Table S1. Quality assessment.

Study	Randomization Process	Deviations From Intended Intervention	Missing Outcome Data	Measurement of the Outcome	Selection of the Reported Result	Overall Bias
Griffiths et al., 2016 [15]	Low risk	High risk	Low risk	Low risk	Low risk	Low risk
Ross et al., 2016 [16]	Some concerns	High risk	Low risk	High risk	Low risk	Some concerns
Grob et al., 2011 [21]	Some concerns	High risk	Low risk	High risk	Low risk	Some concerns
Gasser et al., 2014 [22]	Low concerns	High risk	Low risk	High risk	Low risk	Some concerns
Holze et al., 2023 [24]	Low concerns	High risk	Low risk	High risk	Low risk	Some concerns
Razavi et al., 1996 [27]	Some concerns	Low risk	Some concerns	Low risk	Some concerns	Some concerns
Pezella et al., 2001 [28]	Some concerns	Low risk	Some concerns	Low risk	Some concerns	Low risk
Musselman et al., 2006 [29]	Some concerns	Low risk	Some concerns	Low risk	Some concerns	Low risk
Fan et al., 2017 [31]	Low risk	Low risk	Low risk	Some concerns	Low risk	Some concerns
Wang et al., 2020 [32]	Low risk	Some concerns	Low risk	Low risk	Low risk	Some concerns
Zhou et al., 2021 [33]	Low risk	Some concerns	Low risk	Low risk	Low risk	Some concerns
Liu et al., 2021 [34]	Low risk	Low risk	Low risk	Some concerns	Low risk	Some concerns
Holland et al., 1998 [35]	Some concerns	Low risk	Some concerns	Low risk	Some concerns	Some concerns
Fisch et al., 2003 [36]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Navari et al., 2008 [37]	Some concerns	Low risk	Low risk	Low risk	Some concerns	Low risk
Costa et al., 1985 [38]	Some concerns	Low risk	Some concerns	Low risk	Some concerns	Some concerns
Van Heering et al., 1996 [39]	Some concerns	Low risk	High risk	Low risk	Some concerns	High risk
Razavi et al., 1999 [40]	Some concerns	Low risk	Some concerns	Low risk	Low risk	Some concerns
Cankurtaran et al., 2008 [41]	Some concerns	Low risk	Low risk	Low risk	Some concerns	Some concerns