Web extra 1

Template table that can be used to summarise the intervention details (using TIDieR items*) for each study in the systematic review

Author Year	**Brief name**	**Recipient**	**Why**	**What (materials)**	**What (procedures)**	**Who provided**	**How** (mode of delivery; individual or group)	**Where**	**When and how much**	**Tailoring**	**Modification of intervention throughout trial**	**Strategies to improve or maintain intervention fidelity**	**Extent of intervention fidelity**

* For an explanation and elaboration of each item, please refer to the TIDieR (Template for Intervention Description and Replication) checklist and guide. BMJ 2014;348:g1687 http://www.bmj.com/content/348/bmj.g1687