

(a)

	Random sequence generation (selection bias)	Baseline characteristics (selection bias)	Allocation concealment (selection bias)	Random housing (performance bias)	Blinding of participants and personnel (performance bias)	Random outcome assessment (detection bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Bray et al. (2013)	-	?	?	?	?	-	-	+	+	+
Goh et al. (2007)	-	?	-	-	?	-	-	?	+	?
Hou et al. (2009)	-	?	?	-	-	-	-	?	+	?
Latimer et al. (2021)	-	?	-	?	?	?	-	-	+	?
Marques et al. (2017)	-	?	?	-	-	-	?	?	+	?
Mia et al. (2021)	-	?	-	?	?	-	-	?	+	+
Mukherji et al. (2015)	-	?	-	-	-	-	-	?	+	+
Murata et al. (2021)	-	?	-	-	-	?	-	?	+	?
Noguchi et al. (2018)	-	?	?	-	-	-	-	?	+	?
Noyan et al. (2015)	-	?	?	?	-	-	-	+	+	?
Oishi et al. (2009)a	-	?	-	-	-	-	-	?	+	?
Oishi et al. (2009)b	-	?	-	-	-	-	-	?	+	?
Oishi et al. (2010)	-	?	-	-	-	-	-	?	+	+
Oishi et al. (2017)	-	?	-	-	-	-	-	?	+	?
Reilly et al. (2008)	-	?	-	-	-	-	-	?	+	+
Reitz et al. (2020)	-	?	-	?	?	-	-	+	+	?
Tsai et al. (2010)	-	?	?	-	-	-	-	?	+	?
Wang et al. (2015)	-	?	?	-	-	?	-	-	+	?
Xin et al. (2021)	-	?	?	-	-	-	-	+	+	?

(b)

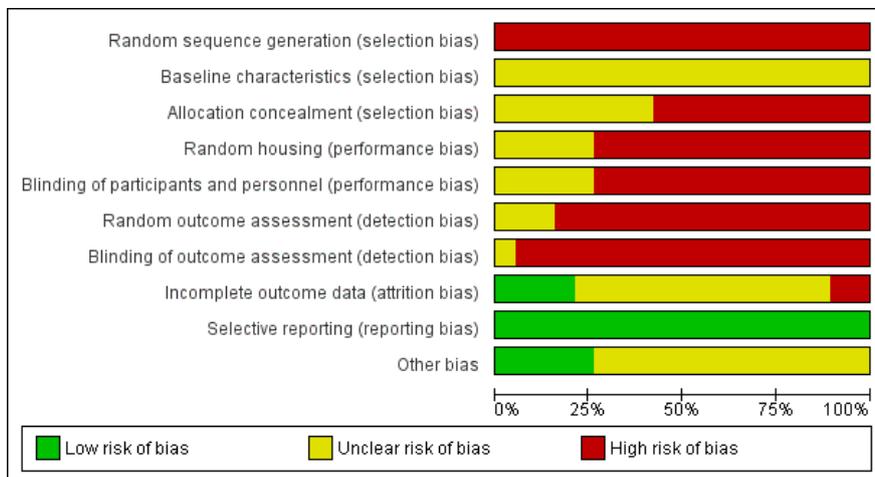


Figure S1. Result of the assessment of the risk of bias of the studies included in the systematic review. (a) summary of the risk of bias; (b) risk of bias graph.