**Table S3.** Quality assessment of clinical trials (according to the Cochrane guideline) investigating the impact of melatonin supplementation on adiponectin and leptin

| Study (year) | Sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective outcome reporting | Other potential threats to validity | General risk of bias |
|---|---|---|---|---|---|---|---|---|
| Gonciarz et al. (2013) [17] | U | U | U | H | L | L | U | Moderate |
| Amstrup et al. (2016) [18] | L | L | L | L | H | L | U | Low |
| Szewczyk-Golec et al. (2017) [7] | U | U | H | H | L | L | U | Moderate |
| Bahrami et al. (2019) [19] | L | U | U | U | L | H | U | Low |
| Abood et al. (2020) [20] | U | U | H | H | L | L | U | Moderate |
| Bahrami et al. (2020) [21] | L | U | U | U | L | H | U | Low |
| Alizadeh et al. (2021) [22] | U | U | L | L | L | H | U | Low |
| Lauritzen et al. (2022) [22] | L | U | L | U | L | H | U | Low |
| Alamdari et al. (2024) [13] | L | U | L | U | L | H | U | Low |

U, unclear risk of bias; LH, high risk of bias; , low risk of bias.