Table S1. Risk of bias summary in the meta-analysis

| Study               | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective reporting | other bias |
|---------------------|----------------------------|------------------------|----------------------------------------|--------------------------------|------------------------|---------------------|------------|
| Wang X (2019)       | +                         | ?                      | -                                      | ?                              | +                      | +                   | ?          |
| Awata T (2017)      | ?                         | ?                      | -                                      | ?                              | +                      | ?                   | ?          |
| Buzzetti R (2016)   | ?                         | +                      | +                                      | +                              | +                      | +                   | ?          |
| Griffin KJ (2014)   | +                         | +                      | +                                      | +                              | +                      | +                   | ?          |
| Garg SK (2013)      | +                         | ?                      | +                                      | +                              | +                      | +                   | ?          |
| Johansen OE(2014)   | +                         | ?                      | +                                      | ?                              | +                      | ?                   | ?          |
| Hari Kumar KV (2013)| +                         | +                      | -                                      | ?                              | +                      | ?                   | ?          |
| Mathieu C (2016)    | +                         | ?                      | +                                      | +                              | +                      | ?                   | ?          |

Source of bias: selection bias (randomization and concealed allocation), performance bias (blinding of participants and personnel), detection bias (blinding of outcome assessment), attrition bias (incomplete outcome data: >20%), reporting bias (selective reporting) and other source of bias.

+ low risk of bias (plausible bias unlikely to seriously alter the results), - high risk of bias (plausible bias that seriously weakens confidence in the results), ? unclear risk of bias (plausible bias that raises some doubt about the results).