Table S3. Summary of study appraisal based on JBI appraisal checklist for RCT: Miedany et al.[22]

		Yes	No	Unclear	NA
1.	Was true randomization used for assignment of participants to treatment groups?	□	V	□	□
2.	Was allocation to treatment groups concealed?	V	□	□	□
3.	Were treatment groups similar at the baseline?	V	□	□	□
4.	Were participants blind to treatment assignment?	V	□	□	□
5.	Were those delivering treatment blind to treatment assignment?	V	□	□	□
6.	Were outcomes assessors blind to treatment assignment?	V	□	□	□
7.	Were treatment groups treated identically other than the intervention of interest?	V	□	□	□
8.	Was follow-up complete and if not, were differences between groups in terms of their follow-up adequately described and analyzed?	V	□	□	□
9.	Were participants analyzed in the groups to which they were randomized?	V	□	□	□
10.	Were outcomes measured in the same way for treatment groups?	V	□	□	□
11.	Were outcomes measured in a reliable way?	V	□	□	□
12.	Was appropriate statistical analysis used?	V	□	□	□
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	□	□	□

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