|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Categories** | **Avilucea et al. 20168** | **Cazatto et al. 201823** | **Chan et al. 201612** | **Courtney et al. 20159** | **Cui et al. 201941** | **Fu et al. 201624** | **Isaac et al. 201928** | **Jones et al. 201410** | **Leliveld et al. 201242** | **MacDonald et al. 201943** | **Marecek et al. 201816** | **Mitchell et al. 201717** | **Ozcan et al. 202027** | **Sanders et al. 201414** |
| **1. Study purpose** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Was the study question clearly stated? | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| **2. Literature review** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Was relevant background literature reviewed? | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| **3. Study design** | RSC | RSC | RCT | RSC | RSC | RSC | RSC | RSC | RSC | RCT | RSC | RSC | RSC | PSC |
| **4. Sample** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Was the sample described in detail? | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Was the sample justified? | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| Were the groups randomized? | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Was randomizing appropriate done? | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| **5. Outcomes** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Were the outcome measures reliable? | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Were the outcome measures valid? | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| **6. Intervention** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Intervention was described in detail? | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 |
| Contamination was avoided? | N/A | N/A | 1 | N/A | N/A | N/A | N/A | N/A | N/A | 1 | N/A | N/A | N/A | N/A |
| Cointervention was avoided? | N/A | N/A | 1 | N/A | N/A | N/A | N/A | N/A | N/A | 1 | N/A | N/A | N/A | N/A |
| **7. Results** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Results were reported in terms of statistical significance? | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 |
| Were the analysis method(s) appropriate? | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | NA | 1 | NA |
| Clinical importance was reported? | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Drop-outs were reported? | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 |
| **8. Conclusions and implications** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Conclusions were appropriate given study methods and results? | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 |
| **Total points** | **11** | **10** | **15** | **8** | **10** | **12** | **12** | **11** | **11** | **15** | **11** | **10** | **10** | **10** |
| **%** | **79%** | **71%** | **94%** | **57%** | **71%** | **86%** | **86%** | **79%** | **79%** | **94%** | **79%** | **71%** | **71%** | **71%** |

**Supplemental Digital Content 3.** Quality assessment using the McMaster Critical Appraisal.

*Yes = 1 point, no = 0 points, not addressed = N/A, not applicable = NA*

*Total score RCT = 16, total score RSC = 14, total score PSC = 14*