

Appendix 2: Summary of risk of bias assessments among the included RCTs. [posted as supplied by author]

	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)
Ahn, 2003	+	-	-	-	+	+
Bulloch, 2003	+	+	+	+	+	+
Hayward, 2017	+	+	+	+	+	+
Kinderman, 2005	+	+	+	+	+	+
Marvez-Valls, 1998	+	-	+	+	+	+
Niland, 2006	+	+	+	+	+	+
Olympia, 2005	+	+	+	+	-	+
O'Brien, 1994	+	+	+	-	+	+
Tasar, 2008	+	+	+	+	+	+
Wei, 2002	+	+	+	+	+	+