

Supplemental Table 2. Cochrane Risk of Bias assessment for included clinical trials.

Randomized Controlled Trials: Cochrane Collaboration Tool							
Author and Publication Year	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Lv 2017	Low Risk	High Risk	Low Risk	High Risk	Low Risk	Unclear Risk	Low Risk
Luo 2015	Low Risk	Unclear Risk	Low Risk	High Risk	Low Risk	Unclear Risk	Low Risk