

Supplementary Figure 1. Risk of bias plot

Study ID	Randomization process	Deviations from intended intervention	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall	
Armstrong 2010	+	+	+	+	+	+	Low risk of bias
Black 1989	+	?	?	+	+	?	Some concerns
Briand 2006	+	+	+	+	+	+	High risk of bias
de dios Pozo-Olano 1978	?	?	+	+	+	?	
Drakoularakou 2010	+	+	+	+	+	+	
Dupont 2005	+	+	+	?	+	?	
Flores 2011	+	+	+	+	+	+	
Hasle 2017	+	+	+	+	+	+	
Hilton 1997	+	?	?	+	+	?	
Katellaris 1995	?	?	+	+	+	?	
Kollaritsch 1989	+	?	?	+	+	?	
Kollaritsch 1993	+	+	+	+	+	+	
Krokowicz 2014	+	+	?	?	+	?	
Martinez-Sandoval 2010	+	+	+	+	+	+	
Oksanen 1990	+	?	?	+	+	?	
Virk 2013	+	+	+	+	+	+	
Zanger 2013	+	+	+	+	+	+	