















































Table 1: Quality assessment of randomized controlled trials.

Study	Bias arising from the randomization process	Bias due to deviations from intended interventions	Bias due to missing outcome data	Bias in measurement of the outcome	Bias in selection of the reported result	Overall risk of bias
Irandoost et al (2020) [62]						
Bonney et al (2019) [61]						
Staiano et al (2018) [54]						
Staiano et al (2017) [52]						
Christison et al (2016) [42]						
Foley et al (2014) [44]						
Trost et al (2014) [55]						

Staiano et al (2013) [56]						
Maloney et al (2012) [57]						
Goldfield et al (2012) [60]						
Maddison et al (2011) [51]						
Maddison et al (2011) [59]						
Adamo et al (2010) [58]	