

## Risk of Bias assesment for English-language studies (RoB 2.0)

| Unique ID       | D1 | D2   | D3 | D4 | D5 | Overall |               |  |
|-----------------|----|--|----|----|----|---------|---------------|--|
| Huang 2020      | +  | +  | +  | +  | +  | +       | Low risk      |  |
| Kapoor 2022     | !  | +  | +  | +  | !  | !       | Some concerns |  |
| Williamson 2022 | +  | !  | !  | +  | +  | !       | High risk     |  |
| El-Tawab 2023   | !  | +  | !  | +  | !  | -       |               |  |
| Wang 2023       | +  | +  | +  | +  | +  | +       |               |  |
|                 | D1 | Randomisation process                      |    |    |    |         |               |  |
|                 | D2 | Deviations from the intended interventions |    |    |    |         |               |  |
|                 | D3 | Missing outcome data                       |    |    |    |         |               |  |
|                 | D4 | Measurement of the outcome                 |    |    |    |         |               |  |
|                 | D5 | Selection of the reported result           |    |    |    |         |               |  |

| Study           | Overall Risk of Bias |
|-----------------|----------------------|
| Du 2013         | Some concerns        |
| Shen 2015       | Some concerns        |
| Zhang 2015      | Some concerns        |
| Ran 2017        | Some concerns        |
| Zhang 2017      | Some concerns        |
| Liao 2018       | Some concerns        |
| Luo 2018        | High risk            |
| Sun 2018        | High risk            |
| Fang 2019       | Some concerns        |
| Feng 2020       | High risk            |
| Kailiman 2021   | Some concerns        |
| Xie 2021        | Some concerns        |
| Huang 2020      | Low risk             |
| Kapoor 2022     | Some concerns        |
| Williamson 2022 | Some concerns        |
| El-Tawab 2023   | High risk            |
| Wang 2023       | Low risk             |

## Risk of Bias assesment for Chinese-language studies (RoB 1.0)

|                          | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
|--------------------------|---|---|---|---|--|--------------------------------------|------------|
| Du C 2013                | ?   | ?                                       | +   | +   | +  | +                                    | ?          |
| Fang M 2019              | ?   | ?                                       | +   | +   | +  | +                                    | ?          |
| Feng J 2020              | +   | ?                                       | +   | +   | +  | -                                    | ?          |
| KAILIMAN· Abudubare 2021 | +   | ?                                       | +   | +   | +  | +                                    | ?          |
| Liao B 2018              | ?   | ?                                       | +   | +   | +  | +                                    | ?          |
| Luo C 2018               | ?   | ?                                       | +   | +   | +  | -                                    | ?          |
| Ran J 2017               | +   | ?                                       | +   | +   | +  | +                                    | ?          |
| Shen N 2015              | ?   | ?                                       | +   | +   | +  | +                                    | ?          |
| Sun S 2018               | +   | ?                                       | +   | -   | +  | +                                    | ?          |
| Xie Y 2021               | +   | ?                                       | +   | +   | +  | +                                    | ?          |
| Zhang D 2017             | ?   | ?                                       | +   | +   | +  | +                                    | ?          |
| Zhang Q 2015             | +   | ?                                       | +   | +   | +  | +                                    | ?          |