**Supplemental Table 5.** Risk of bias for each included study

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Random sequence generation | Allocation concealment | Blinding of participants and personnel (performance) | Blinding of participants for subjective outcomes (detection) | Blinding of outcome assessor (objective outcome) | Attrition | Selective reporting | Other |
| Åkermark [1] | Low | Unclear | Unclear | Unclear | N/A | Low | High | Low |
| Bisset [4]  | Low | Low | High | High | N/A | Low | Low |  High |
| Chesterton [8] | Low | Low | High | High | N/A | High | Low | High |
| Coombes [9] | Low | Low | Low | Low | N/A | Low | Low | Low |
| Fink [12] | Low | Unclear | Unclear | Low | N/A | Low | Low | Low |
| Haker [14] | Unclear | Unclear | Unclear | Low | N/A | Low | High | Low |
| Haker [15] | Unclear | Unclear | Low | Low | Low | Low | High | Low |
| Hay [16] | Low | Low | Low | Low | Low | Low | Low | High |
| Kroslak [21] | Low | Low | Low | Low | Low | Low | Low | Unclear |
| Kroslak [22] | Low | Low | Low | Low | Low | High | Low |  |
| Lindenhovius [23] | Low | Low | Low | Low | Low | Low | Low | Low |
| Mehra [25] | Unclear | Low | Unclear | Low | Low | Low | High | Low |
| Melikyan [26] | Unclear | Unclear | Low | Low | Low | Low | Low | Low |
| Mishra [27] | Low | Low | Low | Low | Low | High | Unclear | Low |
| Montalvan [29] | Unclear | Unclear | Low | Low | Low | Low | Low | Low |
| Olaussen [30] | Low | Low | High | High | Low | Low | Low | Unclear |
| Paoloni [31] | Unclear | Low | Low | Low | Low | Low | High | High |
| Petrella [32] | Unclear | Unclear | Unclear | Low | Unclear | Low | High | Low |
| Runeson [34] | Unclear | Unclear | Unclear | Low | Unclear | High | Low | Low |
| Smidt [39] | Low | Low | High | High | High | Low | Low | Low |
| Spacca [40] | Unclear | Unclear | Unclear | Unclear | Unclear | Low | Low | Low |
| Staples [41] | Low | Low | Low | Low | Low | Low | Low | Unclear |
| Tahririan [42] | Low | Low | Low | Low | Low | Low | Low | Low |
| Wolf [44] | Low | Low | Low | Low | Low | Unclear | Low | Low |