

S2 Table. Assessment of risk of bias of individual studies

Risk of bias assessment was based on the Cochrane Collaboration's tool [29].

Study, reference	Random sequence generation	Allocation concealment	Blinding of personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Overall risk of bias
Abbenhardt et al.[32]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk
Beavers et al. [33]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk
Courteix et al.[34]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk
Di Blasio et al.[35]	No	No	Unclear	Unclear	Low risk	Low risk	High risk
Fatouros et al.[36]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk
Frank et al.[37]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk
Friedenreich et al. [38]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk
Glynn et al. [39]	No	No	Yes	Unclear	Low risk	Low risk	Low risk
Guelfi et al. [40]	No	No	Yes	Unclear	Low risk	Low risk	Low risk
Klimcakova et al. [41]	No	No	No	Unclear	Low risk	Low risk	High risk
Malin et al.[42]	No	No	No	Unclear	Low risk	Low risk	High risk
Maltais et al. [43]	No	No	No	Unclear	Low risk	Low risk	High risk
Numao et al. [44]	No	No	No	Unclear	Low risk	Low risk	High risk
O'Leary et al. [45]	No	No	No	Unclear	Low risk	Low risk	High risk
Saafi et al.[46]	No	No	Unclear	Unclear	Low risk	Low risk	High risk
Shah et al. [47]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk
Sjögren et al. [48]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk
Solomon et al. [49]	No	No	No	Unclear	Low risk	Low risk	High risk
Tan et al. [50]	Yes	No	Yes	Unclear	Low risk	Low risk	Low risk