

Online only material 1. Quality evaluation of selected RCT studies (n=4)

	Randomization	Concealment of allocation	Treatment groups similar at the baseline	Participants were blinded	Treatment deliverers were blinded	Outcomes assessors were blinded	Study groups treated identically, except for intervention	Follow-up complete	Intention-to-treat analysis	Outcomes measured in the same way in all groups	Outcomes measured in a reliable way	Appropriate statistical analysis	Trial design appropriate for the topic	The percentage of compliance with the quality criteria
Amsalen 2022	√	√	√	?	x	?	√	√	√	√	√	√	√	69%
Coifman 2021	√	√	√	√	x	?	√	?	√	√	x	√	√	69%
Fiol-DeRoque 2021	√	√	√	√	x	√	√	√	√	√	√	√	√	92%
Procaccia 2021	?	?	?	x	x	x	?	x	√	√	x	√	√	31%

√: Yes; x: No; ?: Unclear; NA: Not applicable