

Study ID ¹	Author	Randomisation	Description of randomisation methods	Double blind	Used identical placebo	Follow-up reporting	Total score
1	Goodarzi, M	1	1	0	0	1	3
2	Yaron, M	1	0	0	0	1	2
3	Ramadas, A	1	0	0	0	1	2
4	Abaza, H	1	1	0	0	1	3
5	Wild, S. H	1	1	0	0	1	3
6	Duruturk, N	1	1	0	0	1	3
7	Sarayani, A	1	1	0	0	1	3
8	Wang, G	1	0	0	0	1	2
9	Kim, H. S	1	1	0	0	0	2
10	Lim, S	1	1	0	0	1	3
11	Cho, J. H	1	1	0	0	0	2
12	Kleinman, N. J	1	1	0	0	1	3
13	Fortmann, A. L	1	1	0	0	1	3
14	Jeong, J. Y	1	0	0	0	1	2
15	Kempf, K	1	1	0	0	1	3
16	Nicolucci, A	1	1	0	0	1	3
17	Wakefield, B. J	1	1	0	0	1	3
18	Chamany, S	1	1	0	0	1	3
19	Basudev, N	1	1	0	0	1	3
20	Rossi, M. C. E	1	1	0	0	1	3
21	Odnoletkova, I	1	1	0	0	1	3
22	Baron, J. S	1	1	0	0	1	3
23	Di, Bartolo P	1	0	0	0	1	2
24	Benson, G. A	1	0	0	0	1	2
25	Boaz, M	1	0	0	0	1	2
26	Liou, J. K	1	0	0	0	1	2
27	Rossi, M. C. E	1	1	0	0	1	3
28	Davis, R. M	1	0	0	0	0	1
29	Shea, S	1	0	0	0	1	2
30	Kirwan, M	1	1	0	0	1	3
31	Moattari, M	1	1	0	0	1	3
32	Rossi, Mc	1	1	0	0	1	3
33	Zhou, P	1	1	0	0	1	3
34	Tang, P	1	1	0	0	1	3
35	Piette, J. D	1	1	0	0	0	2
36	Cho, J. H	1	1	0	0	1	3
37	Bujnowska-Fedak, Mm	1	0	0	0	1	2
38	Berndt, R-D	1	0	0	0	0	2
39	Charpentier, G	1	1	0	0	1	3

40	Kim, S. I	1	1	0	0	1	3
41	Piette, J. D	1	1	0	0	0	2
42	Bobrow, K	1	1	0	0	1	3
43	Kim, Y. N	1	1	0	0	1	3
44	McManus, R. J	1	1	0	0	1	3
45	Margolis, K. L	1	0	0	0	1	2
46	Green, B. B	1	1	0	0	1	3
47	McManus, R. J	1	1	0	0	1	3
48	Rifkin, D. E	1	1	0	0	1	3
49	Lee, P	1	1	0	0	1	3
50	Kim, J. Y	1	0	0	0	0	1
51	McKinstry, B	1	1	0	0	1	3

Table 2 The quality assessment of the included studies

¹Study IDs indicate the 1st to 51th study. Jadad scores range from 0 (very poor) to 5 (rigorous) and consist of points: Randomization (randomized=1 point; table of random numbers or computer-generated randomization=additional 1 point), double blindness (double blind=1 point; use masking such as identical placebo=additional 1 point), and follow-up (stating numbers of subjects withdrawn and the reasons for them in each group of a study=1 point).