

Figure S1. Risk of bias assessment in randomised controlled trials

Study ID	D1	D2	D3	D4	D5	Overall		
Chua et al. (2021)	!	+	+	+	+	!	+	Low risk
El Semary et al. (2020)	!	!	+	-	!	-	!	Some concerns
Fernandes et al. (2018)	+	-	+	+	!	-	-	High risk
Lau et al. (2022)	+	+	+	+	!	!		
Maidan et al. (2018)	!	+	+	+	!	!	D1	Randomisation process
Mariano Barboza et al. (2019)	+	+	+	+	!	!	D2	Deviations from the intended interventions
Monticone et al. (2015)	+	+	+	+	!	!	D3	Missing outcome data
Pompeu et al. (2012)	+	+	+	+	!	!	D4	Measurement of the outcome
Terra et al. (2020)	+	+	-	-	!	-	D5	Selection of the reported result
Varalta et al. (2021)	+	+	+	+	!	!		
Yang et al. (2019)	+	+	+	+	!	!		
Das et al. (2024)	!	+	+	!	!	!		
Del Pino et al. (2023)	-	+	+	!	!	-		
Lin et al. (2024)	+	+	+	!	!	!		
Wong et al. (2024)	+	+	+	+	!	!		