### Supplemental Table 1. Modified Jadad score for included randomized controlled trials

| Study               | Sequence generation | Randomization concealment | Blinding | Withdrawals and dropouts descriptions | Total Score* |
|---------------------|---------------------|---------------------------|----------|--------------------------------------|--------------|
| Chambers et al⁹     | 2                   | 2                         | 2        | 1                                    | 7            |
| Rodés-Cabau et al¹⁴ | 2                   | 2                         | 2        | 1                                    | 7            |

*Scores: 0-7 points; poor quality if ≤ 3