Supplemental Table 2. Cochrane Risk of Bias assessment for included clinical trials.

| Author and Publication Year | 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 |
|-----------------------------|---------------------------------------------|-----------------------------------------|----------------------------------------------------------|-----------------------------------------------|---------------------------------------|--------------------------------------|-----------|
| Lv 2017                     | Low Risk                                    | High Risk                               | Low Risk                                                | High Risk                                    | Low Risk                             | Unclear Risk                         | Low Risk  |
| Luo 2015                    | Low Risk                                    | Unclear Risk                            | Low Risk                                                | High Risk                                    | Low Risk                             | Unclear Risk                         | Low Risk  |