**TABLE 3:** Risk of Bias Assessment*

| Study | Randomization process | Deviations from the intended interventions | Missing outcome data | Measurement of the outcome | Selection of the reported result | Overall |
|---|---|---|---|---|---|---|
| Andersen et al (2011)[38] | High risk | Some concerns | Low risk | Some concerns | Low risk | High risk |
| Wu et al (2018)[36] | High risk | Some concerns | Low risk | Low risk | Low risk | Some concerns |
| McDougall et al (2011)[37] | Low risk | Low risk | Low risk | Some concerns | Some concerns | Some concerns |
| Miki et al (2014)[39] | Low risk | Low risk | Low risk | Some concerns | Some concerns | Some concerns |

✔ Low risk

⚠ Some concerns

✖ High risk

*The risk of bias assessment used the Risk of Bias 2 tool from the Cochrane Review Group.[35]