

## Supplementary Material

**Table S1.** Version 2 of the Cochrane risk-of-bias assessment tool for randomised trials: bias domains, signaling questions, response options, and risk-of-bias judgments

Bias domain and signalling question*	Seino (2017) [31]	Kwon (2015) [32]	Kawabata (2015) [33]	Takai (2013) [34]	Uemura (2018) [35]	Uemura (2019) [36]	Sakurai (2012) [37]
Bias arising from the randomisation process							
Risk-of-bias judgment (low/high/some concerns)	Low	Low	Low	Low	Low	Low	Some concerns
Optional: What is the predicted direction of bias arising from the randomisation process?							
Bias due to deviations from intended interventions							
Risk-of-bias judgment (low/high/some concerns)	Low	Low	Low	Low	Low	Low	Low
Optional: What is the predicted direction of bias due to deviations from intended interventions?							
Bias due to missing outcome data							
Risk-of-bias judgment (low/high/some concerns)	Low	High	Low	Low	Low	Low	High
Optional: What is the predicted direction of bias due to missing outcome data?							
Bias in measurement of the outcome							
Risk-of-bias judgment (low/high/some concerns)	Low	Low	Low	Low	Low	Low	Low

Optional: What is the predicted direction of bias in measurement of the outcome?

Bias in selection of the reported result  
Risk-of-bias judgment (low/high/some concerns)

Low

Low

High

Low

Low

Low

Low

Optional: What is the predicted direction bias due to selection of the reported results?

Overall bias

Risk-of-bias judgment (low/high/some concerns)

Low

High

High

Low

Low

Low

High

Optional: What is the overall predicted direction of bias for this outcome?

Y=yes; PY=probably yes; PN=probably no; N=no; NA=not applicable; NI=no information.

\* Signalling questions for bias due to deviations from intended interventions relate to the effect of assignment to intervention.

	Bias arising from the randomisation process	Bias due to deviations from intended interventions	Bias due to missing outcome data	Bias in measurement of the outcome	Bias in selection of the reported result	Overall bias
Seino 2017 [31]						
Kwon 2015 [32]						
Kawabata 2015 [33]						
Takai 2013 [34]						
Uemura 2018 [35]						
Uemura 2018 [36]						
Sakurai 2012 [37]						

Figure S1. Risk of bias summary

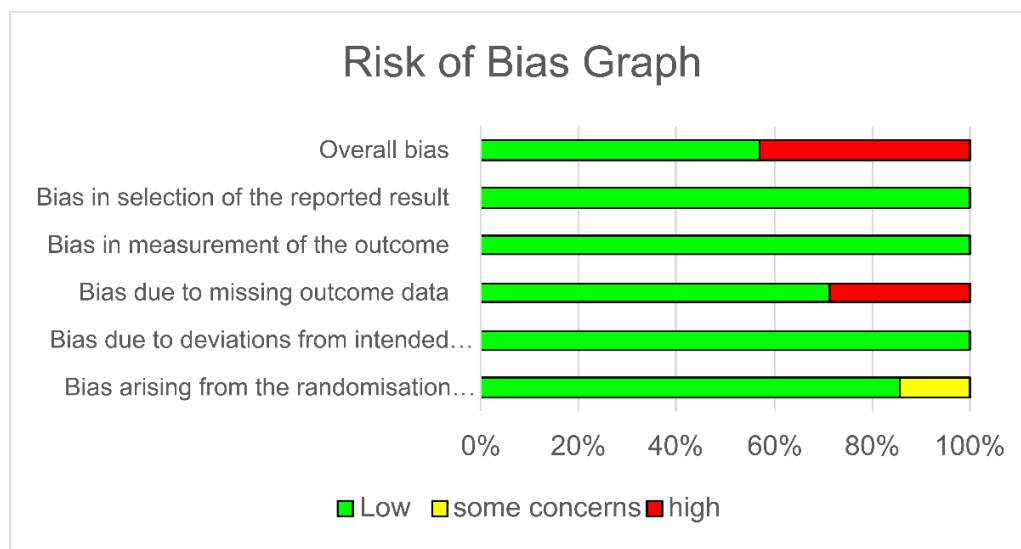


Figure S2. Risk of bias graph