

Table 3 Risk of bias and methodological quality assessment of included RCTs

Study	Sequence generation	Allocation concealment	Blinding	Incomplete outcome data	Selective outcome reporting	Other bias	Summary
<i>Bein et al. 2013</i> ¹⁹	Low	Low	Non-blinded	Low	Low	Low ^a	Low
<i>Morris et al. 1994</i> ¹⁸	Unclear	Low	Non-blinded	Low	Low	High ^b	Low

^a Trial stopped early due to futility.

^b Trial stopped early after an interim analysis showed treatment effect too small to be demonstrated by proposed sample size.