

S4 Appendix. Risk of bias of included randomised controlled trials

Judgements of each risk of bias item for each included randomised controlled trial. The items assessed included: (1) sequence generation, (2) allocation concealment, (3) blinding of participants and personnel, (4) blinding of outcome assessors, (5) incomplete outcome data, (6) selective outcome reporting, and (7) other bias including baseline imbalance, early stopping, bias due to financial interest, and academic bias.

- high risk; ? unclear risk; + low risk.