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Citation for final published version:

Feld, Christian K., Fernandes, Maria Rosário, Ferreira, Maria Teresa, Hering, Daniel, Ormerod, Steve J. , Venohr, Markus and Gutiérrez-Cánovas, Cayetano 2018. Evaluating riparian solutions to multiple stressor problems in river ecosystems - A conceptual study. *Water Research* 139 , pp. 381-394. 10.1016/j.watres.2018.04.014

Publishers page: <http://dx.doi.org/10.1016/j.watres.2018.04.014>

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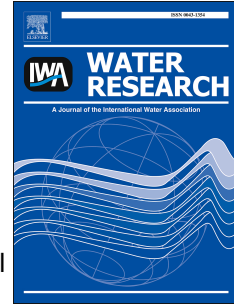
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Accepted Manuscript

Evaluating riparian solutions to multiple stressor problems in river ecosystems — A conceptual study

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PII: S0043-1354(18)30298-7

DOI: [10.1016/j.watres.2018.04.014](https://doi.org/10.1016/j.watres.2018.04.014)

Reference: WR 13711

To appear in: *Water Research*

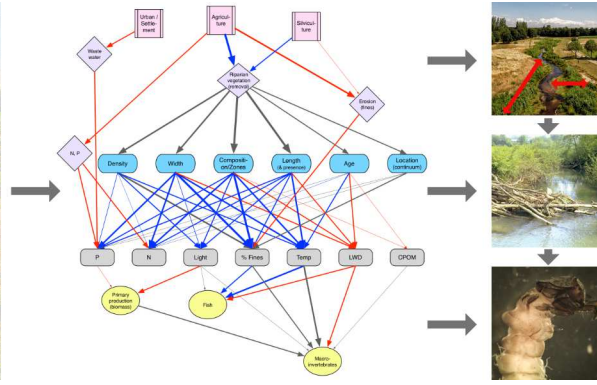
Received Date: 18 December 2017

Revised Date: 22 March 2018

Accepted Date: 6 April 2018

Please cite this article as: Feld, C.K., Fernandes, Maria.do.Rosá.Pereira., Ferreira, M.T., Hering, D., Ormerod, S.J., Venohr, M., Gutiérrez-Cánovas, C., Evaluating riparian solutions to multiple stressor problems in river ecosystems — A conceptual study, *Water Research* (2018), doi: 10.1016/j.watres.2018.04.014.

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ACCEPTED MANUSCRIPT

1 Evaluating riparian solutions to multiple stressor problems

2 in river ecosystems — a conceptual study

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16

17 Abstract

18 Rivers are among the most sensitive of all ecosystems to the effects of global change, but options
19 to prevent, mitigate or restore ecosystem damage are still inadequately understood. Riparian
20 buffers are widely advocated as a cost-effective option to manage impacts, but empirical
21 evidence is yet to identify ideal riparian features (e.g. width, length and density) which enhance
22 ecological integrity and protect ecosystem services in the face of catchment-scale stressors. Here,
23 we use an extensive literature review to synthesise evidence on riparian buffer and catchment
24 management effects on instream environmental conditions (e.g. nutrients, fine sediments, organic
25 matter), river organisms and ecosystem functions. We offer a conceptual model of the
26 mechanisms through which catchment or riparian management might impact streams either
27 positively or negatively. The model distinguishes scale-independent benefits (shade, thermal
28 damping, organic matter and large wood inputs) that arise from riparian buffer management at
29 any scale from scale-dependent benefits (nutrient or fine sediment retention) that reflect stressor
30 conditions at broader (sub-catchment to catchment) scales. The latter require concerted
31 management efforts over equally large domains of scale (e.g. riparian buffers combined with
32 nutrient restrictions). The evidence of the relationships between riparian configuration (width,
33 length, zonation, density) and scale-independent benefits is consistent, suggesting a high
34 certainty of the effects. In contrast, scale-dependent effects as well as the biological responses to
35 riparian management are more uncertain, suggesting that ongoing diffuse pollution (nutrients,
36 sediments), but also sources of variability (e.g. hydrology, climate) at broader scales may
37 interfere with the effects of local riparian management. Without concerted management across
38 relevant scales, full biological recovery of damaged lotic ecosystems is unlikely. There is,
39 nevertheless, sufficient evidence that the benefits of riparian buffers outweigh potential adverse

40 effects, in particular if located in the upstream part of the stream network. This supports the use
41 of riparian restoration as a no-regrets management option to improve and sustain lotic ecosystem
42 functioning and biodiversity.

43

44 **Keywords**

45 Agriculture, Aquatic biota, Fine sediments, Nutrients, Riparian buffer, River management

46 1. Introduction

47 Growing evidence suggests that rivers are among the most sensitive of all ecosystems to the
48 effects of global change. As the major terrestrial expression of the global water cycle, they are at
49 risk from major anthropogenic modifications to the atmospheric, catchment and riparian
50 environments from which they receive drainage (Durance & Ormerod, 2007; Palmer et al., 2008;
51 Woodward et al., 2012; Beketov et al., 2013; Bussi et al., 2016). Already well over half of the
52 World's river discharge is appropriated for human use, while pollution, climate change and
53 habitat modification interact among a suite of multiple stressors on river ecosystems that now
54 incur some of the most rapid biodiversity losses on Earth (Matthaei et al., 2010; Gutiérrez-
55 Cánovas et al., 2013). These effects are not only of intrinsic ecological significance, but also
56 pose major risk to rivers as some of the World's most valuable natural capital assets and as the
57 sources of ecosystem services of vital importance to human survival (Vörösmarty *et al.*, 2010;
58 Maltby & Ormerod, 2011). The degradation of river environments is now a pressing policy
59 priority, and in Europe the Water Framework Directive (2000/60/EC) aims to return almost 60%
60 of Europe's rivers to 'good ecological status' by 2027 (EEA, 2012).

61 Among the multiple stressors affecting European freshwaters, agricultural intensification,
62 hydromorphological alteration and climate change are among the main causes of river
63 deterioration, increasing nutrients and sediment in waters, reducing habitat quality and
64 modifying thermal and hydrological regimes (EEA, 2012; Hering et al., 2015). However,
65 protecting rivers, arresting degradation and restoring ecological damage in the face of global
66 change is a challenging task, and requires some combination of i) cessation or prevention of
67 damaging activities (e.g. Wilcock et al., 2009; Vaughan & Ormerod, 2014); ii) mitigation of
68 ecological effects of stressors (e.g. Bednarek & Hart, 2005); iii) enhanced resilience by adapting

69 river ecosystems to further change (e.g. Thomas et al., 2016) and iv) restoration to accelerate
70 ecological recovery (e.g. Hickford et al., 2014; Hering et al., 2015). So far, there is only limited
71 information to underpin the implementation of the most effective and practicable combination of
72 these strategies at relevant scales and at low cost. While case studies exist, there is an urgent
73 need to synthesise the extant evidence, which is often local, fragmentary or arises from studies
74 with limitations in study sample size and design.

75 Among the restorative and management strategies to improve ecological status, the establishment
76 of riparian buffers has been most frequently utilised to mitigate diffuse pollution by agriculture
77 (Feld et al., 2011; Collins et al., 2012) and thermal deterioration induced by climate change
78 (Palmer et al., 2009). However, empirical evidence from studies assessing the effects of planting
79 or restoring riparian buffers is unclear because of the many features that characterise riparian
80 buffers and ultimately determine their ecological effects, for example buffer length, width,
81 density, or the planted species and its zonation (i.e. single *vs.* multi-zone buffers) (Dosskey,
82 2001). Practitioners therefore face a lack of clear guidance about the dimensions and
83 composition required for riparian buffers to be effective. Additionally, individual local river
84 characteristics and upstream catchment can all mediate the ecological effects of riparian buffers
85 (Feld et al., 2011). For example, thermal effects of riparian shade are limited at wide and deep
86 river sections (i.e. by tree height and water body volume), while reach-scale water quality effects
87 can be constrained by the degree of land use further upstream in the catchment. Therefore,
88 knowledge of the interplay of riparian buffer effects and related catchment features is critical to
89 render river restoration ecologically successful in the long term.

90 Here, we present a synthesis of studies performing river restoration and management actions for
91 mitigating the impacts of agricultural intensification, hydrological alteration and climate change

92 across a range of regions, climates and management features. We introduce a conceptual model
93 to visualise the effects of agriculture, urbanisation and silviculture on riparian degradation,
94 instream nutrient and fine sediment concentrations, and eventually on aquatic biodiversity. We
95 hypothesise that some riparian buffer restoration effects will be consistent across a wide range of
96 spatial scales, i.e. they are ‘scale-independent’; in contrast, other restoration benefits are ‘scale-
97 dependent’ as they can only be gained by simultaneous actions across scales such that the effects
98 are large enough to offset or mitigate the impact of stressors at the catchment-scale (e.g. tile-
99 drainage, extensive agriculture). Second, we hypothesise that riparian buffer restoration effects
100 are negatively related to catchment size and thus conditional on the longitudinal position along
101 the river continuum. Riparian buffers at headwater sections thus would be more likely to give
102 rise to positive outcomes as compared to buffer restoration in the middle and lower parts of the
103 river network.

104 2. Material and methods

105 2.1 Literature review

106 We focused our synthesis on evidence about real outcomes from management intervention and
107 related recovery trajectories, because biological responses to restoration are not necessarily the
108 reverse of responses to degradation (Feld et al., 2011). For example, hysteresis effects or
109 alternative endpoints may prevent ecosystems to recover its pre-disturbance properties after a
110 restoration action (Verdonschot et al., 2013). We searched the peer-reviewed literature using the
111 Web of Science and Scopus using the following combinations of search terms (*' truncation to
112 include similar versions of the same word such as singular/plural):

113 catchment* OR watershed* OR land use* OR riparian OR riparia* vegetation OR buffer AND
114 manage* OR enhance AND rive* OR strea*
115 riparian* AND catchment* AND manage* AND rive* OR strea*
116 riparia* AND land us* AND catchmen* AND manage* AND rive* OR strea*
117 rive* OR strea* AND land us* AND catchmen* AND restor* AND manage*
118 rive* OR strea* AND land us* AND manage* AND spatial scal*
119 riparia* AND catchmen* AND stress* AND rive* OR riparia* AND catchmen* AND stress*
120 AND strea*)
121 riparia* AND basin* AND stress* AND rive* OR riparia* AND basin* AND stress* AND
122 strea*

123

124 The terms resulted initially in 219–998 hits for each search that were scanned (title, keywords
125 and abstracts) to exclude irrelevant references, which led to 711 candidate studies. The
126 candidates were then grouped into i) studies addressing riparian *and* catchment-scale
127 management simultaneously; ii) studies solely addressing management at riparian *or* catchment
128 scale; iii) studies addressing mechanistic modelling or literature reviews of management effects
129 at either scale. Studies that did not fit into any of the groups were omitted, which eventually
130 resulted in 138 references to enter a review database.

131 2.2 Review database

132 To allow for a structured review including some qualitative meta-analysis of the reviewed body
133 of literature, we defined several criteria to extract information from the reviewed papers, which
134 was compiled into a database (Table 1). These were: i) general study characteristics (e.g. study

135 origin, spatial scale and year), ii) information on the main drivers and related catchment-scale
136 pressures impacting the study area (e.g. agricultural land use, eutrophication), iii) riparian
137 management characteristics (e.g. type and spatial extent of a restoration), iv) catchment
138 management characteristics (e.g. type and spatial extent of a modelled or actually
139 implemented management option) and v) the instream abiotic and biological effects of
140 management (e.g. changes in nutrient concentrations or biological indices). The database assisted
141 the conceptualisation and synthesis of the evidence of cause-effect relationships (i.e.
142 management-recovery effects), which resulted in a conceptual model.

Table 1

143 *2.3 Conceptual model of riparian and catchment-scale management effects*

144 Our conceptual model represents the multi-layer relationship between riparian-scale and
145 catchment-scale management effects on the instream environmental and biological conditions
146 (Fig. 1). The model follows the Driver-Pressure-State terminology, as part of the DPSIR scheme
147 (EEA, 1999). In this context, we use the term 'stressor' to refer to either a pressure (e.g. diffuse
148 pollution) or an environmental state (e.g. nitrogen concentration) that adversely affects
149 biodiversity or ecosystem functioning (sensu Townsend et al., 2008).

Figure 1

150 First, we considered all potentially relevant cause-effect links for our study and distinguished
151 positive, negative and indifferent (i.e. no clear sign definable) potential relationships. Second, to
152 provide a qualitative measure of the support for each link, we counted the number of papers
153 showing significant and consistent effects for each relationship and whether the relationship was
154 positive or negative. The sign and strength of effects were derived from a study's model
155 coefficients or ANOVA results. Third, we assigned arrow colours (sign) and thickness (strength)
156 to visualise the sign and strength of the evidence of model linkages. Red and blue arrows in the

157 model mark linkages that were consistently reported as positive or negative in the literature;
158 indifferent linkages are marked grey. Arrow thickness is linearly related the number of evidence
159 items in the literature that support that link.

160 Unfortunately, a quantitative meta-analysis was impracticable, because we addressed numerous
161 and often multi-layered links, for which in several cases only qualitative information was
162 available. Further, the many effect-response variables addressed in the studies were of very
163 different nature, including various kinds of abiotic and biological indicators.

164 3. Results

165 3.1 *Reviewed literature*

166 Of the 138 studies reviewed in detail, only 55 provided evidence of statistically significant
167 management and restoration effects on the instream abiotic and biological states addressed.
168 These 55 references constituted the core evidence, either based on monitoring surveys after the
169 implementation of management or restoration options, through experiments or through (sub-)
170 catchment-scale mechanistic modelling. The remaining references encompassed review papers
171 and empirical studies, the latter of which usually addressed statistical relationships among
172 stressors and biological responses to progressively degraded riparian environments.

173 The 55 core studies were published between 1990 and 2017 and originated mainly from the USA
174 (36%), Europe (32%), New Zealand (24%) and Canada (7%). Experimental studies (52%)
175 dominated over modelling studies (26%), statistical analysis of environmental gradients (17%)
176 and reviews (17%) (NB: percent values do not necessarily sum up to 100% as some studies
177 addressed several criteria simultaneously, for example, if data originated from several countries).

178 Only about 15% of the studies addressed *in situ* monitoring following intervention, highlighting
179 a potentially important shortcoming in evaluating river restoration and management. This reveals
180 another shortcoming in that poor experimental design often limits the quantification of net buffer
181 effects. To calculate net effects, ideally the conditions before and after buffer management would
182 be compared against control or reference locations, to isolate the effects of management action
183 from natural variation. This design is referred to as the “BACI design”, i.e. the before-after-
184 control-impact comparison that allows the estimation of type II errors in the statistical analysis
185 (Conner et al., 2016). In our sample, the gold standard approach involving the BACI design had
186 been applied in only six studies (11%).

187 Most studies focussed on small streams (66%) and addressed headwater and upstream sections
188 (66%), while the middle (32%) and downstream sections (10%) were less frequently addressed.
189 Fewer than 2% of the studies addressed catchment areas $>1,000 \text{ km}^2$. Regarding elevation, 56%
190 of the studies were conducted in lowland streams ($<200 \text{ m a.s.l.}$), 41% in piedmont streams
191 (200–500 m a.s.l.), 7% in mountainous streams (500–800 m a.s.l.) and only 3% in alpine streams
192 ($>800 \text{ m a.s.l.}$). This suggests that riparian management, but presumably also riparian
193 degradation, is fairly limited to riverscapes at altitudes below 500 m.

194 3.2 Riparian management studies

195 Riparian management studies most often addressed the reach (61%) and segment scales (42%),
196 as compared to sub-catchment (16%) and site scales (7%). More specifically, the length of the
197 management section was generally less than 1 km (31% of the studies) or 2–10 km long (27%),
198 while studies addressing longer segments ($>10 \text{ km}$) were very rare (7%) (Fig. 2a). We should
199 note, however that this information was absent from roughly a third of the studies. Most riparian

200 buffer widths were <10 m (34%), followed by buffer widths of 10–20 m (22%) and >20 m
201 (20%), respectively (Fig. 2b). Buffer height varied, but again two thirds of the studies provided
202 no usable information on this feature. Buffer vegetation age was usually <5 years (49%),
203 although long-term management effects were also represented (5–10 a: 18%, 10–20 a: 12%,
204 >20 a: 18%). The type of vegetation managed in the studies were mainly trees (74%), followed
205 by grass/forbs (57%) and shrubs (34%). The plant combinations used in the buffers were mostly
206 single trees (27%) or multi-zone configurations (25%), while trees and grass (9%), single grass
207 (10%), shrubs and grass (6%) and trees and shrubs (4%) were less common combinations.

208 *3.3 Common abiotic and biological management effects*

209 Studies almost equally addressed pollution by nitrogen (total N, soluble inorganic N, nitrate-N,
210 nitrate; 41%), diffuse sediments (41%), phosphorous (37%) and thermal effects (31%). Shade
211 (18%) and the provision of large woody debris (LWD; 8%) were less frequently addressed
212 (Fig. 3).

213 Only about half of the studies (55%) addressed management effects on instream and/or
214 floodplain biota. Of these, macroinvertebrates (26%) and fish (25%) were most commonly
215 addressed, followed by instream primary producers (8%) and riparian vegetation (8%) (Fig. 4a).
216 Most often, community diversity was used to quantify biological effects (23%), followed by
217 various biotic indices (e.g. national water quality status, multi-metric assessment indices; 19%),
218 trait-based community metrics (e.g. feeding types, substrate preferences; 17%), measures of
219 abundance (15%) and community composition (e.g. the number of Ephemeroptera, Plecoptera
220 and Trichoptera taxa; 9%) (Fig 4b).

221 *3.4 Conceptual model of riparian and catchment-scale management effects*

222 We found evidence for altogether 58 links (arrows) of our conceptual model in the reviewed
223 literature (Fig. 5). Most of this evidence was consistent with regard to the sign of the
224 relationship: 25 negative, 16 positive and 17 indifferent links. Notably, the evidence of the
225 effects of riparian configuration (density, width, zonation, length, age, but not location, see Table
226 1 for an explanation) on instream water quality and habitat conditions was fairly consistent. In
227 particular, the arrows that connect riparian buffer width, zonation and length with instream water
228 quality and habitat variables were supported, on average, by 6–10 evidence items (Fig. 5).

229 Biological response to riparian management was consistent only for primary producers (although
230 evidence was rare), while fishes and macroinvertebrates revealed a fairly unpredictable response.

231 While riparian management studies almost exclusively addressed real management interventions,
232 the majority of catchment management-related studies presented the outcome of mathematical
233 models. The models were based on catchment-wide management scenarios and represented 14
234 out of the 55 core studies reviewed here. Notably, only a single study addressed the effects of a
235 real sub-catchment-scale management intervention (Hughes & Quinn, 2014). The authors
236 presented results from a 13-year integrated catchment management plan, investigating the
237 effects of cattle exclusion from and land use change in the riparian zone (total area: 153 ha) of a
238 headwater catchment in western Waikato, New Zealand.

239 The dominant drivers of riparian degradation that preceded management and restoration in the
240 reviewed studies were agriculture and silviculture (30% each of the studies). Although there was
241 evidence for direct effects of both these land uses on the erosion of fine mineral sediments (11
242 and 8% of the studies, respectively; Fig. 5), many studies reported that riparian vegetation
243 influenced interactions between land use and instream sediment and nutrient conditions,

Figure 5

244 particularly through buffer density (15% of the studies), width (15%), composition (30%) and
245 length (26%), but less so for buffer age (4%).

246 Biological effects have been reported mainly from riparian management studies, whereas only a
247 single catchment-scale modelling study addressed biological response variables (Guse et al.,
248 2015). The effects are detailed below.

249 *3.5 Evidence of riparian and catchment management effects*

250 *3.5.1 Nutrient pollution*

251 About 75% of the studies reported effects of riparian restoration on nitrogen and/or phosphorous
252 retention in surface and sub-surface waters (Fig. 3). Restorations typically consisted in planting
253 riparian buffers, promoting vegetated buffer strips or fencing, to manage riparian degradation
254 through livestock. Well-developed riparian buffers can retain up to 100% of total nitrogen from
255 the sub-surface groundwater flow before entering the stream network (Feld et al., 2011; Aguiar
256 et al., 2015), but retention capacities for nitrate usually range over 50–75% (Dosskey, 2001;
257 Broadmeadow & Nisbet, 2004; Mankin *et al.*, 2007; Krause *et al.*, 2008; Dodd *et al.*, 2010;
258 Collins *et al.*, 2012). Phosphorous retention by riparian buffers was slightly lower, at 40–70%
259 (Dosskey, 2001; Dodd *et al.*, 2010; but see Kronvang *et al.*, 2005) and mainly associated with
260 particles retained from surface runoff (Dosskey, 2001).

261 Several features, such as buffer length, width, zonation and density, seem to influence nutrient
262 retention (Fig. 5). Buffer width was positively related to N and P retention (Dosskey, 2001; Feld
263 et al., 2011; Sweeney & Newbold, 2014; King et al., 2016) and, together with buffer zonation,
264 they can control the amount of nutrients retained from surface runoff and upper groundwater

265 layer (Dosskey, 2001). A buffer width of 30 m was reported to effectively retain N and P from
266 surface and sub-surface groundwater runoff, if buffers consisted of multiple zones of mature
267 wooded vegetation and grass strips (Feld et al., 2011; Sweeney & Newbold 2014). King et al.
268 (2016) found that 15 m wide buffers retained 2.5 times more nitrogen from the sub-surface
269 groundwater than 8 m wide buffers, while buffer vegetation type had no significant effect.
270 Denitrification plays an important role in the overall nitrogen retention capacity. It is promoted
271 by carbon-rich soils with high microbial activity, which usually occur in wetlands (Mayer *et al.*,
272 2005). Lowrance et al. (1995) found denitrification rates in forested riparian buffers to be
273 significantly lower than those measured in adjacent grassy riparian buffers, while denitrification
274 rates in hydrologically intact wetlands can resemble those of mature riparian forests. The authors
275 concluded that denitrification rates in their study were due to factors other than riparian
276 reforestation itself. Total phosphorous was primarily and effectively retained by grass strips
277 ranging 1–3 m in width that mechanically filter phosphorous compounds adhered to fine
278 sediment particles (Dosskey, 2001; Yuan et al., 2009). The role of buffer length and density was
279 less often quantified, but buffer strips >1,000 m in length appeared to support nutrient retention
280 (Feld et al., 2011).

281 The role of riparian buffer tree age for nutrient management remains unclear. Trees and shrubs,
282 with deep and dense root systems can retain nitrogen more effectively at intermediate ages (ca.
283 15 a), whereas mature stands of woody vegetation (ca. 40 a) were found to be less effective
284 (Mander *et al.*, 1997). However, due to the shade that trees and shrubs cast on the stream banks,
285 dense wooded buffers can suppress the understory vegetation and hence negatively influence
286 stream bank stability and filtering effects of the understory vegetation, with adverse effects on
287 sediment and phosphorous retention (Hughes & Quinn, 2014).

288 In the absence of riparian vegetation planting, riparian livestock exclusion by fencing appears to
289 be less effective an option to retain nutrients if compared to vegetated riparian buffer strips
290 (Parkyn *et al.* 2003; Collins *et al.* 2012; Muller *et al.* 2015). However, fencing is a prerequisite
291 for the establishment of vegetated buffers where livestock grazing occurs in the riparian area.

292 Irrespective of the kind of riparian intervention to reduce nutrient pollution, there is a common
293 shortcoming in the design of studies that prohibits the calculation of net retention effects taking
294 into account the type II errors. Net retention effects can be quantified by comparing the
295 conditions before and after buffer management with those of unmanaged (control) sites. There is
296 evidence that agricultural control sites without riparian buffer structures attenuate already 27–
297 35% of nitrate-N (Clausen *et al.*, 2000; King *et al.*, 2016), which points at the need to include
298 control effects in the quantification of management effects. The mere comparison of managed
299 and unmanaged sites after buffer instalment, however, although a common design in many
300 studies, does not fulfil the criteria of the BACI design, as the conditions at the managed site
301 before management may deviate substantially from those at the unmanaged (control) site
302 considered, which then may lead to an overestimation of the effect size attributable to the
303 management intervention.

304 At the broad scale, simulations of different land use intensities and agri-environmental schemes
305 suggest that catchment-scale management might reduce nutrient loads in stream systems by 25–
306 50% for nitrogen and 8–50% for total phosphorous (Krause *et al.*, 2008; Lam *et al.* 2011; Hughes
307 & Quinn, 2014; Weller & Baker, 2014). However, the direct comparison of nitrogen reduction
308 levels requires a harmonisation of the different N compounds considered (e.g. nitrate, nitrate-N,
309 total nitrogen). In addition, the broad-scale models also revealed that part of the variability in the

310 nutrient reduction is explained by other environmental co variates such as temperature,
311 precipitation or soil characteristics.

312 3.5.2 Fine sediment pollution

313 In general, riparian buffers can retain between 60–100% fine sediment from surface runoff
314 (Dosskey, 2001; Hook, 2003; Mankin *et al.*, 2007; Yuan *et al.*, 2009; Feld *et al.*, 2011; Sweeney
315 & Newbold, 2014), although once again BACI designs have been rarely applied. Retention
316 capacity was higher for sand-sized particles (up to 90%) than for silt and clay-sized particles
317 (20%) (Dosskey, 2001). Sediment retention has primarily been linked to grass strips, which act
318 as mechanical filters at widths between 3 and 8 m (Hook, 2003; Mankin *et al.*, 2007). However,
319 Dosskey (2001) found that riparian stiffgrass almost completely retained sand-sized sediments
320 already at a width <1 m. In contrast, riparian trees and shrubs have been found much less
321 effective in the retention of fine sediments (Sovell *et al.*, 2000, Yuan *et al.*, 2009). Shading can
322 suppress the understory vegetation and thus reduce the buffer's sediment filter functionality
323 (Hughes & Quinn, 2014). Consequently, buffer tree age and height might negatively affect
324 sediment buffer functionality, as close-to-mature tree stands with their wider and dense canopies
325 cast more shade than less developed woody vegetation. However, evidence on negative buffer
326 effects and the role of buffer tree age in this context is still scarce.

327 The role of riparian vegetation length and density has not been assessed frequently in riparian
328 management studies, although both aspects are frequently discussed with regard to the
329 limitations of vegetated riparian buffers. Some studies suggest that gaps in the riparian buffer
330 system, together with insufficient buffer width (3–8.5 m) or length cause a weak sediment
331 retention (Parkyn *et al.* 2003; Collins *et al.* 2012). In addition, riparian actions to control lateral

332 sediment inputs are likely to not reduce instream sediment content when the upstream area is
333 already exposed to sediment inputs (Collins *et al.* 2012). This points at the role of buffer
334 longitudinal location as an important determinant of its effectiveness, as riparian buffers cannot
335 mitigate sediment pollution that occurs further upstream in the continuum. Instead, riparian
336 management should cover the entire stream network subjected to lateral sediment inputs, in order
337 to effectively control sediment pollution.

338 The effects of riparian fencing on sediment retention are similar to those reported for nutrients,
339 since fencing primarily induces the establishment of riparian grass vegetation as a mechanical
340 filter strip. Furthermore, fencing reduces fine sediment and nutrient input by cattle activity. The
341 effects of fencing are detectable shortly after instalment of fences (Carline & Walsh, 2007), since
342 grass strips grow fast and may already provide full functionality after one or a few years. In
343 general, however, the evidence of the effects of fencing appears to be less consistent as
344 compared to planting buffer vegetation, which renders fencing alone rather insufficient to
345 guarantee the establishment of a functional riparian buffer strip.

346 Buffer strips need to be thick and wide enough to prevent gully erosion (Dosskey, 2001), which
347 can occur because of damage from agricultural activities such as ploughing at the riparian zone.
348 Removing vegetation cover and ploughing perpendicular to the stream can initiate gully erosion
349 and thus can easily counteract the effect of riparian buffers. In contrast, ploughing along the
350 contour line can help reduce gully erosion (Dosskey, 2001). Surprisingly, tile drainages, and
351 their effects on riparian buffer performance did not figure in the literature reviewed, although
352 there is evidence of their importance in pollutant flux (e.g. Jacobs & Gilliam, 1985).

353 Four catchment-scale studies addressed management effects on fine sediment pollution, two of
354 which detected fairly limited reductions ranging 0.8–5.0% following the simulation of

355 management interventions (Lam et al., 2011; Panagopoulos *et al.*, 2011). In contrast, the other
356 two studies by Gumiere et al. (2014) and Nigel et al. (2014) found vegetated riparian buffers to
357 effectively reduce sediment loss by 32–93% and 40%, respectively. The major determinant of
358 sediment trapping efficiency in the case study model by Gumiere et al. (2014) was buffer density
359 (and with a minor role also buffer location; model area <1 km²), while Nigel et al. (2014) defined
360 a variable buffer width (5–120 m) conditional on the topography (i.e. slope) and economic
361 restrictions (i.e. agricultural land use) in their model catchment (model area: 108 km²). The
362 results of these studies suggest that the potential of riparian buffers to reduce instream annual
363 sediment loads can be fairly limited and influenced by catchment features, yet in general bear a
364 great potential to reduce fine sediment pollution, if buffer density in the catchment achieves
365 70%.

366 3.5.3 Shade and water temperature

367 Most studies report a cooling effect linked to the width of riparian wooded vegetation (Collier *et*
368 *al.*, 2001; Broadmeadow & Nisbet, 2004; Whitledge *et al.*, 2006; Broadmeadow *et al.*, 2011;
369 Sweeney & Newbold, 2014). Accordingly, a buffer width of 20 m on either bank side has been
370 found sufficient to keep water temperature within 2 °C of a fully forested watershed, while 30 m
371 wide buffers on either side are required for full protection from measureable temperature
372 increases (Beschta *et al.*, 1987; Sweeney & Newbold, 2014). Thermal damping by riparian
373 vegetation was most effective at streams <5 m wide (Whitledge *et al.*, 2006) and at shading
374 levels within 50–80% (Broadmeadow *et al.*, 2011), which points at stream width and buffer
375 density as key controls of riparian shade and water temperature.

376 Surprisingly, we found limited evidence showing the effects of buffer length on water
377 temperature. A rare example is provided by Collier *et al.* (2001), who found the first 150 m of a
378 planted (15 m wide) riparian buffer to reduce water temperature already by 3 °C. Yet, in the
379 absence of riparian trees, reheating may occur immediately. Riparian tree harvesting along
380 stretches of 185 m–810 m length of alpine headwater streams led to an increase of 4–6 °C in
381 water temperature (Macdonald *et al.*, 2003). Based on modelling studies, Parkyn *et al.* (2003)
382 concluded that at least 1–5 km of shaded stream length was required for first-order streams and
383 10–20 km for fifth-order streams to reduce water temperature to reference conditions. A width-
384 length function of shading effects was illustrated by Broadmeadow & Nisbet (2004) and could
385 help estimate required buffer width-length combinations to limit the maximum summer water
386 temperature.

387 For tree age, the reviewed evidence suggests that mature riparian vegetation is required to
388 maximise thermal damping (Broadmeadow *et al.*, 2011; Feld *et al.*, 2011; Sweeney & Newbold,
389 2014). Our synthesis clearly shows that buffer cooling effects, at least in summer, are related to
390 the presence of tree cover (Fig. 5). Besides buffer characteristics, it is important to note that
391 instream water temperature is controlled too by natural geo-climatic co-variates such as latitude,
392 precipitation, stream size and current velocity (Collier *et al.*, 2001; Hook, 2003; Arora *et al.*,
393 2016). This raises the need to put riparian buffer management into a regional geographical and
394 climatic context. For instance, best practice buffer management is likely to differ between the
395 temperate central European and the summer-dry Mediterranean region. More generally, there is a
396 need for better heat budgets, to understand the physical mechanisms through which cooling,
397 warming and insulating effects occur under different riparian canopies, with or without the

398 influence of groundwater resurgence; radiative heating is only one component alongside sensible
399 heat transfer or advection, yet has received most interest.

400 *3.5.4 Large Woody Debris (LWD)*

401 The presence and quantity of in-stream LWD is linked to riparian buffer width, zonation, length,
402 density and buffer tree age. Opperman & Merenlender (2004) showed that fencing riparian
403 vegetation over periods of 10–20 years increased the amount of LWD and subsequently
404 enhanced the conditions of river biota. In this study, the density of trees, their basal area and the
405 number of LWD pieces was higher in restored reaches than in unrestored reference reaches. This
406 study also found debris dams were five times as numerous at restored reaches. McBride et al.
407 (2008) revealed that passive restoration of the riparian zone, over a course of >40 years increased
408 the presence of LWD. Yet, although forested reaches had 40% more pieces of LWD as compared
409 to non-forested reaches, total LWD volume and number of debris dams remained similar
410 between both groups of reaches. Other studies showed that forested reaches and reaches buffered
411 by a 15 m-wide tree zone have almost four times as much LWD volume per bottom surface area
412 unit as compared to pasture reaches, although there was a very strong seasonal variation (e.g.
413 Lorion & Kennedy, 2009).

414 *3.5.5 Coarse Particulate Organic Matter (CPOM)*

415 Our review includes only one study that explicitly addressed the effect of riparian management
416 on instream CPOM (Thompson & Parkinson 2011), investigating the effect of a planted multi-
417 zone riparian buffer compared with open-canopy reaches. Leaf litter input was about 40–50%
418 higher along restored reaches, accompanied by an increase in the richness of macroinvertebrate

419 shredders due to the increased availability of litter, while open reaches showed a greater
420 abundance and biomass of invertebrates feeding on autochthonous resources such as algae. Algal
421 biomass showed no significant differences between restored and unrestored reaches.

422 3.5.6 Primary producers

423 There is evidence that aquatic primary producer biomass can be managed effectively by means
424 of riparian shading. Notably, Hutchins *et al.* (2010) found riparian shade to be even more
425 effective than nutrient reduction through sewage treatment. In combination, both management
426 options led to a reduction of phytoplankton peak biomass by 44%, as compared to 11% at
427 unshaded reaches. Shading can also effectively reduce periphyton and macrophyte growth
428 (Davies-Colley & Quinn, 1998; Parkyn *et al.*, 2003). However, as a negative consequence,
429 dissolved nutrients might be transported further downstream, thus extending the nutrients
430 spiralling.

431 3.5.7 Benthic macroinvertebrates

432 We found evidence of both positive and negative responses of macroinvertebrates to fine
433 sediment and temperature reduction at the catchment scale. For example, sediment retention by
434 riparian buffers can increase macroinvertebrate density, but not diversity (Carline & Walsh,
435 2007). On the other hand, water temperature reduction in response to catchment-wide riparian
436 shading was linked to the increase of several macroinvertebrate biotic indices (Collier *et al.*,
437 2001; Parkyn *et al.*, 2003; Quinn *et al.*, 2009; Dodd *et al.*, 2010), thus reflecting the dominance
438 of organisms showing preferences for clean and cool water. Other studies report no changes

439 (Quinn *et al.*, 2009) or even a decrease in macroinvertebrate diversity and production in response
440 to reduced water temperature (Weatherley & Ormerod, 1990).

441 3.5.8 Fish

442 Similar to macroinvertebrates, the response of fish to riparian restoration was inconsistent and in
443 part species-specific. Fish density or growth rates may decline through riparian shade (Sovell *et*
444 *al.*, 2000; Weatherley & Ormerod, 1990) or increase (Whitledge *et al.*, 2006). Melcher *et al.*
445 (2016) observed consistent beneficial effects of riparian shading on water temperature and fish
446 community composition in two piedmont streams, particularly supporting species adapted to cool
447 water such as brown trout (*Salmo trutta*) and grayling (*Thymallus thymallus*).

448 Positive effects of LWD arise through an increased pool-riffle heterogeneity, which benefits
449 some species such as trout (Sievers *et al.*, 2017) and eel (Jowett *et al.*, 2009). After LWD
450 addition, for example, trout density on average increased by 87.7% (Sievers *et al.*, 2017).

451 However, other species may benefit from more homogenous habitats without LWD (Lorion &
452 Kennedy, 2009), which implies that beneficial effects of LWD are not universal, but species-
453 specific.

454 4. Synthesis and recommendations

455 Riparian management offers a promising management option to recover and protect lotic species
456 adapted to clear, cold, well-oxygenated and flowing water (e.g. Elliot & Elliot, 2010; Verberk *et*
457 *al.*, 2016). In fact, in comparison to open-canopy conditions, aquatic environments with reduced
458 light and water temperatures, and at the same time enhanced amounts of LWD and CPOM are
459 associated with unique and often diverse lotic communities of benthic algae (Potapova &

460 Charles, 2002; Hering et al., 2006), macroinvertebrates (Gutiérrez-Cánovas et al., 2013; Thomas
461 et al., 2016) and fish (Jowett et al., 2009; Sievers et al., 2017) in temperate regions. A higher
462 CPOM availability can diversify trophic links offering food for macroinvertebrate shredders, in
463 particular during late autumn and winter, when primary production is limited by low
464 temperatures (e.g. Wallace et al., 1997; Thomas et al., 2016). A higher abundance of LWD on
465 the stream bottom increases habitat heterogeneity and thus the in-stream retention of nutrients
466 and sediments (Gurnell & Sweet, 1998; Pusch *et al.*, 1998; Mutz, 2000; Gurnell et al., 2002).

467 Our study provides the first conceptual model based on published evidence, which links different
468 anthropogenic drivers and pressures affecting riparian characteristics to the features that mediate
469 anthropogenic impact on the freshwater ecosystem. The reviewed evidence, however, provided
470 consistent results only for a limited number of relationships outlined in the conceptual model
471 (Fig. 5). It is these well-evidenced cause-effect relationships that can help water managers design
472 efficient schemes for riparian management and restoration. Our conceptual model discriminates
473 four variables, namely light, water temperature, LWD and CPOM that can be considered largely
474 scale-independent and thus point at management options with rather positive effects at the local
475 scale, irrespective of other co-occurring stressors operating at the same or broader scales.

476 These variables are, however, conditional on the flow regime, which will largely determine the
477 age, structure and complexity of riparian buffers even in altered situations. For example, reduced
478 and homogenised flow is likely to promote dense and old buffer vegetation, with more shade
479 casted and LWD accumulated on the stream bed. Consequently, riparian buffer management too
480 requires the integration of flow and riparian vegetation dynamics (Egger et al., 2013).

481 Contrastingly, the beneficial effects of riparian management on nutrient and sediment retention
482 are scale-dependent and thus often limited by particular adverse conditions at broader scales,

483 such as extensive agriculture (Table 2) or environmental co-variates linked to topography and
484 topology (Gumiere et al. 2011). Then, both the riparian and the catchment scale require
485 consideration, to effectively manage and restore a stream reach or segment. Numerous studies
486 provided evidence that the riparian and floodplain land use conditions upstream of a
487 managed stream section can largely influence and even counteract site or reach-scale
488 restorations (Mayer et al., 2005; Richardson et al., 2010; Feld et al., 2011; Lorenz & Feld, 2013;
489 Giling et al., 2016). Such broad-scale adverse impacts, for example, imposed by intensive land
490 use may operate up to 5–10 km upstream (Lorenz & Feld, 2013) or even further (Feld et al.,
491 2011). Riparian management without broader-scale land use management thus is unlikely to be
492 sufficient to protect lotic ecosystem integrity and diversity.

Table 2

493 In light of the evidence synthesized in this study, we recommend that riparian buffers should be
494 i) at least 20–30 m wide (Dosskey, 2001), ii) consist of multiple continuous zones with trees,
495 shrubs and grass strips (Weller & Baker, 2014) and iii) cover the entire stream reach or segment
496 impacted by lateral diffuse nutrient and sediment inputs (Parkyn et al., 2003). Future research in
497 this field is urgently required to evaluate sub-catchment and catchment-scale management
498 options, in particular the effects of real (i.e. not modelled) agri-environmental measures such as
499 land use abandonment and fertilizer management at broader scales. Future research should also
500 address two widespread shortcomings in the evaluation of riparian buffers. Firstly, management
501 studies should apply the BACI (i.e. before-after-control-impact) design, to be able to reliably
502 quantify the net effects of management interventions and restoration measures. The comparison
503 of managed (impact) and unmanaged (control) sites after the intervention (also referred to as
504 “space-for-time-substitution”) may provide useful short-term estimations of the management
505 effects, and may be the only option where decadal time periods are required for buffer

506 development. However, these study designs do not replace controlled comparison with the
507 conditions at the managed site *before* the intervention. Secondly, riparian management studies
508 are often short-term (Feld et al., 2011) and thus do not allow of a reliable estimation of long-term
509 effects, for example, in course of the development of riparian forests. Longer-term BACI
510 assessments of riparian buffer effects are extremely scarce in the scientific literature. Only two
511 field studies conducted in North Carolina and Pennsylvania, United States have reported nitrogen
512 attenuation potential of riparian buffers using a 12 and a 15-year data set (Newbold et al., 2010;
513 King et al., 2016). Computer simulation models can help quantify the long-term performance of
514 riparian buffers for nutrient and sediment retention (see Tilak et al., 2014; 2017 for an example),
515 yet require sound data to set-up and calibrate the models. Such data might be derived from a
516 limited number of long-term field surveys, for instance, linked to or alike the network of Long
517 Term Ecological Research (LTER) sites (<https://lternet.edu/site/>).

518 With regard to the location of riparian management in the stream continuum, our synthesis
519 implies that scale-independent benefits are common in the upstream parts of the network. Indeed,
520 almost 60% of the core studies addressed 1st and 2nd order streams, which points at a bias
521 towards headwater studies in the reviewed body of literature. We may infer that this bias is owed
522 to the fact that headwater and upstream sections are much more influenced by terrestrial and
523 riparian vegetation (Nakano & Murakami, 2000), as opposed to wider and deeper sections
524 further downstream in the continuum. Then, scale-independent management effects through
525 shade, and CPOM and LWD recruitment are more likely to occur upstream in the network.
526 Recent research on meta-community theory suggests that habitat improvements in the upstream
527 part of the network are much more likely to enhance lotic biodiversity as opposed to stream
528 sections further downstream (Swan & Brown, 2017). Hence, if biodiversity improvement is the

529 goal of lotic ecosystem management, riparian restoration should start upstream in the network
530 and then continue further downstream, to aid the subsequent recolonization of restored reaches.

531 5. Conclusions

532 Riparian management constitutes a widely-applied option to restore and protect stream
533 ecological functioning and biology, yet with often variable and sometimes inconsistent effects.
534 Management effects not only are controlled by physical buffer characteristics, but are subject to
535 other environmental co-variates (e.g. slope, soil particle size, precipitation). Therefore, it is not
536 trivial to provide general guidance for those in charge of the management and restoration of
537 stream ecosystems towards a good ecological status. A critical synthesis of the available
538 evidence, if embedded within a useful structural framework, can help identify generalisable
539 management options that are likely to be beneficial for the instream biota. The conceptual model
540 provided with this study constitutes such a framework and allows of the following statements,
541 provided that the minimum demands (e.g. buffer length, width, zonation; see section 4 Synthesis)
542 are met:

- 543 1. Consistent beneficial effects arise from the supply of coarse particulate organic matter,
544 large woody debris and shade (and thus thermal damping) to the stream system. These
545 effects are largely independent of the conditions further upstream in the continuum, i.e.
546 the effects are scale-independent.
- 547 2. Inconsistent and sometimes even adverse effects are evident for the riparian buffer
548 function, i.e. the retention of nutrients and fine sediments in the riparian area before both
549 can enter the stream system. These effects are scale-dependent and conditional on the
550 situation further upstream in the continuum.

- 551 3. To be beneficial, scale-dependent effects require concerted management efforts at both
552 the riparian and the (sub-)catchment scale. Riparian buffer management thus needs to be
553 accompanied by nutrient and erosion control measures at broader scales.
- 554 4. Evidence of the effects of (sub-)catchment-scale management options to reduce nutrient
555 and fine sediment pollution is scarce and largely derived from modelling case studies of
556 lowland catchments. The models' outcome, however, suggests that riparian management
557 alone can buffer only up to 50% of the nutrients that enter the stream system. The other
558 half requires nutrient reduction options (e.g. fertiliser management) at the broad scale.
- 559 5. Riparian management effects on aquatic biota are less often addressed and largely
560 inconsistent, thus pointing at the poor and incomplete knowledge in the biological
561 domain. However, biological effects implicitly require consideration, if the ultimate goal
562 of stream management is to improve and sustain biodiversity and ecological status.
563 Future studies should address biological effects of riparian management, to provide the
564 scientific basis for an effective riparian management.

565 6. Acknowledgements

566 This work is part of the MARS project (Managing Aquatic ecosystems and water Resources
567 under multiple Stress) funded under the EU Seventh Framework Programme, Theme 6
568 (Environment including Climate Change), Contract No.: 603378 (<http://www.mars-project.eu>).
569 CG-C was also supported by a "Juan de la Cierva" research contract (Spanish MINECO, FJCI-
570 2015-25785). MdR F was supported by a post-doctoral scholarship from the Foundation for
571 Science and Technology, Portugal (SFRH/BPD/95449/2013) and from the Forest Research

572 Centre (CEF) through the grant UID/AGR/00239/2013. We are grateful to Núria Bonada, Núria

573 Cid, Laura Puértolas and Josefa Velasco for providing helpful literature.

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ACCEPTED MANUSCRIPT

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- 843

844 Tables

845 Table 1: Criteria, variables and variable classification extracted from 138 references to form the
 846 review database and to draft the conceptual model of cause-effect relationships (Fig. 1).

Criterion	Variable	Variable classification
General study characteristics, meta-data	Study origin and location	Country, latitude, longitude
	Altitude (m a.s.l.)	Lowlands (<200), uplands (200–500), mountainous (500–800), alpine (>800)
	Catchment area at management site/reach (km ²)	Headwater (<10), small (10–100), medium (101–1,000), large (>1,000)
	Stream network position of management site/reach (Strahler order)	Upstream (1–2), middle (3–4), downstream (>4)
Drivers and pressures	Drivers	Agriculture, silviculture, urbanisation
	Diffuse pressures	Nutrient pollution, fine sediment pollution,
	Point-source pressures	Waste water pollution
	Riparian pressures	Vegetation removal, vegetation alteration
	Pressure spatial scale (km)	Site (<0.5), reach (0.5–2), segment (2–5), sub-catchment (>5), catchment (entire catchment)
	Riparian management characteristics	Active Passive
Riparian management spatial scale (km)		Site (<0.5), reach (0.5–2), segment (2–5), sub-catchment (>5), catchment (entire catchment)
Riparian management spatial extent		Length (m), width (m), density (%), vegetation age (a)
Vegetation zonation (Dosskey, 2001)		Single-zone (trees or shrubs or forbs or grass), multi-zone (any combination thereof)
Catchment management characteristics	Agricultural	Crop rotation, conservation tillage, livestock density, fertiliser application, land use change/abandonment
	Silvicultural	Afforestation
	Catchment management spatial scale	Sub-catchment or catchment (no further classification)

Instream environmental effects	Physico-chemistry	Nitrogen (Total Nitrogen, , NO ₃ , NH ₄), phosphorous (Total Phosphorous, -ortho-PO ₄ , ortho-PO ₄ -P, Soluble Reactive Phosphorous), water temperature, light, conductivity, turbidity
	Habitat	Fine sediments, large woody debris (LWD), coarse particulate organic matter (CPOM), habitat quality index
Instream biological effects	Targeted organism groups	Fish, macroinvertebrates, aquatic macrophytes, benthic algae, riparian vegetation, ground beetles
	Diversity	Species richness, Shannon (community) diversity
	Composition/density	EPT taxa (Ephemeroptera-Plecoptera-Trichoptera), abundance, biomass
	Functions/traits	Primary production, feeding types

847 ^{a)} Available at the ArcGIS Online Resources Center.

848 Table 2: Evidence of riparian management effects in light of potential limiting factors operating at broader spatial scales. The table
 849 summarises the reviewed riparian management literature that reports weak or no effects after the implementation of management and
 850 restoration measures, and that attributes the lack of effects to broad-scale stressors/pressures that continue to impact the restored river
 851 sites/reaches.

Riparian management option	Abiotic effect	Biological effect	Limitation	Reference [type of study]
Wooded multi-zone riparian buffer strips, 5–30 m wide and >1,000 m long	Retention of nutrients (up to 100% N/P) and fine sediments (up to 100%), reduction of stream temperature, habitat improvement (LWD, CPOM)	Increase of macroinvertebrate and fish diversity, improvements of functional traits, improved community composition, enhanced fish biomass, less studies effects of riverine plants	Land use further upstream in the continuum continues to limit restoration success; poorly designed buffers (too narrow, too short) are not functional	Feld <i>et al.</i> (2011) [review of 57 riparian management papers, various regions and stream types worldwide]
Scenario 1 covers partial land use change on sensitive floodplain areas (e.g. hydromorphic soils, erodible soils) and 20 m-wide riparian forested buffers along the river course; scenario 2 covers full land use change on sensitive areas and 50 m-wide riparian forested buffers	Reduced nitrate leaching from the root zone (43–85% for scenarios 1 and 2, respectively); reduced nitrate contribution from the floodplain (70–100%); floodplain can even constitute a sink for river-derived nitrate.	--	Floodplain nitrate contribution constitutes only about 1% of total river nitrate loads per year; hence modelled management effects are negligible	Krause <i>et al.</i> (2008) [modelling of land use and management effects of two scenarios within a ca. 1,000 km ² sub-catchment of River Havel, Germany]
Comparison of pasture sites with unlimited livestock access and fenced sites without livestock access and riparian trees/shrubs present	Bank erosion processes vary throughout catchments (with particular reference to their scale dependence); only two	--	The exclusion of livestock from riparian areas is generally reported as the principal factor in the measured improvements or differences; planting of riparian vegetation in headwater	Hughes (2016) [review of various studies with and without livestock access to river banks and riparian trees/shrubs]

	studies specifically attributed reduced stream bank erosion to the presence of riparian vegetation		streams and the subsequent shading of stream banks can reduce bank stability and promote channel widening (and hence a release of sediment; see also Hughes & Quinn 2014)	
Riparian management targeting the provision of riparian habitat that fulfils critical functions for fish (e.g. bank stability, shade/temperature, large wood, water clarity, sediment retention)	Riparian habitat is crucial for the provision of shade, control of channel complexity and sediment inputs through bank stabilization, input of large wood and allochthonous energy sources, and filtering of nutrients and toxins from adjacent land	Riparian habitat should be considered biologically critical for most species of freshwater fish, unless the habitat requirements of individual species indicate insensitivity to the ecological functions associated with riparian zones	Protecting the riparian zone alone may not be sufficient to maintain stream ecosystem integrity or species at risk, if the development within the watershed (e.g. agriculture or urbanization) significantly alters hydrology or water quality	Richardson <i>et al.</i> (2010) [review of various riparian management studies in light of habitat demands of fish]
Riparian land use in buffers of 100–200 m width and 500–10,000 m length upstream, and riverine hydromorphology 500–10,000 m upstream of biological sampling sites	--	Upstream land use and hydromorphology are stronger determinants of ecological recovery after restoration than local land use and hydromorphology at restored sites	Land use and hydromorphological degradation in the sub-catchment upstream can limit the success of local restorations	Lorenz & Feld (2013) [analysis of biological effects of riverine hydromorphology and riparian land use at several distances upstream of restored and unrestored lowland and mountainous stream sites in Germany]
Comparison of modelled nitrogen loads from cropland conditional on the amount of buffered stream length and streamflow	In the entire watershed, croplands release 92.3 t of nitrate nitrogen, 19.8 t of which is removed by riparian buffers; 29.4 t more might be	--	47% of cropland nitrogen load cannot be reduced by riparian buffers and must be addressed by other management options	Weller & Baker (2014) [modelling of riparian buffer effects on cropland nitrate loads at 1,964 sub-basins of Chesapeake Bay, USA]

	removed with all buffer gaps closed; the remaining 43.1 t of cropland load cannot be removed by riparian buffers			
Analysis of the response of aquatic macroinvertebrate assemblages to riparian replanting (8–22 a before monitoring) at agricultural streams	--	Macroinvertebrates did not respond to replanting over the time gradient, probably because replanting had little benefit for local water quality or in-stream habitat; invertebrate assemblages were influenced mainly by catchment-scale effects, but were closer to reference condition at sites with lower total catchment agricultural land cover	Reach-scale replanting in heavily modified (agriculturally-used) landscapes may not effectively return biodiversity to pre-clearance condition over decadal time-scales	Giling <i>et al.</i> (2016) [analysis of riparian vegetation replanting of different ages at streams in south-eastern Australia]
Meta-analysis of the effects of riparian buffer width and buffer vegetation type on the removal of nitrogen from surface runoff and sub-surface groundwater flow paths	Riparian buffers effectively remove nitrate through uptake and denitrification (mean: 74%), but the relation to buffer width is not strong	--	Riparian buffers are a best-practice management option, but only in concert with other management options at the watershed scale; soil characteristics can promote denitrification (high organic content, water-saturated soils)	Mayer <i>et al.</i> (2005) [review of the effects of riparian buffers on nutrient and fine sediment retention]
Passive ecological restoration (excluding livestock by fencing along an entire stream, 1 m from the stream bed) with the assumption that recovering riparian habitat will restore ecological processes (e.g. filtration, soil stabilization)	After eight years, the restored stream had complex riparian banks, similar to those of reference streams (more trees, less bare soil, increased habitat heterogeneity)	--	Water quality did not improve; the same low water quality in the reference stream demonstrated the need for a whole watershed-scale approach and for actions to improve agricultural practices before implementing restoration practices at a smaller scale	Muller <i>et al.</i> (2015) [monitoring of water quality and riparian habitat heterogeneity of an entire stream in France, eight years after livestock exclusion through fencing]

Analysis of the capability of longitudinally restricted riparian forest buffers to enhance in-stream nutrient retention in nutrient-enriched headwater streams.	Riparian forested buffers can increase instream ammonia (but not phosphate) uptake through enhanced hydrologic retention (reduced flow) induced by LWD on the bottom	--	Already highly eutrophied streams seem to have a limited retention capacity for N and P components; instream nutrient retention cannot compensate for deficits in riparian nutrient retention when the nutrient supply exceeds the demand significantly	Weigelhofer <i>et al.</i> (2012) [experiment and modelling of the effects of riparian forested buffers on instream nutrient uptake]
Measurement of water quality along four Australian tropical streams in two catchments with similar agricultural development (mainly sugarcane growing) but contrasting riparian vegetation (intact native rainforest vs. exotic weeds).	Nitrate and nitrite (NO _x) concentrations and loads were significantly lower in streams with greater riparian vegetation; yet, NO _x concentration significantly increased with distance downstream (i.e. with the amount of fertilized agricultural land in the catchment)	--	An adequate reduction in NO _x in streams can only be achieved by reduced fertilizer application rates in the catchments	Connolly <i>et al.</i> (2015) [comparison of N reduction along buffered and unbuffered streams in four agricultural catchments in Australia]

852

853 Figure captions

854 Figure 1: Conceptual model showing the hypothesised hierarchical relationships between
855 catchment drivers of impact (land-use), catchment pressures, riparian buffer management,
856 instream environmental and biological states. Blue arrows represent assumed negative
857 relationships, red arrows assumed positive relationships and grey arrows assumed unclear
858 effects, i.e. both positive and negative relationships are possible. (See Supplementary Table S1
859 for the linkage of arrow numbers and core references.)

860 Figure 2: a) Length (km) and b) width classes (m on either side of the stream) of riparian
861 management areas addressed by the 55 core studies.

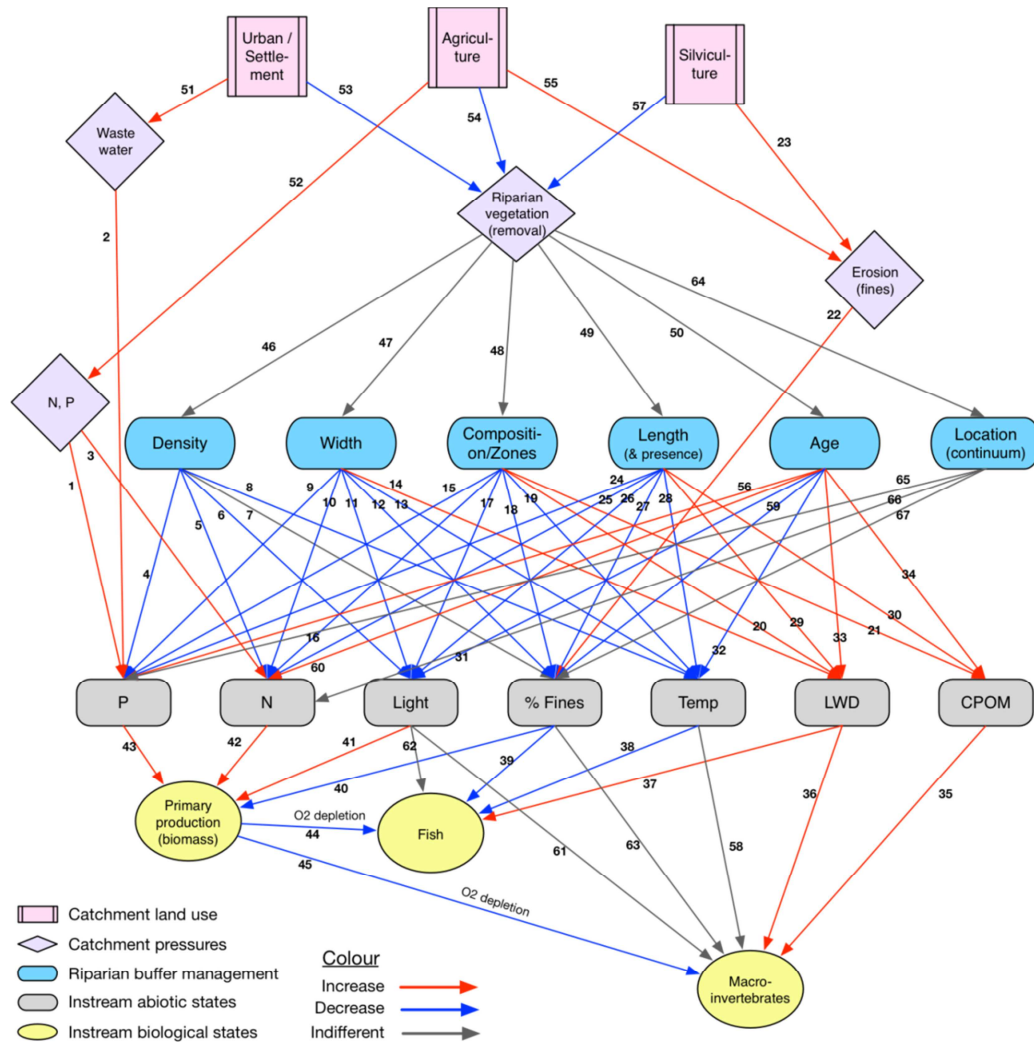
862 Figure 3: Common abiotic state variables (stressors) addressed in the 55 core management
863 papers (N=nitrogen, P=phosphorous, Organic=organic matter).

864 Figure 4: a) Common biological response variables and b) community attributes addressed by the
865 55 core management studies (Riparian=riparian invertebrates, Indices=various assessment
866 indices).

867 Figure 5: Conceptual model showing the meta-analysis results through hierarchical relationships
868 between catchment land-use, catchment pressures, riparian buffer management, instream abiotic
869 states and instream biological states. Arrows represent consistent evidence of negative (blue) and
870 positive (red) relationships, or unclear evidence (grey) with both positive and negative effects
871 reported in the literature. Arrow thickness is proportional to the number of studies supporting a
872 significant relationship between two elements of the model. (See Supplementary Table S1 for the
873 linkage of arrow numbers and core references.)

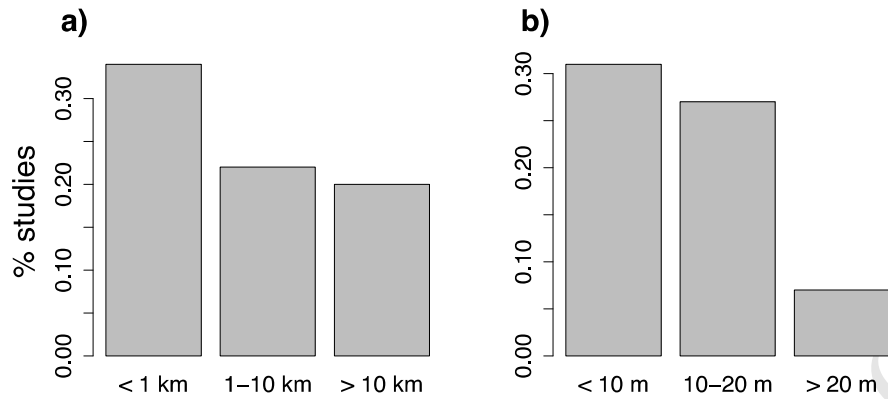
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875 Figures



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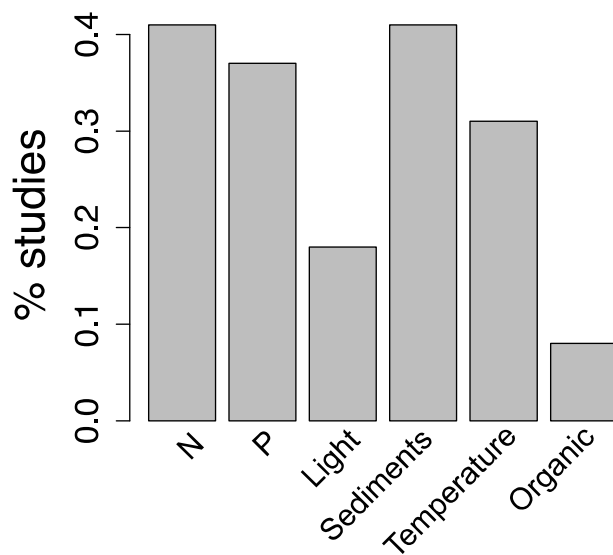
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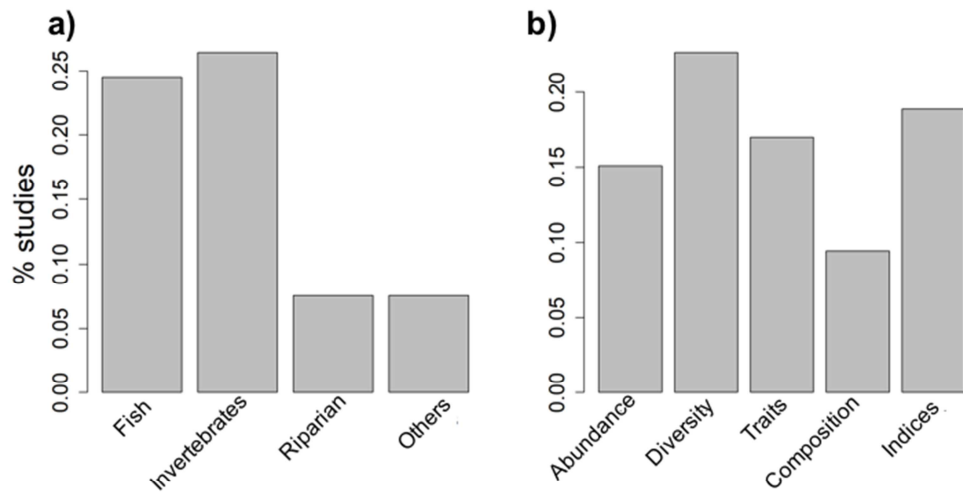
885 management areas addressed by the 55 core studies.



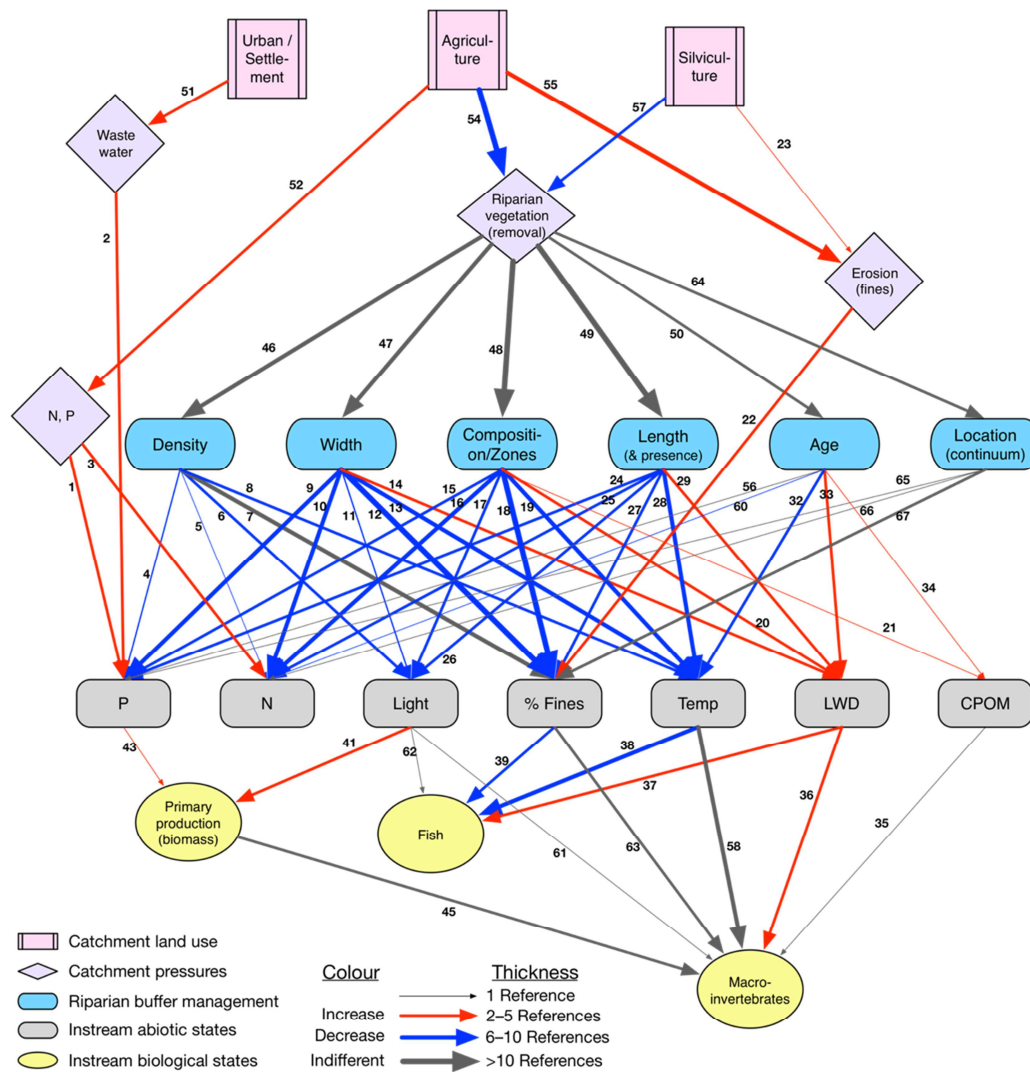
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 899 significant relationship between two elements of the model. (See Supplementary Table S1 for the
 900 linkage of arrow numbers and core references.)

Highlights

- A conceptual framework to evaluate riparian management options is presented.
- The framework is tested against the evidence in the management literature.
- Consistent beneficial effects on the instream environment are detectable.
- For full ecosystem protection, management beyond the riparian scale is required.