# SUPPLEMENTARY MATERIALS

## Supplementary Figures and Tables

| Authors and year of article | Sample Size | Mean Age [SD] (Years) | Duration (weeks) | Treatment Comparison | Mean change in VA of amblyopic eye [SD] (logMAR) | 95% CI | Setting |
|---|---|---|---|---|---|---|---|
| Agervi et al., 2009 | 66 | Optical treatment: 4.5 [0.3]; Optical treatment and Bangerter: 4.5 [0.3] | 52 | Optical treatment (full time)<br><br>Optical treatment and 0.3 Bangerter (full time) | Optical treatment: median = 0.3 [NR]<br><br>Optical treatment and Bangerter: median = 0.4 [NR] | NR | Home |
| Agervi et al., 2010 | 38 | 4.3 [NR] | 52 | Optical treatment and patching (8hrs/day, 6x/week)<br><br>Optical treatment and patching (8hrs/day, alternate days) | Optical treatment and patching: median = 0.6 [NR]<br><br>Optical treatment and patching (alternate): median = 0.8 [NR] | NR | Home |
| Birch et al., 2020 | 47 | Patching: 6.95 [1.77]; Binocular game: 6.71 [1.83] | 2 | Patching (2hr/day) (crossover); Binocular game (1hr/day, 5x/week) | Patching: 0.07 [0.08]<br><br>Binocular game: 0.15 [0.08] | 0.07 (0.03 - 0.13) | Home |
| Clarke et al., 2003 | 168 | No treatment: 4.03 [.43]; Optical treatment: 3.93 [.43]; Patching and optical treatment: 3.97 [.38] | 54 | No treatment; Optical treatment (full time); Patching and optical treatment (full time) | NR | Optical treatment: -0.085 (0.02 - 0.15); Patching and optical treatment: -0.11 (0.050 - 0.171) | Home |
| Cotter 2002 | 402 | Patching: 5.3 [1.1]; Atropine: 5.2[1.1] | 26 | Patching (6hrs/day); Atropine (1% 1 gt/day ) | Patching: 0.32 [0.16]<br><br>Atropine: 0.28 [0.16] | 0.034 (0.005-0.064) | Home |
| Dadeya & Dangda, 2016 | 40 | Patching: 5.82 [1.24]; Patching and game: 6.02 [1.01] | 12 | Patching (full time); Patching (full time) and video game (30 mins/week) | Patching: 0.30 [0.16]<br><br>Patching and game: 0.43 [0.16] | NR | Clinic |
| Fresina et al., 2018 | 61 | 6.08 [NR] | 4 | Patching (2hr/day); Non-vision-based therapy | Patching: 0.13 [0.15] | NR | Home |

| Study | N | | Intervention | Outcome | | Setting |
|---|---|---|---|---|---|---|
| Gambacorta et al., 2018 | 21 | Monocular game: 9.7 [2.2]; Binocular game: 10.5 [4.0] | variable | Monocular game (20hr total); Binocular game (20hr total) | Monocular game: 0.06 [SE 0.03]<br><br>Binocular game: 0.14 [SE 0.02] | NR | Lab |
| Gao et al. 2018 | 45 | Placebo: 9.6 [1.6]; Binocular game:9.4 [1.7] | 6 | Placebo game (1hr/day); Binocular game (1hr/day) | Placebo: 0.11 [SE = 0.03]<br><br>Binocular game: 0.05 [SE = 0.03] | -0.06 (-0.14 – 0.02) | Home |
| Herbison et al., 2016 | 73 | Control game: 5.6 [1.1]; Binocular video: 5.9 [1.2] Binocular game: 6.0 [1.3] | 6 | Control game (30 min/week), Binocular video (30 min/week), Binocular game (30 min/week) | Control game: 0.03 [0.02]<br><br>Binocular video: 0.1 [0.02]<br><br>Binocular game: 0.06 [0.02] | NR | Clinic |
| Holmes et al., 2003 (PEDIG) | 157 | Patching (6 hr/day) and near activities: 4.7 [1.1] ; Patching (full-time) and near activities: 5.0 [1.0] | 16 | Patching (6 hr/day) and near activities (1 hr/day) ; Patching(full-time) and near activities (1 hr/day) | Patching (6hrs/day) and near activities: 0.48 [0.23]<br><br>Patching (full time) and near activities: 0.47 [0.29] | -0.03 (-0.11 - 0.05) | Home |
| Holmes et al., 2016 (PEDIG) | 363 | Patching: 8.6 [2.0]; Binocular game: 8.4 [1.8] | 16 | Patching (2 hr/day); Binocular game (1hr/day) | Patching: 0.14 [NR]<br><br>Binocular game: 0.11 [NR] | one-sided 95% CI: 0.031 (upper limit: 0.053) | Home |
| Lee et al., 2020 | 25 | 6.64 [NR] | 8 | Patching (2hr/day); Monocular perceptual learning (20min/day); Binocular perceptual learning (20min/day) | Patching: 0.054 [NR]<br><br>Monocular perceptual learning: -0.04 [NR]<br><br>Binocular perceptual learning: 0.022 [NR] | NR | Home |
| Manh et al., 2018 | 95 | Patching: 14.3 [1.1]; Binocular game: 14.3 [1.1] | 16 | Patching (2hr/day); Binocular game (1hr/day) | Patching: 0.074 [NR]<br><br>Binocular game: 0.126 [NR] | -0.52 (-1.14-0.06) | Home |
| Medghalci & Dalili, 2011 | 120 | NR | 104 | Patching (3hr/day); Atropine (0.5% 1 gt (2x/week) | Patching: 0.38 [NR]<br><br>Atropine: 0.36 [NR] | NR | Home |
| Mehboob et al., 2019 | 52 | 11.06 [3.3] | 8 | Patching (6hr/day) and near activities (1-2 hr/day); Patching (12hr/day) | Patching (6hr/day) and near activities: 0.17 [0.13]; Patching (12hr/day): 0.22 [0.14] | NR | Home |
| Nyman et al., 1983 | 50 | NR | variable | Patching or 0.2 Bangerter (full time); Monocular CAM stimulator (7 mins in 5-10 sessions) | Patching: 0.33 [0.126]; CAM: 0.311 [0.105] | NR | Patching: home; CAM: lab |

| Pawar et al., 2014 | 84 | Patching: 6.68, [1.89] | variable | Patching (full time, 6 days/week); Non-vision-based treatment | Patching: 0.26 [NR] | NR | Home |
|---|---|---|---|---|---|---|---|
| PEDIG 2008 | 398 | Patching and near: 5.4 [1.0]; Patching and distance: 5.4 [1.0] | 8 | Patching (2hr/day) and near activities (1hr/day) ; patching (2hr/day) and distance activities (1hr/day) | Patching and near: 0.25 [0.16]; Patching and distance: 0.26 [0.16] | 0 (-0.3 - 0.3) | Home |
| PEDIG 2009 | 172 | Atropine: 5.2 [1.1]; Atropine and a plano lens: 5.1 [1.0] | 18 | Atropine (1% 1 gt 2x/week); Atropine (1% 1 gt 2x/week)and a plano lens (6hrs/day) | Atropine: 0.24 [0.14]; Atropine and plano lens: 0.28 [0.18] | -0.03 (-0.02 - 0.08) | Home |
| PEDIG 2011 | 54 | 6.9 [NR] | 10 | Patching (2 hours/day) or atropine (1% 1gt 1x/week); Patching (6hrs/day) and atropine (1% 1 gt QD) | Patching or atropine: 0.053 [0.15]; patching and atropine: 0.056 [0.096] | 0 (-0.07 - 0.07) | Home |
| PEDIG 2019 | 136 | Optical treatment: 9.6 [1.5] Binocular game: 9.6 [1.6] | 4 | Optical treatment (full time); Binocular game (1hr, 5x/week) and optical treatment (full time) | Optical treatment: 0.034[NR]); Binocular game: 0.026 [NR] | -0.006 (-0.044 - 0.03) | Home |
| PEDIG 2010 | 169 | Patching: 6.3 [1.62]; Bangerter: 6.3 [1.67] | 24 | Patching (2hrs/day); 0.2 or 0.3 Bangerter filter (full time) | Patching: 0.23 [0.13]; Bangerter: 0.19 [0.16] | 0.76 (non-inferiority 0.75) | Home |
| Rajavi et al., 2016 | 50 | Patching: 5.06 [1.62]; Binocular game and patching: 6.28 [1.95] | 4 | Patching (variable); Binocular game followed by patching (20 min/day, 5x/week x 1 month) | Patching: 0.06 [0.08]; Binocular game followed by patching: 0.17 [0.09] | NR | Home |
| Rajavi et al., 2019 | 38 | Patching and placebo game: 7.55 [1.55]; Binocular game: 6.5 [2.01] | 4 | Patching and placebo game (6 hours total); Binocular game (6 hours total) | Patching and placebo game: 0.09 [0.09]; Binocular game: 0.08 [0.09] | NR | Home |
| Repka et al., 2003 | 181 | Patching (2hrs): 5.1 [1.1]; Patching (6hrs): 5.4 [1.0] | 16 | Patching (2hrs/day) and near activities (1hr/day); Patching (6hrs/day) and near activities (1hr/day) | Patching (2hrs): 0.24 [0.134]; Patching (6hrs): 0.24 [0.163] | 0.001 (-0.04 - 0.042) | Home |
| Scheiman et al., 2008 | 172 | Patching: 8.9 [1.5]; Atropine: 9.1 [1.6] | 17 | Patching (at least 1hr/day); Atropine (1% 1 gt 2x/week) | Patching: 0.172 [0.156]; Atropine: 0.152 [0.15] | 0.024 (-0.014- 0.062) | Home |

| Sharda 2019 | 32 | 8.68 [1.55] | 12 | Patching (6hrs/day); Non-vision-based treatment | Patching: 0.37 [NR] | NR | Home |
|---|---|---|---|---|---|---|---|
| Singh, Sharma & Saxena, 2017 | 68 | Patching: 10 [NR]; Monocular game and patching: 9.9 [2.19] | 4 | Patching (6hrs/day); Monocular game (1hr/day, FE patched) and patching (6hrs/day) | Patching: 0.05 [NR]; Monocular game and patching: 0.1 [NR] | NR | Home |
| Stewart et al., 2007 | 80 | Patching (6h): 5.4 [1.7]; Patching (12h): 5.6 [1.4] | 18+ | Patching (6hr/day); Patching (12hr/day) | Patching 6h: 0.26 [NR], Patching 12h: 0.24 [NR] | 0.02 (0 - 0.04) | Home |
| Tejedor & Ogallar, 2008 | 63 | Optical penalization: 6.11 [2.09]; Atropine: 5.64 [2.16] | 26 | Optical penalization (full time); Atropine (1% 1gt 2x/week) | Optical penalization: 0.18 [1.4]; Atropine: 0.34 [0.14] | NR | Home |
| Vagge, Gunton & Schnall, 2018 | 24 | Patching: 4.8 [1.1] | variable | Patching (variable); Non-vision-based treatment | Patching: 0.17 [NR] | NR | Home |
| Wallace et al., 2006 | 173 | Optical treatment: 5.3 [1.1]; Patching and near activities: 5.4 [1.0] | 5 | Optical treatment or nothing (full time); Patching (2hr/day) and near activities (1hr/day) | Optical treatment or nothing: 0.05 [0.17]; Patching and near: 0.11 [0.16] | 0.07 (0.02 - 0.12) | Home |
| Wang et al., 2016 | 34 | Patching: 5.9 [0.9]; Intermittent patching: 5.7 [1.5] | 12 | Patching (2hr/day); Intermittent patching (4 hrs/day, switches on and off every 30 seconds) | Patching: 0.15 [0.11]; Intermittent patching: 0.15 [0.12] | T = −0.14, one-sided P=0.88 | Home |
| Yao, Moon & Qu, 2019 | 85 | Patching: 5.99 [2.33]; Binocular game: 6.5 [2.81]; Patching and binocular game: 6.21 [2.5] | 12 | Patching (2-6 hours/day); Binocular game (40 mins/day, in 2 sessions); Patching and binocular game (2-6 hours/day) | Patching: 0.28 [NR]; Binocular game: 0.18 [NR]; Patching and binocular game: 0.3 [NR] | NR | Home |
| Zhao et al., 2010 | 83 | Patching: 9.4 [1.9] | 15 | Patching (2hrs/day) and near activities (1hr/day); Non-vision-based treatment | Patching: 0.183 [0.099] | 0.049 (0.005 - 0.092) | Patching: home; Non-vision-based treatment: clinic |

**Table 1.** *Studies included in the systematic review.. NR: not reported. mins: minutes. SE = standard error. hr = hour. gt = drop. FE = fellow eye. Where studies included multiple age groups, only the data for 4-17 year old participants are included.*
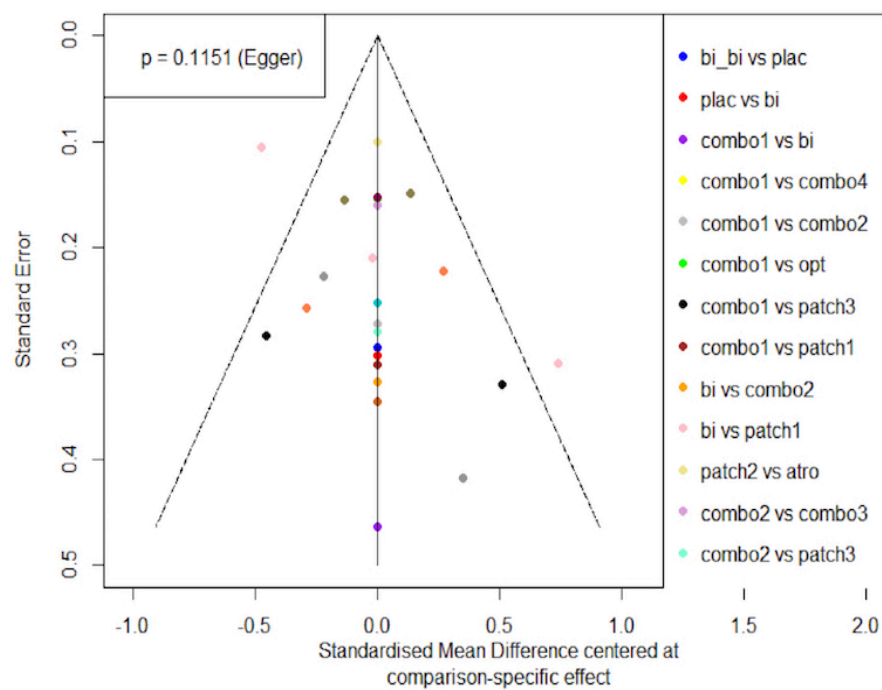
**Figure 1.** *Funnel plot of studies in the NMA. There is no asymmetry indicative of publication bias.*

Supplemental material

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| Study name | Randomization process | Adherence | Missing outcome data | Measurement of the outcome | Selection of the reported result | Overall |
|---|---|---|---|---|---|---|
| Agervi et al., 2009 | + | ? | + | ? | + | ! |
| Agervi et al., 2010 | − | + | + | ? | + | − |
| Birch et al., 2020 | + | + | + | + | + | + |
| Clarke et al., 2003 | + | + | + | + | + | + |
| Cotter 2002 | + | + | + | + | + | + |
| Dadeya et al., 2016 | + | + | + | + | + | + |
| Fresina et al., 2018 | + | + | + | + | + | + |
| Gambacorta et al., 2018 | − | + | + | + | + | ! |
| Gao et al., 2018 | + | ? | + | + | + | ! |
| Herbison et al., 2016 | + | + | + | + | + | + |
| Holmes et al., 2016 | + | ? | + | + | + | ! |
| Holmes et al., 2003 | + | − | + | + | + | − |
| Lee et al., 2020 | + | ? | + | + | + | ! |
| Manh et al., 2018 | + | ? | + | + | + | ! |
| Medghalci et al., 2011 | − | − | + | ? | + | − |
| Mehboob et al., 2019 | + | + | + | + | + | + |
| Nyman et al., 1983 | ? | + | − | ? | + | − |
| Pawar et al., 2014 | ? | − | − | + | + | − |
| PEDIG 2008 | + | + | + | + | + | + |
| PEDIG 2009 | + | + | + | + | + | + |
| PEDIG 2011 | + | ? | + | + | + | ! |
| PEDIG 2019 | + | ? | + | + | + | + |
| PEDIG 2010 | + | + | + | + | + | + |
| Rajavi et al., 2016 | + | − | + | − | + | − |
| Rajavi et al., 2019 | + | + | + | − | + | − |
| Repka et al., 2003 | + | − | + | + | + | − |
| Scheiman et al., 2008 | + | − | + | + | + | − |
| Sharda et al., 2019 | + | − | + | ? | + | − |
| Singh et al., 2017 | + | + | + | + | + | + |
| Stewart et al., 2009 | + | ? | + | − | + | − |
| Tejedor et al., 2008 | + | + | + | + | + | + |

| | |
|---|---|
| + | Low risk |
| ? | Some concerns |
| − | High risk |
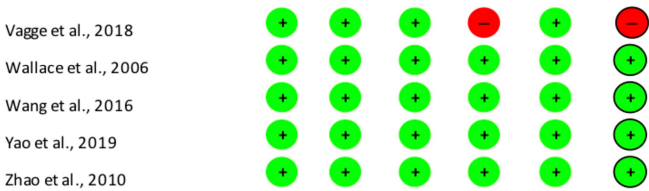
**Figure 2.** *Risk of bias assessment.*
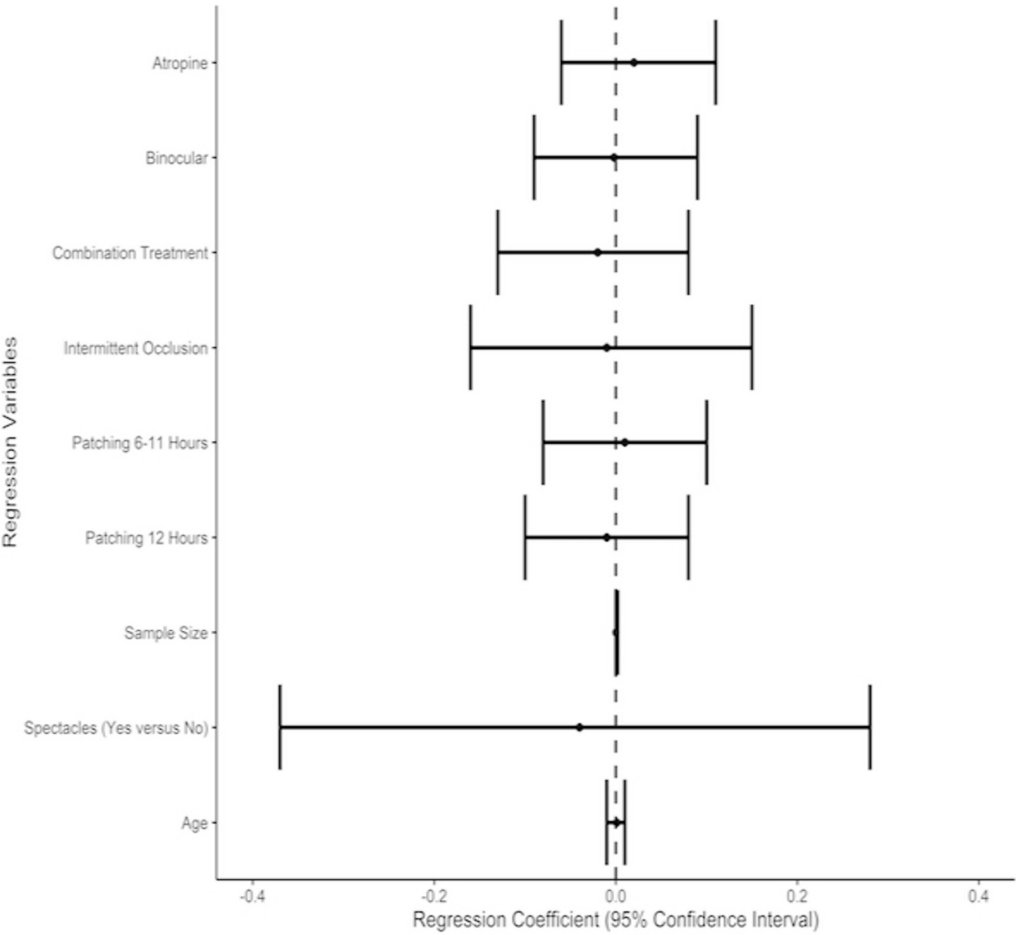


**Figure 3.** *Forest plot of the meta-regression.*

Supplemental material

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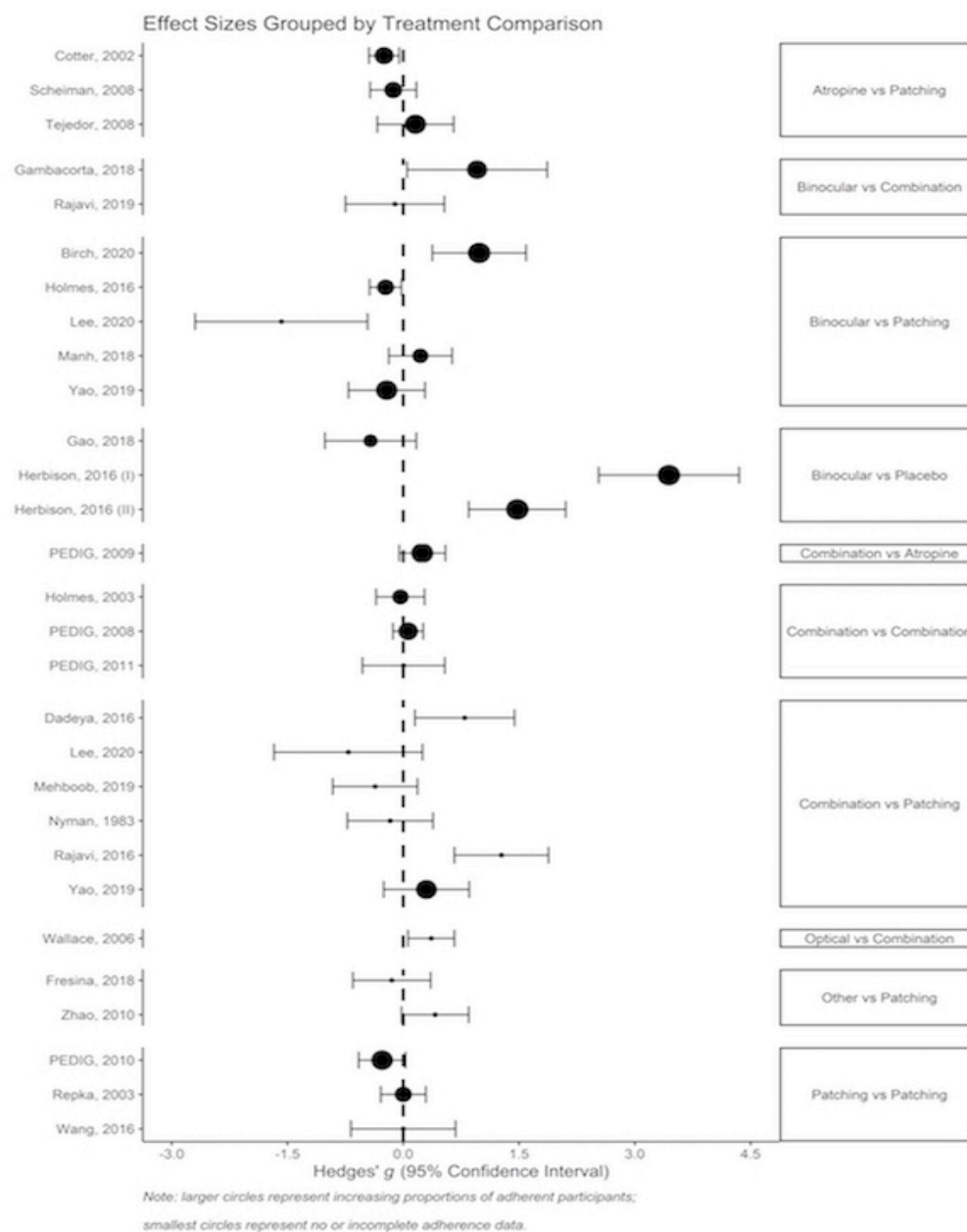
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*Figure 4. Forest plot of effect sizes, separated by treatment comparison. Larger boxes represent increasing proportions of adherent participants. Smaller boxes represent no or incomplete adherence data.*

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**PubMed(Medline) Search Strategy**

("amblyopia"[MeSH Terms] OR "amblyopia"[All Fields] OR "amblyopias"[All Fields] OR "lazy eye"[All Fields] OR "convergence, ocular"[MeSH Terms] OR "ocular convergence"[All Fields] OR "convergence insufficiency"[All Fields] OR "convergence insufficiencies"[All Fields] OR "convergence excess"[All Fields] OR "accommodative disorders"[All Fields] OR "accommodative dysfunction"[All Fields] OR "accommodative dysfunctions"[All Fields] OR "accommodative insufficiency"[All Fields] OR "accommodative infacility"[All Fields] OR "cyclophoria"[All Fields] OR "cyclophorias"[All Fields] OR "strabismus"[MeSH Terms] OR "strabismus"[All Fields] OR "squint"[All Fields] OR "phoria"[All Fields] OR "phorias"[All Fields] OR "exotropia"[MeSH Terms] OR "exotropia"[All Fields] OR exotropias[All Fields] OR "esotropia"[MeSH Terms] OR "esotropia"[All Fields] OR "esotropias"[All Fields] OR "exophoria"[All Fields] OR exophorias[All Fields] OR "esophoria"[All Fields] OR "esophorias"[All Fields] OR "exodeviation"[All Fields] OR "exodeviations"[All Fields] OR "esodeviation"[All Fields] OR "esodeviations"[All Fields] OR "hypertropia"[All Fields] OR "hypertropias"[All Fields] OR "hypotropia"[All Fields] OR "hypotropias"[All Fields]) **AND** ("vision therapy"[All Fields] OR "vision therapies"[All Fields] OR "vision training"[All Fields] OR "visual training"[All Fields] OR "visual therapy"[All Fields] OR "visual therapies"[All Fields] OR "orthoptics"[MeSH Terms] OR "orthoptics"[All Fields] OR "orthoptic"[All Fields] OR "pleoptic"[All Fields] OR "pleoptics"[All Fields] OR "home-based pencil push-ups"[All Fields] OR "vergence training"[All Fields] OR "vergence therapy"[All Fields] OR "accommodative training"[All Fields] OR "accommodative therapy"[All Fields] OR "eye training"[All Fields] OR "eye patch"[All Fields] OR "eyepatch"[All Fields] OR "eye

patching"[All Fields] OR "eye pad"[All Fields] OR "patch"[All Fields] OR "patching"[All Fields] OR "ocular patches"[All Fields] OR "eye exercise"[All Fields] OR "eye exercises"[All Fields] OR "ocular exercise"[All Fields] OR "optical penalization"[All Fields] OR "optical penalisation"[All Fields] OR "computers, handheld"[MeSH Terms] OR "handheld computer"[All Fields] OR "handheld computers"[All Fields] OR "tablets"[All Fields] OR "tablet"[All Fields] OR "ipad"[All Fields] OR "ipod"[All Fields] OR "mp3-player"[MeSH Terms] OR "smartphone"[All Fields] OR "smartphones"[All Fields] OR "smart phone"[All Fields] OR "smart phones"[All Fields] OR "computer program"[All Fields] OR "computer programs"[All Fields] OR "software"[MeSH Terms] OR filter[All Fields] OR filters[All Fields] OR "prism"[All Fields] OR "prisms"[All Fields] OR "occluder"[All Fields] OR "occluders"[All Fields]) **AND** ("child, preschool"[MeSH Terms] OR "child"[MeSH Terms] OR "child"[All Fields] OR "children"[All Fields] OR "adolescent"[MeSH Terms] OR "adolescent"[All Fields] OR "adolescents"[All Fields] OR "adolescence"[All Fields] OR "teen"[All Fields] OR "teens"[All Fields] OR "teenager"[All Fields] OR "teenagers"[All Fields]) AND English[lang]

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**PRISMA Checklist**

| Section/topic | # | Checklist item | page # |
|---|---|---|---|
| **TITLE** | | | |
| Title | 1 | Identify the report as a systematic review, meta-analysis, or both. | 1 |
| **ABSTRACT** | | | |
| Structured summary | 2 | Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number. | 1-2 |
| **INTRODUCTION** | | | |
| Rationale | 3 | Describe the rationale for the review in the context of what is already known. | 4-5 |
| Objectives | 4 | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS). | 5-6 |
| **METHODS** | | | |
| Protocol and registration | 5 | Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number. | 6 |
| Eligibility criteria | 6 | Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale. | 7 |
| Information sources | 7 | Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched. | 7-8 |
| Search | 8 | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated. | Supplemental |

| Study selection | 9 | State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis). | 7-8 |
|---|---|---|---|
| Data collection process | 10 | Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators. | 8 |
| Data items | 11 | List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made. | 7-8 |
| Risk of bias in individual studies | 12 | Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis. | 9-10 |
| Summary measures | 13 | State the principal summary measures (e.g., risk ratio, difference in means). | 8 |
| Synthesis of results | 14 | Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., $I^2$) for each meta-analysis. | 10-13 |
| Risk of bias across studies | 15 | Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies). | 10 |
| Additional analyses | 16 | Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified. | 11-13 |
| **RESULTS** | | | |
| Study selection | 17 | Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram. | 9 |
| Study characteristics | 18 | For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations. | Supplemental |
| Risk of bias within studies | 19 | Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12). | Supplemental |

| Results of individual studies | 20 | For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot. | Supplemental |
|---|---|---|---|
| Synthesis of results | 21 | Present results of each meta-analysis done, including confidence intervals and measures of consistency. | 16-19 |
| Risk of bias across studies | 22 | Present results of any assessment of risk of bias across studies (see Item 15). | 14-15 |
| Additional analysis | 23 | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]). | 14-19 |
| **DISCUSSION** | | | |
| Summary of evidence | 24 | Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers). | 19-20 |
| Limitations | 25 | Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias). | 21-23 |
| Conclusions | 26 | Provide a general interpretation of the results in the context of other evidence, and implications for future research. | 23-24 |
| **FUNDING** | | | |
| Funding | 27 | Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review. | 2 |