|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Reference  (year) | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Total |
| Arazi et al.  (2015) [1] | Y | N | Y | Y | Y | N | Y | 5 |
| Bacon et al.  (2012) [2] | N | N | Y | Y | Y | Y | Y | 5 |
| Batra et al.  (2013) [4] | Y | N | Y | Y | Y | Y | Y | 6 |
| Buskard et al.  (2017) [7] | Y | Y | Y | Y | Y | Y | Y | 7 |
| Caruso et al.  (2015) [8] | Y | N | Y | Y | Y | Y | Y | 6 |
| Caruso & Coday  (2008) [9] | Y | N | Y | Y | Y | Y | N | 5 |
| Cometti et al.  (2011) [10] | Y | N | Y | Y | Y | Y | Y | 6 |
| Corder et al.  (2000) [11] | Y | N | Y | Y | Y | Y | Y | 6 |
| Galoza et al.  (2011) [14] | Y | N | Y | Y | Y | Y | Y | 5 |
| Garcia-Lopez  (2010) [15] | N | N | Y | Y | Y | Y | Y | 6 |
| Hannie et al.  (1995) [18] | Y | N | Y | Y | Y | Y | Y | 6 |
| Kwon et al.  (2010) [23] | N | N | Y | Y | Y | Y | Y | 5 |
| Kwon et al.  (2015) [24] | Y | N | Y | Y | Y | Y | Y | 6 |
| Lopes et al.  (2014) [25] | Y | N | Y | Y | Y | Y | Y | 6 |
| Marin et al.  (2011) [26] | N | N | Y | Y | Y | Y | Y | 5 |
| Miranda et al.  (2015) [27] | Y | N | Y | Y | Y | Y | Y | 6 |
| Mohammed et al.  (2012) [28] | Y | N | Y | Y | Y | Y | Y | 6 |
| Monterio et al.  (2017) [31] | Y | N | Y | Y | Y | Y | Y | 6 |
| Monteiro & Neto  (2017) [32] | Y | N | Y | Y | Y | Y | Y | 6 |
| Monteiro et al.  (2016) [33] | Y | N | Y | Y | Y | Y | Y | 6 |
| Nasiri et al.  (2011) [34] | N | N | Y | Y | Y | Y | N | 4 |
| Nasiri et al.  (2013) [35] | N | N | Y | Y | Y | Y | Y | 5 |
| Ouelette et al.  (2016) [37] | Y | N | Y | Y | Y | Y | N | 5 |
| Paz et al.  (2016) [38] | Y | N | Y | Y | Y | Y | Y | 6 |
| Rhea et al.  (2009) [41] | Y | N | Y | Y | Y | Y | Y | 6 |
| Timon et al.  (2016) [50] | Y | N | Y | Y | Y | Y | Y | 6 |

**Electronic supplementary material S1** Pedro’s scale. y: yes; n: no.

2 = subjects were randomly allocated to groups (in a crossover study, subjects were randomly allocated and order in which treatments were received.

3 = allocation was concealed.

4 = the groups were similar at baseline regarding the most important prognostic indicators.

5 = measures of at least one key outcome were obtained from more than 85% of the subjects initially allocated to groups.

6 = all subjects from whom outcome measures were available received the treatment or control condition as allocated or, where this was not the case, data for at least one key outcome were analyzed by “intention to treat”.

7 = the results of between-group statistical comparisons were reported for at least one key outcome.

8 = the study provided both point measures and measures of variability for at least one key outcome.