




Online Resource 4. Risk of bias of studies included in the systematic review.

| Study | Risk of bias domains | | | | | Overall |
|----------------------------------|----------------------|----|----|----|----|---------|
| | D1 | D2 | D3 | D4 | D5 | |
| Asano et al., 2021 | + | + | - | + | + | - |
| Ellis et al., 2018 | + | + | + | + | + | + |
| Ginis et al., 2016 | + | + | + | - | + | - |
| Grau-Pellicer et al., 2019 | - | - | + | - | + | X |
| Kim et al., 2012 | - | - | + | - | + | X |
| Lee et al., 2017 | + | + | + | + | + | + |
| Li et al., 2020 | - | + | + | + | + | - |
| Nasseri et al., 2020 | + | + | + | + | + | + |
| Plow & Golding., 2017 | - | + | + | + | + | - |
| Shin & Song., 2016 | - | - | + | + | + | - |
| Hankinsonson et al., 2022 | - | - | X | + | - | X |
| Salgueiro et al., 2022 | + | + | + | + | + | + |
| Aphiphaksakul et Siriphorn, 2022 | + | + | + | + | + | + |

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
 High
 Some concerns
 Low