

## Appendix 2

Quality assessment of included studies via Jadad scale.

Study	random sequence generation	allocation concealment	Double-blindness	Dropout and reasons	Total score	Quality
Freund-Levi, 2006	1	1	2	1	5	high
Chiu, 2008	1	2	2	1	6	high
Yurko-Mauro, 2010	2	2	2	1	7	high
Quinn, 2010	2	2	2	1	7	high
Geleijnse, 2012	1	1	2	1	5	high
Lee, 2012	2	2	2	1	7	high
Shinto, 2014	2	2	1	1	6	high
Mahmoudi, 2014	2	2	2	1	7	high
Phillips, 2015	1	1	2	1	5	high
Hashimoto, 2016	1	1	2	1	5	high
HOOPER, 2017	2	2	2	0	6	high
Andrieu, 2017	2	2	2	1	7	high
Ichinose, 2020	1	2	2	1	6	high
Ichinose, 2021	1	1	2	0	4	high
Lin, 2022	1	1	2	0	4	high