

Risk of Bias within included studies

Study	Random Sequence Generation	Allocation Concealment	Blinding of Participants and Personnel	Blinding of Outcome Assessment	Incomplete Outcome Data	Selective Outcome Reporting
Aliyu; 2016	Low	Unclear	High	High	Low	Low
Dryden-Peterson; 2015	Unclear	Low	High	High	High	Low
Ezeanolue; 2015	Low	Low	High	Unclear	High	Low
Geelhoed; 2013	Unclear	Unclear	Unclear	Unclear	High	High
Kieffer; 2011	Low	Unclear	High	Unclear	High	Unclear
Killam; 2010	Unclear	High	High	Unclear	High	Unclear
Mwapasa; 2017	Low	Unclear	High	Unclear	High	Low
Odeny; 2014	Low	Low	High	Unclear	Low	Unclear
Oyedun; 2017	Low	Unclear	High	Unclear	High	Unclear
Phiri; 2017	Unclear	High	High	Low	Low	Low
Reynolds; 2010	Unclear	Unclear	High	High	High	Unclear
Richter; 2014	Unclear	High	High	High	High	Low
Rotheram-Borus; 2014	Unclear	Unclear	High	High	Unclear	Low
Rustagi; 2016	Low	Unclear	Unclear	Unclear	Unclear	Low
Tomlinson; 2014	Low	Unclear	High	Low	Low	Low
Turan; 2015	Low	High	High	High	High	Low
Weiss; 2014	Unclear	Unclear	Unclear	Unclear	Unclear	High
Yotebieng; 2016	Low	Unclear	High	High	High	High