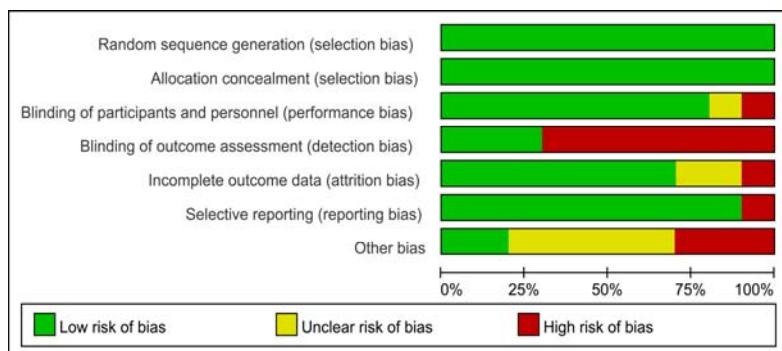


Supplement 1. Results from the Risk of Bias Tool for Randomized Controlled Trials



	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)	Other bias
Bjørknes (2012)	+	+	+	●	+	●	●
Cheng (2016)	+	+	●	●	+	+	?
Jacobs (2016)	+	+	?	+	?	+	+
Javier (2013)	+	+	+	●	?	+	?
Leung (2011)	+	+	+	+	+	+	+
Miller (2020)	+	+	+	+	+	+	?
Osman (2017)	+	+	+	●	●	+	?
Ponguta (2020)	+	+	+	●	+	+	●
Puffer (2017)	+	+	+	●	+	+	●
To (2018)	+	+	+	●	+	+	?