	References	Giannelli e al. 2018	t Borges et al. 2017	Cosgarea et al 2017	Morales et al. 2016	Tekce et al. 2 015	Sanz et al. 2015	Giannelli et al. 2015	t Shiloah et al 2014	Feres et al 2013	Mestnik et al 2012	Sampaio et al. 2011	Jonsson et al 2010	Yen et al 2008	Serino et al 2001	Westfelt et al. 1998	Timmerma n et al. 1996	Sato et al 1993	Becker et al. 1988	Lindhe et al. 1985
	Tupo of study	split mouth randomized controlled clinical trial	l parallel RC1	Г parallel RCT	parallel RCT	parallel RCT	parallel RC	split mouth randomized controlled clinical trial	parallel RC	Γ parallel RC⊺	「parallel RCT	parallel RCT	parallel RCT	parallel RCT	parallel RCT	split mouth randomized controlled clinical trial	parallel RCT	split mouth randomized controlled clinical trial	split mouth randomized controlled clinical trial	split mouth randomized controlled clinical trial
	1.1 Was the allocation sequence	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	NI	NI	PY	PY	NI	NI
Domain 1: Risk of bias	1.2 Was the allocation sequence concealed until participants were enrolled and assigned to interventions?	Y	у	NI	Y	Y	Y	Y	Y	Y	Y	Y	PY	Y	NI	NI	NI	ΡΥ	NI	NI
due to randomizatio n	1.3 Did baseline differences between intervention groups suggest a problem	Ν	Ν	Ν	N	N	N	Ν	Ν	Ν	N	N	N	Ν	Ν	NI	N	PN	N	N
	Risk-of-bias judgement	Low Risk	Low Risk	Low risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low risk	Low Risk	Some concerns	Some concerns	Low Risk	Low Risk	Some concerns	Some concerns
	2.1. Were participants aware of their assigned intervention during the trial?	Ν	Ν	Ν	N	N	PN	Ν	Ν	Ν	N	N	Ν	PY	Y	Υ	РҮ	Y	NI	NI
	2.2. Were carers and people delivering the interventions aware of participants' assigned intervention during the trial?	Y	Ν	N	N	N	Y	Y	N	Ν	N	N	Y	PN	Y	Y	Y	Y	Y	Y
Domain 2: Risk of bias due to	2.3. If Y/PY/NI to 2.1 or 2.2: Were there deviations from the intended intervention that arose because of the experimental context?	1					PN						N		N	NI	NI	NI	NI	NI
deviations from the intended interventions	2.4. If Y/PY to 2.3: Were these deviations from intended intervention balanced between groups?																			
assignment to intervention)	2.5 If N/PN/NI to 2.4: Were these deviations likely to have affected the outcome?																			
	2.6 Was an appropriate analysis used to estimate the effect of assignment to intervention?	PY	PY	PY	ΡΥ	PY	PY	PY	PY	Y	Y	ΡΥ	РҮ	Y	PY	PY	РҮ	ΡΥ	PY	ΡY
	2.7 If N/PN/NI to 2.6: Was there potential for a substantial impact (on the result) of the failure to analyse participants in the group to which they were randomized?																			
											· _ · ·									
	Risk-of-bias judgement 3.1 Were data for this outcome available	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low Risk	Low Risk	Low Risk	Some	Low Risk	Low risk	Low Risk	Low Risk	Low Risk	Some	Some
	Risk-of-bias judgement 3.1 Were data for this outcome available for all, or nearly all, participants randomized?	Low risk Y	Low risk N	Low risk N	Low risk Y	Low risk Y	Low risk Y	Low risk Y	Low risk N	Low Risk N	Low Risk Y	Low Risk Y	Some Y	Low Risk N	Low risk N	Low Risk Y	Low Risk Y	Low Risk NI	Some Y	Some
	Risk-of-bias judgement3.1 Were data for this outcome available for all, or nearly all, participants randomized?3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?	Low risk Y	Low risk N	Low risk N	Low risk Y	Low risk Y	Low risk Y	Low risk Y	Low risk N NA	Low Risk N	Low Risk Y	Low Risk Y	Some Y	Low Risk N PN	Low risk N	Low Risk Y	Low Risk Y	Low Risk NI	Some Y	Some N
Domain 3: Missing outcome	<ul> <li>Risk-of-bias judgement</li> <li>3.1 Were data for this outcome available for all, or nearly all, participants randomized?</li> <li>3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?</li> <li>3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?</li> </ul>	Low risk Y	Low risk N N	Low risk N N	Low risk Y	Low risk Y	Low risk Y	Low risk Y	Low risk N NA PN	Low Risk N N PN	Low Risk	Low Risk	Y	Low Risk N PN PY	Low risk N N	Low Risk	Low Risk Y	Low Risk NI NI	Some	Some N N
Domain 3: Missing outcome data	<ul> <li>Risk-of-bias judgement</li> <li>3.1 Were data for this outcome available for all, or nearly all, participants randomized?</li> <li>3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?</li> <li>3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?</li> <li>3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?</li> </ul>	Low risk Y	Low risk N N NI	Low risk N N NI	Low risk Y	Low risk Y	Low risk Y	Low risk Y	Low risk N NA PN	Low Risk N N PN	Low Risk	Low Risk Y	Y	Low Risk N PN PY N	Low risk N N N	Low Risk	Low Risk Y	Low Risk NI NI NI	Y	Some N N NI NI
Domain 3: Missing outcome data	<ul> <li>Risk-of-bias judgement</li> <li>3.1 Were data for this outcome available for all, or nearly all, participants randomized?</li> <li>3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?</li> <li>3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?</li> <li>3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?</li> <li>3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?</li> </ul>	Low risk	Low risk N N NI N	Low risk N N N N N N N N N N	Low risk	Low risk	Low risk	Low risk	Low risk N NA PN	Low Risk N PN	Low Risk	Low Risk	Y	Low Risk N PN PY N	Low risk N N N Y	Low Risk	Low Risk	Low Risk	Some	Some N N N N N N N N
Domain 3: Missing outcome data	Risk-of-bias judgement3.1 Were data for this outcome available for all, or nearly all, participants randomized?3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?Risk-of-bias judgement	Low risk	Low risk N N NI N PN Some	Low risk N N N N N N N Some	Low risk	Low risk	Low risk	Low risk	Low risk N N P N Low risk	Low Risk	Low Risk	Low Risk	Some Y Low risk	Low Risk N PN PY N NI Some	Low risk N N N Y N Low risk	Low Risk	Low Risk	Low Risk NI NI NI NI PN Some	Some Y Low risk	Some N N N N N N N High risk
Domain 3: Missing outcome data	Risk-of-bias judgement3.1 Were data for this outcome available for all, or nearly all, participants randomized?3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?Risk-of-bias judgement4.1 Was the method of measuring the outcome inappropriate?	Low risk Y Low risk	Low risk N N N N N PN Some N	Low risk N N N N N Some N	Low risk	Low risk Low risk	Low risk	Low risk	Low risk	Low Risk	Low Risk	Low Risk Y Low Risk N	Some Y Low risk	Low Risk N PN PY N NI Some	Low risk N N N Y N Low risk	Low Risk Y Low risk	Low Risk	Low Risk NI NI NI NI PN Some N	Some Y Low risk	Some N N N N N N High risk N
Domain 3: Missing outcome data	<ul> <li>Risk-of-bias judgement</li> <li>3.1 Were data for this outcome available for all, or nearly all, participants randomized?</li> <li>3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?</li> <li>3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?</li> <li>3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?</li> <li>3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?</li> <li>Risk-of-bias judgement</li> <li>4.1 Was the method of measuring the outcome inappropriate?</li> <li>4.2 Could measurement or ascertainment of the outcome have differed between intervention groups ?</li> </ul>	Low risk Y Low risk N	Low risk N N N N N P N Some N	Low risk N N N N N N Some N	Low risk	Low risk Y Low risk N	Low risk Y Low risk N	Low risk Y Low risk N	Low risk NA PN PN Low risk N	Low Risk	Low Risk Y	Low Risk Y Low Risk N	Some Y Low risk N	Low Risk N PN PY N N Some N N	Low risk N N N V N N Low risk N	Low Risk Y I I I I I I I I I I I I I I I I I I	Low Risk	Low Risk NI NI NI NI PN PN Some N	Some Y Low risk N	Some N N N N N N N N N N N N N N N N N N N
Domain 3: Missing outcome data	<ul> <li>Risk-of-bias judgement</li> <li>3.1 Were data for this outcome available for all, or nearly all, participants randomized?</li> <li>3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?</li> <li>3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?</li> <li>3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?</li> <li>3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?</li> <li>Risk-of-bias judgement</li> <li>4.1 Was the method of measuring the outcome inappropriate?</li> <li>4.2 Could measurement or ascertainment of the outcome have differed between intervention groups ?</li> <li>4.3 If N/PN/NI to 4.1 and 4.2: Were outcome assessors aware of the intervention received by study participants ?</li> </ul>	Low risk Y Low risk N N	Low risk N N N N N P N Some N Some N	Low risk N N N N N N Some N N N	Low risk Y Low risk N N	Low risk Y Low risk N N	Low risk	Low risk	Low risk NA PN PN Low risk N	Low Risk	Low Risk	Low Risk	Some Y Low risk N N	Low Risk N PN PY N N Some N N N	Low risk N N N N V N Low risk N N	Low Risk Y S S S S S S S S S S S S S S S S S S	Low Risk	Low Risk NI NI NI NI NI Some N N	Some Y I I I I I I I I I I I I I I I I I I	Some N N N N N N N N N N N N N N N N N N N
Domain 3: Missing outcome data	<ul> <li>Risk-of-bias judgement</li> <li>3.1 Were data for this outcome available for all, or nearly all, participants randomized?</li> <li>3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?</li> <li>3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?</li> <li>3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?</li> <li>3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?</li> <li>Risk-of-bias judgement</li> <li>4.1 Was the method of measuring the outcome inappropriate?</li> <li>4.2 Could measurement or ascertainment of the outcome have differed between intervention groups ?</li> <li>4.3 If N/PN/NI to 4.1 and 4.2: Were outcome assessors aware of the intervention received by study participants ?</li> <li>4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?</li> </ul>	Low risk Y Low risk N N N	Low risk N N N N N P N Some N Some N	Low risk N N N N N N Some N N N N	Low risk	Low risk Y Low risk N N	Low risk	Low risk Y Low risk N N	Low risk NA PN PN Low risk N N	Low Risk	Low Risk	Low Risk	Some Y Low risk N N	Low Risk N PN PY N N Some N N N	Low risk N N N N V N Low risk N N N N	Low Risk Y S S S S S S S S S S S S S S S S S S	Low Risk	Low Risk NI NI NI NI NI PN Some N Some N N N	Some Y	Some N N N N N N N N N N N N N N N N N N N
Domain 3: Missing outcome data	<ul> <li>Risk-of-bias judgement</li> <li>3.1 Were data for this outcome available for all, or nearly all, participants randomized?</li> <li>3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?</li> <li>3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?</li> <li>3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?</li> <li>3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?</li> <li>Risk-of-bias judgement</li> <li>4.1 Was the method of measuring the outcome inappropriate?</li> <li>4.2 Could measurement or ascertainment of the outcome have differed between intervention groups ?</li> <li>4.3 If N/PN/NI to 4.1 and 4.2: Were outcome assessors aware of the intervention received by study participants ?</li> <li>4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?</li> <li>4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?</li> </ul>	Low risk Y Low risk N N N	Low risk N N N N N P N Some N Some N	Low risk N N N N N N Some N N N N	Low risk Y Low risk N N	Low risk Y Low risk N N	Low risk Y Low risk N N	Low risk Y Low risk N N N	Low risk NA PN DN Low risk N N	Low Risk N PN PN Iow Risk N N	Low Risk	Low Risk	Some Y Low risk N N	Low Risk N PN PY N N Some N N N	Low risk N N N N V N Low risk N N N N N	Low Risk Y S S S S S S S S S S S S S S S S S S	Low Risk Y Low Risk N N	Low Risk NI NI NI NI NI PN Some N N N N N N	Some Y Some Y	Some N N N N N N N N N N N N N N N N N N N
Domain 3: Missing outcome data	<ul> <li>Risk-of-bias judgement</li> <li>3.1 Were data for this outcome available for all, or nearly all, participants randomized?</li> <li>3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?</li> <li>3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?</li> <li>3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?</li> <li>3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?</li> <li>Risk-of-bias judgement</li> <li>4.1 Was the method of measuring the outcome inappropriate?</li> <li>4.2 Could measurement or ascertainment of the outcome have differed between intervention groups ?</li> <li>4.3 If N/PN/NI to 4.1 and 4.2: Were outcome assessors aware of the intervention received by study participants ?</li> <li>4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?</li> <li>4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?</li> <li>Risk-of-bias judgement</li> </ul>	Low risk Y Low risk N N N	Low risk N N N N P N P Some Some N Some	Low risk N N N N N Some N N Some N N	Low risk	Low risk	Low risk	Low risk	Low risk NA PN PN Low risk N	Low Risk	Low Risk	Low Risk	Some Y Some Low Risk	Low Risk N PN PY N N Some N N N N N	Low risk N N N N Y N Low risk N N N N N N N	Low Risk Y S S S S S S S S S S S S S S S S S S	Low Risk	Low Risk NI NI NI NI NI PN Some N Some N N Some N PN Some	Some Y Some High risk	Some Some Some N Some Some Some Some Some Some Some Some
Domain 3: Missing outcome data	Risk-of-bias judgement         3.1 Were data for this outcome available for all, or nearly all, participants randomized?         3.2 If N/PN/NI to 3.1: Is there evidence that result was not biased by missing outcome data?         3.3 If N/PN to 3.2: Could missingness in the outcome depend on its true value?         3.4 If Y/PY/NI to 3.3: Do the proportions of missing outcome data differ between intervention groups?         3.5 If Y/PY/NI to 3.3: Is it likely that missingness in the outcome depended on its true value?         Risk-of-bias judgement         4.1 Was the method of measuring the outcome inappropriate?         4.2 Could measurement or ascertainment of the outcome have differed between intervention groups ?         4.3 If N/PN/NI to 4.1 and 4.2: Were outcome assessors aware of the intervention received by study participants ?         4.4 If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?         4.5 If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?         Risk-of-bias judgement         5.1 Was the trial analysed in accordance with a pre-specified plan that was finalized before unblinded outcome data were available for analysis ?	Low risk Y Low risk N N N N	Low risk N N N N P N Some Some N N N	Low risk N N N N N Some N N N N N	Low risk Y Low risk N N N	Low risk N N Low risk N	Low risk Y Low risk N N	Low risk Y Low risk N N N	Low risk NA PN PN Low risk N N	Low Risk N PN I Dow Risk N N N	Low Risk	Low Risk	Some Y I I I I I I I I I I I I I I I I I I	Low Risk N PN PY N N Some N N N N	Low risk N N N N Y N Low risk N N N N N N N	Low Risk Y S S S S S S S S S S S S S S S S S S	Low Risk Y Low Risk N Low Risk N I I I I I I I I I I I I I I I I I I	Low Risk NI NI NI NI PN Some Some N N PN Some PN PN Some	Some Y Y I I I I I I I I I I I I I I I I I	Some N N N N N N N N N N N N N N N N N N N

Risk of bias Is the numerical result being assessed

in selection likely to have been selected, on the basis

of the	of the results, from	•																		
reported result	5.2 multiple outcome measurements (e.g. scales, definitions, time points) within the outcome domain?	PN	Ν	PN	PN	PN	Ν	Ν												
	5.3 multiple analyses of the data?	PN	Ν	PN	PN	PN	Ν	Ν												
	Risk-of-bias judgement	Some	Some	Some	Some	Some	Some													
Overall ris	<sup>k</sup> Risk-of-bias judgement	Some	High risk	High risk	Some	High risk	High risk	High risk												