**Supplementary Table 2.** Risk of bias assessment for nonrandomized clinical trials based on the ROBINS-I tool.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **First author**  **(year of publication)** | **Bias due to confounding** | **Bias in selection of participants into the study** | **Bias in classification of interventions** | **Bias due to deviations from intended interventions** | **Bias due to missing data** | **Bias in measurement of outcomes** | **Bias in selection of the reported result** | **Overall bias** |
| Conraads V (2004) [21] | Low | Low | Low | Low | Low | Low | Low | Low |
| Curnier D (2001) [23] | Low | Low | Low | Low | Low | Low | Low | Low |
| Degache F (2007) [24] | Low | Low | Low | Low | Low | Low | Low | Low |
| Huang S (2014) [26] | Low | Low | Low | Low | Low | Low | Low | Low |
| Okwose N (2019) [35] | Low | Low | Low | Moderate | Low | Low | Low | Moderate |
| Shephard R (1998) [39] | Low | Low | Low | Moderate | Low | Low | Low | Moderate |
| Smart N (2005) [40] | Low | Low | Low | Low | Low | Low | Low | Low |
| Smart N (2006) [41] | Low | Low | Low | Moderate | Low | Low | Low | Moderate |
| Smolis-Bąk E (2019) [43] | Low | Low | Low | Low | Low | Low | Low | Low |