

		Risk of bias domains					
		D1	D2	D3	D4	D5	Overall
Study	Bossé Y et al.(2007) [31]						
	Song Y et al. (2007) [27]						
	Damera G. (2009) [30]						
	Song Y et al. (2013) [26]						
	Britt RD Jr et al.(2016) [28]						
	Kim, Sung-Ho et al.(2017) [25]						
	Plesa M et al. (2020) [32]						
	Schrumpf JA.(2020) [29]						
	Jin A et al. (2021) [24]						
		Domains: D1: Bias arising from the randomization process. D2: Bias due to deviations from intended intervention. D3: Bias due to missing outcome data. D4: Bias in measurement of the outcome. D5: Bias in selection of the reported result.					Judgement Some concerns Low

**Supplementary Figure S1: Bias assessment of included studies using Revised Cochrane risk-of-bias tool for randomized trials (RoB 2).** Assessment of the risk of bias via the Cochrane RoB 2 tool displayed by means of a traffic light plot of the risk of bias of each included clinical study .Traffic light plot reports five risk of bias domains: D1, bias arising from the randomization process; D2, bias due to deviations from intended intervention; D3, bias due to missing outcome data; D4, bias in measurement of the outcome; D5, bias in selection of the reported result; Yellow circle indicates some concerns on the risk of bias and green circle represents low risk of bias. Note: Figure image was created using .

Abbreviation: RoB, risk of bias.