

**Supplemental table 1. NOS for the risk of bias and the quality assessment of included studies**

<b>Author</b>	<b>Year</b>	<b>Selection</b>	<b>Comparability</b>	<b>Outcome</b>	<b>Total score</b>
Li JS	2019	★★★★	★★	★★★	9
Bonte	2019	★★★	★	★★★	7
Li B	2019	★★	★★	★★★	7
Mateizel	2018	★★		★★★	5
Miller	2016	★★	★★	★★★	7
Aydinuraz	2016	★★★★	★★	★★★	9
Hao DY	2016	★★★★	★★	★★★	9
Ebner	2015	★★★★	★	★★★	8
Hee JK	2015	★★	★	★★★	6
Ebner	2014	★★★★	★★	★★★	9
Mateizel	2014	★★	★	★★★	6
Hye JY	2013	★★★	★	★★★	7
Ebner	2012	★★★★	★★	★★★	9
Montag	2012	★★★	★★	★★★	8
Meerschaut,	2012	★★★★	★★	★★★	9
Koichi Kyono,	2012	★★★	★	★★★	7
Heindryckx,	2008	★★★★	★	★★★	8