

	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)
Alvarez, 2005	+	+	-	-	?	?
Assem, 2016	+	+	-	-	+	+
Bauer, 2002	+	?	-	?	+	+
Dibya 2022	+	+	?	?	+	+
Elfert, 2016	+	+	-	-	+	+
Lontos, 2014	+	+	-	-	+	+
Mostafa, 2015	?	?	-	-	?	?
Pande 2012	+	+	?	?	+	+
Sandhu, 2005	+	?	-	+	?	?
Yim 2018	+	+	-	?	+	+

Figure S1. Quality assessment of the included studies.