

Supplementary table1. Quality appraisal of studies included in the review.

Study	Randomization	Concealment of allocation	of Double blinding	Withdrawls and dropouts	Total score
Ahn SH 2020	1	2	2	1	6
Carucci L 2022	2	2	2	1	7
D'Auria E 2021	1	2	1	1	5
Drago L 2011	2	2	1	1	6
Foekel C 2009	1	2	2	0	5
Lopes C 2015	2	2	2	1	7
Matsumoto M 2007	1	2	2	1	6
Ranucci G 2018	2	2	2	1	7
Rozé JC 2012	2	2	2	1	7
Schempp CM 2003	2	2	2	1	7
Udompataikul M 2015	1	2	1	1	5
Weiss A 2022	2	2	2	1	7

Note:

We used Modified Jadad scale to assess the included studies. Points were determined as follows,

- I. Randomization: the method of randomization was described, and it was appropriate, 2 points; the study was described as randomized, 1 point; not randomized or inappropriate method of randomization, 0 point.
- II. Concealment of allocation: the method of allocation concealment was described appropriate, 2 points; the study was described as using allocation concealment method, 1 point; not describe the method of allocation concealment, 0 point.

III. Blindness: identical placebo tablets or similar, 2 points; inadequate or not described, 1 point; inappropriate or no double blinding, 0 point.

IV. Withdrawals and drop-outs: numbers and reasons are described, 1 point; not described, 0 point.

The Modified Jadad score ranges from 1 to 7; higher score indicates better RCT quality. If a study had a modified Jadad score >4 points, it was of high quality; if the score was 3-4 points, it was moderate quality; and if the score was <3 points, it was low quality.