

Supplementary Table 2. Results of quality assessment of randomized controlled studies using the Cochrane risk of bias tool

| Study | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data addressed | Free of selective reporting | Risk of Bias of randomized studies |
|--------------------------------|----------------------------|------------------------|--|--------------------------------|-----------------------------------|-----------------------------|------------------------------------|
| Cote et al. (2010) [1] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Murr et al. (2011) [2] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Rudmik et al. (2012) [3] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Marple et al. (2012) [4] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Smith et al. (2016) [5] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Adriaensen et al. (2017) [6] | Yes | No | Unclear | Unclear | No | Yes | Unclear risk |
| Ha et al. (2018) [7] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Hwang et al. (2018) [8] | Yes | Yes | Unclear | Unclear | Yes | Yes | Unclear risk |
| Luong et al. (2018) [9] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Zhao et al. (2018) [10] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Grzeskowiak et al. (2019) [11] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Gyawali et al. (2019) [12] | Yes | No | No | No | Yes | Unclear | High risk |
| Samarei et al. (2022) [13] | Yes | Yes | Yes | Yes | Yes | Yes | Low risk |
| Huang et al. (2022) [14] | Yes | Yes | No | Yes | Yes | Yes | High risk |