

Risk of bias summary: assessment of RCTs

	RCTs	
	Rawat, S. 2021	Samadi, M. 2020
Random sequence generation (selection bias)	Low risk	Low risk
Allocation concealment (selection bias)	Low risk	Low risk
Blinding of participants and personnel (performance bias)	Unclear risk	Unclear risk
Blinding of outcome assessment (detection bias)	Unclear risk	Unclear risk
Incomplete outcome data (attrition bias)	Low risk	Low risk
Selective reporting (reporting bias)	Low risk	Low risk
Other bias	Low risk	Low risk