

## APPENDIX - SUPPLEMENTARY MATERIAL

**Table 1. Overall Assessment of Quality by ROBINS-I**

	Confounding	Selection of participants	Classification of interventions	Deviations from intended interventions	Missing Data	Measurements of outcomes	Selection of Reported Results	Overall ROB Judgement
Miller 2018	Low	Moderate	Low	Low	Low	Low	Low	Low
Jones 2017	Low	Low	Low	Low	Moderate	Low	Low	Low
Shawyer 2013	Low	Low	Low	Low	Low	Low	Low	Low
Shemesh 2009	Low	Serious	Serious	Serious	Serious	Moderate	Moderate	Serious
Davies 2017	Moderate	Moderate	Moderate	Moderate	Serious	Serious	Moderate	Moderate
Aitken 2014	Low	Low	Moderate	Moderate	Moderate	Serious	Moderate	Moderate
Kian 2008	Low	Low	Low	Moderate	Moderate	Moderate	Moderate	Moderate
Rajan 2003	Low	Low	Low	Serious	Low	Low	Low	Low

**Table 2. Cochrane Risk of Bias**

	Selection bias	Reporting bias	Performance bias	Detection bias	Attrition bias	Other bias
Gogna 2016	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Rajan 2015	Low	Unclear	Unclear	High	Low	Low
Shemesh 2008	Low	Low	Unclear	Low	Low	Low