

SUPPLEMENTARY INFORMATION

Table 1S: Assessment of the risk of bias

Article first author and year of publication	Random sequence generation	Allocation Concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Overall
Balzer 2008	Low	Low	Low	Unclear	Low	Low	L
Davison 2008	Unclear	Unclear	Low	Unclear	Low	Low	M
Esser 2014	Low	Unclear	Low	Low	Low	Low	L
Farouque 2006	Low	Unclear	Low	Unclear	Moderate	Low	M
Flammer 2012	Low	Unclear	Low	Low	Low	Low	L
Grassi 2005	Unclear	Unclear	High	Low	Low	Low	H
Grassi 2008	Unclear	Unclear	High	Low	Low	Low	H
Grassi 2015	Low	Unclear	Low	Low	Low	Low	L
Heiss 2010	Unclear	Unclear	Low	Low	Low	Low	L
Heiss 2015	Unclear	Unclear	Low	Unclear	Low	Low	M
Mogollon 2013	Low	Low	Low	Low	Low	Low	L
Njike 2011	Low	Unclear	Unclear	Low	Low	Low	L
Sansone 2015	Low	Unclear	Low	Unclear	Unclear	Low	M
Wang 2006	Unclear	Unclear	Low	Unclear	High	Low	H

Rassaf 2016

Low

Unclear

Low

Unclear

Low

Low

L

Overall risk of bias:

L: 0-2 Unclear, 4-6 Low risks;

M: 3-4 Unclear, 2-3 Low risks, 0-1 moderate risk;

H: ≥ 1 High risk.