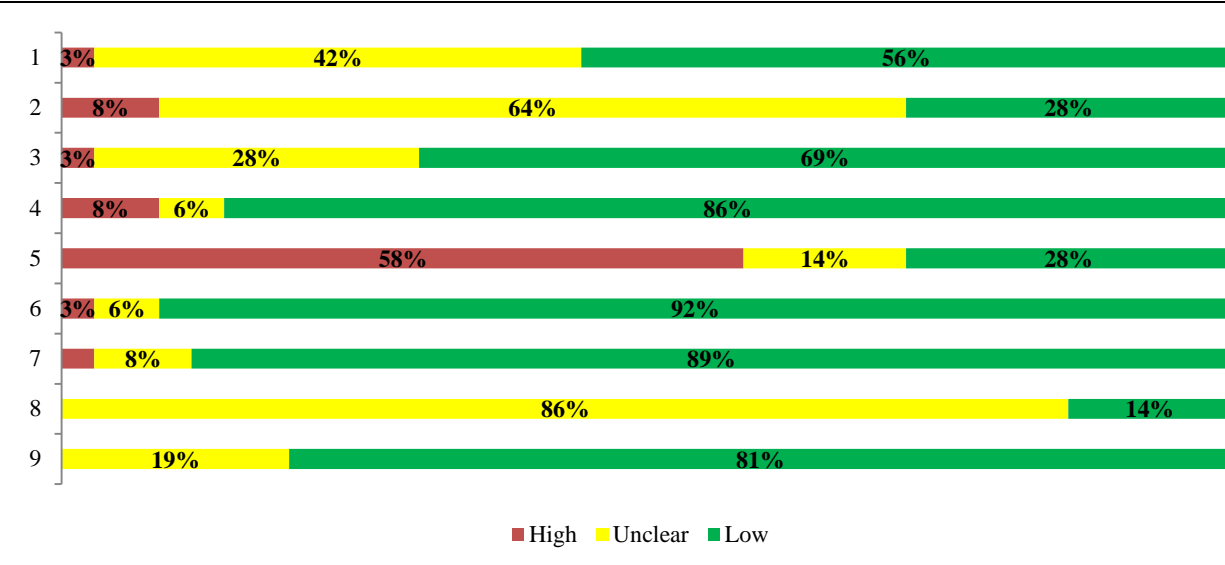


**Appendix 5 (as supplied by the authors):** Aggregate of appraisal of risk of bias of the included studies using the Cochrane risk-of-bias tool<sup>1</sup>



**Abbreviations:** High = high risk; Low = low risk; Unclear = unclear risk.

**Items:**

1. Random sequence generation
2. Allocation concealment
3. Similar baseline outcome measures
4. Similar baseline characteristics
5. Incomplete outcome data
6. Blinding
7. Contamination
8. Selective outcome reporting
9. Other bias

**Reference**

1. Higgins JP, Altman DG, Gotzsche PC, Juni P, Moher D, Oxman AD, et al. The Cochrane Collaboration's tool for assessing risk of bias in randomised trials. *BMJ*. 2011;343:d5928.