**Supplementary Digital Content Table 2.** Study Type and Corresponding Risk of Bias Tool

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| Study | Type of Study | Good Practice Tools to Assess Risk of Bias |
| Mazzotta 2020(32) | Prospective, interventional case series | Nonrandomized studies of intervention: ROBINS-I |
| Faramarzi 2020(33) | Randomized control trial | Cochrane RoB 2.0 Tool |
| Aydin 2021(34) | Randomized control trial | Cochrane RoB 2.0 Tool |
| Sun 2018(35) | Prospective study | Nonrandomized studies of intervention: ROBINS-I |
| Matthys 2020(21) | Prospective, noncomparative pilot cohort study | Nonrandomized studies of intervention: ROBINS-I |
| Kamiya 2020(13) | Prospective observational study | Nonrandomized studies of intervention: ROBINS-I |

Risk of bias and quality assessment of studies. The National Health and Medical Resesarch Council (NHMRC) guidelines were followed to determine the appropriate risk of bias.(25)