

Figure S1 Risk of bias graph

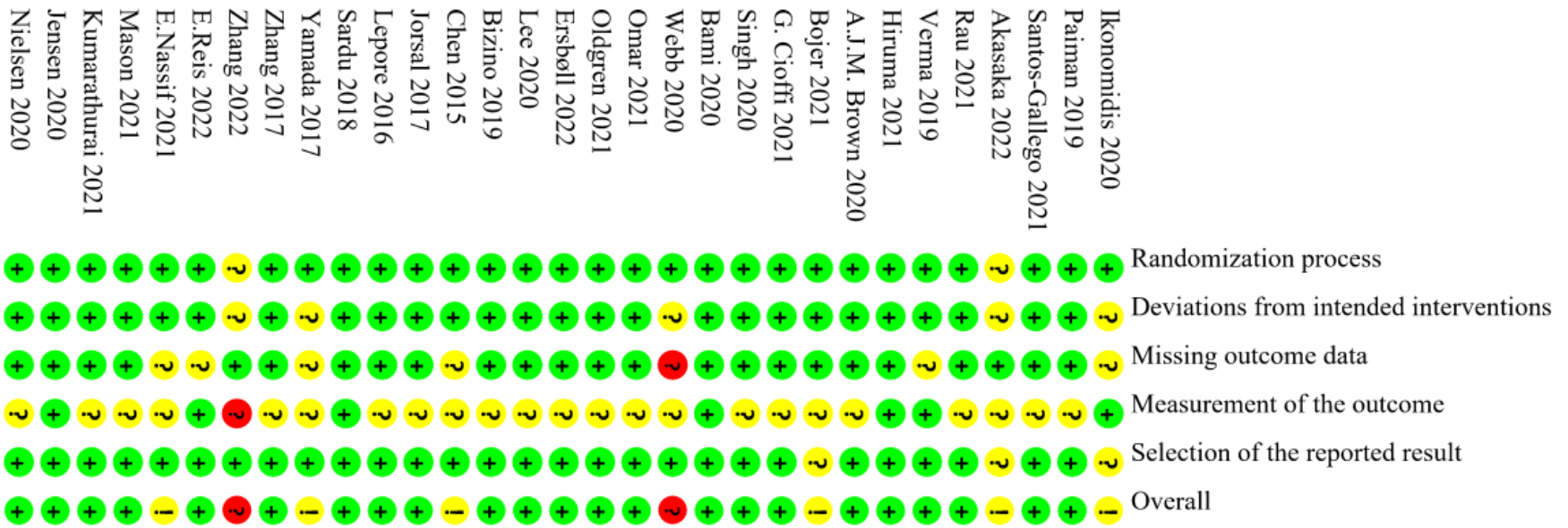


Figure S2 Risk of bias summary

Table S2 The Newcastle-Ottawa Quality Assessment Scale for included controlled studies

Study	Selection of the study groups	Comparability of the groups	Outcome	Total score
Otagaki et al. ¹⁹	****	**	**	8
Sardu et al. ²³	****	**	***	9
Yamamoto et al. ²⁵	****	**	***	9
Gamaza-Chulián et al. ³³	****	*	***	8

Note: References in table S2 can be found in Additional file 2: characteristics of studies.