical Cross-Sectional	Q4	Objective standard condition measurement
JB1 Analytical Cross-Sectional	Q5	Confounders identified
JB1 Analytical Cross-Sectional	Q6	Strategies address confounding
JB1 Analytical Cross-Sectional	Q7	Outcomes measured validly/reliably
JB1 Analytical Cross-Sectional	Q8	Appropriate statistical analysis
JB1 Cohort	Q1	Groups similar and recruited from same population
JB1 Cohort	Q2	Exposure measured similarly
JB1 Cohort	Q3	Exposure measured validly/reliably
JB1 Cohort	Q4	Confounders identified
JB1 Cohort	Q5	Strategies address confounding
JB1 Cohort	Q6	Outcome absent at baseline
JB1 Cohort	Q7	Outcome measured validly/reliably
JB1 Cohort	Q8	Follow-up sufficient
JB1 Cohort	Q9	Follow-up complete/reasons described
JB1 Cohort	Q10	Strategies address incomplete follow-up
JB1 Cohort	Q11	Appropriate statistical analysis
JB1 Case Series	Q1	Clear inclusion criteria
JB1 Case Series	Q2	Condition measured reliably
JB1 Case Series	Q3	Valid case identification
JB1 Case Series	Q4	Consecutive inclusion
JB1 Case Series	Q5	Complete inclusion
JB1 Case Series	Q6	Demographics reported
JB1 Case Series	Q7	Clinical information reported
JB1 Case Series	Q8	Outcomes/follow-up reported
JB1 Case Series	Q9	Site/clinic information reported
JB1 Case Series	Q10	Appropriate statistical analysis
JB1 Quasi-Experimental	Q1	Cause and effect temporally clear
JB1 Quasi-Experimental	Q2	Participants similar
JB1 Quasi-Experimental	Q3	Similar care apart from intervention
JB1 Quasi-Experimental	Q4	Control group present
JB1 Quasi-Experimental	Q5	Multiple pre/post measurements
JB1 Quasi-Experimental	Q6	Follow-up complete
JB1 Quasi-Experimental	Q7	Outcomes measured consistently
JB1 Quasi-Experimental	Q8	Outcomes measured reliably
JB1 Quasi-Experimental	Q9	Appropriate statistical analysis

Code	Meaning
Y	Yes
N	No
U	Unclear
A	Not applicable
Overall judgment	Operational rule
Low concerns	Most criteria met and no critical methodological flaw identified.
Some concerns	One or more important criteria unmet/unclear, but findings remain usable with cautious interpretation.
High concerns	Multiple critical criteria unmet such that findings may be seriously biased. JB1 does not mandate numerical cutoffs; judgments considered the pattern and importance of unmet criteria.
Important	A second reviewer should independently verify every judgment and resolve disagreements by consensus.
Verification	