





































**Supplemental Digital Content 5.** Table Risk of bias summary for randomised controlled trials in Table 1

Study	Risk of bias domains					
	D1	D2	D3	D4	D5	Overall
Ayazi et al, 2014						
Banani et al, 1994						
Caglayan et al, 1987						
Close et al, 1985						
Kuyucu et al, 1998						
Noah et al, 1993						

Domains:

D1: Bias arising from the randomization process.


D2: Bias due to deviations from intended intervention.


D3: Bias due to missing outcome data.


D4: Bias in measurement of the outcome.

D5: Bias in selection of the reported result.

Judgement

 High

 Some concerns

 Low