




	Randomisation process	Deviations from the intended interventions	Missing outcomes	Measurement of the outcome	Selection of reported results	Overall bias
Irez et al, 2009 [34]	?	+	+	+	+	?
Bezerra et al, 2010 [30]	?	+	+	+	+	?
Angin et al, 2015 [17]	?	+	+	+	+	?
Kim et al, 2015 [35]	-	+	-	?	?	-
Oliveira et al, 2018 [18]	+	+	+	-	+	-

S1 Fig. Quality Assessment for RCTs (RoB 2.0).

 : Low risk of bias;
  : Some concerns;
  : High risk of bias