

Table S2. Summary of study appraisal based on JBI appraisal checklist for RCT: Bonnet et al.²¹⁾

	Yes	No	Unclear	NA
1. Was true randomization used for assignment of participants to treatment groups?	<input type="checkbox"/>	<input type="checkbox"/>	V	<input type="checkbox"/>
2. Was allocation to treatment groups concealed?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Were treatment groups similar at the baseline?	<input type="checkbox"/>	<input type="checkbox"/>	V	<input type="checkbox"/>
4. Were participants blind to treatment assignment?	<input type="checkbox"/>	<input type="checkbox"/>	V	<input type="checkbox"/>
5. Were those delivering treatment blind to treatment assignment?	<input type="checkbox"/>	<input type="checkbox"/>	V	<input type="checkbox"/>
6. Were outcomes assessors blind to treatment assignment?	<input type="checkbox"/>	<input type="checkbox"/>	V	<input type="checkbox"/>
7. Were treatment groups treated identically other than the intervention of interest?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Was follow-up complete and if not, were differences between groups in terms of their follow-up adequately described and analyzed?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Were participants analyzed in the groups to which they were randomized?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Were outcomes measured in the same way for treatment groups?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Were outcomes measured in a reliable way?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Was appropriate statistical analysis used?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Was the trial design appropriate, and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: Include (V), Exclude () or Seek further info ()