

Supplemental Table 1. Quality assessment of studies by the Jadad scale.

Author (year)	Randomization		Blinding		Description of withdrawal and dropouts	Total score
	Mentioned	Appropriate	Mentioned	Appropriate		
Maniar et al. (2012)	1	1	1	1	1	5
Seo et al. (2013)	1	1	0	0	0	2
Lin et al. (2015)	1	1	0	0	1	3
Huang et al. (2014)	1	1	1	1	1	5
Patel et al. (2014)	1	1	1	1	1	5
Sarzaem et al. (2014)	1	1	1	0	0	3
Gomez-Barrena et al. (2014)	1	1	1	1	1	5
Soni et al. (2014)	1	1	0	0	0	2
Wei et al. (2014)	1	1	1	1	1	5
Aguilera et al. (2015)	1	1	0	0	1	3
Digas et al. (2015)	1	1	1	0	0	3
Oztas et al. (2015)	1	0	0	0	0	1
Tzatzairis et al. (2016)	1	1	0	0	1	3

North et al. (2016)	1	1	1	1	1	5
Ugurlu et al. (2016)	1	1	0	0	1	3
Zhang et al. (2016)	1	1	0	0	1	3
May et al. (2016)	1	1	1	1	1	5
Keyhani et al.(2016)	1	0	0	0	1	2
Drosos et al. (2016)	1	1	0	0	0	2
Chen et al. (2016)	1	1	1	1	1	5
Aggarwal et al. (2016)	1	1	1	1	0	4
Xie et al. (2016)	1	1	1	1	1	5
Zeng et al. (2016)	1	1	1	1	1	5
Jain et al. (2016)	1	1	0	0	1	3
Nielsen et al. (2016)	1	1	1	1	1	5
Wu et al. (2016)	1	1	0	0	1	3