**Supplemental appendix 2: Jadad scale**

Jadad et al. published a three-point questionnaire that formed the basis for the Jadad scale. A clinical trial could receive a Jadad score of between zero and five. The Jadad scale is concise and has only three questions which are as follows:

1. Was the study described as randomized (this includes the use of words such as randomly, random, and randomization)?

A. The method to generate the sequence of randomization was described and it was appropriate (table of random numbers, computer generated, etc.). (+2 Points)

B. The study was described as randomized, but the method to generate the sequence of randomization was not described. (+1 Point)

C. The method to generate the sequence of randomization was described and it was inappropriate (patients were allocated alternately, or according to date of birth, hospital number, etc.). (+0 Point)

2. Was the study described as double blind?

A. The method of double blinding was described and it was appropriate (identical placebo, active placebo, dummy, etc.). (+2 Points)

B. The study was described as double blind, but the method of blinding was not described. (+1 Point)

C. The study was described as double blind but the method of blinding was inappropriate (e.g., comparison of tablet vs. injection with no double dummy). (+0 Point)

3. Was there a description of withdrawals and dropouts?

A. Yes. The number of withdrawals and dropouts and the reasons were stated in each of the comparison groups. (+1 Point)

B. No. (+0 Point)