Study	D1	D2	D3	D4	D5	Overall
Cao et al., 2019	+	+	+	+	+	+
Chen et al., 2018	!	+	+	+	+	!
Chen et al., 2021	+	+	+	+	+	+
Hu et al., 2016	+	+	+	+	+	+
Ionescu et al., 2019	+	+	+	+	+	+
Singh et al., 2016	+	!	−	+	+	−
Sos et al., 2013	!	+	+	+	+	!
Tiger et al., 2020	+	+	+	+	+	+
Zolghadriha et al., 2024	+	+	+	+	+	+
Baeken et al., 2020	+	+	+	+	+	+
Chou et al., 2023	+	+	+	+	+	+
Christyakov et al., 2015	+	+	+	+	!	!
Cole et al., 2022	+	+	+	+	+	+
Duprat et al., 2016	!	+	+	+	+	!
Guan et al., 2021	+	+	+	+	+	+
Gupta et al., 2024	+	+	+	+	+	+
Holczer et al., 2021	+	+	+	+	!	!
Li et al., 2020	+	+	+	+	+	+
Li et al., 2014	+	+	+	+	!	!
Plewnia et al., 2014	+	+	+	+	+	+
Prasser et al., 2015	+	+	+	+	+	+
Stohrmann et al., 2023	+	+	+	+	+	+
Wilkening et al., 2022	+	+	+	+	+	+
Zhang et al., 2024	+	+	+	+	+	+
Zhao et al., 2023	+	+	+	!	+	!
Goodwin et al., 2022	+	+	+	+	+	+
Raison et al., 2023	+	!	−	+	+	−
von Rotz et al., 2023	+	+	+	+	+	+

+   Low risk

!   Some concerns

−   High risk

D1   Randomisation process
D2   Deviations from the intended interventions
D3   Missing outcome data
D4   Measurement of the outcome
D5   Selection of the reported result