Supplementary Materials

Supplemental Table S1	**Bias Risk Assessment for the Included RCTs Using the Cochrane Risk of Bias Tool for Randomized Controlled Trials**							
Study	**Random Sequence generation**	**Allocation concealment**	**Blinding of participants and personnel**	**Blinding of outcome assesment**	**Incomplete outcome data**	**Selective reporting**	**Other bias**	**Overall risk of bias**
Sultana S et al[4], 2022	low	low	high	moderate	low	low	low	moderate
Alfawal AMH et al[17], 2018	low	low	high	low	low	low	low	low
Charavet C et al[21], 2019	low	moderate	moderate	low	low	low	low	moderate
Al Imam G et al[13], 2019	low	low	high	low	low	low	low	low
Gibreal et al[22], 2023	low	low	high	low	low	low	low	low
Gibreal et al[15], 2019	low	low	high	low	low	low	low	low
Aksakalli et al[16], 2015	low	high	moderate	moderate	low	low	low	high
Tuncer et al[14], 2017	moderate	low	high	low	low	low	low	high
Uribe et al[18], 2017	low	low	moderate	low	low	low	low	low
Gibreal et al[20], 2022	low	low	moderate	low	low	low	low	low
Ma et al[19], 2015	low	high	high	high	low	low	low	high