Supplemental Table 5. Risk of Bias in Randomized Controlled Studies

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| Revised Cochrane Risk-of-Bias Tool for Randomized Trials (RoB 2) |
| Study | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective outcome reporting | Other sources of bias | Overall RoB |
| Bailey 2013 | low | low | high | unclear | low | low | high | moderate |
| Hooper 2012 | low | moderate | moderate | moderate | low | low | moderate | moderate |
| Kollef 2014 | low | low | unclear | unclear | low | low | low | low |
| Pickering 2015 | low | low | high | unclear | low | low | low | moderate |
| Wilson 2015 | low | low | low | low | low | low | low | low  |
| Wilson 2021 | low | low | low | low | low | low | low | low |
| Wu 2018 | low | unclear | high | high | high | low | high | high |