**Supplementary Table 3:** Risk of bias was assessed using the Revised Cochrane risk-of-bias tool for randomized trials (RoB 2). According to this tool, the risk of bias of each included study is judged according to five domains: bias arising from the randomization process, bias due to deviations from intended interventions, bias due to missing outcome data, bias in measurement of the outcome and bias in selection of the reported result. Although the RoB2 tool does not provide an overall risk of bias assessment, the overall risk of bias was considered low if four or more domains were rated as low risk (not counting ‘other biases’), with at least one of them being sequence generation or allocation concealment, according to what reported in previous systematic reviews of intervention.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Study ID** | **Randomization process** | **Deviations from intended interventions** | **Mising outcome data** | **Measurement of the outcome** | **Selection of the reported result** | **Overall Bias** |
| Li120 | 2016 | High risk | Low risk | Low risk | Low risk | Low risk |
| Liu132 | Low risk | High risk | Low risk | High risk | High-risk | High-risk |
| Wang139 | Low risk | High risk | Low risk | Low risk | Low risk | High risk |
| Peng142 | Low risk | High risk | Low risk | High risk | High-risk | High-risk |

**Supplementary Table 4.** Quality assessment of the included studies according to Newcastle-Ottawa Scale (NOS)\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Author** | **Year** | **Selection** | **Comparability** | **Outcome** |
| Cao17 | 2022 |  |  |  |
| Karahasanoglu18 | 2022 |  |  |  |
| Zhou19 | 2022 |  |  |  |
| Zhu20 | 2022 |  |  |  |
| Yu21 | 2022 |  |  |  |
| Gu22 | 2022 |  |  |  |
| Liu23 | 2022 |  |  |  |
| Tan24 | 2022 |  |  |  |
| Yin25 | 2022 |  |  |  |
| Yu26 | 2022 |  |  |  |
| Kus27 | 2022 |  |  |  |
| Fu28 | 2022 |  |  |  |
| Chen29 | 2022 |  |  |  |
| Peng 30 | 2022 |  |  |  |
| Shao31 | 2022 |  |  |  |
| Yu SS32 | 2022 |  |  |  |
| Su33 | 2022 |  |  |  |
| Wu 34 | 2022 |  |  |  |
| Xiang 35 | 2022 |  |  |  |
| Cagli36 | 2022 |  |  |  |
| Zheng37 | 2022 |  |  |  |
| Failla38 | 2022 |  |  |  |
| Mu39 | 2022 |  |  |  |
| Toh40 | 2022 |  |  |  |
| Velipasaoglu41 | 2022 |  |  |  |
| Lin42 | 2021 |  |  |  |
| Qin Tang43 | 2021 |  |  |  |
| Argawal44 | 2021 |  |  |  |
| Bagli45 | 2021 |  |  |  |
| Chen46 | 2021 |  |  |  |
| Levin47 | 2021 |  |  |  |
| Melike48 | 2021 |  |  |  |
| Mitsui49 | 2021 |  |  |  |
| Mo50 | 2021 |  |  |  |
| Mohapatra51 | 2021 |  |  |  |
| Pyra52 | 2021 |  |  |  |
| Shen53 | 2021 |  |  |  |
| Wang54 | 2021 |  |  |  |
| Xu55 | 2021 |  |  |  |
| Yang56 | 2021 |  |  |  |
| Aslan57 | 2021 |  |  |  |
| Cao58 | 2021 |  |  |  |
| De Braud59 | 2021 |  |  |  |
| Wang60 | 2021 |  |  |  |
| Wu Y. 61 | 2021 |  |  |  |
| Yu62 | 2021 |  |  |  |
| Zhang63 | 2020 |  |  |  |
| Fang64 | 2020 |  |  |  |
| Yuan65 | 2020 |  |  |  |
| Al Jaroudi66 | 2020 |  |  |  |
| Tan67 | 2020 |  |  |  |
| Wu68 | 2020 |  |  |  |
| Drever69 | 2020 |  |  |  |
| Huang70 | 2020 |  |  |  |
| Li71 | 2020 |  |  |  |
| Lou72 | 2020 |  |  |  |
| Ou73 | 2020 |  |  |  |
| Qu74 | 2020 |  |  |  |
| Roche75 | 2020 |  |  |  |
| Yin 76 | 2020 |  |  |  |
| Elmokadem77 | 2019 |  |  |  |
| Qiu78 | 2019 |  |  |  |
| Zhang79 | 2019 |  |  |  |
| Simsek80 | 2019 |  |  |  |
| Fei81 | 2019 |  |  |  |
| Lu82 | 2019 |  |  |  |
| Tanaka83 | 2019 |  |  |  |
| Cheng84 | 2019 |  |  |  |
| Dior85 | 2019 |  |  |  |
| Levin86 | 2019 |  |  |  |
| Li 87 | 2019 |  |  |  |
| Stepniak88 | 2019 |  |  |  |
| Tahaoglu89 | 2019 |  |  |  |
| Vo90 | 2019 |  |  |  |
| Xiao 91 | 2019 |  |  |  |
| Li92 | 2018 |  |  |  |
| Jabeen93 | 2018 |  |  |  |
| Tumenjargal94 | 2018 |  |  |  |
| Sun QL95 | 2018 |  |  |  |
| Sel96 | 2018 |  |  |  |
| Le97 | 2018 |  |  |  |
| Kim98 | 2018 |  |  |  |
| Fu99 | 2018 |  |  |  |
| Gao100 | 2018 |  |  |  |
| Guo101 | 2018 |  |  |  |
| Hofgaard102 | 2018 |  |  |  |
| Giampaolino103 | 2018 |  |  |  |
| Karahasanoglu104 | 2018 |  |  |  |
| Kim YR105 | 2018 |  |  |  |
| Li Y 106 | 2018 |  |  |  |
| Wang S. 107 | 2018 |  |  |  |
| Chiang108 | 2017 |  |  |  |
| Washburn109 | 2017 |  |  |  |
| Hong110 | 2017 |  |  |  |
| Chai111 | 2017 |  |  |  |
| Chen112 | 2017 |  |  |  |
| Fang113 | 2017 |  |  |  |
| Liu114 | 2017 |  |  |  |
| Ma115 | 2017 |  |  |  |
| Ozcan116 | 2017 |  |  |  |
| Pan117 | 2017 |  |  |  |
| Wu118 | 2017 |  |  |  |
| Uludag119 | 2016 |  |  |  |
| Feng121 | 2016 |  |  |  |
| Liu122 | 2016 |  |  |  |
| Liu W 123 | 2016 |  |  |  |
| Li Y 124 | 2016 |  |  |  |
| Ozdamar125 | 2016 |  |  |  |
| Xiao 126 | 2016 |  |  |  |
| Yang 127 | 2016 |  |  |  |
| Zhu128 | 2016 |  |  |  |
| Jurkovic129 | 2016 |  |  |  |
| Zhu 130 | 2015 |  |  |  |
| Du131 | 2015 |  |  |  |
| Polat133 | 2015 |  |  |  |
| Qian134 | 2015 |  |  |  |
| Timor tritsh135 | 2015 |  |  |  |
| Michaels136 | 2015 |  |  |  |
| Qi137 | 2015 |  |  |  |
| Peng138 | 2015 |  |  |  |
| Huang140 | 2015 |  |  |  |
| Ko141 | 2015 |  |  |  |
| Peng142 | 2015 |  |  |  |
| Timor-Tristsch143 | 2015 |  |  |  |
| Sun144 | 2015 |  |  |  |
| Wu145 | 2015 |  |  |  |
| Zhang 146 | 2015 |  |  |  |
| Cheng147 | 2014 |  |  |  |
| Gao148 | 2014 |  |  |  |
| Cok149 | 2014 |  |  |  |
| Huanxiao150 | 2014 |  |  |  |
| Xiao151 | 2014 |  |  |  |
| Kutuk152 | 2014 |  |  |  |
| Weiling 153 | 2014 |  |  |  |
| Wang154 | 2014 |  |  |  |
| Wang155 | 2014 |  |  |  |
| Wang156 | 2014 |  |  |  |
| Li157 | 2014 |  |  |  |
| Seveket158 | 2014 |  |  |  |
| He159 | 2014 |  |  |  |
| LiY160 | 2014 |  |  |  |
| Wu161 | 2014 |  |  |  |
| Xiao162 | 2014 |  |  |  |
| Yang163 | 2014 |  |  |  |
| Yin164 | 2014 |  |  |  |
| Zhang165 | 2013 |  |  |  |
| Wang 166 | 2013 |  |  |  |
| Seow167 | | 2013 |  |  |  |
| Le168 | | 2013 |  |  |  |
| Lan169 | | 2013 |  |  |  |
| An170 | | 2013 |  |  |  |
| Wang171 | | 2013 |  |  |  |
| Zhang172 | | 2013 |  |  |  |
| Shao173 | | 2013 |  |  |  |
| Zhang174 | | 2012 |  |  |  |
| Zhang175 | | 2012 |  |  |  |
| Wu176 | | 2012 |  |  |  |
| Wang 177 | | 2012 |  |  |  |
| Shen178 | | 2012 |  |  |  |
| Li179 | | 2012 |  |  |  |
| Timor tritsh180 | | 2012 |  |  |  |
| Yin181 | | 2011 |  |  |  |
| Jiang182 | | 2011 |  |  |  |
| Lian183 | | 2011 |  |  |  |
| Lian183 | | 2011 |  |  |  |
| Li184 | | 2011 |  |  |  |
| Li185 | | 2011 |  |  |  |
| Yang186 | | 2010 |  |  |  |
| Fahg187 | | 2009 |  |  |  |
| Zhuang188 | | 2009 |  |  |  |
| Yang189 | | 2009 |  |  |  |
| Wang 190 | | 2009 |  |  |  |
| Michener191 | | 2009 |  |  |  |
| Wang192 | | 2006 |  |  |  |
| Jurkovic193 | | 2003 |  |  |  |
|  | |  |  |  |  |

\*a study can be awarded a maximum of one star for each numbered item within the Selection and Outcome categories. A maximum of two stars can be given for Comparability.