**Supplementary Table 1.** Risk of bias assessment for randomized clinical trials based on the RoB 2 tool.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **First author**  **(year of publication)** | **Risk of bias arising from the randomization process** | **Risk of bias due to deviations from the intended interventions** | **Missing outcome data** | **Risk of bias in measurement of the outcome** | **Risk of bias in selection of the reported result** | **Overall bias** |
| Alves L (2022) [16] | Low | Low | Low | Low | Low | Low |
| Belardinelli R (1996) [17] | Low | Low | Low | Low | Low | Low |
| Belardinelli R (1999) [18] | Low | Some concerns | Low | Low | Low | Some concerns |
| Belardinelli R (2006) [19] | Low | Low | Low | Low | Low | Low |
| Beniaminovitz A (2002) [20] | Low | Some concerns | Low | Low | Low | Some concerns |
| Corvera-Tindel T (2004) [22] | Low | Low | Low | Low | Low | Low |
| Freyssin C (2012) [25] | Low | Low | Low | Low | Low | Low |
| Jakovljevic D (2010) [27] | Low | Low | Low | Low | Low | Low |
| Karapolat H (2009) [28] | Low | Some concerns | Low | Low | Low | Some concerns |
| Kiilavuori K (1996) [29] | Low | Low | Low | Low | Low | Low |
| Klecha A (2007) [30] | Low | Low | Low | Low | Low | Low |
| Laoutaris I (2013) [31] | Low | Low | Low | Low | Low | Low |
| Meyer K (1996) [32] | Low | Low | Low | Low | Low | Low |
| Mezzani A (2013) [33] | Low | Some concerns | Low | Low | Low | Some concerns |
| Myers J (2002) [34] | Low | Low | Low | Low | Low | Low |
| Sandri M (2012) [36] | Low | Low | Low | Low | Low | Low |
| Sarullo F (2006) [37] | Low | Low | Low | Low | Low | Low |
| Servantes D (2012) [38] | Low | Some concerns | Low | Low | Low | Some concerns |
| Smart N (2012) [42] | Low | Low | Low | Low | Low | Low |
| Soska V (2012) [44] | Low | Some concerns | Low | Low | Low | Some concerns |
| Sturm B (1999) [45] | Low | Some concerns | Low | Low | Low | Some concerns |