

**Supplementary Table S1. Assessments of the quality and risk of bias**

First Author (year)	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Complete outcome data	Selective reporting	Other bias
Gregory (2017)	+	+	?	?	+	?	+
Gyorkos (2019)	+	+	?	?	+	+	+
Sun (2019)	+	+	?	?	+	-	+
Perissiou (2020)	+	?	?	?	+	-	+
Freedland (2019)	+	+	?	?	+	+	+
LaFountain (2019)	+	?	?	?	+	?	+
Jabekk (2010)	+	+	?	?	+	?	+

+ = Low risk of bias, - = High risk of bias, ? = Unclear risk of bias, ITT = Intention-to-treat