

	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
Avelar 2015	+	+	-	?	?	+	?
Benkhadra 2012	+	+	-	+	+	+	?
Buyukyilmaz 2019	+	+	-	-	+	+	?
Curtis 2015	+	+	-	+	+	+	?
Demir 2019	-	-	?	+	+	+	?
gumus 2021	-	?	-	?	+	+	?
Hanada 2017	+	+	-	+	+	+	?
Hartling 2013	+	+	-	?	+	+	?
Inal 2021	-	-	-	+	+	+	?
Kaddoum 2012	+	?	-	+	+	+	?
Kim 2012	+	+	-	+	+	+	?
Kleidon 2019	+	+	-	+	+	+	?
Kleidon 2020	+	?	-	+	+	+	?
Qin 2021	+	+	-	+	+	+	?
Schmitz 2015	+	+	+	?	+	?	?
Schreiber 2015	?	?	?	?	?	?	?
Takehita 2019	+	-	-	-	+	+	?
Vinograd 2019	?	+	-	+	+	+	?
White 2011	-	-	-	?	+	+	?
Wolyniez 2013	+	+	-	+	+	+	?

Appendix Figure 1 – Risk of bias summary