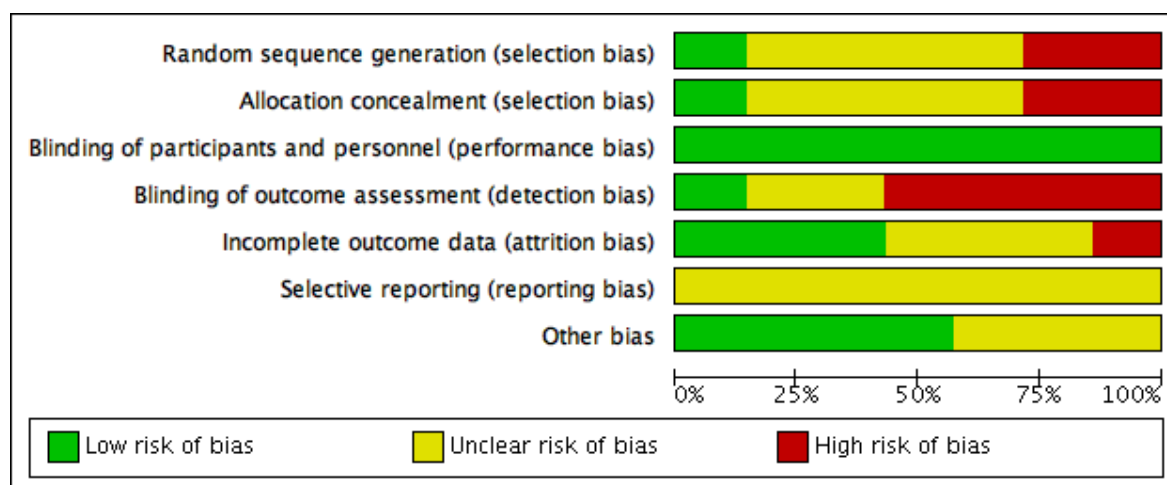


**Supplementary Figure 1.** Summary of the Risk of Bias for the included Studies (only randomized controlled study).



	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
01 Gómez L, et al. 2017	?	?	+	?	?	?	?
02 Sokhadze EM, et al. 2014	-	-	+	-	+	?	+
03 Sokhadze EM, et al. 2014	-	-	+	-	+	?	+
04 Panerai S, et al. 2014	?	+	+	+	-	?	+
05 Sokhadze EM, et al. 2012	?	?	+	-	?	?	?
06 Casanova MF, et al. 2012	?	?	+	-	?	?	?
07 Weaver L, et al. 2012	+	?	+	?	+	?	+