

Supplementary file

Table S1. Quality assessment of studies included

Author, year	Sequence generation	Allocation concealment	Blinding	Incomplete outcome data	Selective outcome reporting	Free of other bias
Bays, 2014	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk
Bays, 2020	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Elkind-Hirsch, 2020	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Faerch, 2021	Unclear risk	Unclear risk	High risk	Low risk	Low risk	Unclear risk
Hollander, 2017	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Javed, 2019	Low risk	Low risk	High risk	Low risk	Low risk	Unclear risk
Napolitano, 2014	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk
Neeland, 2020	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk
Newman, 2019	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Ramirez-Rodriguez, 2020	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Ryan, 2020	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk	Unclear risk
Taheri, 2020	Low risk	Unclear risk	Low risk	Low risk	Low risk	Unclear risk
Yokote, 2020	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk

The RCTs were assessed by the Cochrane Collaboration's tool. Risk of bias was assessed as "low risk", "high risk", or "unclear risk".