

Author name, year of publication, references	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Overall quality
Acharjee, 2015	U	U	H	U	L	L	Fair
Aubertin-Leheudre, 2007	U	H	L	U	L	L	Good
Azadbakht, 2007	U	U	H	U	L	L	Fair
Bakhtiari, 2019	L	L	H	L	L	L	Good
Christie, 2010	L	L	L	U	L	H	Good
Colacurci, 2005	L	U	U	U	L	L	Good
D'Anna, 2005	U	U	L	U	L	L	Good
Gonzalez, 2007	L	H	U	U	L	L	Good
Greany, 2008	U	U	H	U	L	L	Fair
Hall, 2005	L	U	L	U	L	H	Good
Jenkins, 2002	U	H	H	H	L	H	Weak
Lebon, 2014	L	U	L	L	U	L	Good
Liu, 2014	L	L	L	L	L	L	Good
Liu, 2012	L	U	L	L	L	L	Good
Llaneza, 2011	L	U	L	L	L	L	Good
Llaneza, 2012	U	H	L	L	L	U	Good
Mangano, 2013	L	U	L	U	H	H	Fair
Nasca, 2008	U	H	H	H	L	L	Fair
Riesco, 2012	U	L	L	L	L	L	Good
Ryan-Borchers, 2006	L	U	L	U	L	L	Good
Törmälä, 2008	U	U	H	H	L	L	Fair
van Nielen, 2014	L	U	L	L	L	L	Good
Yildiz, 2005	U	U	H	H	L	L	Fair

**Table 2:** Quality of bias assessment of the included studies according to the Cochrane guidelines.

L, low risk of bias; H, high risk of bias; U, unclear risk of bias.