

**Supplement Table 2.** Criteria for the classification of the controlled studies into low and high quality categories

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Cochrane Risk of Bias	+1 point if no risk of bias identified	Studies were classified as high quality if the total score was $\geq 2$
CONSORT guidelines	+1 point if score $\geq 20$	
JADAD score	+1 point if score $\geq 4$	

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