Supplemental Digital Content 2: The risk of bias assessment for studies included in meta-analysis

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| **First author, year** | **Representative Sample** | **Groups’ Comparability** | **Outcome Assessment** | **Overall Risk of Bias Impression** |
| Jensen, 2015 | Moderate | Low | Low | Moderate |
| Ahmed, 2015 | Moderate | Low | Low | Moderate |
| Mayo, 2016 | Moderate | Low | Low | Moderate |
| Croaker, 2012 | Moderate | Unclear | Unclear | Unclear |
| Kurek, 2014 | Moderate | Unclear | Unclear | Unclear |