

Author/Year/Reference	Random sequence generation(selection bias)	Allocation concealment (selection bias)	Blinding of participant and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Del Papa et al. 2019 (8)	+	+	+	+	+	+	+
Bello et al. 2017 (9)	+	+	+	+	?	+	+
Motegi et al. 2017 (10)	+	+	+	-	-	+	+
Hassanien et al. 2018 (11)	+	+	-	-	-	+	+
Williams et al. 1985 (12)	+	+	+	+	-	-	-

Fig. S1. Cochrane risk of bias tool: review authors' judgements about each risk of bias item for each included study. +=low; -=high; and ?=unclear risk.