**Supplementary Table 1.** Summary of quality assessment

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Randomization** | **Blinding of participants** | **Allocation concealment** | **ITT** | **Withdraw** | **Jadad Score** |
| Arnold2007[8] | Adequate | Adequate | Unclear | Unclear | Unclear | 3 |
| Lee2012 [9] | Unclear | Adequate | Unclear | Adequate | Adequate | 4 |
| Ahn2013[10] | Adequate | Adequate | Unclear | Adequate | Adequate | 4 |
| Hsu2012[11] | Adequate | Adequate | Unclear | Adequate | Adequate | 4 |
| Jr2012[12] | Unclear | Adequate | Unclear | Adequate | Adequate | 4 |
| Leboulleux2012 [13] | Adequate | Adequate | Adequate | Adequate | Adequate | 5 |
| Thatcher2005[14] | Adequate | Adequate | Adequate | Adequate | Adequate | 5 |
| Zhang2012[15] | Adequate | Adequate | Adequate | Adequate | Adequate | 5 |
| Goss2009[16] | Adequate | Adequate | Unclear | Unclear | Adequate | 4 |
| Gaafar2011[17] | Unclear | Adequate | Unclear | Adequate | Adequate | 3 |
| Goss2013[18] | Unclear | Adequate | Unclear | Adequate | Adequate | 3 |
| Cappuzzo2010[19] | Adequate | Adequate | Unclear | Adequate | Adequate | 4 |
| Kelly2015[20] | Adequate | Adequate | Adequate | Adequate | Adequate | 5 |
| Lee2012[21] | Adequate | Adequate | Adequate | Adequate | Adequate | 5 |
| Lee2014[22] | Adequate | Adequate | Unclear | Adequate | Adequate | 4 |
| Shepherd2005[23] | Adequate | Adequate | Unclear | Adequate | Adequate | 4 |
| Miller2012[24] | Adequate | Adequate | Adequate | Adequate | Adequate | 5 |
| Ellis2014[25] | Adequate | Adequate | Adequate | Adequate | Adequate |  5 |
| Harrington2015[26] | Adequate | Adequate | Unclear | Adequate | Adequate | 4 |
| Powles2017[27] | Unclear | Adequate | Unclear | Adequate | Adequate | 3 |
| Campo2011[28] | Adequate | Adequate | Unclear | Adequate | Adequate | 4 |
| Harrington2013[29] | Adequate | Adequate | Unclear | Adequate | Adequate | 4 |
| Goss2013[30] | Adequate | Adequate | Adequate | Adequate | Adequate | 5 |
| Chan2016[31] | Adequate | Adequate | Adequate | Adequate | Adequate | 5 |

ITT, intention-to-treat