

	Selection bias	Study Design	Confounders	Blinding	Data collection method	Withdrawals and dropouts
Kang et al, 2014 [36]	●	●	●	●	●	●
Mikalacki et al, 2015 [19]	●	●	●	●	●	●
Lu et al, 2016 [32]	●	●	●	●	●	●
Motorwala et al, 2016 [31]	●	●	●	●	●	●
Aguado-Henche et al, 2017 [33]	●	●	●	●	●	●
Serbescu et al, 2017 [37]	●	●	●	●	●	●

S2 Fig. Quality Assessment for non-RCTs and pre-post studies.

● : Strong; ● : Weak; ● : Moderate.