

Supplementary Table 2. Assessment of risk bias of the studies included in the meta-analysis

Study	Selection bias	Selection bias	Performance bias	Detection bias	Attrition bias	Reporting bias	Overall
	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	
Jansson	Low	Low	Low	Low	Low	Low	Low
Takimoto	Low	Low	Low	Low	Low	Low	Low
Nilsson	Low	Unclear	Low	Low	Low	Low	Low
Jafarnejad	Low	Low	Low	Low	Low	Low	Low
Lambert	Low	Unclear	Low	Low	Low	Low	Low