*Figure S1. Risk of bias graph for RCTs.*

*Figure S2. Risk of bias summary for RCTs.*

Table S2. Quality appraisal checklist for case series studies

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Criteria** | **Harrison 2005** | **Crone 2008** | **Tobi** **2017** | **Avery 2020** | **Morgan 2020** |
| *Clear study objective* | Yes | Yes | Yes | Yes | Yes |
| *Conducted prospectively* | No | No | No | No | No |
| *Cases collected from multiple centres* | Yes | Yes | Yes | Yes | Yes |
| *Patients recruited consecutively* | Unclear | Unclear | Unclear | Unclear | Unclear |
| *Description of patient characteristics* | Yes | Partial | Yes | Yes | Yes |
| *Clear eligibility criteria* | Partial | No | Partial | Yes | Yes |
| *Similar disease severity at study entry* | Unclear | Unclear | Unclear | Unclear | Unclear |
| *Clearly described intervention* | Yes | Partial | Partial | Yes | Yes |
| *Pre-established outcome measures* | Yes | Yes | Yes | Yes | Yes |
| *Appropriate methods for measuring outcome* | Yes | Yes | Yes | Yes | Yes |
| *Appropriate length of follow up* | Yes | Yes | Yes | Yes | Yes |
| *Loss to follow up reported* | Yes | Yes | Yes | Yes | Yes |
| *Results support study conclusions* | Yes | Yes | Yes | Yes | Yes |
| *Competing interests and support sources reported* | No | No | Partial | Partial | Yes |