Supplementary Table 2. Study Quality Assessment (as per Chochrane Guidelines)

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| --- | --- | --- | --- | --- | --- | --- |
| First Author (Ref.) | Random Sequence Generation | Allocation Concealment | Blinding participants/personnel | Incomplete Outcome data | Selective Reporting | OverallQuality Assessment |
| Ozsu (8) | + | - | - | + | + | Moderate |
| Hakemi (9) | - | + | + | - | - | Low |
| Lauque (10) | + | - | - | + | + | Moderate |
| Ozsu (13) | + | - | - | + | + | Moderate |
| Sanchez (14) | + | - | - | + | + | Moderate |
| Lankeit (16) | + | - | - | + | + | Moderate |
| Moores (22) | + | - | - | + | + | Moderate |
| Study quality assessed by two reviewers. Agreement on initial individual assessments: 80%, Agreement after review and discussion: 100%; [“+” represents low risk of bias, “-“ represents high risk of bias] |