Supplementary Table 1. Risk of Bias summary

Study/Domain	Selection bias (Random sequence generation)	Selection bias (Allocation concealment)	Performance bias (blinding of participants and personnel)	Detection bias (Blinding of outcome assessment)	Attrition bias (Incomplete outcome data)	Reporting bias (selective reporting)
Barnes et al. (2010)	🟢	🟢	🟢	🟢	🟡	🟢
Boutcher et al. (2011)	🟡	🟡	🟡	🟡	🟢	🟢
Burr et al. (2015)	🟡	🟢	🟢	🟢	🟢	🟢
Campbell et al. (2011)	🟢	🟢	🟢	🟢	🟡	🟢
Chandrakumar et al. (2015)	🟡	🟡	🟡	🟡	🟢	🟢
Collier et al. (2010)	🟢	🟢	🟢	🟢	🟡	🟢
Doonan et al. (2013)	🟡	🟡	🟡	🟡	🟢	🟢
Doonan et al. (2011)	🟢	🟢	🟢	🟢	🟡	🟢
Fahs et al. (2009)	🟢	🟢	🟢	🟢	🟢	🟢
Figueroa and Vicil (2011)	🟢	🟢	🟢	🟢	🟢	🟢
Gkaliagkousi et al. (2014)	🟡	🟡	🟡	🟡	🟢	🟢
Hanssen et al. (2015)	🟢	🟢	🟢	🟢	🟢	🟢
Heffernan et al. (2007a)	🟡	🟡	🟡	🟡	🟡	🟢
Heffernan et al. (2007b)	🟡	🟡	🟡	🟡	🟢	🟢
Heffernan et al. (2007c)	🟢	🟢	🟢	🟢	🟢	🟢
Heffernan et al. (2007d)	🟢	🟢	🟢	🟢	🟡	🟢
Heffernan et al. (2006)	🟢	🟢	🟢	🟢	🟡	🟢
Hu et al. (2013)	🟡	🟡	🟡	🟡	🟢	🟢
Hull et al. (2011)	🟡	🟡	🟡	🟡	🟢	🟢
Kingsley et al. (2016)	🟡	🟢	🟢	🟢	🟢	🟢
Kingwell et al. (1997)	🟢	🟢	🟢	🟢	🟡	🟢
Kobayashi et al. (2017)	🟢	🟢	🟢	🟢	🟡	🟢
Lane et al. (2013)	🟡	🟡	🟡	🟡	🟢	🟢

Study/Domain	Selection bias (Random sequence generation)	Selection bias (Allocation concealment)	Performance bias (blinding of participants and personnel)	Detection bias (Blinding of outcome assessment)	Attrition bias (Incomplete outcome data)	Reporting bias (selective reporting)
Lefferts et al. (2015)	🟢	🟢	🟢	🟢	🟡	🟢
Lin *et al.* (2016	🟢	🟢	🟢	🟢	🟢	🟢
Lydakis et al. (2008)	🟡	🟡	🟡	🟢	🟢	🟢
Mak and Lai (2015)	🔴	🟢	🟢	🟢	🟡	🟢
Melo et al. (2016)	🟡	🟡	🟡	🟡	🟡	🟢
Milatz et al. (2015)	🟡	🟡	🟡	🟡	🟢	🟢
Moore et al. (2016)	🟡	🟡	🟡	🟡	🟢	🟢
Munir et al. (2008)	🟡	🟡	🟡	🟡	🟢	🟢
Perdomo et al. (2016)	🟡	🟡	🟡	🟡	🟡	🟢
Peres et al. (2010)	🟡	🟡	🟡	🟡	🟢	🟢
Ranadive et al. (2012)	🟢	🟢	🟢	🟢	🟡	🟢
Ribeiro et al. (2014)	🟢	🟢	🟢	🟢	🟡	🟢
Sharman et al. (2008)	🟢	🟢	🟢	🟢	🟢	🟢
Siasos et al. (2016a)	🟢	🟡	🟡	🟢	🟡	🟢
Siasos et al. (2016b)	🟢	🟢	🟢	🟢	🟡	🟢
Sugawara et al. (2015)	🟡	🟡	🟡	🟡	🟡	🟢
Sun et al. (2015)	🟡	🟡	🟡	🟡	🟡	🟢
Tai et al. (2018)	🟢	🟢	🟢	🟢	🟡	🟢
Thiebaud et al. (2016)	🟢	🟢	🟢	🟢	🟢	🟢
Yan et al. (2014)	🟡	🟢	🟡	🟡	🟡	🟢
Yan et al. (2017)	🟢	🟢	🟢	🟢	🟢	🟢
Yoon et al. (2010)	🟢	🟢	🟢	🟢	🟡	🟢

🟢 = low risk, 🟡 = unclear risk, 🔴 = high risk