Appendix 2. Risk of bias summary of randomized controlled trials

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Author year | Randomization | Blinding | Withdraw or drop out | Jadad Scale |
| Kiter 2006 | 2 | 0 | 1 | 3 |
| Lee 2007 | 2 | 0 | 0 | 2 |
| Kalaci 2009 | 0 | 2 | 1 | 3 |
| Yesiltas 2015 | 2 | 0 | 1 | 3 |
| Karimzadeh 2016 | 2 | 0 | 1 | 3 |
| Omar 2012 | 1 | 0 | 1 | 2 |
| Tiwari 2013 | 1 | 0 | 1 | 2 |
| Jain 2015 | 2 | 0 | 1 | 3 |
| Sherpy 2015 | 0 | 0 | 0 | 0 |
| Acosta-Olivo 2016 | 2 | 0 | 1 | 3 |
| Mahindra 2016 | 2 | 2 | 0 | 4 |
| Vahdatpour 2016 | 2 | 0 | 0 | 2 |