Supplement 1

A. **Cochrane Risk of Bias Assessment for Randomized Trials.** Each column indicates a potential source of bias. We assessed each randomized control trial for these potential sources of biases using the Cochrane Risk of Bias Assessment Tools and assigned each study a score of "low", "some concerns", or "high" risk of bias based on the criteria established by the assessment tool. Low risk of bias - the study is low risk for all domains. Some concern for bias = some concerns for bias in at least one domain, and not high risk in any domain. High risk of bias = high risk of bias in at least one domain or some concern for bias in multiple domains.[27]

Author/Year	Randomization Process	Effect of Assignment to Intervention	Missing Outcome Data	Measurement of the Outcome	Selection of Reported Result	Overall Risk of Bias
Austin et al. 2012	Low	Some concerns	Low	low	Low	Some concerns
Pozehl et al. 2007	Some concerns	High	Low	Some concerns	low	High
Seifi et al. 2018	Low	Some concerns	Low	Low	Low	Some concerns
Simth-Love et al. 2019	Some concerns	Some concerns	Low	Some concerns	Low	High
Wang et al. 2016	Low	Some concerns	Low	Low	Low	Some concerns

B. Level of Evidence and Quality Appraisal. The x-axis is the level and quality of evidence grade. The y-axis is the number of articles with that level of evidence or quality grade.