

Supplementary file 4: Risk of bias assessment per study (RCTs)

	Sequence generation	Allocation concealment	Blinding of Outcome assessor	Blinding of Participants & Personnel	Incomplete data	Selective reporting	Other
Abdelhalem 2018	2	2	2	2	1	1	1
Ajiboye 2015	1	1	3	2	2	3	1
Babu 2011	1	2	3	1	3	3	1
Basri 2017	2	1	1	2	1	2	2
Chi-Jane 2012	2	2	2	1	1	1	1
Daabis 2017	2	3	1	3	1	1	2
Dehdari 2009	2	3	3	2	3	1	3
El-Helow 2015	1	1	3	1	2	1	1
Eraballi 2018	1	1	1	2	3	1	1
Evans-Hudnall 2014	1	1	3	3	1	3	1
Ghanem 2010	2	3	3	3	3	1	2
Hassan 2016	2	2	3	3	3	3	2
Jayasheela 2017	3	3	3	3	3	2	3
Jayasuriya 2015	1	2	3	1	3	1	1
Jyotsna 2013	2	2	3	1	3	3	1
Karimi 2017	2	1	3	3	3	3	2
Maharaj 2016	2	2	3	2	3	3	2
Mayer-Davis 2004	2	2	2	1	1	1	2
Mehani 2013	3	2	2	1	1	1	3
Moncrieft 2016	1	1	2	3	1	1	1
Najafi 2015	2	2	2	1	1	1	2
Naser 2008	2	2	2	1	1	1	1
Raghuram 2014	2	1	3	1	1	1	1
Ramirez 2017	1	1	3	2	1	1	2
Ranjita 2016	2	1	3	1	1	1	2
Shagufta 2011	2	2	1	1	1	1	2
Singh 2003	2	2	2	1	1	1	2
Suseelal 2016	2	2	2	1	1	1	2
vanRooijen 2004	1	1	1	1	1	1	1
Wang 2018	2	1	2	3	1	1	1
Wattana 2007	2	2	2	3	1	1	2
Wayne 2015	1	1	2	2	1	1	1
Wiyono 2006	2	3	3	1	3	3	2
Yadav 2015	1	1	1	1	1	1	1
Yadav 2016	2	2	2	1	1	1	1
Zhang 2017	2	1	2	1	1	1	2

Supplement 4: Individual risk of bias scores for included RCTs. Low risk (1), Unclear Risk (2) or High Risk of Bias (3)