

Fig. S1. Risk of bias summary

Study ID	D1	D2	D3	D4	D5	Overall
Aksanyar 2022	+	+	+	+	+	+
Aks oy 2017	+	+	+	+	+	+
Bart hol dy 2024	+	+	+	+	+	+
De Azevedo 2023	!	-	+	+	+	-
D lek 2013	+	+	+	+	+	+
Fi oravanti 2014	+	+	+	+	+	+
Garmut i 2017	+	!	+	+	+	!
Hrv th 2012	+	+	+	+	+	+
Kasapoğlu Aksoy 2018	!	!	-	+	+	-
Şacel 2021	+	-	+	+	+	-
Savaş 2019	+	!	+	+	+	!
Uğur 2011	!	-	+	+	+	-
Ust un 2023	+	!	+	+	+	!

- D1 Rando2ization process
- D2 Deviations from the intended interventions
- D3 Missing outcome data
- D4 Measurement of the outcome
- D5 Selection of the reported result

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Low risk

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Some concerns

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High risk

Fig. S2. Risk of bias graph

