**Supplementary Table 1:** Risk of bias assessment of included studies

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Reference | Random Sequence Generation | Allocation Concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective Reporting | Other Bias |
| Pestana 2014[28](#_ENREF_16) | + | ? | ? | + | + | + | + |
| Phan 2014[21](#_ENREF_17) | + | + | + | + | + | + | + |
| Zeng 2014[29](#_ENREF_18) | ? | ? | ? | + | + | ? | + |
| Zheng 2013[30](#_ENREF_19) | + | + | ? | + | + | + | + |
| Salzwedel 2013[31](#_ENREF_20) | + | ? | ? | ? | + | + | + |
| Scheeren 2013[32](#_ENREF_21) | + | ? | ? | + | + | + | + |
| Ramsingh 2013[33](#_ENREF_22) | + | ? | + | + | + | ? | + |
| Bundgaard-Nielsen 2013[34](#_ENREF_23) | + | ? | + | + | + | ? | ? |
| McKenny 2013[35](#_ENREF_24) | + | ? | + | + | ? | + | + |
| Srinivasa 2013[36](#_ENREF_25) | + | + | + | + | + | + | + |
| Zakhaleva 2013[38](#_ENREF_27) | + | + | ? | ? | + | + | ? |
| Brandstrup 2012[37](#_ENREF_26) | ? | + | + | + | + | + | + |
| Challand 2012[39](#_ENREF_28) | + | + | + | + | + | + | + |
| Pillai 2011[40](#_ENREF_29) | ? | ? | + | ? | + | + | + |
| Forget 2010[41](#_ENREF_30) | ? | ? | ? | + | + | + | ? |
| Benes 2010[42](#_ENREF_31) | + | + | + | + | + | + | + |
| Buettner 2008[43](#_ENREF_32) | ? | ? | ? | ? | + | + | ? |
| Lopes 2007[44](#_ENREF_33) | ? | ? | + | + | + | + | + |
| Noblett 2006[6](#_ENREF_6) | ? | ? | + | + | + | + | ? |
| Wakeling 2005[4](#_ENREF_34)5 | ? | + | + | ? | + | + | ? |
| Conway 2002[46](#_ENREF_35) | ? | ? | + | ? | + | + | + |
| Gan 20027 | + | + | ? | ? | + | + | + |
| Bonazzi 200247 | + | ? | ? | ? | + | + | + |

+ Low risk of bias, ? Risk of bias unclear