Supplement 4. Risk of bias assessment*

Study ID (first author, year)	Sequence generation	Allocation concealment	Blinding of participants	Blinding of outcome assessor	Incomplete outcome data	Selective outcome reporting	Other bias
Avis 2008[20]	L	L	L	L	H	L	L
Avis 2016[21]	L	L	L	L	H	L	L
Ee 2016[22]	L	L	L	L	L	L	L
Huang 2016[23]	L	L	L	L	U	L	L
Kim 2007[24]	L	U	L	U	L	L	L
Kim 2011[25]	L	U	L	L	L	L	L
Nir 2007[26]	L	U	L	L	H	L	H
Painovich 2012[27]	L	U	L	U	L	L	L

*Cochrane Risk of Bias Tool for Randomized Controlled Trials: H – High risk of bias; L - Low risk of bias; U – Unclear risk of bias