Supplemental Digital Content File 3**:** Risks of bias of the randomized controlled trials included in meta-analysis (n=23).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Studies | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete data outcome | Selective reporting | Other bias |
| 1997 (Gemma et al.) | Unclear | high | high | low | low | low | low |
| 1998 (Schwarz et al.) | Low | low | low | unclear | low | low | low |
| 2001 (De Vivo et al.) | Unclear | high | high | low | low | low | low |
| 2003 (Erard et al.) | Unclear | high | high | unclear | low | low | low |
| 2003 (Vialet et al.) | High | high | unclear | low | low | low | low |
| 2005 (Battison et al.) | Unclear | high | unclear | unclear | low | low | unclear |
| 2005 (Chen et al.) | Low | unclear | high | low | low | low | low |
| 2005 (Harutjunyan et al.) | Low | unclear | unclear | unclear | low | low | low |
| 2007 (Rozet et al.) | Unclear | unclear | unclear | low | low | low | low |
| 2010 (Upadhyay et al.) | Unclear | unclear | unclear | unclear | low | low | low |
| 2010 (Wu et al.) | Low | low | unclear | low | low | low | low |
| 2011 (Cottence-  au et al.) | Low | low | unclear | unclear | low | low | low |
| 2011 (Demneri et al.) | Unclear | unclear | high | unclear | low | low | low |
| 2011 (Vilas Boas et al.) | High | high | high | low | low | low | low |
| 2012 (Attari et al.) | Unclear | unclear | high | unclear | low | low | low |
| 2014 (Gayatri et al.) | Unclear | unclear | high | unclear | low | low | low |
| 2014 (Li et al.) | Unclear | high | high | low | low | low | low |
| 2014 (Malik et al.) | Low | unclear | unclear | unclear | low | low | low |
| 2015 (Dostal et al.) | Low | low | unclear | low | low | low | low |
| 2015 (Hernández-Palazón et al.) | Low | unclear | unclear | low | low | low | low |
| 2015 (Li et al.) | Low | low | low | low | low | low | low |
| 2015 (Raghava et al.) | Low | unclear | Unclear | low | low | low | low |
| 2016 (Hernández-Palazón et al.) | Low | low | Unclear | low | low | low | low |