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A systematic review to evaluate the risk of bias of meta-analyses reporting experimental educational interventions focused on academic performance

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ABSTRACT

Introduction: Concerns about the risk of bias (RoB) of Meta-analysis (MAs) have grown in parallel with the exponential increase in the number of publications in science. However, this has not been properly assessed in Education. The aims were to evaluate the RoB of MAs in Education and to identify potential predictors of a lower RoB.

Methods: Systematic review. Selection criteria were all MAs of experimental design evaluating the effectiveness of educational interventions on any academic outcome published from 1 January 2009 (year of publication of the first PRISMA guideline) published in English or Spanish, with the exclusion of those with other designs, evaluating other outcomes or not accessible to full text. A systematic search was performed in four databases (ERIC, Web of Science, Scopus, and PubMed) until March 2022. A preregistered protocol was used to extract data on study characteristics, PRISMA compliance, and RoB, based on the AMSTAR 2 instrument, and dichotomized as low *vs.* high RoB. The study selection and data extraction process were independently conducted by two researchers and disagreements were solved by consensus or by a third researcher. Statistical analysis: A flow-diagram and descriptive tables were tabulated. As a measure of association, odds ratios (OR) and its 95% confidence intervals were calculated by logistic regression analysis with dichotomized RoB as the dependent variable.

Results: A total of 69 meta-analyses of studies were identified. Almost 90% ($n = 62$) of them were rated with a critically low overall confidence level, and almost 70% ($n = 49$) had a high RoB. Factors related to a low RoB were adherence to PRISMA guideline (OR = 5.5; 95%CI: 1.8–16.6), the most recent studies (OR = 7.4; 95%CI: 1.5–35.3), a higher number of authors (OR = 1.4; 95%CI: 1.1–1.9), a corresponding author from a European country (OR = 3.7; 95%CI: 1.1–12.8), and publishing in the health educational area (OR = 13.4; 95%CI: 3.6–49.6).

Conclusions: Our study raises concerns regarding the methodological quality of published MA in Education. The use of instruments, such as AMSTAR 2 and PRISMA 2020, may improve the quality of future MA in Education.

PUBLIC INTEREST STATEMENT

Meta-analyses and systematic reviews are research designs developed to identify, evaluate, and summarize the findings of all relevant individual studies over a given research question to make the best available evidence more accessible to readers and decision-makers. It is crucial to systematically assess their methodological weaknesses that could diminish the confidence in their results (risk of bias) and to identify related factors. We assessed the risk of biases in meta-analyses of experimental interventions developed in Education to improve academic performance. Our results suggested that the overall confidence in the results of most of the included studies was low or critically low and several predictors of lower risk of bias were identified (e.g. most recent

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Classroom Practice; Multicultural Education; Research Methods in Education; Education-Social Sciences

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publications, higher number of authors, European corresponding author and published in education in health sciences). Authors, editors, and users should be aware of the importance of improving the quality of the methodology of these designs.

1. Introduction

Systematic reviews (SRs) and meta-analyses (MAs) were developed to identify, evaluate, and synthesize the results of different research studies, selected through a systematic search, to answer a specific and focused research question and they have been suggested to be the highest form of published evidence available to professionals (Guyatt et al., 2000). The term MA was first introduced by Gene Glass in the field of education in 1976 (Glass, 1976; Glass et al., 1981) and it quickly spread in medicine, psychology, and, more recently, in other areas of knowledge (e.g. Education). Nowadays, the increasing number of SRs and MAs published has been exponential in all areas of knowledge (Bastian et al., 2010; Gurevitch et al., 2018). This impressive growth has been accompanied by a growing concern for the quality of their methodology (Anguera, 2023). In this context, different studies have reviewed the quality of published SRs and MAs, and their results suggest that, too often, published MAs tend to be of low quality in different knowledge areas, such as Medicine (Bidhendi Yarandi et al., 2021; Delaney et al., 2005; Hameed et al., 2020; Huedo-Medina et al., 2016) or Psychology (Cafri et al., 2010; López-Nicolás et al., 2022). In Education, to the best of our knowledge, only two studies have analyzed the risk of bias (RoB) of published MAs showing that MAs often present methodological deficiencies that may limit the validity of their conclusions (Ahn et al., 2012; Eser & Yurtçu, 2020). Both used different scales specifically developed by the authors themselves limiting the comparability of the results, and the most recent is limited to MAs published in educational sciences in Turkey from 2010 to 2019.

To systematize the assessment of the RoB in MAs, different instruments have been developed, such as the AMSTAR-2 (A MeaSurement Tool to Assess systematic Reviews) (Shea et al., 2017). This instrument is the up-dated version of the original AMSTAR, a measurement tool developed to assess the methodological quality of systematic reviews (Shea, Grimshaw, et al., 2007). Different studies have used this instrument to assess the methodological quality of SRs and MAs in the field of health education (Hume et al., 2023; Jin et al., 2023; Martinez-Calderon et al., 2023), and all of them call for a necessary improvement in the quality of this type of research due to the low level found. We are not aware of the publication of any review of MAs of primary experimental studies in the education field with the assessment of the RoB with this structured instrument that allow comparisons with other knowledge scientific areas.

This concern about the low quality of SRs and MAs contributed to the initially development of the QUOROM (QUality Of Reporting Of Meta-analysis) statement with the aim of helping to improve the quality and transparency of the report of MAs of experimental studies (Moher et al., 1999). Subsequently, it was revised to incorporate some improvements in the publication of SRs and MAs of experimental and observational studies and changed to the PRISMA (Preferred Reporting Items for Systematic reviews and Meta-Analysis) statement (Moher et al., 2009). It has recently been updated to PRISMA 2020 statement (Page, McKenzie, et al., 2021). This instrument consists of a 27-item checklist reporting recommendations to help researchers properly report their SR. Although the main goal was to benefit authors, editors, peer reviewers, and different users of SRs, such as guideline developers, policy makers, and other stakeholders by improving the transparency and quality of reporting. However, PRISMA 2020 was not developed to assess the risk of bias assessment of SRs as other specific tools have already been developed, such as AMSTAR 2, among others. The use of PRISMA in Education has been increasingly growing in last years (Holmqvist & Ekström, 2024; Moreno et al., 2022). The endorsement of PRISMA statement when writing a manuscript has been associated with a lower RoB and higher methodological quality (Panic et al., 2013; Sharma & Oremus, 2018).

The assessment of the quality of a study and its RoB are often used as synonyms. However, they are not completely the same. In its latest version, the PRISMA 2020 guideline distinguishes quality from RoB assessment (Page, Moher, et al., 2021). The former is a broader concept and often includes constructs beyond those that may bias study results (e.g. ethical issues, applicability, or imprecise explanations).

While the latest, the RoB assessment, refers to those aspects of the methodology (specifically related to the design, development, or the analysis) that have the potential to systematically bias the results. It focuses specifically on the internal validity of the study or the degree of confidence that the study results have been obtained and interpreted appropriately.

Given the increasing importance of MAs in synthesis the evidence and their use in professional decision making, understanding factors affecting their quality are determinant in Education. There were three main aims of this study. First, to describe the RoB of MAs of experimental studies using the AMSTAR 2 checklist. A previous decision was made to focus on the specific topic of academic performance as the outcome of the interventions. Second, to assess whether the use of the PRISMA guideline is related to a lower RoB. And, finally, to identify potential predictors of a lower RoB in MAs. The main research question according to the PICO framework (P: Population; I: Intervention; C: Comparator; and O: Outcome) (Page, Moher, et al., 2021) would be: Do MAs of experimental studies in the field of education (P) that adhere to the PRISMA guidelines (I) have a lower RoB (O) compared to those that do not adhere to PRISMA guidelines (C)?

2. Methods

2.1. Protocol and registry

A methodological systematic review, a special type of umbrella review (López-López et al., 2022), was performed to assess the RoB of MAs of educational interventions focused on different academic outcomes was performed. The protocol was registered in OSF (Open Science Framework: https://doi.org/10.17605/OSF.IO/PSKN6). This report has been written according to the PRISMA 2020 statement (Page, McKenzie, et al., 2021).

2.2. Study eligibility criteria

Inclusion criteria were as follows: (i) MAs of experimental designs evaluating the effectiveness of educational interventions on any academic outcomes performance; (ii) studies wrote in English or Spanish; and (iii) published from 1 January 2009, corresponding to the publication date of the first PRISMA guideline (Moher et al., 2009) until 30 April 2022. Exclusion criteria were: (i) MAs based on non-experimental designs, such as single-group pre- and post-tests with no control group, qualitative studies, and other designs examining only the correlation between the intervention and the student achievement, as well as meta-analyses evaluating the effect of educational interventions on other outcomes apart from academic performance; (ii) traditional narrative reviews or other publication types such us editorials, book chapters, conferences/posters, protocols or theoretical descriptions of educational interventions; and (iii) articles not accessible to full text.

2.3. Information sources, search strategy, and study selection

Comprehensive electronic searches were performed using the following databases: ERIC (Education Resources Information Center), WOS (Web of Science), SCOPUS, and PubMed from 1 January 2009 until 30 April 2022. The following search terms were used: 'meta-analysis' AND 'educational intervention' AND 'academic outcome'. See the description of each of the specific database search strategies in Appendix A. The reference lists of the included MAs were also manually examined searched to identify other potentially eligible studies. No restrictions were placed on sample size or ethnicity.

Identified documents were entered with Zotero (https://www.zotero.org/), an open-access reference manager tool, and duplicates were manually deleted. The selection process was performed in several phases. First, an initial screening search was carried out to eliminate duplicates and documents clearly not related to the subject of study. Second, titles and abstracts were independently reviewed by two reviewers for inclusion and exclusion criteria. Finally, full-text documents were independently reviewed again by the same two independent reviewers. In case of disagreement, a consensus was reached by the reviewers, or a decision was made by a third researcher.

2.4. Data extraction

The following data were extracted from each included study following a previously defined protocol: first author, year of publication [dichotomized in 2009–2016 *vs.* 2017–2022, according to the year of publication of the AMSTAR 2 in 2017 (Shea et al., 2017)], journal, number of authors, adherence to the PRISMA guidelines and journal impact factor, corresponding author's countries and their aggrupation in continents, search strategy (regional or national/international), area of education (education, psychology or health), type of intervention (categorized as methodological strategies, organizational strategies, physical activities and other or a combination of the previous), characteristics of the target population according to educational level involved (Primary, secondary school, higher education, a combination of the formers all levels included or) and the RoB assessment. The data extraction process was carried out independently by two researchers using a previously elaborated protocol. Disagreements were resolved by consensus or by the intervention of a third evaluator.

2.5. Risk of bias (RoB) assessment

To assess the RoB of the selected MAs, the AMSTAR 2 (A MeaSurement Tool to Assess systematic Reviews) was applied. A complete description of the instrument, rationale, and further information is described elsewhere (Shea et al., 2017). Briefly, this tool was specifically designed to assess the RoB of SRs and MAs of experimental and non-experimental studies. AMSTAR 2 comprises 16 items for which 'yes (Y)' or 'no (N)' judgments can be applied. For five items (2, 4, 7, 8, 9) an additional response is added, 'partially yes (PY)'. Seven of the 16 items are considered to be critical: 'development of the study protocol' (item 2); 'comprehensiveness of the literature search strategy' (item 4); 'providing a list of excluded studies with reasons' (item 7); 'appropriate assessment of the RoB of individual included studies' (item 9); 'use of appropriate meta-analytical methods' (item 11); 'consideration of RoB when interpreting and discussing the results' (item 13); and 'assessment of the presence of publication bias and discussion of its impact on the results' (item 15). Subsequently, the remaining nine items are classified as non-critical (for a complete list of all items see the foot note in Figure 2). The original rating is not intended to generate an overall score, but allows an overall judgment of the confidence in the results of the target review in four categories according to the following suggested criteria: 'high' (no major critical flaws or only one flaw within non-critical items); 'moderate' (no major critical flaws and more than one flaw in non-critical items); 'low' (one critical flaw with or without non-critical flaws); or 'critically low' (more than one critical flaw with or without non-critical flaws). However, the original authors themselves suggest that users may prefer to define other variations in the proposed evaluation system or to incorporate some modifications according to future researcher's aims (Shea et al., 2017). Accordingly, a decision to adopt a less restrictive and more conservative evaluation criterion, based exclusively on the number of critical domains and independently of the number of non-critical items, was adopted and a dichotomized RoB assessment was defined as follows: 'low risk' (up to two critical flaws) and 'high risk' (three or more critical weaknesses). This decision was based on an expected very low rate of studies rated as high or moderate according to previous results (Ahn et al., 2012; Eser & Yurtçu, 2020).

2.6. Statistical analyses

Inter-rater agreement in both, the selection, and data extraction process, was measured by Cohen's Kappa index. A flow-chart, according to PRISMA 2020 guidelines (Page, McKenzie, et al., 2021) was used. A description of the individual characteristics of included studies and a list of excluded studies with their reason for exclusion was tabulated. Results of the RoB assessment will be presented in two complementary forms, tabulated by each included studies by the items of the AMSTAR 2 and as a figure with the summary results of each individual item (Higgins et al., 2022). An initial descriptive analysis of categorical (percentage) and continuous variables (means and standard deviations) was performed. Chi-squared test or Fisher's exact test was used to analyze differences according to the high *vs.* low RoB. As a measure of association, the odds ratio (OR) and its 95% confidence interval (95%CI) with its *p*-value were calculated by simple logistic regression analysis with RoB as the

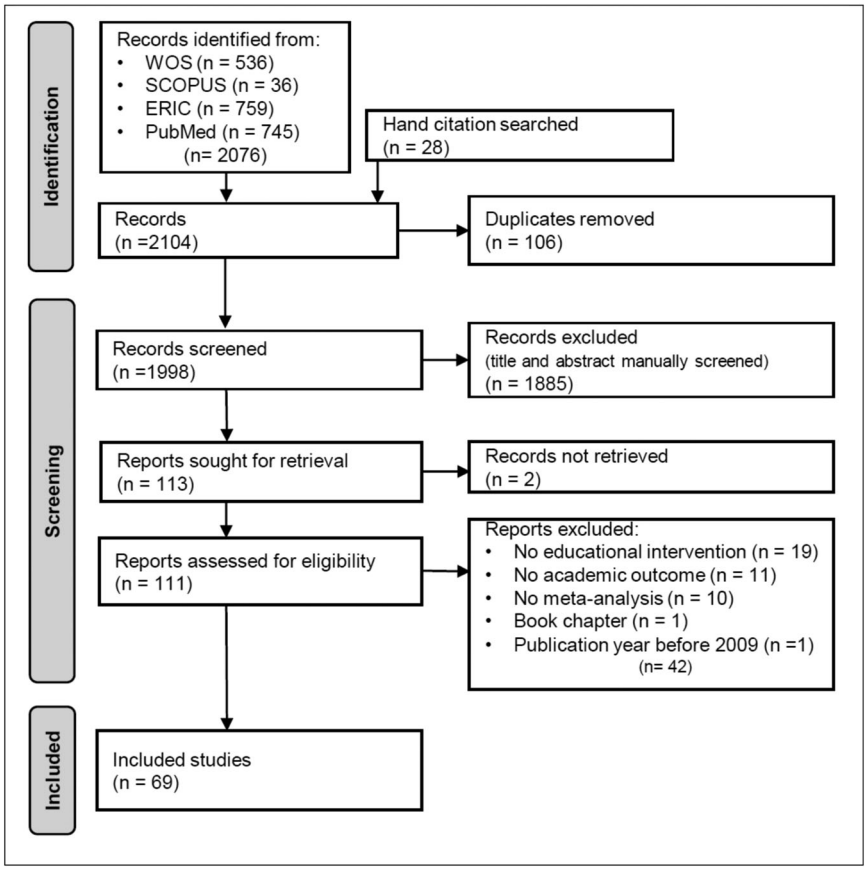


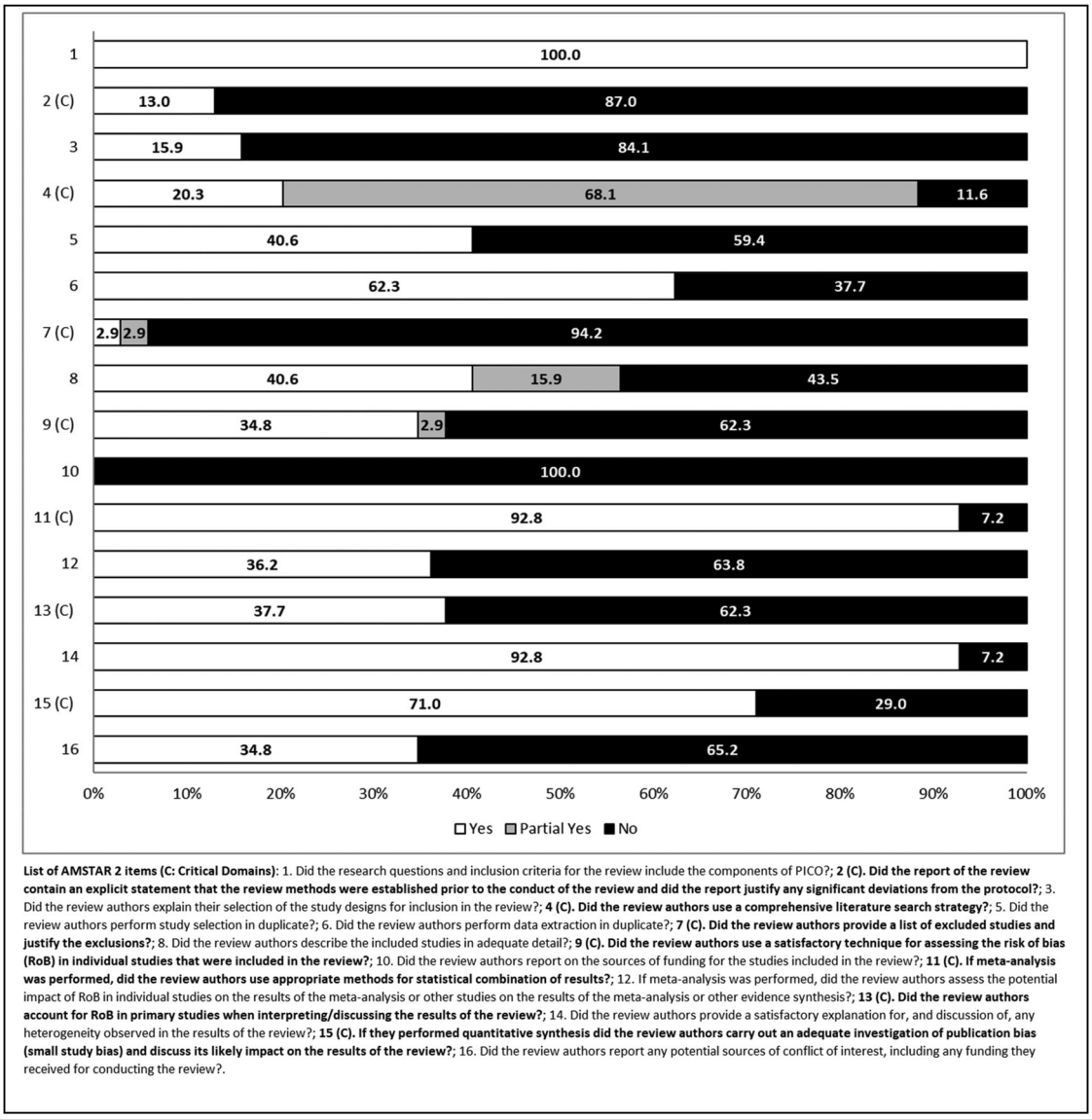
Figure 1. PRISMA 2020 flow diagram (adapted from Page, McKenzie, et al., 2021).

dependent variable. Bilateral statistical tests were used with an alpha level of .05. Statistical analyses were performed using SPSS software (V.28.0).

3. Results

3.1. Study eligibility and data collection

A total of 2076 studies were initially identified. After the selection process (see flow-diagram in Figure 1), a final sample of 69 studies were included. The list of excluded articles after a full-text assessment with the reason for exclusion and the description of included studies are described in supporting information (Appendices B and C, respectively). The median (SD) of the Cohen's kappa inter-rater agreement coefficient in the selection process was 0.87 (0.20) and ranged from 0.59 to 1.00. Table 1 describes the main variables in detail. Only 24 studies (34.8%) describe an explicit use of the PRISMA guideline. Most studies ($n = 47$, 67.1%) were published after 2017, when the AMSTAR 2 was published, in journals with a Q index of 1 (41, 73.2%) and a median impact factor of 2.2 ($SD = 1.8$). The mean number of authors was 3.7 ($SD = 2.6$) with a minimum of one author in seven studies (10.1%), 16 studies (22.9%) with five or more authors, and a maximum of 17 in one study (1.4%) (see Appendix C). Only a minority of studies used a geographical limitation in their search strategy (13, 18.8%). The first three countries from which the corresponding authors were from were United States (18, 26.1%), Turkey (12, 17.4%), and China (11, 15.9%) and, when grouped in continents, Australia and Asia were the most frequent (32, 46.4%). Most of the studies were published in journals of education (43, 62.3%), focused on methodological interventions (30, 43.5%), and with a combination (24, 34.8%) or with the inclusion of all levels (19, 27.5%) of target population (mainly primary, secondary and higher education). The median (*SD*) of the Cohen's kappa inter-rater agreement coefficient was 0.90 (0.19) for the general data extraction process and 0.75 (0.29) for the domains of the AMSTAR 2.



List of AMSTAR 2 items (C: Critical Domains): 1. Did the research questions and inclusion criteria for the review include the components of PICO?; **2 (C). Did the report of the review contain an explicit statement that the review methods were established prior to the conduct of the review and did the report justify any significant deviations from the protocol?**; 3. Did the review authors explain their selection of the study designs for inclusion in the review?; **4 (C). Did the review authors use a comprehensive literature search strategy?**; 5. Did the review authors perform study selection in duplicate?; 6. Did the review authors perform data extraction in duplicate?; **7 (C). Did the review authors provide a list of excluded studies and justify the exclusions?**; 8. Did the review authors describe the included studies in adequate detail?; **9 (C). Did the review authors use a satisfactory technique for assessing the risk of bias (RoB) in individual studies that were included in the review?**; 10. Did the review authors report on the sources of funding for the studies included in the review?; **11 (C). If meta-analysis was performed, did the review authors use appropriate methods for statistical combination of results?**; 12. If meta-analysis was performed, did the review authors assess the potential impact of RoB in individual studies on the results of the meta-analysis or other studies on the results of the meta-analysis or other evidence synthesis?; **13 (C). Did the review authors account for RoB in primary studies when interpreting/discussing the results of the review?**; 14. Did the review authors provide a satisfactory explanation for, and discussion of, any heterogeneity observed in the results of the review?; **15 (C). If they performed quantitative synthesis did the review authors carry out an adequate investigation of publication bias (small study bias) and discuss its likely impact on the results of the review?**; 16. Did the review authors report any potential sources of conflict of interest, including any funding they received for conducting the review?.

Figure 2. Summary (percentage) results of the risk of bias assessment of the included meta-analyses ($n = 69$) assessed by the AMSTAR 2 (A MeaSurement Tool to Assess Systematic Reviews) instrument.

3.2. Risk of bias (RoB) analyses

The RoB of included studies was assessed with the AMSTAR 2. A table with the individual assessment of each included study is presented in supporting information (Appendix D) and Figure 2 represents the summary results of each individual item. Among the seven critical domains (see Figure 2), four of them were not completed in more than 30% (see Figure 2): 94.2% of the MAs did not include a list of excluded studies with the reason for exclusion (item 7), 87.0% did not explicitly include a statement that the review methods were established before the conduct of the field work (item 2), and 63.2% did not use a satisfactory technique for individual assessment of the RoB in the included studies (item 9) and did not account for the RoB when interpreting or discussing the results (item 13). The remaining three studies were not completed in <30%: to use a comprehensive literature search strategy (item 4), 11.6%; to use appropriate statistical methods to combine the results (item 11) 7.2%; and to evaluate the publication bias and to discuss its potential impact on the results (item 15) 29.0%. Among the non-critical items, the two more frequent flaws were not reporting sources of funding for the included studies (100.0%) and not explaining their selection of the study designs for inclusion (84.1%). Almost 90% ($n = 62$) of the studies were evaluated with a critically low overall confidence in the results due to more

Table 1. General description of variables.

Variables	*n*	%	Variables	*n*	%
Total	69				
PRISMA adherence			Continents		
No	45	65.2	Australia and Asia	32	46.4
Yes	24	34.8	Europe	18	26.1
Number of authors (mean, *SD*)	3.7	2.6	North-America	19	19.0
Year of publication (mean, *SD*)	2017.5	2.9	Area of education		
2009–2016	23	32.9	Education	43	62.3
2017–2022	47	67.1	Psychology	8	8.0
Impact factor (mean, *SD*)	2.2	1.8	Health	18	18.0
Search strategy with geographic restrictions			Type of intervention		
Regional/national	13	18.8	Methodological strategies	30	43.5
International	56	81.2	Organizational strategies	17	24.6
Corresponding author's country			Physical activities and others	10	14.5
UUEE	18	26.1	Combination	13	18.6
Canada	1	1.4	Target population		
UK	6	8.7	Primary, secondary		
The Netherlands	6	8.7	school and disabilities	10	10.0
Portugal	1	1.4	Higher education	15	21.7
Norway	1	1.4	All levels included	19	27.5
Finland	1	1.4	Combination of levels	24	34.8
Spain	3	4.3	Overall confidence[‡]		
Australia	1	1.4	High	0	0.0
Turkey	12	17.4	Moderate	1	1.4
Iran	2	2.9	Low	6	8.7
China (Taiwan included)	13	18.8	Critically low	62	89.9
India	3	4.3	Risk of bias assessment		
The Philippines	1	1.4	Lower (≤2 critical flaws)	21	30.4
			Higher (>2 critical flaws)	48	69.6

[‡]*Overall confidence* in the results of the review rated as: *High*: No or one non-critical weakness: the systematic review provides an accurate and comprehensive summary of the results of the available studies that address the question of interest; *Moderate*: More than one non-critical weakness: the systematic review has more than one weakness but no critical flaws. It may provide an accurate summary of the results of the available studies that were included in the review; *Low*: One critical flaw with or without non-critical weaknesses: the review has a critical flaw and may not provide an accurate and comprehensive summary of the available studies that address the question of interest; and *Critically low*: More than one critical flaw with or without non-critical weaknesses: the review has more than one critical flaw and should not be relied on to provide an accurate and comprehensive summary of the available studies (Shea et al., 2017).

than one flaw in any of the critical domains (see Table 1) and, when dichotomized, almost 70% ($n = 49$) had a high RoB with more than two critical flaws.

3.3. Identification of factors associated to risk of bias (RoB)

Several factors were significantly associated to low RoB assessment (see Table 2). The adherence to PRISMA guidelines increased the probability of a lower RoB (OR = 5.5; 95%CI: 1.8–16.6), as well as the most recent studies (OR = 7.4; 95%CI: 1.5–35.3), a higher number of authors (OR = 1.4; 95%CI: 1.1–1.9), when the corresponding author was from any European country (OR = 3.7; 95%CI: 1.1–12.8), and when the study was published in the health educational area compared to the educational area of knowledge (OR = 13.4; 95%CI: 3.6–49.6). All other were not associated with the RoB level.

4. Discussion

In our study, the overall confidence in the results, using the AMSTAR 2, was found to be critically low in most of the included MAs of experimental educational interventions designed to improve academic performance. This means that there was more than one critical flaw in the dimensions measured that could affect the overall credibility of the published MAs. To the best of our knowledge, this is the first methodological systematic review in Education using a structured instrument specifically developed to identify critical weaknesses affecting the confidence in the results of a systematic review, AMSTAR 2. Two previous methodological reviews used different checklist specifically developed by their authors (Ahn et al., 2012; Eser & Yurtçu, 2020). With this limitation in mind, several weaknesses were found suggesting a low confidence. The first one addressed the validity of a total of 56 MA published in the 2000s and the authors concluded that there was a lack of reported information and a need to increase transparency in the use of methods used (Ahn et al., 2012). The second, though limited to MAs published in educational sciences

Table 2. Association of characteristics of included studies with the overall confidence based on the risk of bias (RoB).

	Risk of bias[#]				95%CI		
	Higher *n* (%)	Lower *n* (%)	*p*-Value	OR	Inf	Sup	*p*-Value
Total	48 (69.6)	21 (30.4)					
PRISMA adherence							
No	37 (77.1)	8 (38.1)		Ref.			
Yes	11 (22.9)	13 (61.9)	**0.002**	5.5	1.8	16.6	**0.003**
Year of publication (mean, *SD*)							
2009–2016	21 (43.8)	2 (9.5)		Ref.			
2017–2022	27 (56.2)	19 (90.5)	**0.006**	7.4	1.5	35.3	**0.012**
Impact factor (mean, *SD*)	2.18 (1.9)	1.51 (0.4)	0.952	1.0	0.7	1.4	0.951
Number of authors (mean, *SD*)	3.1 (1.8)	5.1 (3.6)	**0.023**	1.4	1.1	1.9	**0.015**
Search strategy with geographic restrictions							
National restrictions	10 (20.8)	3 (14.3)		Ref.			
International	38 (79.2)	18 (85.7)	0.740*	1.6	0.4	6.4	0.523
Country							
Asia and Australia	24 (50.0)	8 (38.1)		Ref.			
Europe	8 (16.7)	10 (47.6)		3.7	1.1	12.8	**0.035**
North-America	16 (33.3)	3 (14.3)	**0.021**	0.6	0.1	2.4	0.563
Area of education							
Education	36 (75.0)	7 (33.3)		Ref.			
Psychology	7 (14.6)	1 (4.8)		0.7	0.1	6.9	0.735
Health	5 (10.2)	13 (61.9)	**<0.001***	13.4	3.6	49.6	**<0.001**
Type of intervention							
Methodological strategies	24 (50.0)	6 (28.6)		Ref.			
Organizational strategies	11 (22.9)	6 (28.6)		2.2	0.6	8.3	0.253
Physical activities and others	5 (10.4)	5 (23.8)		4.0	0.9	18.4	0.076
Combination	8 (16.7)	4 (19.0)	0.296*	2.0	0.5	8.9	0.364
Target population							
Primary, secondary school and disabilities	8 (16.7)	2 (10.0)		Ref.			
Higher education	8 (16.7)	7 (35.0)		2.3	0.4	12.4	0.320
All levels included	16 (33.3)	3 (15.0)		0.5	0.1	3.1	0.453
Combination of levels	16 (33.3)	8 (40.0)	0.222*	1.3	0.3	6.4	0.720

Model 1: each row represents the association of each independent variable with the low/high risk of bias (dependent variables) in a bivariate logistic regression mode.
Bold Values showing significant differences.
*Fisher's exact test.
[#]Risk of bias: Lower (<2 critical flaws); Higher (>2 critical flaws).

between 2010 and 2019 in Turkey, also detected several flaws that need to be improved (e.g. not establishing a previous hypothesis, not using a flow diagram, and some statistical deficiencies). Besides, this lack of confidence seems to be more disseminated than expected and not limited to Education. Several other systematic reviews of the confidence of MAs have been published with similar results (Bidhendi Yarandi et al., 2021; Cafri et al., 2010; Delaney et al., 2005; Hameed et al., 2020; Huedo-Medina et al., 2016; López-Nicolás et al., 2022). However, others have found an overall good quality of reports of MAs (Panahi et al., 2020; Sharma & Oremus, 2018; Suebnukarn et al., 2010).

Other instruments have been developed to assess RoB in systematic reviews in addition to AMSTAR 2. For example, ROBIS (Risk Of Bias In Systematic reviews) was designed as another assessment tool to evaluate the level of bias present in a systematic review and both instruments had similar measurement properties (Pieper et al., 2019; Swierz et al., 2021). However, AMSTAR 2 provides a broader RoB assessment than ROBIS (Shea et al., 2017). The original AMSTAR was design and validated as a practical critical appraisal tool for professionals to evaluate the quality of systematic reviews of randomized controlled trials of interventions (Shea, Bouter, et al., 2007; Shea, Grimshaw, et al., 2007). This instrument was updated to include non-randomized studies and changes were introduced to rate the overall confidence in the results (Shea et al., 2017). Briefly, instead of combining items to create an overall score (Jüni et al., 1999), authors recommended to identified critical domains and evaluate the overall confidence by a combination of critical and non-critical items in high, moderate, low, and critically low. The construction of the instrument was principally based on the original validated AMSTAR, but it also relied on the consensus of the expert panel and the feedback of other experts (Shea et al., 2017). AMSTAR 2 identifies a list of seven critical domains and the rating overall confidence in the results of the review rely mainly in those weaknesses considered as critical so that they should reduce the confidence in the findings of the review. However, their authors recognized that depending on different circumstances the

consideration of critical of some domains might be arguable or might change over time. For example, the most non-compliance critical item in our study was related to the presence of a list of excluded studies and the reason for exclusion provided by review authors. Though important in terms of improving transparency of all stages of conducting a MAs, it is not clear whether the absence of the excluded list might impact the results so high to be considered as critical. In the first version of the PRISMA statement (Moher et al., 2009) the suggestion was to 'give numbers of studies assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram'. It was not mandatory to report the reason of exclusion of each of the excluded studies individually. However, in the latest up-dated version, PRISMA 2020 statement, this item was explicitly included ('16b Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded') (Page, McKenzie, et al., 2021). As original authors explicitly suggest, the proposed list of critical domains is a suggestion that can be modified by users (Shea, Bouter, et al., 2007). However, we decided not to change the originally proposed seven critical domains but to modify the evaluation system using a broader and less restrictive one based on a categorization (lower vs. higher RoB) according to the number of critical flaws.

The second goal of this study was to assess the RoB related to whether authors mentioned the use of the PRISMA guideline, a checklist specifically design to improve the quality of the reporting of systematic reviews and MAs (Moher et al., 2009; Page, McKenzie, et al., 2021). Our results suggest that using this checklist is associated with a lower RoB due to a higher methodological quality. Though different constructs, it seems reasonable that methodological and reporting quality of MAs are closely correlated. In general, this result is in accordance with other studies that evaluated the effect of the endorsement of the PRISMA guideline when writing on the methodological quality (Cullis et al., 2017; Panic et al., 2013; Sharma & Oremus, 2018; Yuan et al., 2021).

Our third goal was to explore potential predictors of a low RoB and several factors were significantly associated to a lower RoB assessment. Those MAs more recently published (after 2017) had a significant lower RoB than those published previously. This finding might suggest an improvement in the methodological quality over time (De Vito et al., 2007; Delaney et al., 2005; Panahi et al., 2020). This pattern might reflect the increasing influence of the different instruments developed to improve the quality of reporting [e.g. QUORUM (Moher et al., 1999), PRISMA (Moher et al., 2009) and PRISMA 2020 (Page, McKenzie, et al., 2021)], and design [AMSTAR (Shea, Grimshaw, et al., 2007) and its update, AMSTAR 2 (Shea et al., 2017)], among others. If this is true, the generalization of these instruments with initiatives, such as the EQUATOR Network (https://www.equator-network.org/) (Simera et al., 2008) or the commitment to use checklists, such as the PRISMA statement, by high-impact journals [e.g. PLOS one (https://journals.plos.org/plosone/s/submission-guidelines#loc-guidelines-for-specific-study-types)] will contribute to the necessary improvement of the quality of future MAs.

First author location was another factor significantly associated to RoB. Those from Europe were at lower Rob compared to those from Asia and Australia, but those from North America did not differ from the latest. This result should be interpreted and generalized with caution as it is centered on MAs of experimental designs in Education and might not apply to other fields of knowledge. Our results support previous findings of a improvable quality of MAs from Turkey (Eser & Yurtçu, 2020). Contradictory results have been published in other areas of knowledge. For example, a lower reporting quality of North American first authors in diagnostic pathology (Liu et al., 2017), but no significant association was found in vaccinology (De Vito et al., 2007).

Education was divided in three main broad areas according to the context where the experimental intervention was performed, that is, education itself, and education in psychology, and in other health areas of education. As expected, the area with a lower RoB was Health Education compared to Education. This finding is not surprising as the design of systematic reviews and MA has drastically improved over the past decades in the health sciences (Gould, 2016; Moher et al., 1999, 2009; Page, McKenzie, et al., 2021; Shea, Grimshaw, et al., 2007; Shea et al., 2017) while it is being applied more recently in Education (Higgins, 2016; Polanin et al., 2017). Those MAs with lower RoB had a significantly higher mean number of authors. This result might be associated to the area of education as, in general, studies performed in the health area have a higher number of authors than those performed and published in Education. We performed further analysis to confirm this explanation and we found significant differences among areas [Health: mean = 5.3 ($SD = 3.4$); Education 3.1 (2.1) and Psychology 3.25 (1.7),

p-value = 0.010], specifically among Health and Education in the *post-hoc* analyses ($p = 0.008$), but not among Education and Psychology ($p = 0.993$) or Health and Psychology ($p = 0.136$).

4.1. Strengths and limitations

Among the strengths of this review, it is worth highlighting that the protocol was previously registered in an international platform, a systematic review was performed and two researchers independently participated in the selection and data extraction process resolving disagreements by consensus or by the intervention of a third researcher. Finally, to the best of our knowledge, the present study is the first to comprehensively assess the RoB in Education based on a structured tool, the AMSTAR 2 appraisal tool. However, there are several limitations to this study. First, we defined a restrictive inclusion criterion focused only on educational interventions with an experimental design and any academic outcome. This restriction limits the external validity of our results to other SRs/MAs of other topics in Education. Future RoB assessment of SRs/MAs focused on other outcomes or designs will give us a more accurate analysis of the problem. Second, although our systematic literature search was performed in four independent databases, no grey literature was searched. However, this might only have served to identify more MA with a higher RoB and lower methodological quality. Finally, the identified predictive factors should be interpreted with caution as the RoB evaluation was based on a rational, but not validated, categorization criteria based on the number of critical flaws. Other classification criteria could lead to different results.

5. Conclusions

Our study raises concerns regarding the methodological quality of published MAs in Education focused on academic results as the outcome of interest. Some implications can be addressed from our results. First, published SRs and MAs are not free of potential methodological flaws that might reduce the confidence in their results. Researchers and editors should be aware of this situation, but also potential readers and related stakeholders in education. The value of an SR or an MA is not only as good as the evidence of the included studies but also as the quality of the methods used in its own design. If MAs are considered as the highest level in the hierarchy of evidence (Guyatt et al., 2000), or, at least, as the lens through other types of studies (Murad et al., 2016), the methods and reporting quality of this studies must be at the highest level. Several tools to help researchers design and carry out, such as the PRISMA 2020 statement and AMSTAR 2, have been developed in recent years and their compliance should be improved. Finally, our findings suggest a call for more research and education on the methodology of MAs may improve the design and reporting transparency and quality of future MAs in Education.

Ethical approval

This study was conducted according to the guidelines of the Declaration of Helsinki, and approved by the Ethical Committee for Psycho-educational Research of the University of Granada (201-300 Academic Ranking of World Universities, Shanghai) (n°: 1858/CEIH/2020).

Author contributions

Micaela Sánchez-Martín (MSM), Marta Gutiérrez-Sánchez (MGS), Eva María Olmedo-Moreno (EOM), and Fernando Navarro-Mateu (FNM) designed the study. MSM and MGS participated in the selection process and independently extracted the data. EOM and FNM participated as third evaluators when necessary. All authors participated in the interpretation of the results. MSM and FNM drafted the manuscript, and all authors critically revised it and approved the final version to be published.

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Data availability statement

The protocol was previously registered in OSF (Open Science Framework: https://doi.org/10.17605/OSF.IO/PSKN6). All data used has been included in the paper.

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Appendix A: Search strategy by data base

Data base	Search strategy	Document numbers
PubMed	((((("academe"[All Fields] OR "academic"[All Fields] OR "academic s"[All Fields] OR "academical"[All Fields] OR "academically"[All Fields] OR "academics"[All Fields]) AND ("outcome"[All Fields] OR "outcomes"[All Fields])) OR (("academe"[All Fields] OR "academic"[All Fields] OR "academic s"[All Fields] OR "academical"[All Fields] OR "academically"[All Fields] OR "academics"[All Fields]) AND ("result"[All Fields] OR "resultant"[All Fields] OR "resultants"[All Fields] OR "resulted"[All Fields] OR "resulting"[All Fields] OR "results"[All Fields])) OR ("academic success"[MeSH Terms] OR ("academic"[All Fields] AND "success"[All Fields]) OR "academic success"[All Fields] OR ("academic"[All Fields] AND "achievement"[All Fields]) OR "academic achievement"[All Fields]) OR ("academic performance"[MeSH Terms] OR ("academic"[All Fields] AND "performance"[All Fields]) OR "academic performance"[All Fields])) AND ((("educability"[All Fields] OR "educable"[All Fields] OR "educates"[All Fields] OR "education"[MeSH Subheading] OR "education"[All Fields] OR "educational status"[MeSH Terms] OR ("educational"[All Fields] AND "status"[All Fields]) OR "educational status"[All Fields] OR "education"[MeSH Terms] OR "education s"[All Fields] OR "educational"[All Fields] OR "educative"[All Fields] OR "educator"[All Fields] OR "educator s"[All Fields] OR "educators"[All Fields] OR "teaching"[MeSH Terms] OR "teaching"[All Fields] OR "educate"[All Fields] OR "educated"[All Fields] OR "educating"[All Fields] OR "educations"[All Fields]) AND ("intervention s"[All Fields] OR "interventions"[All Fields] OR "interventive"[All Fields] OR "methods"[MeSH Terms] OR "methods"[All Fields] OR "intervention"[All Fields] OR "interventional"[All Fields])) OR (("educability"[All Fields] OR "educable"[All Fields] OR "educates"[All Fields] OR "education"[MeSH Subheading] OR "education"[All Fields] OR "educational status"[MeSH Terms] OR ("educational"[All Fields] AND "status"[All Fields]) OR "educational status"[All Fields] OR "education"[MeSH Terms] OR "education s"[All Fields] OR "educational"[All Fields] OR "educative"[All Fields] OR "educator"[All Fields] OR "educator s"[All Fields] OR "educators"[All Fields] OR "teaching"[MeSH Terms] OR "teaching"[All Fields] OR "educate"[All Fields] OR "educated"[All Fields] OR "educating"[All Fields] OR "educations"[All Fields]) AND ("education"[MeSH Subheading] OR "education"[All Fields] OR "training"[All Fields] OR "education"[MeSH Terms] OR "train"[All Fields] OR "train s"[All Fields] OR "trained"[All Fields] OR "training s"[All Fields] OR "trainings"[All Fields] OR "trains"[All Fields])) OR (("educability"[All Fields] OR "educable"[All Fields] OR "educates"[All Fields] OR "education"[MeSH Subheading] OR "education"[All Fields] OR "educational status"[MeSH Terms] OR ("educational"[All Fields] AND "status"[All Fields]) OR "educational status"[All Fields] OR "education"[MeSH Terms] OR "education s"[All Fields] OR "educational"[All Fields] OR "educative"[All Fields] OR "educator"[All Fields] OR "educator s"[All Fields] OR "educators"[All Fields] OR "teaching"[MeSH Terms] OR "teaching"[All Fields] OR "educate"[All Fields] OR "educated"[All Fields] OR "educating"[All Fields] OR "educations"[All Fields]) AND ("program"[All Fields] OR "program s"[All Fields] OR "programe"[All Fields] OR "programed"[All Fields] OR "programes"[All Fields] OR "programing"[All Fields] OR "programmability"[All Fields] OR "programmable"[All Fields] OR "programmably"[All Fields] OR "programme"[All Fields] OR "programme s"[All Fields] OR "programmed"[All Fields] OR "programmer"[All Fields] OR "programmer s"[All Fields] OR "programmers"[All Fields] OR "programmes"[All Fields] OR "programming"[All Fields] OR "programmings"[All Fields] OR "programs"[All Fields]))))) AND ((meta-analysis[Filter]) AND (2009/1/1:2022/4/30[pdat]) AND (english[Filter] OR spanish[Filter])) Filters: Meta-Analysis, English, Spanish, from 2009/1/1 to 2022/4/30	745
ERIC	(metaanalysis or meta-analysis or meta analysis) AND (academic outcomes or academic achievement or academic performance or academic success or academic skills) AND (educational intervention or educational training or educational program) Filters: Limitadores:Fecha de publicación: 20090101-20220431 mpliadores: Aplicar materias equivalents Especificar por Language: English Especificar por Subject: meta análisis Modos de búsqueda: Booleano/Frase	458
WOS	metaanalysis OR meta-analysis OR meta analysis (Topic) and academic outcomes OR academic achievement OR academic performance OR academic success OR academic skills (Topic) and educational intervention OR educational training OR educational program (Topic) and 2022 or 2021 or 2020 or 2019 or 2018 or 2017 or 2016 or 2015 or 2014 or 2013 or 2012 or 2011 or 2010 or 2009 (Publication Years) and Articles or Review Articles (Document Types) Filters: Publication years: 2009-2020 Document types: Articles or Review articles	536
SCOPUS	(TITLE-ABS-KEY (metanalysis OR meta-analysis OR meta AND analysis) AND TITLE-ABS-KEY (academic AND outcomes OR academic AND achievement OR academic AND performance OR academic AND success OR academic AND skills) AND TITLE-ABS-KEY (educational AND intervention OR educational AND training OR educational AND program)) Filters: Journal	36

Appendix B: List of excluded studies with the main reason for exclusion

First author	Publication year	doi	Main reason for exclusion
Alvarez-Bueno	2020	10.1080/02640414.2020.1720496	No educational intervention
Barger	2019	10.1037/bul0000201	No educational intervention
Barranquero-Herbosa	2022	10.1016/j.ijnurstu.2022.104327	No meta-analysis
Baskin	2010	10.1037/a0019652	No educational intervention
Bedrow	2021	10.3102/00346543211019122	No full text
Beelmann	2020	10.1002/ijop.12725	No meta-analysis
Bilal	2019	10.1016/j.sjbs.2017.10.024	No educational intervention
Bolinskia	2020	10.1016/j.invent.2020.100321	No educational intervention
Bonastre	2021	10.22550/REP79-2-2021-05	No academic performance
Bowman-Perrott	2015	10.1177/0145445514551383	No educational intervention
Bradford	2021	10.1187/cbe.20-03-0046	No educational intervention
Braithwaite	2016	10.1016/j.paid.2016.03.040	No experimental design
Burns	2016	10.1037/spq0000117	No educational intervention
Camacho-Morles	2021	10.1007/s10648-020-09585-3	No educational intervention
Cawthon	2013	10.1353/ aad.2013.0023	Systematic review without metanalysis
Ciocanel	2017	10.1007/s10964-016-0555-6	No educational intervention
Conley	2015	10.1007/s11121-015-0543-1	No educational intervention
Conway	2009	10.1080/00986280903172969	No academic performance
Cooper	2020	10.1111/1540-5834.00064	No educational intervention
Curlette	2014		Book Chapter
Dignath	2008	10.1007/s11409-008-9029-x	Publication Date
Fedewa	2021	10.1080/02701367.2011.10599785	No academic performance
Gersten	2020	10.1080/19345747.2019.1689591	No academic performance
Haverkamp	2020	10.1080/02640414.2020.1794763	No academic performance
Hedberg	2014	10.1177/0193841X14554212 erx.sagepub	No meta-analysis
Huang	2019	10.1080/0142159X.2019.1623386	No academic performance
Iachinia	2015	10.1080/1754730X.2015.1044252	No educational intervention
Jones	2013	10.3109/0142159X.2013.806983	No academic performance
Katesÿ	2018	10.1016/j.compedu.2018.08.012	No educational intervention
Ledbetter-Cho	2018	10.1007/s1080 3-018-3573-2	No control group
Lester	2020	10.1007/s10964-019-01188-8	No educational intervention
Liu	2016	10.2196/jmir.4807	No educational intervention
Lortie-Forgues	2019	0.3102/0013189X19832850	No educational intervention
Magnusona	2016	10.1016/j.ecresq.2015.12.021	No educational intervention
Martin	2017	10.1080/02701367.2017.1294244	No meta-analysis
Masini	2019	10.1016/j.jsams.2019.10.008	No academic performance
Namjin	2015		No full text
Owen	2022	10.1249/MSS.0000000000002786	No educational intervention
Pandey	2015	10.1001/jamapediatrics.2018.0232	No academic performance
Rasberry	2011	10.1016/j.ypmed.2011.01.027	No meta-analysis
Reed	2015	10.1007/s10648-014-9289-8	No meta-analysis
Shin	2019	10.1016/j.jsp.2019.03.005	No academic performance
Szumski	2017	10.1371/journal.pone.0270124	No meta-analysis
Twomey	2021	10.1177/1747021821993457	No academic performance

Appendix C: Description of included documents in the systematic review

First author (publication year)	Journal Impact factor	Explicit PRISMA adherence (Yes/No)	Number of authors	Geographic search restriction	Corresponding author's location	Area of education	Intervention analysed	Type of intervention	Population studied
Aydin (2021)	–	No	4	Regional or national	Asia and Australia	Education	Organizational	Flipped Classroom	Primary, secondary and higher education
Akar (2020)	0.470	No	1	Regional or national	Asia and Australia	Education	Methodological	Educational Technology	Primary, secondary and higher education
Aktamis (2016)	0.250	No	3	Regional or national	Asia and Australia	Education	Methodological	Situation-based methodological approaches	Secondary school
Alegre-Ansuategui (2018)	0.325	No	4	International	Europe	Education	Organizational	Organizational strategies	Todas
Alvarez-Bueno (2017)	3.337	Sí	6	International	Europe	Health	Physical activities and others	Physical Activity	Primary and secondary school
Aspiranti (2018)	0.247	No	3	International	North-America	Education	Methodological	Educational Technology	Disabilities
Ayaz (2015)	–	No	2	Regional or national	Asia and Australia	Education	Methodological	Learning theories	Todas
Bai (2020)	3.277	No	3	International	Asia and Australia	Education	Methodological	Gamification	Primary, secondary and higher education
Balakrishnan (2021)	0.852	Sí	7	International	Asia and Australia	Health	Physical activities and others	Others	Higher education
Bas (2016)	0.261	No	1	Regional or national	Asia and Australia	Education	Methodological	Learning theories	Todas
Bedard (2019)	1.023	No	5	International	North-America	Health	Physical activities and others	Physical Activity	Preschool, primary and secondary school
Brierly (2021)		Sí	3	International	Europe	Health	Organizational	Organizational strategies	Higher education
Capar (2015)	0.218	No	2	International	Asia and Australia	Education	Organizational	Organizational strategies	Todas
Cartiff (2021)	2.623	No	3	International	North-America	Psychology	Methodological	Learning theories	Todas
Celio (2011)	1.244	No	3	International	North-America	Education	Methodological	Situation-based methodological approaches	Todas
Cen (2021)	0.658	Sí	4	International	Asia and Australia	Health	Methodological	Situation-based methodological approaches	Higher education
Chandran (2022)	0.852	Sí	8	International	Asia and Australia	Health	Methodological	Educational Technology	Higher education
Chauhan (2016)	2.654	Sí	1	International	Asia and Australia	Education	Methodological	Educational Technology	Primary School
Chen (2019)	3.216	No	2	International	Asia and Australia	Education	Methodological	Situation-based methodological approaches	Todas
Chen (2018)	0.802	Sí	17	Regional or national	Asia and Australia	Health	Organizational	Organizational strategies	Higher education
Cheng (2018)	0.977	Sí	3	International	North-America	Education	Organizational	Flipped Classroom	Todas
Cheung (2013)	3.148	No	2	International	Asia and Australia	Education	Methodological	Educational Technology	Todas
Costa et al. (2021)	0.950	No	3	International	Europe	Education	Methodological	Situation-based methodological approaches	Primary, secondary and higher education

(*continued*)

Continued.

First author (publication year)	Journal Impact factor	Explicit PRISMA adherence (Yes/No)	Number of authors	Geographic search restriction	Corresponding author's location	Area of education	Intervention analysed	Type of intervention	Population studied
Dagva (2015)	5.658	Sí	2	International	Asia and Australia	Education	Methodological	Situation-based methodological approaches	Primary, secondary and higher education
De Boer (2014)	5.658	Sí	3	International	Europe	Education	Combination	Several methodological approaches	Primary and secondary school
De Greeff (2017)	1.714	Sí	5	International	Europe	Health	Physical activities and others	Physical Activity	Primary School
Dietrichson (2017)	3.719	Sí	4	International	Europe	Education	Combination	Several methodological approaches	Primary and secondary school
Donker (2013)	3.148	No	5	International	Europe	Education	Combination	Several methodological approaches	Primary and secondary school
Double (2019)	3.805	Sí	3	International	Europe	Psychology	Organizational	Organizational strategies	Primary, secondary and higher education
Ergen and Kanadli (2017)	0.184	No	2	Regional or national	Asia and Australia	Education	Methodological	Learning theories	Primary, secondary and higher education
Faramarzi et al. (2015)	–	Sí	4	Regional or national	Asia and Australia	Education	Combination	Several methodological approaches	Disabilities
García-Hermoso et al. (2021)	3.867	Sí	4	International	Europe	Health	Physical activities and others	Physical Activity	Preschool, primary and secondary school
Hew and Lo (2018)	0.802	Sí	2	International	Asia and Australia	Health	Organizational	Flipped Classroom	Higher education
Hu et al. (2020)	1.050	Sí	3	International	Asia and Australia	Education	Methodological	Educational Technology	Primary, secondary and higher education
Hu et al. (2018)	1.556	Sí	6	Regional or national	Asia and Australia	Health	Organizational	Flipped Classroom	Higher education
Jacobse and Harskamp (2011)	–	No	2	International	Europe	Education	Combination	Several methodological approaches	Higher education
Kaçar et al. (2021)	–	No	4	Regional or national	Asia and Australia	Education	Methodological	Situation-based methodological approaches	Todas
Kalaian and Kasim (2017)	1.640	Sí	2	International	North-America	Health	Combination	Several methodological approaches	Higher education
Karagöl and Esen (2018)		No	2	International	Asia and Australia	Education	Organizational	Flipped Classroom	Preschool, primary and secondary school
Karich et al. (2014)	5.658	Sí	3	International	North-America	Education	Methodological	Educational Technology	Secondary and higher education
Kim et al. (2021)	0.856	Sí	4	International	North-America	Education	Methodological	Educational Technology	Primary, secondary and higher education
King-Sears et al. (2021)	3.067	No	4	International	North-America	Education	Organizational	Organizational strategies	Disabilities
Korpershoek et al. (2016)	3.853	Sí	5	International	Europe	Education	Combination	Several methodological approaches	Preschool and primary
Låg and Sæle (2019)	–	Sí	2	International	Europe	Education	Organizational	Flipped Classroom	Todas
Leung (2015)	2.814	No	1	International	Asia and Australia	Psychology	Organizational	Organizational strategies	Todas
Linden et al. (2018)	0.642	Sí	3	International	Europe	Health	Combination	Several methodological approaches	Disabilities

(*continued*)

Continued.

First author (publication year)	Journal Impact factor	Explicit PRISMA adherence (Yes/No)	Number of authors	Geographic search restriction	Corresponding author's location	Area of education	Intervention analysed	Type of intervention	Population studied
May et al. (2021)	1.870	No	5	International	Europe	Education	Methodological	Educational Technology	Todas
Moore et al. (2018)	5.509	Sí	12	International	Europe	Education	Combination	Several methodological approaches	Preschool, primary and secondary school
Norris et al. (2019)	3.712	Sí	4	International	Europe	Health	Physical activities and others	Physical Activity	Preschool, primary and secondary school
Oh-Young and Filler (2015)	0.996	No	2	International	North-America	Psychology	Physical activities and others	Others	Disabilities
Orhan (2019)	–	No	1	Regional or national	Asia and Australia	Education	Organizational	Flipped Classroom	Secondary and higher education
Petersen-Brown et al. (2019)	0.676	No	6	International	North-America	Psychology	Methodological	Educational Technology	Preschool, primary and secondary school
Phelps (2019)	0.839	No	1	International	North-America	Education	Physical activities and others	Others	Todas
Robbins et al. (2009)	5.723	Sí	4	International	North-America	Psychology	Combination	Several methodological approaches	Higher education
Saw and Han (2021)	–	No	2	International	Asia and Australia	Psychology	Methodological	Learning theories	Todas
Sayyah et al. (2017)	–	Sí	4	Regional or national	Asia and Australia	Health	Methodological	Situation-based methodological approaches	Higher education
Semerci and Batdi (2015)	–	No	2	International	Asia and Australia	Education	Methodological	Learning theories	Todas
Sneck et al. (2019)	2.637	Sí	7	International	Europe	Health	Physical activities and others	Physical Activity	Preschool, primary and secondary school
Steele et al. (2016)	0.729	No	3	International	North-America	Education	Combination	Several methodological approaches	Others
Sugano and Nabua (2020)	0.535	No	2	Regional or national	Asia and Australia	Education	Combination	Several methodological approaches	Secondary school
Sung et al. (2016)	2.654	Sí	3	International	Asia and Australia	Education	Methodological	Educational Technology	Todas
Tan et al. (2017)	–	No	3	International	Asia and Australia	Health	Organizational	Flipped Classroom	Higher education
Tokac et al. (2019)	1.540	Sí	1	International	North-America	Education	Methodological	Gamification	Primary and secondary school
Warren (2012)	–	No	5	International	North-America	Education	Organizational	Organizational strategies	Higher education
Watson et al. (2017)	2.626	No	10	International	Asia and Australia	Health	Methodological	Educational Technology	Primary School
Wilson et al. (2019)	0.820	No	5	International	North-America	Education	Methodological	Educational Technology	Higher education
Yang et al. (2020)	7.504	Sí	2	International	Asia and Australia	Psychology	Physical activities and others	Others	Todas
Yorio and Ye (2012)	2.378	No	4	International	North-America	Education	Organizational	Organizational strategies	Higher education
Zheng et al. (2016)	3.853	Sí		International	North-America	Education	Methodological	Educational Technology	Todas

Appendix D: Methodological quality of the included meta-analyses using the a measurement tool to assess systematic reviews (AMSTAR-2)

First author (publication year)	AMSTAR-2 quality items																Overall confidence (AMSTAR-2)‡	Risk of bias (RoB)#
	1	2†	3	4†	5	6	7†	8	9†	10	11†	12	13†	14	15†	16		
Adin (2021)	Y	N	N	PY	N	N	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Akar (2020)	Y	N	Y	PY	N	N	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Aktamis (2016)	Y	N	N	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Alegre-Ansuategui (2018)	Y	N	N	PY	N	N	N	Y	N	N	Y	N	N	Y	N	N	Critically low	High
Alvarez-Bueno (2017)	Y	Y	N	PY	Y	Y	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Low	Low
Aspiranti (2018)	Y	N	N	PY	Y	Y	N	Y	N	N	N	N	N	Y	N	N	Critically low	High
Ayaz (2015)	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Bai (2020)	Y	N	N	PY	Y	Y	N	N	Y	N	Y	Y	Y	Y	Y	N	Critically low	Low
Balakrishnan (2021)	Y	N	N	PY	Y	Y	PY	Y	Y	N	Y	Y	Y	Y	Y	N	Low	High
Bas (2016)	Y	N	N	N	N	Y	N	N	N	N	Y	Y	N	Y	N	N	Critically low	High
Bedard (2019)	Y	N	N	PY	Y	N	N	N	Y	N	Y	Y	Y	Y	Y	N	Critically low	Low
Brierly (2021)	Y	N	Y	PY	Y	Y	N	Y	Y	N	Y	Y	Y	Y	Y	N	Critically low	Low
C¸apar (2015)	Y	N	N	PY	N	N	N	PY	N	N	Y	N	N	Y	N	N	Critically low	High
Cartiff (2021)	Y	N	N	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Celio (2011)	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	Critically low	High
Cen (2021)	Y	N	Y	Y	Y	Y	N	PY	Y	N	Y	Y	N	Y	Y	Y	Critically low	High
Chandran (2022)	Y	Y	Y	Y	Y	Y	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Low	Low
Chauhan (2016)	Y	N	N	PY	N	N	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Chen (2019)	Y	N	N	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	Y	Critically low	High
Chen (2018)	Y	N	N	PY	N	Y	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Critically low	Low
Cheng (2018)	Y	N	Y	PY	N	Y	N	N	N	N	Y	N	N	Y	Y	Y	Critically low	High
Cheung (2013)	Y	N	Y	PY	N	Y	N	Y	PY	N	Y	N	Y	Y	Y	N	Critically low	Low
Costa et al. (2021)	Y	N	N	PY	N	N	N	Y	N	N	Y	N	N	Y	N	N	Critically low	High
Dagva (2015)	Y	N	N	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
De Boer (2014)	Y	N	Y	PY	N	Y	N	Y	N	N	Y	N	N	Y	Y	N	Critically low	High
De Greeff (2017)	Y	N	N	Y	Y	N	Y	Y	N	N	Y	Y	Y	Y	Y	N	Critically low	Low
Dietrichson (2017)	Y	Y	Y	Y	N	N	N	PY	Y	N	Y	Y	Y	Y	N	N	Critically low	Low
Donker (2013)	Y	N	Y	PY	N	Y	N	Y	N	N	Y	N	N	Y	Y	N	Critically low	High
Double (2019)	Y	N	Y	Y	Y	Y	N	PY	N	N	Y	Y	N	Y	Y	N	Critically low	High
Ergen and Kanadli (2017)	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Faramarzi et al. (2015)	Y	N	N	N	N	Y	N	Y	N	N	N	N	N	N	N	N	Critically low	High
García-Hermoso et al. (2021)	Y	Y	N	Y	Y	Y	Y	Y	Y	N	Y	Y	Y	Y	Y	Y	Moderate	Low
Hew and Lo (2018)	Y	N	N	PY	N	Y	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Critically low	Low
Hu et al. (2020)	Y	N	N	PY	Y	Y	N	Y	N	N	Y	N	N	Y	Y	Y	Critically low	High
Hu et al. (2018)	Y	N	N	PY	Y	Y	N	Y	Y	N	Y	N	Y	Y	Y	Y	Critically low	Low
Jacobse and Harskamp (2011)	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	N	N	Critically low	High
Kaçar et al. (2021)	Y	N	N	N	N	Y	N	N	N	N	Y	N	N	Y	Y	Y	Critically low	High
Kalaian and Kasim (2017)	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	N	N	Critically low	High
Karagöl and Esen (2018)	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Karich et al. (2014)	Y	N	N	PY	N	Y	N	PY	Y	N	N	N	N	N	N	N	Critically low	High
Kim et al. (2021)	Y	N	N	PY	N	Y	N	Y	N	N	Y	N	N	Y	Y	N	Critically low	High
King-Sears et al. (2021)	Y	N	N	PY	Y	Y	N	PY	N	N	Y	Y	Y	Y	Y	Y	Critically low	High
Korpershoek et al. (2016)	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Låg and Sæle (2019)	Y	N	N	PY	N	Y	N	N	Y	N	Y	N	Y	Y	Y	N	Critically low	Low
Leung (2015)	Y	N	N	PY	N	Y	N	N	N	N	Y	Y	Y	Y	Y	Y	Critically low	High
Linden et al. (2018)	Y	N	N	PY	Y	Y	PY	Y	Y	N	Y	Y	Y	Y	N	Y	Critically low	Low
May et al. (2021)	Y	Y	N	PY	Y	Y	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Low	Low
Moore et al. (2018)	Y	Y	N	Y	Y	N	N	Y	Y	N	Y	Y	Y	Y	N	Y	Critically low	Low
Norris et al. (2019)	Y	Y	N	Y	Y	Y	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Low	Low
Oh-Young and Filler (2015)	Y	N	N	PY	Y	N	N	PY	Y	N	Y	N	N	N	N	N	Critically low	High
Orhan (2019)	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Petersen-Brown et al. (2019)	Y	N	N	PY	N	Y	N	PY	PY	N	Y	Y	Y	Y	Y	N	Critically low	Low
Phelps (2019)	Y	N	N	N	N	N	N	N	N	N	Y	N	N	Y	Y	Y	Critically low	High
Robbins et al. (2009)	Y	N	N	PY	Y	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Saw and Han (2021)	Y	N	N	PY	N	N	N	Y	N	N	Y	N	N	Y	Y	Y	Critically low	High
Sayyah et al. (2017)	Y	N	N	PY	Y	N	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Critically low	Low
Semerci and Batdi (2015)	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	N	N	Critically low	High
Sneck et al. (2019)	Y	N	N	PY	Y	N	N	Y	Y	N	Y	Y	Y	Y	N	Y	Critically low	High
Steele et al. (2016)	Y	N	N	PY	Y	N	N	Y	Y	N	Y	Y	Y	Y	Y	N	Critically low	Low
Sugano and Nabua (2020)	Y	N	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	Critically low	High
Sung et al. (2016)	Y	N	N	PY	N	N	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Tan et al. (2017)	Y	Y	Y	PY	Y	Y	N	PY	Y	N	Y	Y	Y	Y	Y	Y	Low	Low
Tokac et al. (2019)	Y	N	N	PY	Y	N	N	PY	N	N	Y	N	N	Y	Y	Y	Critically low	High
Warren, 2012	Y	N	N	Y	N	N	N	N	N	N	Y	N	N	Y	N	N	Critically low	High
Watson et al. (2017)	Y	Y	N	PY	Y	N	N	Y	Y	N	Y	N	N	Y	N	Y	Critically low	High
Wilson et al. (2019)	Y	N	N	PY	Y	N	N	Y	N	N	Y	N	N	Y	Y	N	Critically low	High
Yang et al. (2020)	Y	N	N	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critically low	High
Yorio and Ye (2012)	Y	N	N	N	N	N	N	PY	N	N	Y	N	Y	Y	N	N	Critically low	High
Zheng et al. (2016)	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	Y	N	Critically low	High

†Seven critical domain. * Fisher's exact test. # Risk of bias: Lower (<2 critical flaws); Higher (>2 critical flaws).