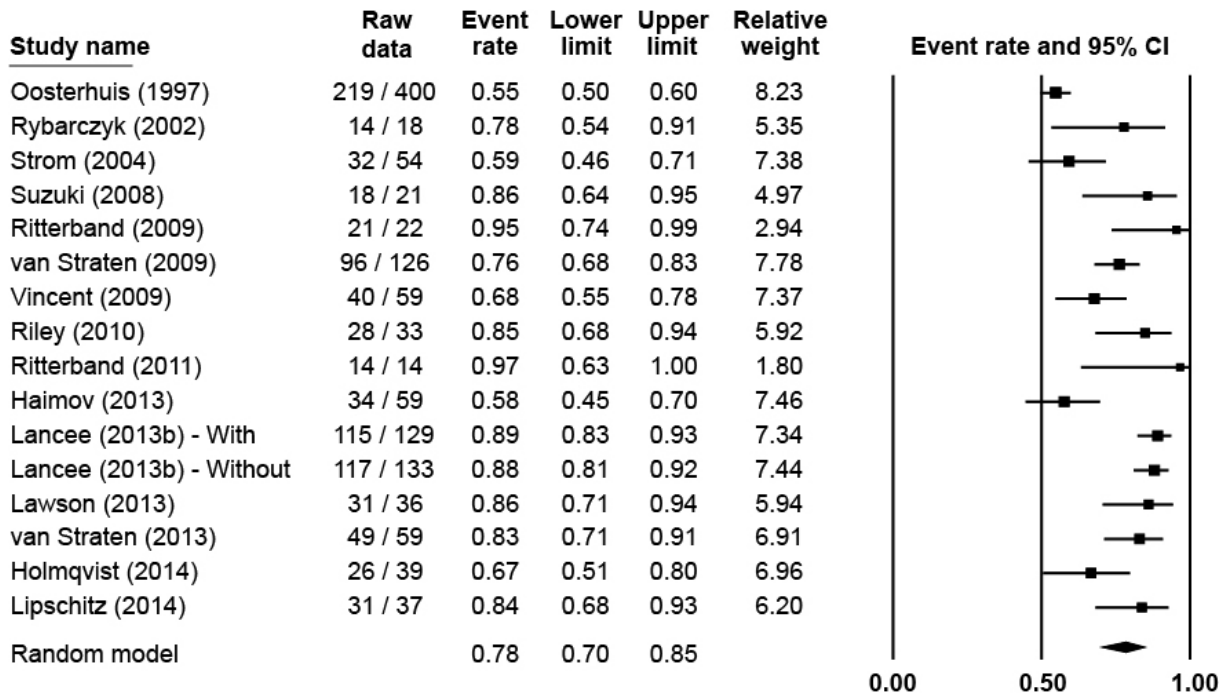
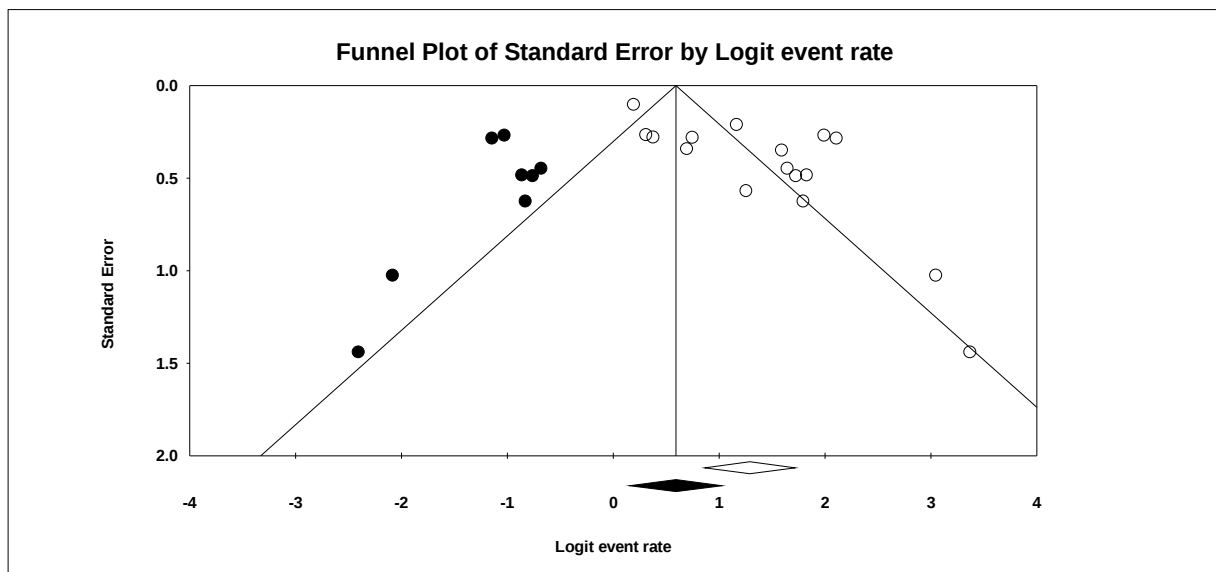


1. Results of meta-analysis

Experimental compliance post questionnaires



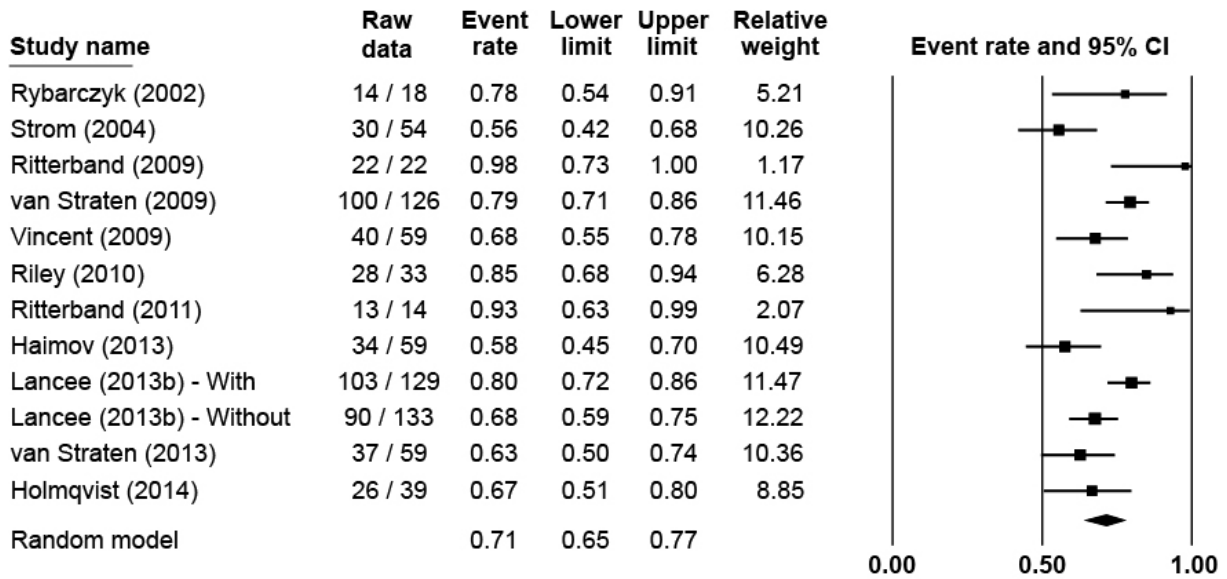
Heterogeneity: $Q_{15} = 114.84$, $P < .001$, $I^2 = 86.94$, indicates substantial heterogeneity in the data, which supports the choice for a random-effects model.



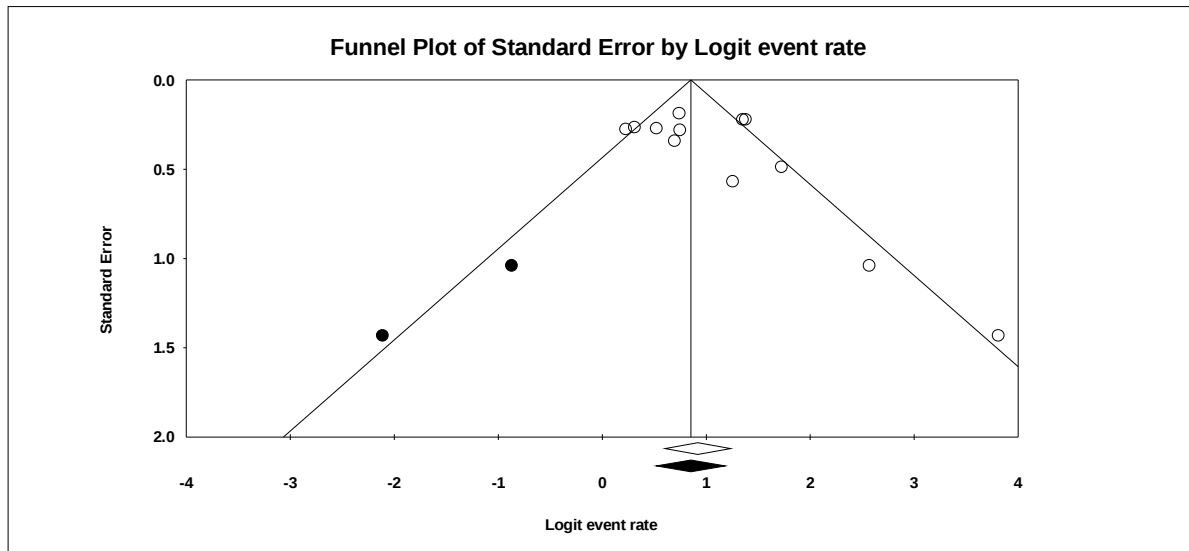
White dots indicate observed studies. The black dots indicate imputed data.

Publication bias: The funnel plot is noticeably asymmetric, with a majority of the smaller studies clustering to the right of the mean. This impression is confirmed by Egger's test ($P = .002$, two-tailed).

Experimental compliance post diaries



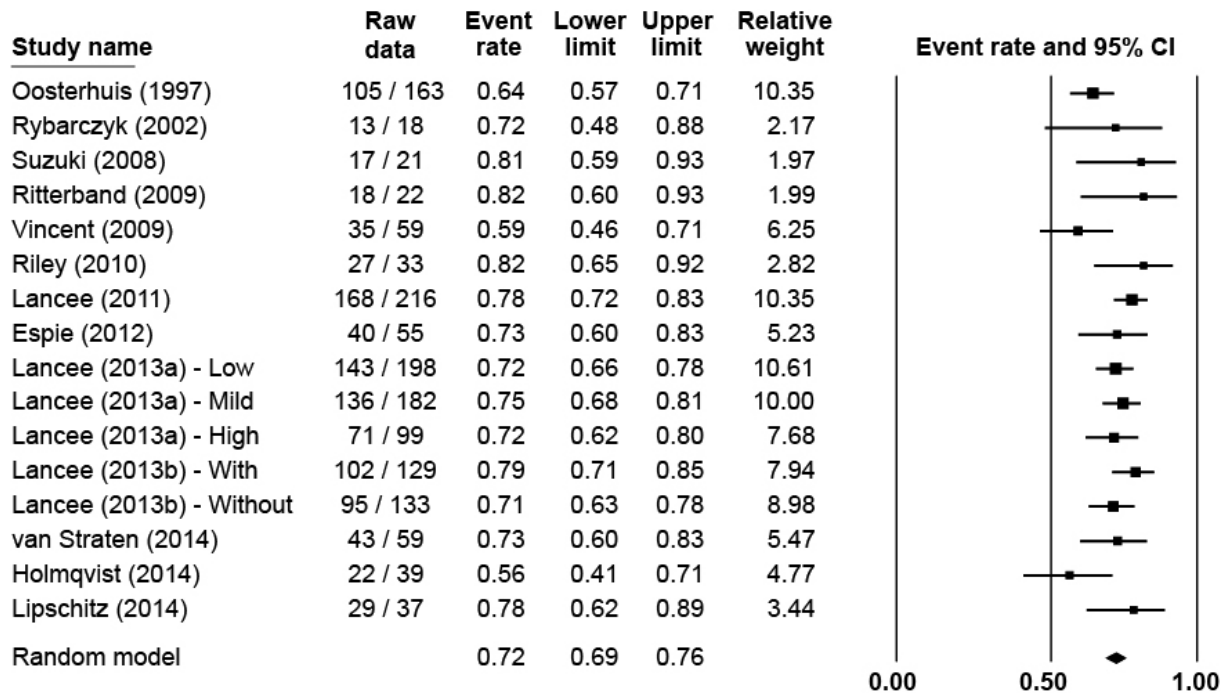
Heterogeneity: $Q_{11} = 33.26$, $P < .001$, $I^2 = 66.92$, suggests that the data is heterogeneous and supports the choice for a random-effect model.



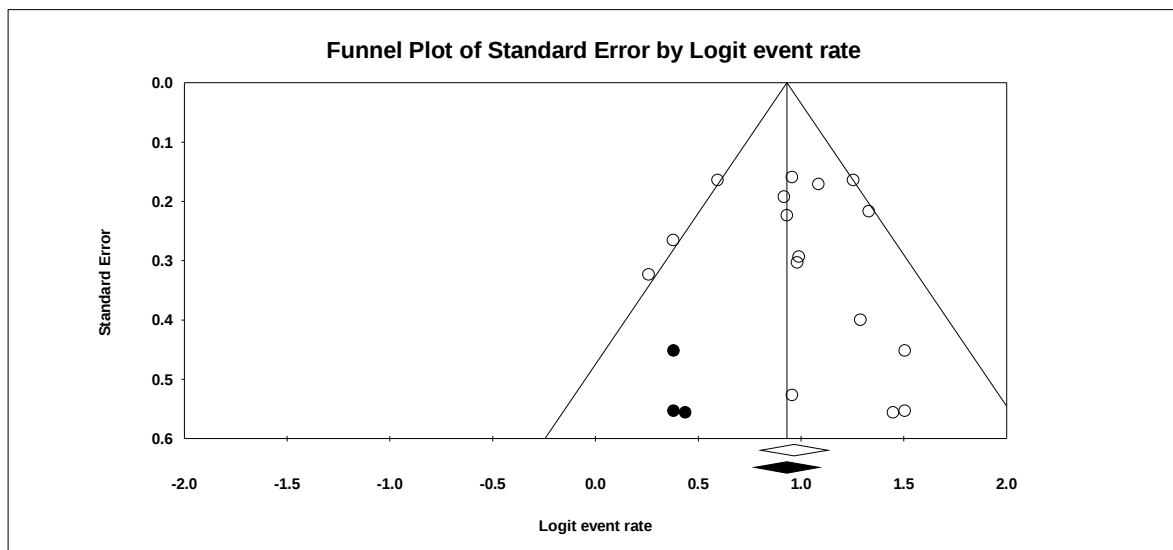
White dots indicate observed studies. The black dots indicate imputed data.

Publication bias: The shape of the funnel plot does not suggest significant publication bias, which is confirmed by Egger's test statistic, $P = 0.21$

Experimental compliance follow-up questionnaires



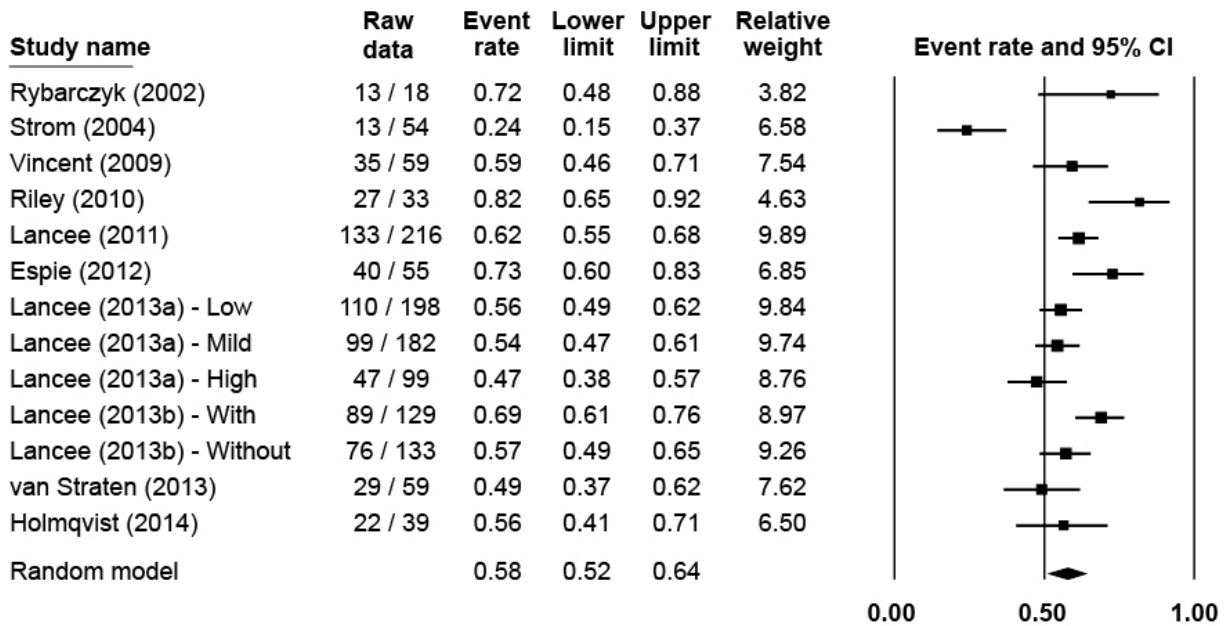
Heterogeneity: $Q_{15} = 25.16$, $P = .048$, $I^2 = 40.39$, indicates heterogeneity, which support the choice for a random-effects model.



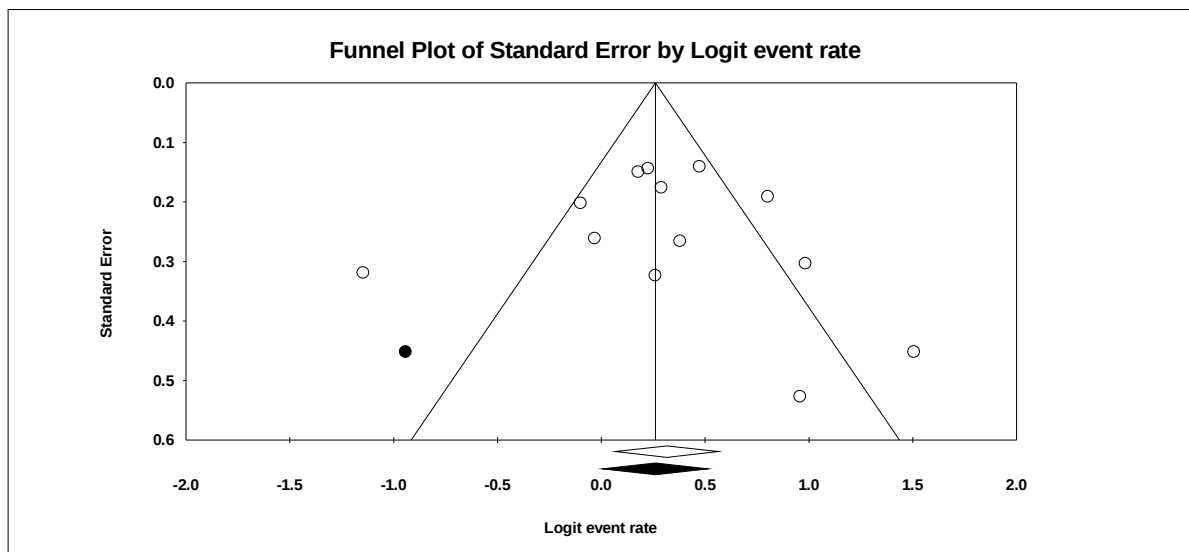
White dots indicate observed studies. The black dots indicate imputed data.

Publication bias: The shape of the funnel plot in did not reveal any indication of funnel plot asymmetry. This visual impression was also confirmed by Egger's test with $P = 0.61$, two-tailed.

Experimental compliance follow-up diaries



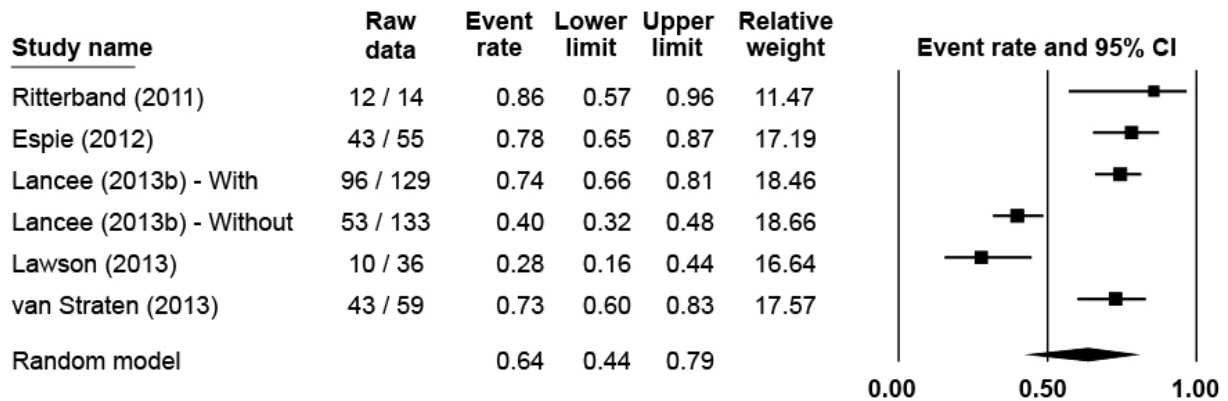
Heterogeneity: $Q_{12} = 49.54$, $P < .001$, $I^2 = 75.77$, indicates substantial heterogeneity and supports the choice for a random-effects model.



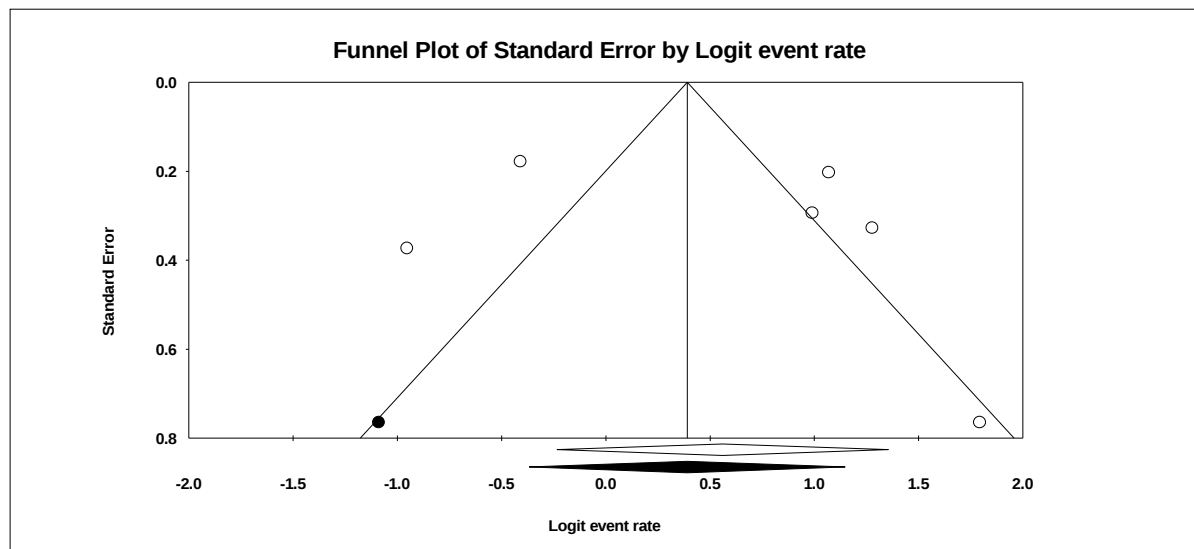
White dots indicate observed studies. The black dots indicate imputed data.

Publication bias: The shape of the funnel plot in did not reveal asymmetry. This visual impression was also confirmed by Egger's test with $P = 0.75$, two-tailed.

Logged treatment adherence



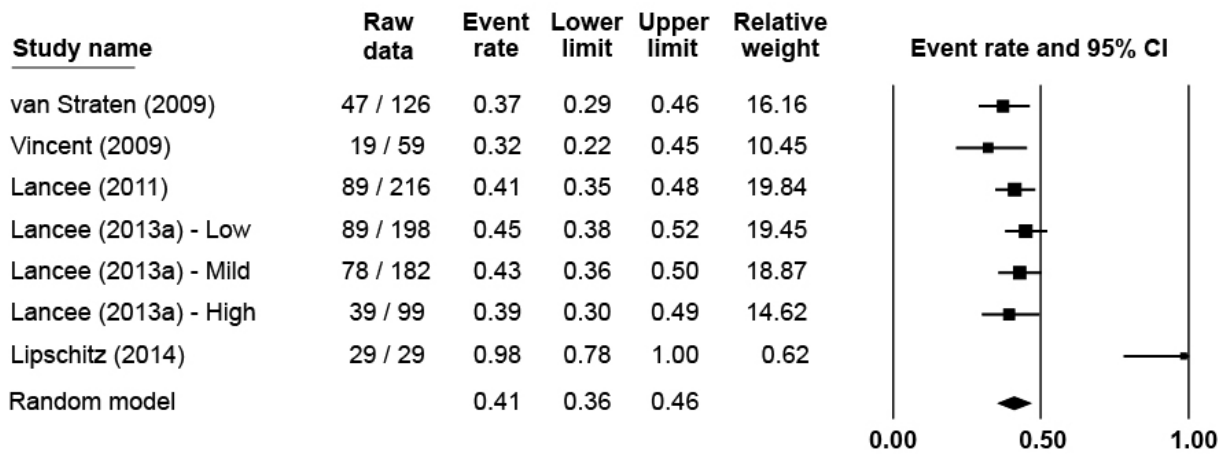
Heterogeneity: $Q_5 = 59.76$, $P < .001$, $I^2 = 91.63$, indicates that the data is heterogeneous, which supports the choice for a random-effects model.



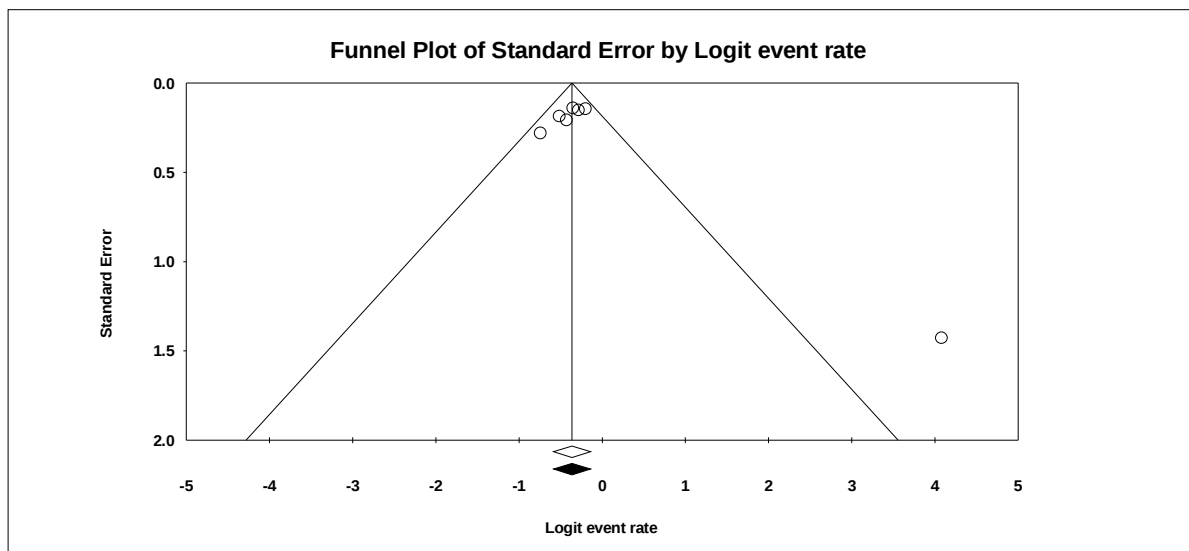
White dots indicate observed studies. The black dots indicate imputed data.

Publication bias: The shape of the funnel plot in did not reveal asymmetry. This visual impression was also confirmed by Egger's test with $P = 0.59$, two-tailed.

Self-reported treatment adherence



Heterogeneity: $Q_5 = 13.88$, $P = .031$, $I^2 = 56.77$, indicates heterogeneity and supports the choice for a random-effects model.



White dots indicate observed studies. The black dots indicate imputed data.

Publication bias: The shape of the funnel plot in did not reveal asymmetry. This visual impression was also confirmed by Egger's test with $P = 0.29$, two-tailed.