Supplemental material

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Supplementary File 2. Risk of bias assessment

Table 1. Risk of bias as assessed using the Risk of Bias 2.[35]

Author (year)	Randomisation process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Cummings et al. (2019) [40]	Low	Low	Low	Low	Low	Low
Dobler et al. (2018) [44]	Low	Low	High	Low	Low	Some concerns
Ell et al. (2011) [38]	Low	High	Low	Low	Low	Low
Naik et al. (2019) [37]	Low	Low	Some concerns	Low	Low	Some concerns
Rees et al. (2017) [43]	Low	Low	Low	Low	Low	Low
Sigurdardottir et al. (2009) [45]	Low	Some concerns	Low	Low	Low	Low

Table 2. Risk of bias as assessed using the Risk Of Bias In Non-randomized Studies – of Interventions (ROBINS-I) assessment tool. [36]

Author (year)	Bias due to confounding	Bias in selection of participants into the study	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcomes	Bias in selection of the reported result	Overall Bias
Johnson et al. (2014) [41]	Moderate	Low	Low	Low	Moderate	Low	Low	Moderate
Fortmann et al. (2020) [42]	Moderate	Low	Low	Low	Low	Low	Low	Moderate
Wu et al. (2018) [39]	Moderate	Low	Low	Low	Moderate	Moderate	Low	Moderate