

**Table S5.** Risk of bias of the included studies

<b>Type of Bias</b>		<b>Total N=497</b>
Selection bias - Random sequence generation	High	14 (3%)
	Low	340 (68%)
	Unclear	143 (29%)
Selection bias - Allocation concealment	High	27 (5%)
	Low	187 (38%)
	Unclear	283 (57%)
Performance bias - Blinding of participants and personnel	High	389 (78%)
	Low	48 (10%)
	Non-applicable	40 (8%)
	Unclear	20 (4%)
Detection bias - Blinding of objective outcomes	High	8 (2%)
	Low	53 (11%)
	Non-applicable	434 (88%)
	Unclear	1 (0.2%)
Detection bias - Blinding of objective outcomes with assessor	High	321 (65%)
	Low	97 (20%)
	Non-applicable	39 (8%)
	Unclear	40 (8%)
Detection bias - Blinding of subjective outcomes	High	233 (47%)
	Low	48 (10%)
	Non-applicable	190 (38%)
	Unclear	25 (5%)
Attrition bias - Incomplete outcome data	High	240 (48%)
	Low	241 (49%)
	Unclear	15 (3%)
Reporting bias - Selective reporting	High	62 (13%)
	Low	426 (86%)
	Unclear	8 (2%)
Other bias - Incorrect statistical methods	High	4 (15%)
	Low	15 (56%)
	Unclear	8 (30%)
Other bias - Recruitment bias	High	8 (30%)
	Low	9 (33%)
	Unclear	10 (37%)