
Supplemental Table 1: Supplemental digital content: Risk of bias assessments - Risk of bias of randomized controlled trials using Cochrane Collaboration's Risk of Bias Assessment tool

First Author	Sequence generation	Allocation Concealment	Blinding	Incomplete outcome data	Selective outcome reporting	Other sources of bias
Takikawa 2011 ^[24]	Unclear	Unclear	Unclear	High	Low	Unclear
Lee 2015 ^[22]	Unclear	Unclear	Unclear	Low	Low	Low
Gentile 2015 ^[23]	Low	Low	Low	Low	Low	Low
Alves 2016 ^[24]	Low	Low	Low	Low	Low	Low
Mapar 2016 ^[25]	Low	Low	Low	Low	Low	Low
