

S7 Table. Assessment of the risk of bias in individual studies

Study	Sequence Generation	Allocation Concealment	Blinding of Participants and Personnel	Blinding of Outcome Assessment	Incomplete Outcome Data	Selective Reporting	Other bias
Ba 2017 ¹	Unclear	Low	Unclear	Unclear	Low	Low	Low
Gantz 2017 ²	Unclear	Low	Low	Low	Low	Low	Low
Yang 2015 ³	Low	Unclear	Low	Low	Low	Low	Low
Hermansen 2007 ⁴	Unclear	Low	Low	High	Low	High	Low
Barnett 2013 ⁵	Unclear	Low	Low	Low	Unclear	Low	Low
Garber 2008 ⁶	Low	Low	Unclear	Unclear	Unclear	High	Low
Pratley 2009 ⁷	Low	Unclear	Unclear	Unclear	High	Unclear	Low
Chacra 2009 ⁸	Low	Low	Unclear	Unclear	Unclear	Unclear	Low
Yale 2017 ⁹	Unclear	Unclear	Low	Unclear	Low	Unclear	Low
Dungan 2016 ¹⁰	Low	Unclear	Low	Low	Low	Unclear	Low
Forst 2015 ¹¹	Unclear	Low	Low	High	Unclear	Low	Low
Strojek 2014 ¹²	Low	Unclear	Low	Low	Low	Low	Low
Hsieh 2011 ¹³	Low	Unclear	Low	Low	Low	Unclear	Low
Scheen 2009 ¹⁴	Unclear	Unclear	Unclear	Unclear	Low	Unclear	Low
Marre 2009 ¹⁵	Low	Unclear	Unclear	Unclear	Low	Unclear	Low
Davidson 2007 ¹⁶	Low	Unclear	Low	Unclear	Low	Low	Low
Buse 2004 ¹⁷	Low	Low	Unclear	Unclear	Low	High	Low
Araki 2015 ¹⁸	Low	Low	Unclear	Unclear	Low	Low	Low
Kobayashi 2014 ¹⁹	Low	Low	Low	Low	Unclear	Unclear	Low
Wolffenbuttel 2000 ²⁰	Unclear	Unclear	Unclear	Unclear	Low	Low	Low
Kaku 2010 ²¹	Low	Low	Unclear	Low	Low	Low	Low
Zhu 2003 ²²	Unclear	Unclear	Low	Low	Unclear	Low	Low
Seufert 2008 ²³	Low	Unclear	Low	Low	Unclear	Unclear	Low
Bachmann 2003 ²⁴	Unclear	Unclear	Unclear	Unclear	Low	Low	Low

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