Additional file 2: Table S2 Risk of bias of included RCTs using the Cochrane risk assessment tool.

Included studies First author /Year	Random sequence generation	Allocation concealment	Blind method		Incomplete outcome data	Selective reporting	Other bias
			Blinding of participants and personnel	Blinding of outcome assessment			
Maged 2018[11]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	High risk
Decleer 2016[12]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	High risk
Rickes 2002[13]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	High risk
Surrey 2002[14]	Low risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	High risk
Jiang HL2018[15]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	High risk
Dai L 2017[16]	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	High risk
Lin WQ 2004[17]	High risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	High risk