<table>
<thead>
<tr>
<th>Strength of Recommendation</th>
<th>Definition</th>
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</table>
| **Strong Recommendation**  | The quality of the supporting evidence is based on at least one of the following:  
|                            | - meta-analysis  
|                            | - systematic review of RCTs  
|                            | - RCTs with very low risk of bias  
|                            | - high quality RCTs  
|                            | - high quality meta-analysis of observational studies  
|                            | - high quality systematic reviews of observational studies  
|                            | which are directly applicable to the target population. |
| **Recommendation**         | The quality of the supporting evidence is based on:  
|                            | - RCTs  
|                            | - high quality observational studies with very low risk of bias  
|                            | - high quality observational studies  
|                            | which are directly applicable to the target population. |
| **Weak Recommendation**    | The quality of the supporting evidence is based on:  
|                            | - well-conducted observational studies with very low risk of bias  
|                            | - well-conducted observational studies which are directly applicable to the target population  
|                            | or  
|                            | the quality of the supporting evidence is based on:  
|                            | - observational studies with a high risk of bias (directly applicable to the target population)  
|                            | - observational studies  
|                            | - high quality studies, which show little clear advantage to one approach over another  
|                            | - expert opinion |
| **No Recommendation**      | The quality of the supporting evidence is based on:  
|                            | - no study design  
|                            | - other evidence  
|                            | - no evidence |