### Supplementary Table S2

Risk of bias assessment of the included randomized controlled trials

| Author, year          | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective outcome reporting |
|-----------------------|----------------------------|------------------------|----------------------------------------|-------------------------------|-------------------------|---------------------------|
| Chen, 2003            | Low                        | Unclear                | Unclear                                | Unclear                       | Low                     | Low                       |
| Shen, 2006            | Low                        | Low                    | Low                                    | Low                           | Low                     | Low                       |
| Parle, 2010           | Low                        | Low                    | Low                                    | Low                           | Low                     | Low                       |
| Razvi, 2012           | High                       | High                   | High                                   | High                          | Low                     | Low                       |
| Liu, 2013             | Low                        | Unclear                | Unclear                                | Unclear                       | Low                     | Low                       |
| Wang, 2014            | High                       | High                   | High                                   | High                          | Low                     | Low                       |
| Lu, 2016              | High                       | High                   | High                                   | High                          | Low                     | Low                       |
| Stott, 2017           | Low                        | Low                    | Low                                    | Low                           | Low                     | Low                       |
| Grossman, 2018        | High                       | High                   | High                                   | High                          | Low                     | Low                       |
| Mooijaart, 2019       | Low                        | Low                    | Low                                    | Low                           | Low                     | Low                       |
| Gonzalez Rodriguez, 2020 | Low                      | Low                    | Low                                    | Low                           | Low                     | Low                       |
| Gencer, 2020          | Low                        | Low                    | Low                                    | Low                           | Low                     | Low                       |
| Wildisen, 2021        | Low                        | Low                    | Low                                    | Low                           | Low                     | Low                       |