Supplementary Table 1 Cochrane risk of bias assessment

| | Items | | | | | | |
|------------------------|---|---|---|---|--|--|------------|
| Included studies | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
| Galluzzi F (2005) | Low risk | Low risk | Low risk | Low risk | High risk | Unclear | Low risk |
| Alexopoulou O (2006) | Low risk | Low risk | Unclear | Low risk | Low risk | Low risk | Low risk |
| Lappin DF (2009) | Low risk | High risk | Unclear | Unclear | High risk | Low risk | Low risk |
| Singh DK (2010) | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk |
| Abd El Dayem SM (2011) | Low risk | Low risk | Unclear | Low risk | Low risk | Low risk | Low risk |
| Wang ST (2013) | Low risk | Low risk | Low risk | Unclear | Low risk | Low risk | Low risk |
| Lambrinoudaki I (2013) | Low risk | Low risk | Low risk | Unclear | Low risk | Low risk | Low risk |
| Wedrychowicz A (2014) | Low risk | Low risk | Unclear | Low risk | High risk | Unclear | Low risk |
| Tsentidis C (2016) | Low risk | Low risk | Unclear | Low risk | Low risk | Low risk | Low risk |
| Neumann T (2016) | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk |
| Chrysis D (2017) | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk |
| Fekih O (2017) | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk |