



Figure S1. Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Byrne et al. 2018	+	?	+	+	+	?	-
Carter et al. 2016	+	+	+	+	+	?	-
Carter et al. 2019	+	+	+	+	?	+	+
Conley et al. 2018	+	+	+	+	+	?	+
Jimenez et al. 2019	+	+	+	+	?	?	+
Maroofi et al. 2020	+	?	+	+	+	+	-
Parvaresh et al. 2019	+	+	+	+	+	+	+
Razavi et al. 2021	+	+	+	+	?	?	+
Schübel et al. 2018	+	+	+	+	?	+	+
Steger et al. 2021	+	+	+	+	?	+	+
Sundfor et al. 2018	+	+	+	+	?	+	+

Figure S2. Risk of bias summary: review authors' judgements about each risk of bias item for each included study.