**Table S2: Risk of bias assessment Joanna Briggs Institute of Critical Appraisal Tools Checklist for RCTs**

| | | Mottram 2004 | | Roongsritong 2005 | | Mak 2009 | | Deswal 2011 | | Edelmann 2013 | | Kurrelmeyer 2014 | | Shah 2015 | | Kosmala 2016 | | Kosmala 2017 | | Upadhya 2017 | | McDiarmid 2020 | | Shantsila 2020 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | MZ | FF | MZ | FF | MZ | FF | MZ | FF | MZ | FF | MZ | FF | MZ | FF | MZ | FF | MZ | FF | MZ | FF | MZ | FF | MZ | FF |
| 1. | Was true randomization used for assignment of participants to treatment groups? | U | U | U | U | U | U | U | U | U | U | U | U | Y | Y | Y | Y | U | U | U | U | Y | Y | Y | Y |
| 2. | Was allocation to groups concealed? | U | U | U | U | N | N | U | U | U | U | Y | Y | U | U | Y | Y | U | U | Y | Y | U | U | Y | Y |
| 3. | Were treatment groups similar at the baseline? | Y | Y | U | U | Y | Y | U | Y | Y | Y | U | U | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 4. | Were participants blind to treatment assignment? | Y | Y | Y | Y | N | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | U | U | Y | Y | N | N | Y | Y |
| 5. | Were those delivering treatment blind to | Y | Y | U | U | N | N | N | N | Y | Y | Y | Y | Y | Y | Y | Y | U | U | Y | Y | N | N | Y | Y |

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | treatment assignment? | | | | | | | | | | | | | | | | | | | | | | | | |
| 6. | Were outcomes assessors blind to treatment assignment? | U | U | U | U | Y | Y | Y | Y | U | U | Y | Y | Y | Y | Y | Y | U | U | Y | Y | Y | Y | Y | Y |
| 7. | Were treatment groups treated identically other than the intervention of interest? | Y | Y | U | U | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | U | U | Y | Y | Y | Y | Y | Y |
| 8. | Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed? | Y | Y | N | N | N | N | N | N | Y | Y | U | U | Y | Y | Y | Y | Y | Y | Y | Y | Y | U | U | U |

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 9. | Were participants analyzed in the groups to which they were randomized? | U | U | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 10. | Were outcomes measured in the same way for treatment groups? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 11. | Were outcomes measured in a reliable way? | U | U | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 12. | Was appropriate statistical analysis used? | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| 13. | Was the trial design appropriate for the topic, and any deviations from the standard RCT design accounted | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | for in the conduct<br><br>and analysis? | | | | | | | | | | | | |
| 14. | Overall risk of bias | Unclear | Unclear | Unclear | Low | Low | Low | Low | Low | Unclear | Low | Low | Low |

Footnotes: Y = yes; N = no; U = unclear.