

**Table S1: Cognition - NIH Quality Assessment Tool for Controlled Trials**

Criteria	1*	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Was the study described a randomised trial, a randomised clinical trial, or an RCT?	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
2. Was the method of randomization adequate (i.e., use of randomly generated assignment)?	N	NR	Y	Y	NS	NS	NS	Y	N	Y	NS	NS	NS	Y	Y
3. Was the treatment allocation concealed (so that assignments could not be predicted)?	N	Y	Y	Y	Y	NR	Y	NS	Y	Y	N	Y	Y	Y	NR
4. Were study participants and providers blinded to treatment group assignment?	N	Y	Y	Y	Y	Y	Y	N	Y	Y	N	Y	Y	Y	NR
5. Were the people assessing the outcomes blinded to the participants; group assignments?	N	Y	Y	Y	Y	N	Y	N	Y	N	N	Y	N	N	N
6. Were the groups similar at baseline on important characteristics that could affect outcomes?	Y	Y	Y	NR		NR	Y	Y	NS	Y	NS	NS	Y	N	Y
7. Was the overall drop-out rate from the study at endpoint 20% or lower of the number allocated to treatment?	Y	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
8. Was the differential drop-out rate (between treatment groups) at endpoint 15 percentage points or lower?	Y	Y	Y	NS	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
9. Was there high adherence to the intervention protocols for each treatment group?	NS	NS	Y	NS	Y	Y	NS	NS	Y	NS	Y	Y	Y	Y	NS
10. Were other interventions avoided or similar in the groups (e.g. similar background treatments)?	NS	NS	Y	N	Y	Y	Y	Y	NS	Y	Y	Y	Y	Y	NS
11. Were outcomes assessed using the most valid and reliable measures, implemented consistently across all study participants?	Y	Y	Y	NR	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
12. Did the authors report that the sample size was sufficiently large to be able to detect a difference in the main outcome between groups with at least 80% power?	N	Y	Y	Y	Y	NS	Y	N	N	N	N	Y	N	N	N
13. Were outcomes reported or subgroups analysed pre-specified (i.e. identified before analyses were conducted)?	Y	NS	NR	NS	Y	NS	NS	Y	Y	Y	Y	Y	Y	Y	NS
14. Were all randomised participants analysed in the group to which they were originally assigned?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y

\* denotes lung study, Y = Yes, N = No, NR = Not Really, NS = Not Stated.

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