

	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)
Cardenas 2009	?	?	+	?	+	+
Cardenas 2011	+	+	+	?	-	+
De Ridder 2005	+	+	+	?	-	+
Pachler 1999 (reused)	?	?	+	?	+	+
Sarica 2010	+	?	+	?	-	+
Sutherland 1996 (reused)	?	?	+	?	+	+
Wyndaele 2000	?	?	?	?	+	+

Supplementary Figure 1 – Risk of bias summary: judgments regarding risks of bias for each study included in the systematic review (n=7). The symbol “+” represents low risk of bias, the symbol “?” represents unclear risk of bias and the symbol “-” represents high risk of bias.