Table 2. Risk of bias assessment of the studies

Study	Random Sequence Generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective outcome reporting	Other sources of bias
Ateke Mousavi (2013)	U	U	H	U	L	L	U
Lina Lasaite (2014)	U	L	L	U	L	L	L
Atsa Spadiene (2014)	U	L	L	U	L	L	L
Ewa Jówkoa (2011)	U	L	L	U	U	L	U
Ewa Sadowska-Krępa (2019)	U	L	H	U	L	L	U
Pawel Bogdanski (2012)	U	L	L	U	L	L	L
Amir Hadi (2016)	L	L	L	U	L	L	L
Hassan Mozaffari-Khosravi (2014)	U	H	U	U	U	L	U
Kamal Azizbeigi (2019)	U	U	H	U	U	L	U
Sáskia Ribeiro Vaza (2018)	U	L	L	U	H	H	U
Joanna Suliburska (2012)	L	L	L	U	U	U	L
Yu-Chi Kuo (2014)	U	L	L	L	U	U	L
Ehsan Soeizi1 (2017)	L	L	H	L	L	L	L
Kamesh Venkatakrishnan (2018)	U	L	L	U	L	L	L

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

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