

## Appendix A: Analysis of Biases from Included Studies

	Simin et al	Aresti N et al	Bellabarba et al	Park, Y. et al	Lee et al	Dussa et al	lebler, J.C. et al	Nork et al	Ayoub et al2	Zelle, B. A. et al	Kim et al	Lykomitros,V. A. et al	Sapkas, A. F. et al	Dalbayrak et al	Tan et al	Taguchi, T. et al
<b>Random sequence generation</b>	Unclear	High risk	Unclear	Unclear	High risk	Unclear	Unclear	Unclear	Unclear	Low risk	Unclear	Unclear	Unclear	High risk	Unclear	Unclear
<b>Allocation concealment</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
<b>Blinding of participants</b>	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear	Unclear	Unclear
<b>Blinding of personnel/care providers</b>	Unclear	Unclear	Low risk	Low risk	Unclear	Unclear	Low risk	Low risk	Unclear	Low risk	Unclear	Unclear	Unclear	Unclear	Low risk	Low risk
<b>Blinding of outcomes assessors</b>	High risk	Unclear	Unclear	Unclear	Unclear	Unclear	High risk	Low risk	Unclear	Unclear	Unclear	Unclear	Low risk	Low risk	Low risk	Low risk
<b>Incomplete outcome data</b>	Unclear	Low risk	Unclear	High risk	Unclear	Low risk	Low risk	Unclear	Unclear	Unclear	Unclear	Unclear	Low risk	Unclear	Low risk	Unclear
<b>Selective outcome reporting</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Low risk	Low risk	Low risk	Low risk	Unclear	Low risk	Unclear	Low risk
<b>Group similarity at baseline</b>	Low risk	Unclear	Unclear	Unclear	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear	Unclear	Low risk	Low risk	Low risk	Low risk	Low risk
<b>Co-interventions</b>	Low risk	Unclear	Low risk	Low risk	Low risk	Unclear	Low risk	Unclear	Low risk	Low risk	Low risk	Unclear	Unclear	Unclear	Unclear	Unclear
<b>Compliance</b>	Low risk	low risk	Low risk	Low risk	Low risk	Low risk	Unclear	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
<b>Intention-to-treat-analysis</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
<b>Timing of outcome assessments</b>	Low risk	High risk	Low risk	Low risk	High risk	High risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	High risk	High risk	Low risk	Low risk
<b>Other bias</b>	Low risk	High risk	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
<b>Summary</b>	6	8	6	6	8	7	5	6	6	5	6	6	7	8	5	6

# Appendix A: Analysis of Biases from Included Studies (continued)

	Chen et al	Hunt, A. et al	Carlson, J.R. et al	Mouhsine et al	Sapkas, A. F. et al	Ebraheim, N.A. et al	Gibbons et al	Denis et al	Taller et al	Bekmez, S. et al	Ruatti, S. et al	Sabourin, M. et al	Phelan, D.A. et al	Hu et al	Gribnaua, P. et al	Blanco et al	Konig et al
<b>Random sequence generation</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
<b>Allocation concealment</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
<b>Blinding of participants</b>	Unclear	Low risk	Unclear	Low risk	Unclear	Low risk	Unclear	Low risk	Low risk	Unclear	Low risk	Unclear	Low risk	Low risk	Low risk	Unclear	Low risk
<b>Blinding of personnel/care providers</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Low risk	Unclear	Unclear	Unclear	Low risk	Low risk	Low risk	Unclear	Unclear	Unclear
<b>Blinding of outcomes assessors</b>	Low risk	Low risk	Unclear	Unclear	Unclear	Unclear	Low risk	Low risk	Low risk	Unclear	Low risk	Low risk	Unclear	Low risk	Unclear	Low risk	Low risk
<b>Incomplete outcome data</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Low risk	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
<b>Selective outcome reporting</b>	Low risk	Unclear	Low risk	Low risk	Low risk	Unclear	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
<b>Group similarity at baseline</b>	Low risk	Low risk	Low risk	Low risk	Unclear	Low risk	Unclear	Low risk	Unclear	Unclear	Low risk	Low risk	Low risk	Unclear	Unclear	Unclear	Low risk
<b>Co-interventions</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Low risk	Unclear	Unclear	Unclear	Unclear	Low risk	Unclear	Unclear
<b>Compliance</b>	Unclear	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
<b>Intention-to-treat-analysis</b>	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
<b>Timing of outcome assessments</b>	Unclear	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
<b>Other bias</b>	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
<b>Summary</b>	8	6	8	7	10	7	8	5	7	9	5	5	7	5	8	8	7