

Supplementary material

The Allen Carr's Method for Smoking Cessation: A Systematic Review of the Evidence

Supplementary Table 1: Risk of bias assessment of two case-series using the Joanna Briggs Institute’s Critical Appraisal tool for case-series studies

Author, year	Question 1	Question 2	Question 3	Question 4	Question 5	Question 6	Question 7	Question 8	Question 9	Question 10	Overall ^a
Hutter, 2006 [1]	Yes	Unclear	No	Yes	No	Yes	No	Yes	Yes	Yes	Moderate risk of bias
Moshammer, 2007 [2]	Unclear	Unclear	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Moderate risk of bias

^a Studies were categorized based on the percentage of “Yes” answers as low risk of bias ($\leq 33\%$), moderate risk of bias (34%-66%), or high risk of bias ($\geq 67\%$) [3].

Question 1. Were there clear criteria for inclusion in the case series?

Question 2. Was the condition measured in a standard, reliable way for all participants included in the case series?

Question 3. Were valid methods used for identification of the condition for all participants included in the case series?

Question 4. Did the case series have consecutive inclusion of participants?

Question 5. Did the case series have complete inclusion of participants?

Question 6. Was there clear reporting of the demographics of the participants in the study?

Question 7. Was there clear reporting of clinical information of the participants?

Question 8. Were the outcomes or follow-up results of cases clearly reported?

Question 9. Was there clear reporting of the presenting sites'/clinics' demographic information?

Question 10. Was statistical analysis appropriate?

Supplementary Table 2: Risk of bias assessment of two non-randomized studies using the Risk Of Bias In Non-randomized Studies - of Interventions (ROBINS – I) tool

Author, year	Pre-intervention and at-intervention domains			Post-intervention domains				Overall
	Bias due to confounding	Bias in selection of participants into the study	Bias in classification of the interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of the outcome	Bias in selection of the reported results	
Dijkstra et al., 2014 [4]	Moderate risk	Low risk	Low risk	Low risk	Serious risk	Low risk	Low risk	Moderate risk of bias
Foshee et al., 2017 [5] ^a	Serious risk	Low risk	Moderate risk	Low risk	Serious risk	Moderate risk	Low risk	Serious risk of bias

^a The study by Foshee and colleagues was categorized as non-randomized study because it did not use randomization for participant assignment to the Allen Carr's method (patients who read the book) or control group (patients who did not read the book)

Supplementary Table 3: Risk of bias assessment of two randomized controlled trials using the Cochrane Risk of Bias tool for randomized trials (RoB 2)

Author, year	D1 Randomisation process	D2 Deviations from the intended interventions	D3 Missing outcome data	D4 Measurement of the outcome	D5 Selection of the reported result	Overall
Keogan et al., 2019 [6]	Low risk	Low risk	Some concerns	Low risk	Low risk	Some concerns
Frings et al., 2020 [7]	Low risk	Low risk	Some concerns	Low risk	Low risk	Some concerns

D: Domain

References

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3. Janoudi G, Uzun Rada M, Boyd ST, et al. Do Case Reports and Case Series Generate Clinical Discoveries About Preeclampsia? A Systematic Review. *Int J Womens Health* 2023; 15: 411-425.doi:10.2147/IJWH.S397680
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6. Keogan S, Li S, Clancy L. Allen Carr's Easyway to Stop Smoking - A randomised clinical trial. *Tob Control* 2019; 28: 414-419.doi:10.1136/tobaccocontrol-2018-054243
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