

Supplementary Table 1. Descriptive summary of included studies [1-5,7,8,14-16]

Author (yr)	Study design	Diagnosis	Experimental group		Control group		Therapy			Speech sample	Outcomes (assessment)	
			n (M/F)	Age (yr)	n (M/F)	Age (yr)	Type	Session	Duration		Voice quality	Articulation
Aghadoost et al. (2020)	One group	Primary MTD	8 (0/8)	39.8	-	-	MCT	10	45	Sustained /a/	Jitter, F0-high, I-low, DSI	
Anhaia et al. (2014)	One group	Hyperfunctional dysphonia	20 (0/20)	38	-	-	MCT	1	20	Sustained /a/	Jitter, shimmer	
Dehqan and Scherer (2019)	One group	Primary MTD	28 (0/28)	32.1	-	-	MCT	15	30	Sustained /a/	Jitter, shimmer, NHR	F1
Dehqan and Ballard (2021) 1	RCT	Primary MTD	30 (0/30)	28.7	28 (0/28)	28.6	MCT	1	30	Sustained /a/	Jitter, shimmer, HNR, CPPs	
Dehqan and Ballard (2021) 2	RCT	Primary MTD	30 (0/30)	28.9	28 (0/28)	28.6	MCT+CVM	1	30	Sustained /a/	Jitter, shimmer, HNR, CPPs	
Dromey et al. (2008) 1	RCT	Primary MTD	110 (0/110)	46.12	-	-	MCT	1	-	/ai/ in sentence	-	F1 slope, F2 slope
Dromey et al. (2008) 2	RCT	Primary MTD	110 (0/110)	46.12	-	-	MCT	1	-	/ei/ in sentence	-	F1 slope, F2 slope
Mathieson et al. (2009) 1	One group	Primary MTD	10 (2/8)	30.3	-	-	LMT	1	5-10	Sustained /a/	Jitter, shimmer, NHR	F1, F2
Mathieson et al. (2009) 2	One group	Primary MTD	10 (2/8)	30.3	-	-	LMT	1	5-10	Sentence	NHR	-
Rad et al. (2018) 1	One group	Primary MTD	8 (8/0)	37.6	-	-	MCT	1	-	Sustained /a/	Jitter, shimmer, HNR	F1
Rad et al. (2018) 2	One group	Primary MTD	12 (0/12)	34.1	-	-	MCT	1	-	Sustained /a/	Jitter, shimmer, HNR	F1
Roy and Ferguson (2001)	One group	Hyperfunctional dysphonia	75 (4/71)	46.1	-	-	MCT	1	-	Sustained /a/	-	F1, F2
Roy et al. (2009)	One group	Primary MTD	111 (0/111)	46.12	-	-	MCT	1	-	Sustained /a/	-	F1, F2
Van Lierde et al. (2010)	Crossover	Primary MTD	10 (6/4)	58	10 (6/4)	58	MCT	1	-	Sentence	Jitter, F0-high, I-low, DSI	

MTD, muscle tension dysphonia; MCT, manual circumlaryngeal therapy; F0-high, high F0; I-low, low intensity; DSI, dysphonic severity index; NHR, noise to harmonic ratio; F1, first formant; RCT, randomized controlled trial; HNR, harmonic to noise ratio; CPP, cepstral peak prominence; CVM, cricovisor maneuver; LMT, laryngeal manual therapy; F2, second formant