

Supplemental Digital Content 2 - Newcastle - Ottawa Quality Assessment Scale

(modified for cross-sectional studies)

Selection: (Maximum 4 stars)

1) Representativeness of the sample:

- a) Representative of the average in the target populations. ✱
- b) Selected group of users. (e.g. local groups, university population) or no description of the sampling strategy.

2) Sample size:

- a) Justified and satisfactory. ✱
- b) Not justified.

3) Ascertainment of participants' health status.

- a) Validated measurement tool to health status. ✱✱ (e.g. medical report, medical history form, Par-Q questionnaire)
- b) Reported health status. ✱
- c) No description of participants' health status.

Comparability: (Maximum 2 stars)

1) Comparability of age groups based on controlling for confounding factors.

- a) The study controls for physical activity status with a validated measurement tool (e.g. Godin questionnaire, VO₂max test) or described by the authors. ✱
- b) The study controls for any additional factors (caffeine and alcohol consumption before the test and physical activity prior testing). ✱

Outcome: (Maximum 3 stars)

1) Assessment of the main outcome:

- a) Validated tool. **
- b) Non-validated tool but the tool is described. *
- d) No description.

2) Statistical test:

- a) The statistical test used to analyze the data is clearly described and appropriate, and the probability level (p-value) or effect size is reported. *
- b) The statistical test is not appropriate, not described or incomplete.

Scores were calculated based on the Scoring algorithm published by McPheeters et al. 2012

(<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0049229/>).

References

Wells GA, Shea B, O'Connell D, Peterson J, Welch V, et al. The Newcastle-Ottawa Scale (NOS) for assessing the quality of nonrandomized studies in meta-analysis. 2011.

http://www.ohri.ca/programs/clinical_epidemiology/oxford.asp

McPheeters ML, Kripalini S, Peterson NB, Idowu RT, et al. Quality Improvement Interventions to Address Health Disparities. Evidence Report/ technology Assessment. Rockville (MD): Agency for Healthcare Research and Quality (US). 2012.

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0049222/pdf/TOC.pdf>