

Supplemental Table 1: Cochrane risk of bias of included studies.

| First author (publication year) | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective reporting |
|---------------------------------|----------------------------|------------------------|--|--------------------------------|-------------------------|---------------------|
| Basu (2010) | U | U | L | L | U | U |
| Basu (2014) | U | U | L | L | L | U |
| Basu (2018) | L | L | L | L | L | U |
| Amani (2011) | L | L | L | L | H | H |
| Moazzen (2013) | L | L | L | L | L | H |
| Zunino (2008) | U | U | L | L | H | U |
| Ellis (2010) | U | U | L | U | L | U |
| Kely Curd (2011) | L | L | H | H | L | L |
| Feresin (2013) | L | L | L | L | L | L |
| Nguyan (2012) | L | L | L | L | L | L |
| Jenkin (2008) | U | U | H | H | L | L |
| Schell (2017) | L | L | L | L | L | H |
| Burton-Freeman (2010) | U | U | L | L | L | U |
| Zasowska-Nowak (2016) | U | U | H | H | U | L |