

Supplementary Material

1 Reference list for all articles included in the meta-analysis

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2 Table S1

Complete coding of all shortlisted studies based on the meta-analysis inclusion criteria

Citation	Year	Country	Age	Design	Subject	Length	Instructor	Time	Extra	Nature	No.	No.	No.	<i>g</i>	SE
Adams, Garcia et al.	2016	USA	University	X groups	Science	semester	Same	Yes	video	73	77	8	-0.04	0.16	
Adams, Randall et al.	2015	USA	University	X groups	Science	semester	Same	Yes	Lect+Vid	202	122	4	-0.54	0.12	
Aidinopoulou	2017	Greece	School	X groups	Humanities	year	Same	No	video +	26	23	14	0.39	0.29	
Albert & Beatty	2014	USA	University	Pre-post	Business	semester	Same	No	video	596	321	3	0.16	0.07	
Almodaires et al.	2019	Kuwait	University	X groups	Education	semester	Same	No	video	128	67	4	0.34	0.15	
Anderson & Brennan	2015	USA	University	X groups	Engineering	semester	Same	No	video	135	197	6	0.31	0.11	
Asef-Vaziri	2015	USA	University	X groups	Engineering	semester	Same	Yes	Ppt+Vid	320	292	4	0.56	0.08	
Aşıksoy & Özdamlı	2015	Turkey	University	X groups	Science	semester	Same	No	video	36	30	1	0.88	0.26	
Baepler, Walker et al.	2014	USA	University	X groups	Science	semester	Same	No	Lect+Vid	304	316	2	0.14	0.08	
Balaban, Gilleskie et al.	2016	USA	University	X groups	Business	semester	Same	No	Lect+Vid	367	362	5	0.47	0.08	
Bazelais	2018	Canada	School	X groups	Engineering	semester	Same	No	video	37	34	3	0.42	0.24	
Beale et al.	2014	USA	University	X groups	Medicine	semester	Different	No	Lect+Vid	149	149	6	0.01	0.12	
Belfi	2015	USA	University	Pre-post	Science	<= 1 month	Different	Yes	video	101	101	2	0.59	0.15	

Beom	2018	Korea	University	X groups	Medicine	\leq 1 month	Different	Yes	video	55	53	1	0.34	0.19
Bhagat et al.	2016	Taiwan	School	X groups	Math	\leq 1 month	Same	No	video	41	41	1	0.05	0.22
Blair	2016	Trinidad and Tobago	University	Pre-post	Engineering	semester	Same	No	video	42	71	1	0.02	0.19
Blazquez et al.	2019	Spain	University	X groups	Nursing	\leq 1 month	Same	No	video +	60	50	1	0.63	0.20
Bonnes	2017	USA	University	Pre-post	Medicine	\leq 1 month	Same	Yes	online	95	48	2	1.53	0.20
Borchardt	2017	USA	University	Pre-post	Science	semester	Same	Yes	video	25	25	3	0.39	0.28
Bossaer et al.	2016	USA	University	Pre-post	Science	\leq 1 month	Same	No	video +	76	72	1	-0.22	0.16
Bowen et al.	2014	USA	University	X groups	Math	semester	Different	No	online	292	313	2	0.04	0.08
Boyraz & Ocak	2016	USA	University	X groups	Medicine	\leq 1 month	Same	Yes	online	95	259	3	0.96	0.34
Boysen-Osborn	2017	Turkey	University	Pre-post	Humanities	year	Same	no	video	23	17	1	0.43	0.12
Brooks	2014	USA	University	X groups	Computing	semester	Same	Yes	video	18	14	2	0.01	0.36
Buch	2017	USA	University	Pre-post	Math	semester	Same	No	video	62	38	4	0.35	0.21
Busato	2016	USA	University	X groups	Engineering	semester	Same	Yes	video	7	6	2	2.37	0.75
Cabi	2018	Turkey	University	X groups	Computing	\leq 1 month	Same	No	video +	28	31	2	0.09	0.26
Calimeris	2015	USA	University	X groups	Business	semester	Same	No	video	31	35	3	0.32	0.25
Casasola	2017	USA	University	X groups	Science	semester	Different	Yes	Lect+Vid	166	129	2	0.45	0.12
Caviglia-Harris	2016	USA	University	X groups	Business	semester	Same	No	Lect+Vid	55	58	2	0.86	0.20
Chao et al.	2015	Taiwan	School	X groups	Engineering	\leq 1 month	Same	No	video	45	46	1	0.78	0.22

Christiansen	2014	USA	University	X groups	Science	semester	Same	No	Ppt+Vid	6	7	2	0.84	0.60
Cilli-Turner	2015	USA	University	X groups	Humanities	semester	Same	Yes	Lect+Vid	78	56	2	0.99	0.19
Clark	2015	USA	School	X groups	Math	semester	Same	Yes	Lect+Vid	21	21	1	0.07	0.31
Cotta et al.	2015	USA	University	X groups	Science	semester	Same	No	video	151	165	2	0.35	0.11
Crimmins	2017	USA	University	X groups	Science	semester	Same	Yes	video +	395	371	3	0.55	0.07
Davies, Dean, & Ball	2013	USA	University	Pre-post	Computing	<= 1 month	Same	No	Lect+Vid	53	65	1	0.22	0.19
Day	2018	USA	University	Pre-post	Medicine	semester	Same	No	video	112	105	1	0.07	0.14
Day & Foley	2006	USA	University	X groups	Computing	semester	Same	No	Lect+Vid	28	18	6	1.50	0.35
Delialioglu & Yildirim	2008	Turkey	University	X groups	Computing	semester	Same	No	online	26	24	1	0.43	0.29
DeSantis et al.	2015	USA	School	X groups	Math	<= 1 month	Same	No	Lect+Vid	26	21	1	-0.12	0.29
Dove & Dove	2015	USA	University	X groups	Math	semester	Same	Yes	video	35	27	1	0.76	0.27
Eichler & Peeples	2016	USA	University	X groups	Science	semester	Same	Yes	video +	452	294	4	0.17	0.07
Ernst	2008	USA	University	Pre-post	Computing	semester	Same	No	Lect+Vid	23	23	1	0.25	0.30
Ferreri & O'Conner	2013	USA	University	Pre-post	Science	semester	Same	No	Assignments	89	146	1	0.67	0.14
Findlay-Thompson et al.	2014	Canada	University	X groups	Business	semester	Same	No	Lect+Vid	30	42	1	0.09	0.24
Flynn	2015	Canada	University	X groups	Science	semester	Same	Yes	video +	398	2872	2	0.29	0.06
Foldnes	2016	Norway	University	Pre-post	Business	semester	Different	Yes	Lect+Vid	51	1506	3	0.93	0.14
Fraga & Harmon	2014	USA	University	X groups	Humanities	semester	Same	No	online	25	26	1	0.35	0.28
Galway	2014	Canada	University	X groups	Engineering	semester	Different	Yes	online	11	22	1	0.43	0.37

Geist et al.	2015	USA	University	X groups	Nursing	semester	Same	Yes	Assignments	46	40	4	1.14	0.24
Gillespie (a)	2016	USA	University	X groups	Medicine	year	Same	Yes	video	30	40	2	-0.25	0.25
Gillespie (b)	2016	USA	University	X groups	Medicine	year	Different	Yes	Lect+Vid	22	14	8	0.48	0.35
Giuliano & Moser	2016	USA	University	Pre-post	Science	semester	Same	No	video	94	99	1	0.74	0.15
González-Gómez et al.	2016	Spain	University	X groups	Science	semester	Same	No	online	52	51	3	1.09	0.21
Gross et al.	2015	USA	University	X groups	Science	semester	Same	No	Lect+Vid	244	237	3	0.91	0.10
Guerrero, Baumgartel et al.	2013	USA	University	X groups	Math	semester	Same	No	video	29	15	1	0.53	0.32
Guerrero, Beal et al.	2015	USA	University	X groups	Math	semester	Same	No	online	37	31	4	-0.10	0.24
Gundlach et al.	2015	USA	University	X groups	Math	semester	Same	No	online	56	330	5	-0.26	0.14
Guy & Marquis	2016	USA	University	X groups	Business	semester	Same	No	video +			1	0.36	0.10
Harrington et al.	2015	USA	University	X groups	Nursing	semester	Same	Yes	video	41	41	12	-0.02	0.22
Harrison et al.	2016	USA	University	X groups	Engineering	semester	Same	No	Lect+Vid	24	34	4	-0.37	0.27
Haughton & Kelly	2015	USA	University	X groups	Business	semester	Different	No	Lect+Vid	46	221	2	0.32	0.14
He et al.	2016	USA	University	X groups	Science	semester	Same	Yes	video +	334	343	3	0.09	0.08
Heuett	2017	USA	University	X groups	Math	semester	Same	No	Lect+Vid	52	30	3	0.35	0.23
Heyborne & Perrett	2016	USA	University	X groups	Science	semester	Same	Yes	Ppt+Vid	68	71	5	0.43	0.17
Hibbard et al.	2015	USA	University	X groups	Science	semester	Same	No	online	171	122	1	0.40	0.12
Hotle & Garrow	2016	USA	University	X groups	Engineering	semester	Same	Yes	video	23	36	1	-0.03	0.27
Huang & Hong	2016	Taiwan	School	X groups	Humanities	<= 1 month	Different	Yes	video	40	37	2	0.64	0.24

Hudson et al.	2015	USA	University	X groups	Science	semester	Different	Yes	Assignments	3869	207	1	-0.27	0.07
Hughes et al.	2016	USA	University	Pre-post	Science	<= 1 month	Same	Yes	video	127	121	2	0.12	0.13
Hung	2015	Taiwan	University	X groups	Humanities	<= 1 month	Different	No	video	26	25	6	0.74	0.30
Ibrahim	2018	USA	University	X groups	Education	semester	Same	No	video	137	43	2	0.00	0.18
Ilic et al.	2015	Australia	University	X groups	Medicine	semester	Different	Yes	online	73	74	3	0.16	0.17
Jeavons et al.	2013	Australia	University	X groups	Nursing	<= 1 month	Different	Yes	online	28	107	2	-0.29	0.21
Jensen	2011	USA	University	X groups	Science	<= 1 month	Same	No	Powerpoint	115	115	4	0.32	0.19
Jensen et al.	2015	Brazil	University	X groups	Science	semester	Same	Yes	Assignments	55	53	6	0.04	0.13
Joyce	2015	USA	University	X groups	Business	semester	Same	No	video	331	325	1	-0.20	0.08
Kakosimos	2015	Qatar	University	X groups	Engineering	semester	Different	Yes	video +	20	15	4	0.36	0.36
Kang	2015	Korea	University	X groups	Humanities	semester	Different	Yes	video	24	42	3	0.18	0.26
Kennedy et al.	2015	USA	University	X groups	Math	semester	Same	No	video	87	86	8	-0.04	0.16
Kim et al.	2014	USA	University	Pre-post	Engineering	semester	Same	No	Lect+Vid	168	141	4	0.40	0.12
Kirvan et al.	2015	USA	School	X groups	Math	<= 1 month	Same	No	video	25	29	3	0.27	0.27
Kiviniemi	2014	USA	University	X groups	Medicine	semester	Same	Yes	online	38	28	8	0.26	0.25
Koo et al.	2016	USA	University	Pre-post	Science	semester	Same	No	video	100	100	1	0.63	0.14
Konstan et al.,	2015	USA	University	Pre-post	Computing	semester	Same	yes	online	252	10	1	0.40	0.32
Köroğlu & Çakır	2017	Turkey	University	X groups	Humanities	<= 1 month	Same	No	video	23	25	1	2.06	0.36
Kosovich	2016	USA	University	X groups	Business	semester	Same	Yes	video	133	116	4	0.16	0.13

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Kostaris	2016	Greece	School	X groups	Computing	semester	Same	No	video	23	23	6	1.20	0.33
Krueger & Storlie	2015	USA	University	X groups	Business	semester	Same	Yes	Assignments	30	30	8	0.00	0.26
Kurt	2017	Turkey	University	X groups	Education	semester	Same	No	online	32	30	1	0.92	0.27
Lancaster & McQueeney	2011	USA	University	X groups	Science	semester	Same	Yes	Powerpoint	13	17	4	0.24	0.37
Lancaster, McQueen et al.	2011	USA	University	X groups	Science	semester	Same	No	online	13	17	1	0.05	0.37
Larson & Yamamoto	2013	USA	University	X groups	Computing	semester	Same	No	video	70	55	1	-0.20	0.18
Lee & Liu	2016	USA	University	X groups	Humanities	semester	Same	Yes	video +	36	56	10	0.18	0.21
Leicht et al.	2012	USA	University	Pre-post	Engineering	<= 1 month	Same	No	video	95	104	2	0.16	0.14
Leo & Puzio	2016	USA	School	X groups	Science	semester	Same	No	video	40	29	3	0.29	0.25
Lewis	2018	USA	School	X groups	Medicine	semester	Different	Yes	Lect+Vid	98	102	1	0.00	0.14
Lewis & Harrison	2012	USA	University	X groups	Humanities	semester	Same	Yes	video +	32	28	7	0.67	0.27
Li et al.	2015	China	University	X groups	Science	semester	Same	No	video	61	60	1	1.96	0.22
Liebert	2015	USA	University	Pre-post	Medicine	<= 1 month	Different	No	Assignments	89	92	1	-0.12	0.15
Lin & Hwang	2017	China	University	X groups	Medicine	<= 1 month	Same	No	video +	22	22	2	0.15	0.30
Lin et al.	2018	Taiwan	University	X groups	Humanities	semester	Same	Yes	video	33	16	3	1.15	0.33
Lindeman et al.	2015	USA	University	X groups	Medicine	<= 1 month	Same	No	online	129	108	10	0.10	0.20
Lockman et al.	2017	USA	University	Pre-post	Science	semester	Same	Yes	video	162	156	2	0.89	0.12
Love et al.	2014	USA	University	Pre-post	Math	semester	Same	Yes	Lect+Vid	27	28	1	0.15	0.27
Mason et al.	2013	USA	University	Pre-post	Engineering	semester	Same	No	video	20	20	18	0.44	0.33

McGivney-Burelle & Xue	2013	USA	University	X groups	Math	semester	Same	Yes	video	31	29	2	0.23	0.26
McLaughlin et al.	2014	USA	University	Pre-post	Science	semester	Same	Yes	video	153	162	1	0.39	0.11
Mennella	2016	USA	University	X groups	Science	semester	Same	No	Lect+Vid	15	25	6	0.71	0.34
Milic et al.	2016	Serbia	University	X groups	Math	semester	Same	No	online	87	353	2	0.36	0.12
Missildine et al.	2013	USA	University	X groups	Nursing	semester	Same	Yes	Lect+Vid	196	196	1	0.44	0.10
Moffett & Mill	2014	UK	University	X groups	Medicine	semester	Same	Yes	Ppt+Vid	64	133	7	-0.45	0.15
Mohamad & Alwani	2016	Malaysia	University	X groups	Math	semester	Same	No	video	131	130	1	-0.19	0.12
Moravec et al.	2010	USA	University	Pre-post	Science	<= 1 month	Same	Yes	video	319	423	5	1.82	0.09
Morgan et al.	2015	USA	University	Pre-post	Medicine	<= 1 month	Same	No	video	81		1	0.00	0.22
Mortensen & Nicholson	2015	USA	University	X groups	Science	semester	Same	Yes	online	130	173	3	0.41	0.12
Munson & Pierce	2015	USA	University	Pre-post	Science	<= 1 month	Same	Yes	video	113	125	2	0.25	0.14
Murphy et al.	2016	USA	University	X groups	Math	semester	Different	Yes	video +	32	34	7	1.01	0.28
Murray et al.	2014	USA	University	Pre-post	Science	semester	Same	No	online	30	23	1	0.58	0.28
Muzyk et al.	2015	USA	University	Pre-post	Science	<= 1 month	Same	Yes	Lect+Vid	104	101	5	-0.12	0.14
Nielsen et al.	2018	USA	University	X groups	Math	semester	Same	No	Assignments	136	229	2	0.19	0.11
O'Connor et al.	2016	USA	University	Pre-post	Science	<= 1 month	Same	No	online	72	103	1	0.54	0.16
Ojennus	2016	USA	University	X groups	Science	semester	Same	No	Lect+Vid	25	29	6	0.05	0.27
Oki	2016	USA	University	X groups	Humanities	semester	Same	No	Powerpoint	9	8	1	-0.02	0.49
Olakanmi	2017	Nigeria	School	X groups	Science	<= 1 month	Same	No	Lect+Vid	33	33	2	1.05	0.27

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Olitsky & Cosgrove	2016	USA	University	X groups	Business	semester	Same	No	video	63	76	4	0.31	0.17
Overmyer	2015	USA	University	X groups	Math	semester	Different	No	video	28	30	1	-0.01	0.26
Özpinar et al.	2016	Turkey	University	X groups	Math	<= 1 month	Same	No	video	25	25	1	0.66	0.29
Persky & Pollack	2010	USA	University	Pre-post	Science	semester	Different	No	online	265	107	3	-0.05	0.11
Peterson	2016	USA	University	X groups	Science	semester	Same	No	Powerpoint	24	19	1	0.72	0.32
Pierce & Fox	2012	USA	University	Pre-post	Science	<= 1 month	Same	Yes	video +	71	71	1	0.85	0.18
Ryan & Reid	2015	USA	University	X groups	Science	semester	Same	No	video	106	187	1	0.00	0.12
Sahin et al.	2014	USA	University	X groups	Math	semester	Different	No	video	96	96	1	0.04	0.13
Sajid et al.	2016	Saudi Arabia	University	Pre-post	Medicine	<= 1 month	Same	No	Powerpoint	154	155	2	0.50	0.15
Salimi & Yousefzadeh	2015	Iran	School	X groups	Humanities	<= 1 month	Same	No	video	25	25	5	0.07	0.11
Sayeski et al.	2015	USA	University	X groups	Education	<= 1 month	Different	Yes	online	38	38	6	1.36	0.32
Schroeder et al.	2015	USA	University	X groups	Math	semester	Different	Yes	video	63	49	3	0.31	0.23
Schultz et al.	2014	USA	School	Pre-post	Science	semester	Same	Yes	Lect+Vid	29	32	8	0.43	0.19
Şengel	2016	Turkey	University	Pre-post	Computing	semester	Same	Yes	Lect+Vid	41	55	1	0.80	0.27
Seyedmonir et al.	2014	USA	University	Pre-post	Science	semester	Same	No	Powerpoint	88	89	3	0.13	0.15
Sezer	2017	Turkey	School	X groups	Science	<= 1 month	Same	No	online	35	33	1	0.92	0.26
Shatto et al.	2017	USA	University	X groups	Nursing	semester	Same	No	video +	26	21	2	0.39	0.30
Soltanpour & Valizadeh	2018	Iran	University	Pre-post	Humanities	<= 1 month	Same	No	video	28	27	2	1.95	0.33
Stelzer et al.	2010	USA	University	Pre-post	Science	semester	Same	No	online	24	24	1	0.19	0.29

Stewart et al.	2013	USA	University	Pre-post	Science	≤ 1 month	Same	Yes	online	71	65	1	-0.41	0.17
Street et al.	2015	USA	University	Pre-post	Medicine	≤ 1 month	Same	Yes	video	180	177	1	0.21	0.11
Suda et al.	2014	USA	University	X groups	Science	semester	Same	Yes	video	143	176	6	0.03	0.11
Swoboda & Feiler	2016	USA	University	Pre-post	Business	semester	Different	Yes	video +	150	0	1	1.26	0.18
Talley & Scherer	2013	USA	University	X groups	Science	semester	Same	Yes	video	41	40	1	0.49	0.23
Tang et al.	2017	China	University	X groups	Medicine	semester	Same	Yes	video +	48	47	2	0.84	0.22
Touchton	2015	USA	University	X groups	Humanities	semester	Same	No	video	43	40	1	0.10	0.22
Tsai et al.	2016	Taiwan	University	X groups	Computing	semester	Same	Yes	video +	47	39	2	0.24	0.22
Tugun et al.	2017	Cyprus	School	Pre-post	Engineering	≤ 1 month	Same	Yes	video	28	24	1	1.87	0.33
Tune et al.	2013	USA	University	X groups	Medicine	semester	Same	Yes	Lect+Vid	13	14	1	0.77	0.40
Turan & Goktas	2016	Turkey	University	X groups	Computing	semester	Same	No	Lect+Vid	58	58	1	0.94	0.20
Turner et al.	2017	USA	University	Pre-post	Engineering	semester	Same	Yes	video	11	10	27	-0.17	0.49
Tusa et al.	2018	Finland	University	X groups	Medicine	≤ 1 month	Same	No	video	39	40	8	0.75	0.24
Ugwoke et al.	2018	Nigeria	University	X groups	Business	semester	Different	Yes	video	95	73	1	2.05	0.19
Van Sickle	2015	USA	University	X groups	Math	semester	Different	No	video	58	54	1	0.44	0.19
Veeramani et al.	2015	India	University	Pre-post	Medicine	≤ 1 month	Same	No	online	130	65	1	1.44	0.20
Velegol et al.	2015	USA	University	Pre-post	Engineering	semester	Same	Yes	Lect+Vid	80	0	1	0.02	0.22
Wasserman et al.	2017	USA	University	X groups	Math	≤ 1 month	Different	No	video	74	77	2	0.26	0.16
Weaver & Sturtevant	2015	USA	University	X groups	Science	semester	Different	No	Lect+Vid	178	226	5	-0.05	0.15

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Weinstein	2015	USA	University	Pre-post	Engineering	semester	Same	No	video +	108	188	1	0.40	0.12
Whitman Cobb	2016	USA	University	X groups	Humanities	semester	Same	No	video	23	23	4	-0.11	0.30
Wilson	2013	USA	University	X groups	Math	semester	Different	Yes	online	44	43	2	0.56	0.22
Winquist & Carlson	2014	USA	University	X groups	Math	semester	Same	No	Assignments	53	58	1	0.42	0.19
Wong et al.	2014	USA	University	Pre-post	Science	semester	Different	Yes	video	101	105	4	0.95	0.15
Yelamarthi & Drake	2015	USA	University	Pre-post	Engineering	semester	Same	Yes	Lect+Vid	17	24	4	0.63	0.33
Yu & Wang	2016	China	University	X groups	Business	semester	Same	Yes	video +	35	36	1	0.49	0.24
Zainuddin et al.	2019	Malaysia	University	X groups	Humanities	semester	Same	No	video	31	30	3	1.48	0.30
Ziegelmeier & Topaz	2015	USA	University	X groups	Math	semester	Same	Yes	Lect+Vid	22	23	4	0.20	0.30